



Exploring Health Professions & Schools

IS A HEALTH CAREER RIGHT FOR ME?

Factors to consider when EXPLORING health careers

1. HOW do I want to provide this health care?

- ▶ Treat and diagnose, rehabilitate a patient, help with fine motor skills, comfort patients?
- ▶ www.explorehealthcareers.org

2. WHERE do I want to provide this healthcare?

- ▶ In a hospital, public health clinic, pharmacy, ER, general practice office, nursing home
- ▶ Can I handle the site of blood, injuries, and trauma?

3. WHO do I want to provide this health care to?

- ▶ Children with disabilities, adults, aging population

4. WHAT kind of health care do I want to provide?

- ▶ Preventative care, primary care, tertiary care?

Factors to consider when EXPLORING health careers

- ▶ Do I have a strong scientific aptitude?
 - ▶ Biology and lab
 - ▶ General Chemistry and lab
 - ▶ Organic Chemistry and lab
 - ▶ Physics and lab
 - ▶ Calculus and statistics
 - ▶ English
 - ▶ (other health professions may require more pre-reqs: biochemistry, anatomy, physiology, genetics, microbiology)
- ▶ What lifestyle do I envision?
 - ▶ Do I want to be on-call, deal with medical emergencies, and work 60+ hours/week?
 - ▶ Would I prefer a more balanced lifestyle?
 - ▶ How well do I manage stress?

Factors to consider when DECIDING on health professional schools

- ▶ How long will it take?

	Medicine (MD/DO)	Physician's Asst	Nursing (ELMSN - RN)	Dentistry	Pharmacy	Physical Therapy
Years in school	4 years	2 years (need experience prior to applying)	3 years	4 years	4 years	3 years
Residency	3-7 years	Optional (depends on specialty)	No	Optional (depends on specialty)	Optional (depends on specialty)	No

Factors to consider when DECIDING on health professional schools

- ▶ Am I competitive enough?

	Medicine (MD/DO)	Physician's Asst	Nursing (ELMSN - RN)	Dentistry	Pharmacy	Physical Therapy
GPA	3.5-4.0	3.0-3.5	3.0-3.5 (based on points)	3.2-3.5	3.2- 3.5	3.0 - 3.5

Factors to consider when DECIDING on health professional schools

- ▶ If I'm NOT competitive enough, do I need additional training prior to applying?
 - ▶ If you have less than a 3.4 GPA, a post-bacc program might benefit you to demonstrate that you will be able to handle the academic rigor
 - ▶ How long will this take? 1-2 years
 - ▶ How much will it cost? ~\$25,000/year
- ▶ Keep in mind, post baccs are competitive and do not have many spots available
 - ▶ Am I willing to leave the state of California where some schools may be less competitive?
- ▶ If you have a 3.0 and above, consider a Master's program in the sciences

Factors to consider when DECIDING on health professional schools

- ▶ What is the process of licensure?
- ▶ It's not over once you take the MCAT or other entrance exam

	Medicine (MD/DO)	Physician's Asst	Nursing (ELMSN - RN)	Dentistry	Pharmacy	Physical Therapy
Licensing Exams	USMLE Step 1, 2, 3	PANCE Certification	NCLEX-RN	NBDE Part I, II, clinical examination	NAPLEX MPJE	NPTE

Factors to consider when DECIDING on health professional schools

- ▶ What will the ROI (return on my investment) be?
 - ▶ What is the cost-benefit analysis of attending a health professional school?
 - ▶ Comparing tuition, living expenses, lost wages to how much you will be

	Medicine (MD/DO)	Physician's Asst	Nursing (ELMSN - RN)	Dentistry	Pharmacy	Physical Therapy
Salary	\$150K - \$300K	\$82k - \$115K	\$80K - \$100K	\$150K - \$200K	\$106K - \$140K	\$80 - \$100K
Tuition	\$168K - \$200K for four years	\$65K - \$76K for two years	\$23K - SDSU \$136K - Samuel Merritt for 3 years	\$128K - \$184K for four years	\$140K (UCSD) - \$168K+ (Keck) for four years	\$48K-\$100K (public vs. private) for 3 years

Application Checklist:

- √ - Strong overall GPA, science GPA, and test scores
- √ - Completion of pre-requisites
- √ - Clinical experience, shadowing a health care professional, patient contact
- √ - Research experience (MD)
- √ - Volunteer experience/service for underserved communities
- √ - Demonstration of leadership (serving on a board, committee, student orgs, etc.)
- √ - Letters of recommendation
- √ - Personal Statement

Questions?

Jessica Kongthong
jkongthong@ucsd.edu

Jered Lish
jlsh@ucsd.edu

Adele Savage
asavage@ucsd.edu

Visit us at:
Prehealth.ucsd.edu