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?

<table>
<thead>
<tr>
<th></th>
<th>Medicine (MD/DO)</th>
<th>Physician’s Asst (Nursing (ELMSN - RN))</th>
<th>Dentistry</th>
<th>Pharmacy</th>
<th>Physical Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Years in school</td>
<td>4 years</td>
<td>2 years (need experience prior to applying)</td>
<td>3 years</td>
<td>4 years</td>
<td>4 years</td>
</tr>
<tr>
<td>Residency</td>
<td>3-7 years</td>
<td>Optional (depends on specialty)</td>
<td>No</td>
<td>Optional (depends on specialty)</td>
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Factors to consider when DECIDING on health professional schools

- Am I competitive enough?

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<tbody>
<tr>
<td>GPA</td>
<td>3.5-4.0</td>
<td>3.0-3.5</td>
<td>3.0-3.5 (based on points)</td>
<td>3.2-3.5</td>
<td>3.2-3.5</td>
<td>3.0 - 3.5</td>
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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

<table>
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<th>Licensing Exams</th>
<th>Medicine (MD/DO)</th>
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<td>USMLE Step 1, 2, 3</td>
<td>PANCE Certification</td>
<td>NCLEX-RN</td>
<td>NBDE Part I, II, clinical examination</td>
<td>NAPLEX</td>
<td>MPJE</td>
<td>NPTE</td>
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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 making (tuition and salaries vary depending on state)

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<tr>
<td><strong>Salary</strong></td>
<td>$150K - $300K</td>
<td>$82K - $115K</td>
<td>$80K - $100K</td>
<td>$150K - $200K</td>
<td>$106K - $140K</td>
</tr>
<tr>
<td><strong>Tuition</strong></td>
<td>$168K - $200K</td>
<td>$65K - $76K for two years</td>
<td>$23K - SDSU $136K - Samuel Merritt for 3 years</td>
<td>$128K - $184K</td>
<td>$80 - $100K</td>
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<td>$128K - $184K</td>
<td>$140K (UCSD) - $168K+(Keck) for four years</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td>$80 - $100K</td>
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<td>$48K-$100K (public vs. private) for 3 years</td>
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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?

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Prehealth.ucsd.edu