

Lafayette College

Health Professions Advising

Sophomore Student Information Session

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Health Professions Program

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Health Professions Program

September 11, 2024

Health Professions Website

LAFAYETTE

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LAFAYETTE STUDENTS!

**WELCOME
TO
HEALTH
PROFESSIONS**

Don't forget to email us at healthprofessions@lafayette.edu about your interest in the health professions so that we can include you on our email distribution list. Please note that this distribution list is open only to current Lafayette students.

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How important are Health Professions?

The US Bureau of Labor Statistics indicates that the health care industry is one of the fastest growing sectors, accounting for 14% of all US workers, 19+ million jobs.

Concurrently, the US Department of Commerce reports that total health care spending exceeds 18.3% of GDP (up from 17% nearly 2 years ago).

Consider the 100 largest companies in the US and ~3/4 of them (including Google, Microsoft, Intel and WalMart) are actively involved in the health care industry in some manner.

But where are the real needs?

- Medically Underserved Areas and Health Professional Shortage Areas are projected to increase; 4 of 50 states received failing grades in 2021, but anticipating 23 of 50 states by 2030.
- Staff shortages in nursing and health care teams demand hospitals take as many as **25% or more of beds offline**; hospital closures and consolidations leave communities at risk of **no hospital within 75 miles**.
- Overall in US? 2.78 physicians/1000, down from 2.9...77/1000 in Qatar
- MUA are predominantly **rural communities** and **urban inner city communities**, where lack of 1^o care physicians place millions at risk.
- 1^o care physicians number **39.8/100,000** in rural areas compared to **53.3/100,000** in urban areas.
- Rural healthcare physician crisis? While 19+% of Americans live in rural areas, only 10% of physicians practice there.
- Currently **2 of 5** practicing physicians will be 65+ in the next decade.
- Overall physician shortages? Model projections for 2032 show a **shortfall of between 54,100 and 139,000 physicians**, just to meet current, already inequitable health care utilization patterns!

DDS or DMD? MD, DO, DPM? USMLE? MSTP? PT, OT, NP, PA-C? MPH? PharmD?...maybe you feel a little



Advice is all around, but good advice? It could be hard to find, but not for YOU because YOU are HERE...

KNOW YOUR WHY!

Each of your decisions can eliminate some possibilities, but each may also lead to new opportunities. Make choices that reflect and demonstrate why they are valuable to you. The best thing to do is that for which we have the best reasons. Be sure your reasons are authentic, rooted in knowledge, and are well-conceived!

Health Professions Clubs
can play a meaningful role in your career!

Lafayette College Against Cancer
Lafayette Emergency Medical Services
Pre-Dental Society
Pre-Health Professions Society

...and more! Become an active
participant. Build your community. Contribute to
leadership! Be...and STAY...engaged!

Upcoming Events – refer to our Welcome Email and watch our HP website for details

Sept 11: 2nd Year Session HPA Info Session, Hugel 100 12:30-1:30 pm,

Sept 23: Gateway Life Sciences Panel, virtual, 4:15-5pm

Sept 25: Virtual Pharmacy Fair, 10am-5pm

Sept 25: Choose DO Virtual Fair, 12-6pm

Sept 27: Cookie Friday, HP Tea & Treats! Scott 101, 3-5pm

Oct 16-17: AAMC Virtual MD School Fair, 11-5:30pm

Oct 17: Candid Conversations Dr Ashley Keane Hayes '03, 6:30pm

Nov 1: Giesinger Commonwealth SOM, RISC 262, 12-1pm

Nov 11: PCOM for PA and DO , RISC 104, 12:30-1:30pm

Nov 18: HealthProf School Interviewing, RISC 262, 12:15-1:15pm

Nov 20: USArmy Suture Clinic 4:10 to 6pm location RISC 104

Watch for: Student Club Events coming your way!

Today we will...

- remind you how advising works in the context of Lafayette College for Health Professions...and share some new options
- review the steps you need to take to achieve your goal of a career in the health professions
- direct your attention to upcoming events and resources that will help you!

A Reminder that...

Getting guidance on steps critical to pursuit of a career in health professions...**which are??**

Medicinae Doctor (Allopathic MD)

Osteopathic Medicine (DO)

Dental Medicine & Surgery (DMD & DDS)

Podiatric Medicine (DPM)

Veterinary Medicines (DVM & VMD)

Optometry (OD) **...our HP Program and HPAC focus**

Nursing (RN, BSN, MSN)

Nurse Practitioner (NP)

Physician Assistant (PA, MPA)

Physical/Occupational Therapist (PT, OT)

Public Health Practitioners (MPH)

Doctor of Pharmacy (PharmD) **...with our Gateway Partners**

And how can you really *know*???

Discernment needs evidence of your exploration...

Enter....



Your HPKey!

Unlock your potential!

We just launched this booklet for students to track their progress and goals and demonstrate engagement!

How to make the most of HPAdvising?

Our Sophomore BlueSheet Advising process is launching!

Start to track your efforts and competencies!

HPA · BLUESHEET · 2024 · ADVISING · FORM 9

Name: ○○○○ ✕	Pronoun: Choose an item ✕	Class Year: ✕	○○○○ ✕
Email: ✕	○○○○ ✕	Major(s): ✕	○○○○ ✕
Academic Advisor: ✕	○○○○ ✕	GPA: ✕	○○○○ ✕
Gateway Counselor: ✕	○○○○ ✕	BlueSheet Submit Date: ✕	○○○○ ✕

¶

What areas of health professions interest you? ✕
○○○○ ✕

¶

Can you provide a brief statement that shows "why" you are considering this career? Be as specific as you can. ✕
○○○○ ✕

¶

Please list your three BELL WETHER schools e.g., your top three schools (use medical, dental, veterinary or optometry school admission requirements to compare your vision and their mission and metrics to your bellwether schools): ✕

1. → ○○○○ ¶
2. → ○○○○ ¶
3. → ○○○○ ✕

¶

Please list the relevant academic coursework you have completed: ✕
○○○○ ✕

¶

Please list the relevant academic preparation you think you need to complete: ✕
○○○○ ✕

¶

Please share the relevant experiences you have undertaken; indicate if they are clinical, health related, service, or leadership experiences, along with duration and dates: ✕
○○○○ ✕

¶

Please share the experiences you are planning to pursue: ✕
○○○○ ✕

¶

Please share here any specific challenges you are facing or questions you have about your aspirations. These will be kept confidential in the HPAdvising staff. ✕

HPAC: Health Professions Advisory Committee

You may have heard of this! Faculty and staff collectively assess and evaluate student applications to medical, dental, optometry, podiatry & veterinary schools

HPAC: Chaired by Professor Waters, Biology, RISC 218
with faculty from ALL divisions who review and interview applicants

Ms Glaus, Director, HP Programs, Scott Hall 101

Ms Schultz, Director, Strategic Projects, GCC, Hogg 201

...we provide and coordinate programming for advising, career exploration, internships, externships, off-campus resources and more!

Undergraduate Preparation for Admission to Graduate and Professional Schools in the Health Professions

Each school weights these criteria, but key to ALL are:

Academic/Science grades (major contributor)

Admissions tests (major contributor)

Health-related experiences

Research experiences

Community service and volunteer work

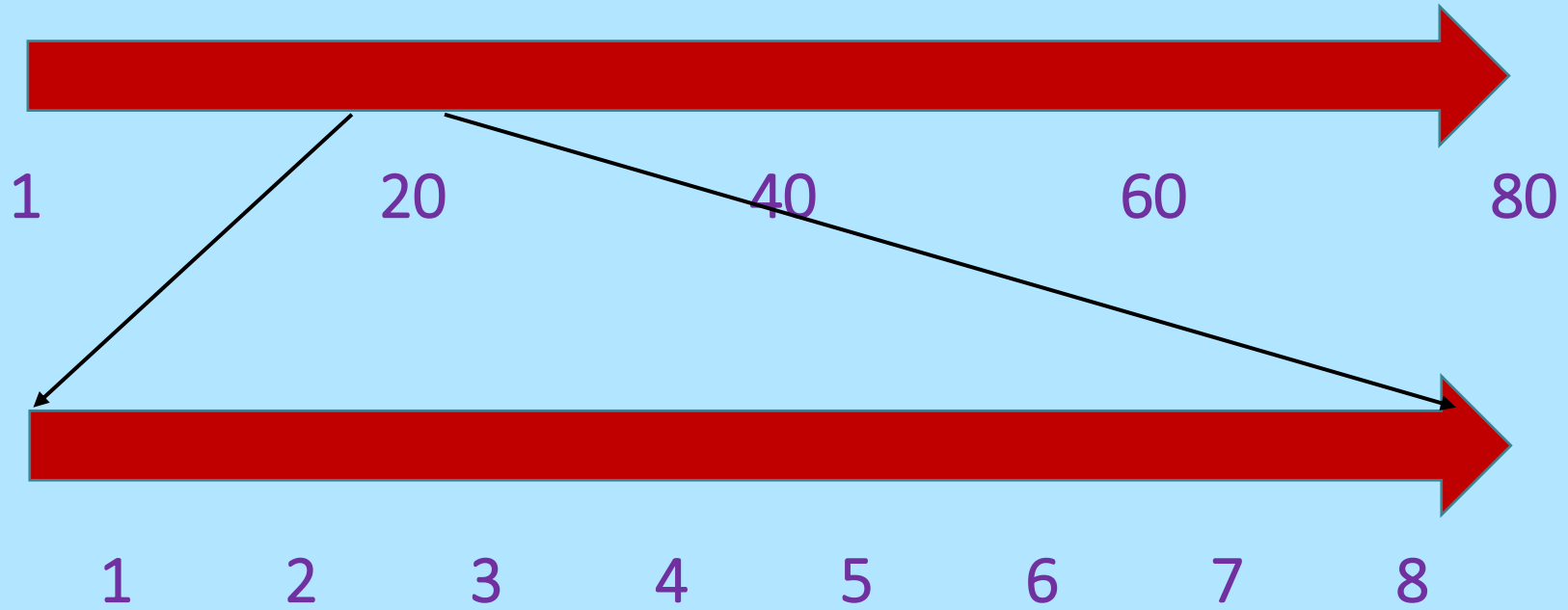
People skills & Humanist competencies

Letters of recommendation

HP school interview

While some criteria will be more variable than others, ALL remain important to those making admissions decisions; you will need to **SHOW** your resilience and durability in the face of challenges!

Consider your Timeline



4 years, 8 semesters, that shape your future!

What will yours look like??

What will YOU look like?

What do you expect from your education at Lafayette?

Undergraduate Preparation – Academic coursework

Required Undergraduate Coursework Check your *bellwether schools!*

HP schools expect a **STRONG NATURAL SCIENCE** foundation, but graduate with *any major and/or minor*; follow your intellectual and academic interests! **Required or strongly encouraged courses:**

1 Year EACH of:

Biology with labs (e.g., 111/112)

Physics with labs (e.g., 111/112 or equivalent)

Mathematics/Calculus/Statistics; typically 1 calc + 1 stats, BUT...

English composition/Writing-Intensive coursework (often 2)

2+ Years of:

Chemistry with labs (Chem107/108* or equivalent, OCHEM 221/ 222) and also Biochemistry (Chem 351), BUT...

Other frequently required and/or specialty courses:

Psychology, Sociology, Ethics, Microbiology, Genetics, Nutrition, Anatomy & Physiology or equivalent

~Because 12-14 Core Courses are needed, 1st semester sophomores should be targeting completion of ~6-8 courses to stay on track

EXPLORE course options in natural and social science,,humanities and in engineering... ***this is your chance to explore!***

Undergraduate Preparation – related considerations

Advanced Placement. AP Credit may sometimes be used to satisfy the Mathematics and English/writing requirements or recommended courses. But it should not generally be used to satisfy science requirements. HP schools want you to ***manage college-level science laboratory coursework in load.***

If you accept AP credit in one of the sciences, you should take upper-level science courses with labs in the same science to satisfy the health professions school requirements. Individual schools will differ! With COVID school scrutiny has been high! Be certain you are getting rigorous academic courses and laboratory training! Reduce/remove ambiguity in interpretations of your choices!

Summer School. If you major in social sciences or humanities, you may consider physics, biology or chemistry during the summer. BUT most HP schools PREFER completing all core science courses during the academic year...so you demonstrate your ability to handle laboratory classes in a full course load. Try not to make a habit of completing core courses in summer. If you do, be sure to be excellent!

Pass/Fail; 3 course-load semesters. We discourage this. Particularly for a science or mathematics course! HP schools view your success in context, carrying a full load in a variety of disciplines. As P/F policies vary, try to reduce ambiguity in your portfolio and elect full grading practice.

Study Abroad: Typically a PLUS, but plan coursework carefully in advance of registering. Request transcripts EARLY!!!

Undergraduate Preparation – related considerations

Research: More than a PLUS—rapidly *becoming critical* for HP schools of all flavors. Master CURE in classes, seek Independent Research, Honors Thesis EXCEL work, but also innovative research experiences (TechClinic, Dyer Center).

Electives: Select meaningful, interesting coursework broadly, including courses in the arts and humanities. “what looks good to health professional schools” is flawed judgment. Get the most from your undergraduate education. It is *who* you are, *how well-educated* you are, where you have *sought challenges*, what you have *learned from failures* that will matter more than any given course completed.

Internships/Externships: Seek opportunities for health care involvement and shadowing, including volunteering at a hospital, shelter, clinic, with your personal physician, or a Lafayette alumnus/alumna in the health professions; make it active not passive observation! *Demonstrate Depth, Breadth, Passion, Dedication!*

Extracurricular Activities: These hone people skills, demonstrate effective time management, develop leadership and collaborative skills, enhance communication demonstrate long-term commitment ...but NOT at the expense of your academic success and mental wellness! *Focus on what you control NOW!*

...and **Read!** Widely! Especially on healthcare. On policy. On current events. On music, theatre, sports, literature... See the HP Program website for suggestions.

UNIVERSAL Pre-Professional Competencies

how schools evaluate the avalanche of applicants

Commitment to learning and growth
Cultural awareness
Cultural humility
Empathy and compassion
Ethical responsibility to self and others
Interpersonal skills
Oral communication
Reliability and dependability
Resilience and adaptability
Service orientation
Teamwork and collaboration
Critical thinking
Quantitative reasoning
Scientific Inquiry
Written communication
Human behavior
Living systems

Knowledge of biomedical and clinical sciences practice
Interpersonal and communication skills
Person-centered care
Interprofessional collaboration
Professionalism and ethics
Practice-based learning and quality improvement
Society and population health

Communication and interpersonal skills
Health promotion
Practice management and informatics
Patient care:
 Assessment, diagnosis, planning, treatment
 Establishment and maintenance of oral health

Practice-based learning and improvement
Patient care and procedural skills
Systems-based practice
Medical knowledge
Interpersonal and communication skills
Professionalism
Compassion for all animals and people
Moral and ethical standards
Motivation to serve
Expectations on interactions with those of all ethnic, social, cultural, and religious backgrounds.

Observation abilities: tactile & audio/visual
Communication abilities
Sensory and motor coordination abilities
Intellectual, conceptual, integrative and quantitative abilities
Behavioral and social attributes

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Commitment to learning and growth
Cultural awareness
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Ethical responsibility to self and others
Interpersonal skills
Oral communication
Reliability and dependability
Resilience
Service orientation
Teamwork
Critical thinking
Quantitative skills
Scientific literacy
Written communication
Human behavior
Living systems

Communication and interpersonal skills
Health promotion
Practice management
Professionalism
Quality improvement
Societal and population health

Anatomy of an Applicant
Guide! A GREAT AAMC
resource with developmental
planning worksheets you can
use to gauge your progress,
no matter your intended field!

Knowledge of self and others
Interpersonal and communication skills
Person-centered care
Interprofessional collaboration
Professionalism and ethics
Practice-based learning and quality improvement
Society and population health

Interactions with those of all ethnic, racial, cultural, and religious backgrounds.

Observation abilities: tactile & audio/visual
Communication abilities
Sensory and motor coordination abilities
Intellectual, conceptual, integrative and quantitative abilities
Behavioral and social attributes

If you haven't yet done so:

- Think **BROADLY** rather than **narrowly** as you continue through your coursework
- Select your **bellwether** schools—three is good and do so based upon not just metrics, but
 - Consider your **vision** of yourself as a health care provider; **NOT** a given specialty or residency, but how you see yourself contributing to the profession
 - Consider the **mission** of the school as it relates to that vision

Application Timeline



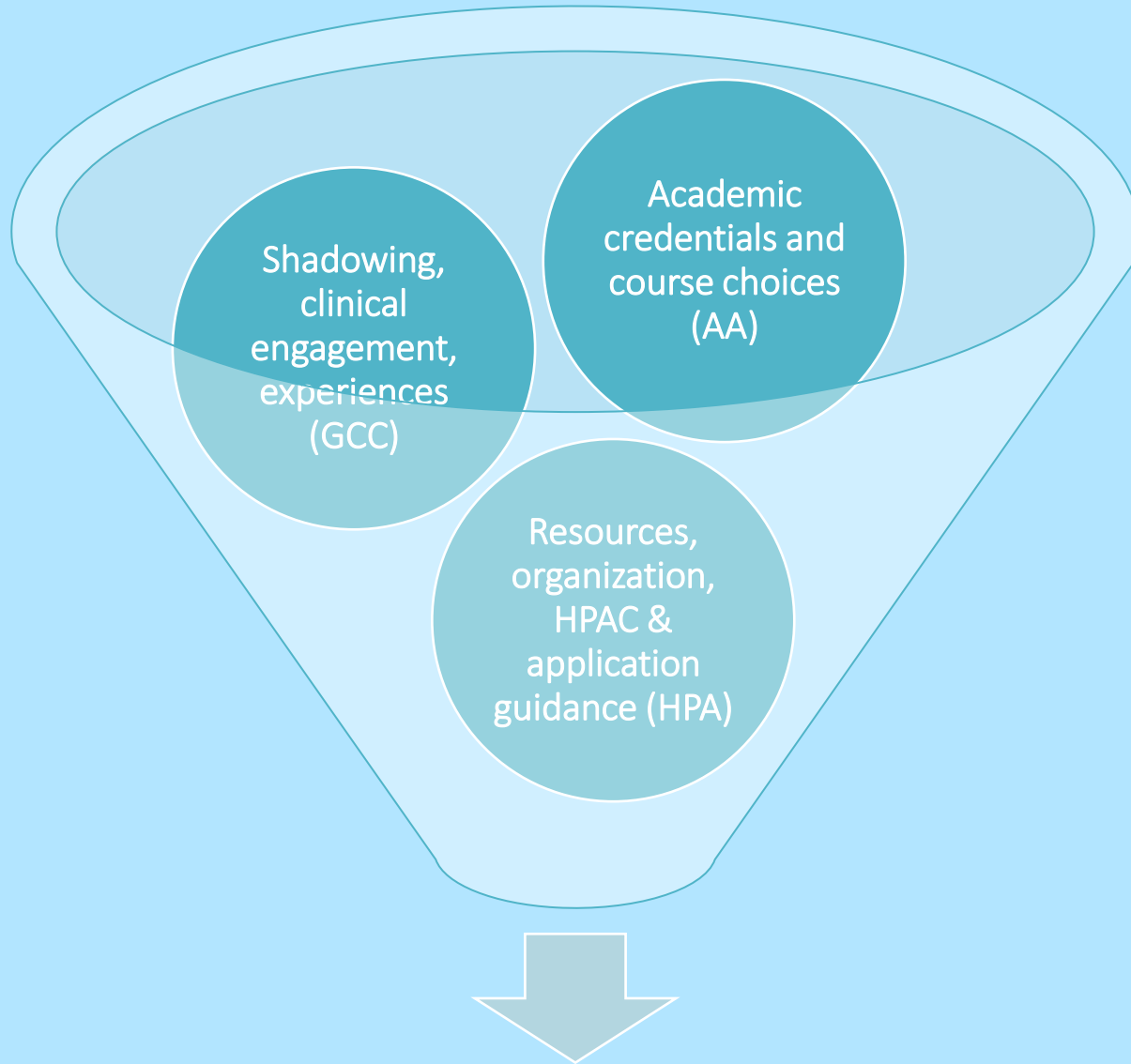
Our HP Website timeline resource

For most applicants (and especially for medical schools), the **optimal time** to apply to HP graduate school is in **spring/summer of senior year, or within a year of graduating**...when you have amassed a competitive portfolio! The gap or growth year is now the 'norm' and convention for MD and DO schools, most PA programs, and many others. *This poses added challenge for our international student applicants!* Applications rose by nearly 40% in the 1st pandemic year; in the 2nd it was less expansive but still ~20% higher than prior. All applicants have been affected. You are not alone!

If your portfolio is complete and competitive enough, you can complete your application in **spring/summer of junior year to enroll** in the fall post-graduation. Schools are increasingly emphasizing completion of all core academic requirements before applying! Not just by matriculation!

HP Advising works with you when **you** have all the components in place: completed requirements; Admissions Test (MCAT, DAT, OAT, or VMCAT/GRE) on the horizon; a competitive profile of academic, research, health care experiences, extra-curricular accomplishments. Your application (letters of recommendation, HPAC interview, etc.) will occur in the spring semester of your application year...December to December to August matriculation! An 18-month process, just to start applying!

How does this all fit together?



Your complete, competitive portfolio, ready to apply!

Recent Lafayette College Applicants

- Top UG majors: Biology, Neuroscience, but 26% of applicants were non-science majors
- Acceptance rate to medschool was 84%
- 53% of applicants had 2+ glide years
- Applicant metrics:
GPA=3.79, BCPM GPA=3.72, MCAT=508.4
- Successful Matriculant metrics:
GPA=3.81, BCPM GPA=3.77, MCAT 509.6

HOW TO ASSESS YOUR READINESS? WHO IS YOUR COMPARISON GROUP?

KEEP SOME RECENT NATIONAL DATA IN VIEW!!

- Allopathic medical schools admitted 22,712 of their 55,188 applicants (41.2%); osteopathic schools admitted 5,750 out of 23,000+ applicants (25%)
- The 68 US dental schools admitted 6,327 of the 11,180 who applied (57%)
- The 48 US/International veterinary schools admitted 3,860 of 10,811 applicants (35.7%)
- The 23 US optometry schools admitted 1,954 from the 2,700 who applied (72.4%)
- The 11 colleges of podiatry admitted 531 from their 716 applicants (74.2%)
- The 260 PA programs admitted 12,035 from the 30,137 applicants (39.9%)

UNDERSTANDING HOLISTIC REVIEW

- Advanced by DO Schools, HR gained traction when MD schools sought to broaden access to medical school; now widely touted.
- Useful in ‘first cut’ review for deciding/considering interview offers, HR places credentials of applicants contextually to life experiences; it insures applicants meet the school’s mission.
- HR is NOT ‘robbing Peter to pay Paul’ nor ‘using an overflowing bucket to fill an empty bucket’...strong performance in some areas will NOT mitigate weak performance elsewhere.
- “No one is saying that skills and inclination in science are not important,” Dr. Witzburg said. “But in this rapidly evolving and diverse society, they alone are insufficient.”
 - “I have a really strong application, except for _____.”
Do not fall into this trap and fallacy!
Plan NOW with attention to your choices!

What does EVERY aspiring HP student need?

External feedback that is

-compassionate

-informed

-constructive

Internal Self-Assessment that is

-courageously honest

CAN I DO, CAN I BE BETTER?

How do you seek HPA assistance as a Sophomore?

- **Email** your *specific* question and request; notify HPA, Ms Glaus & Prof Waters; plan ahead and provide 3-5 business days
- **Avail** yourself of specific HP Advising *Office Hours*.
 - Ms Glaus can be available M 2-5pm, W 9-11am, R 2-5pm and F 9-11am by appointment via [TracCloud scheduling system](#)
 - Prof Waters has OH drop in times T 1:15-2:30 pm, R 8:45-9:30 am, and Friday 1:45-3pm. Others by appointment.
- **Elect** Small Group Advising Sessions you can self-select—stay tuned for how to do this
- **Engage** with HPAdvising and Gateway CC consistently and actively; **USE YOUR HPKEY!**

Your New Best Friends:

*HP Advising Page & Gateway Career Center
PLUS Bookmarked 3 'Bellwether' Schools*

AAMC & AMCAS

ADEA & AADSAS

AAVMC & VMCAS

AAPA & CasPA

AACOM & AACOMAS

AACPM & AACPMAS

ASCO & OptomCAS

...and of course...

MSAR, MCAT, OAT, DAT, GRE

Academic Integrity and Conduct Violations

Practice Principles of **Intellectual Honesty**: Make judicious choices in your behavior! Own the **consequences of your actions**!

Exhibit high personal standards of ethics and deportment. Exercise sound judgment. Students who lack high standards of character and integrity, either in academics (cheating, plagiarism) or in personal behavior (alcohol, drugs, vandalism, etc.) **risk being eliminated** as applicants... *especially if they fail to own up to them!*

The application process **requires** that the Dean of Advising report any and all disciplinary actions to the HP schools where you seek admission. Problems arise when what is reported differs from what you disclose. Graduate schools also do background checks for off-campus violations. HP can help you contextualize your experiences.

...and another thing about conduct...

Etiquette and Manners Matter

Do YOUR homework first

Address persons with respect; use their titles

Treat e-mail as formal correspondence—faculty consider it to be so! Grammar and spelling matter! **Use a signature and start your brand!**

Introduce yourself; Provide complete information (subject header? context? email signature? relevant attachments?)

Request, do not instruct

Provide sufficient advance notice

Always say ‘Thank you!’ and mean it!

All of us at Lafayette College look forward to your success as you plan for a career in the health professions. Visit our web site at <http://healthprofessions.lafayette.edu/> Follow our Twitter account @HPLafCol and connect with Gateway Career Center.

Register for and attend HP Advising and related events! Come when you are able, leave when you must...but make it a priority!

Ways to stay engaged

Subscribe to news feeds

> Consider Apple News, New York Times, Scientific American, Medscape, KevinMD; they can help you to stay current and expand your worldview!

Strive for excellence in what you CAN do now!

> Build your portfolio, UPDATE your CV, plan out cover letters for multiple opportunities.

> Develop personal statement fodder, prompts for reflection, keep a journal, get & stay organized!

> Consider coursework that will ALSO provide research training (CURE) to support pursuit of Summer 2025 research opportunities.

MORE Ways to stay engaged

Start searching out Summer 2025 options. Many applications open November 1, and deadlines may be closer than you think!

- > Stay tuned for more Gateway Career Center news.
- > One example: [NIH Summer Internship Programs](#),

Try to emphasize your experiences overall.

- > Focus on your ability
...to tolerate, manage, master, even embrace

uncertainty!

Useful Resources Shared on our website!

Pre-med:

- [Aspiring Docs](#) (the AAMC's Aspiring Docs website provides resources and inspiration to help pre-med students get started on their path to medicine)
- the [Premed Navigator](#) (a monthly email that includes relevant information, resources, tools, tips, and important dates for pre-med students at every stage of their journey to medical school)
- [Aspiring Docs Diaries](#) blog

Pre-dental:

- [ADEA GoDental](#) (The ADEA GoDental website provides comprehensive resources to help prospective dental students get started on their path to dentistry)
- [ADEA GoDental Newsletter](#)
- [ADEA Dental Blogs](#)

Pre-vet:

- [The AAVMC's portal](#) (provides information, resources and tools to help pre-vet students get started on path to medicine)
- [The Pathways Newsletter](#) (the AAVMC's monthly newsletter designed specifically for pre-vet students)

Pre-optometry:

- [The ASCO website](#) (provides information and resources to help students get started on exploring a career in optometry)
- ASCO's [Eye on Optometry](#) blog (provides timely and useful information to anyone who is interested in applying to optometry school)