

# Lafayette College

## Health Professions Advising

### First Year/Transfer Student

### Information Session

Professor Nancy McCreary Waters

Faculty Health Professions Advisor; Health Professions Advisory Committee (HPAC) Chair

Ms Simona Glaus, Director

Health Professions Program

Ms Sue Herschlag, Administrative Coordinator

Health Professions Program

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Before we forget...PLEASE SIGN IN  
FOR TODAY'S PROGRAM ! Thank you!



# Health Professions Website

LAFAYETTE

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LAFAYETTE STUDENTS!

**WELCOME  
TO  
HEALTH  
PROFESSIONS**

Don't forget to email us at [healthprofessions@lafayette.edu](mailto: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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# Before we forget again...some homework!

- Meet with your Academic Advisor
- Spend time on the College Web Page
- Sign up for info: [healthprofessions@lafayette.edu](mailto:healthprofessions@lafayette.edu)
- Check out GatewayCC
- Log onto Handshake
- Reply to GCC invite!



You Have  
Found Your  
Purpose!!!!



# Today we will...

- inform you about how advising works in the context of Lafayette College for Health Professions
- 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!

# Our Overarching Advising Principles...

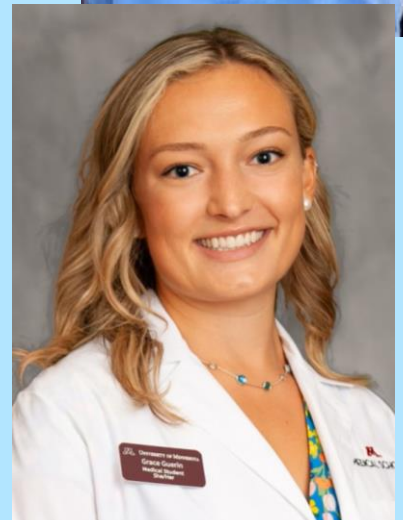
-Cultivate in you, our students, how to *research* and *use* available resources with independence to enable *you* to define *your* academic and personal goals.

-Reinforce in our Lafayette students the value of our academic community:

- >intense curiosity
- >willingness to be challenged
- >assume responsibility for outcomes
- >openness to learning from others
- >commitment to academic integrity



# Seeing your future: Know your WHY!





# Our purpose today...

To provide 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!

This booklet is a mechanism to track your progress and goals.  
**STAY TUNED** for the web version!

# 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!*

# Health Professions Clubs

see OurCampus Portal; a few to mention here?

Lafayette Emergency Medical Services

Lafayette College Against Cancer

Student Movement Against Cancer

Pre-Dental Society

Pre-Health Professions Society

Active Minds

Departmental Clubs & Societies

LEADERS

LiveWell ... consider connecting to existing clubs to help invigorate and contribute action and leadership!

# 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!

# 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, and are well-conceived!



# Getting Started:

- Select your *bellwether* schools
- Complete your placement tests
  - ✓ Math
  - ✓ Chemistry
  - ✓ Language
- Think **BROADLY** rather than *narrowly* as you start to chart your courses

# Undergraduate Preparation – Academic coursework

**Required Undergraduate Coursework** Check your *bellwether* school!

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 required or highly recommended courses:

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

***\*Because of vertical structure, Chem 107/108 in 1<sup>st</sup> year is advised.***

LOTS of other course options in natural and social science, in the 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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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,  
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



# 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!

# Recent LC 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

# Upcoming Events – watch website and email for details

- Sept 4: **Student Involvement Fair! On The Quad 4-6pm**
- Sept 5: **Off Campus Study Abroad Fair, Marlo room 4-6pm**
- Sept 10: **Gateway CC Career Fair ON CAMPUS, Bergethon Rm 5-8pm**
- Sept 11: **2<sup>nd</sup> 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**
- Oct 16-17: **AAMC Virtual MD School Fair, 11-5:30pm**
- Oct 17: **HP Program (Pharmacy Talk), 6:30pm**
- Nov 8: **FirstGen Day celebration (tentative)**
- Nov 11: **PCOM admissions for PA and DO time and location TBD**
- Nov 20: **USArmy Suture Clinic 4:10 to 6pm location TBD**

# Application Timeline Considerations



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. **COVID COMMENT:** Applications rose by nearly 40% in the 1<sup>st</sup> pandemic year; in the 2<sup>nd</sup> it was less expansive but still ~20% higher than prior. All applicants have been affected. You are not alone. **PLUS:** International student applicants need to be proactive.

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.

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!

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 early on?

- **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, T 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!**

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!

# Useful Resources – explore our web site!

## 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)

Did you find this information session helpful? Do you have you more questions you wish to ask? Please copy this QR Code and we will await your replies!

