

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

Rescheduled to **September 10, 2025**

**LAFAYETTE STUDENTS!**

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.

[About](#)[Special Events/
Opportunities](#)[FAQs](#)[Plan Your Studies and Other
Experiences](#)[Preparing for Your HP
Application](#)[Resources](#)[Programming](#)[BOOK AN
APPOINTMENT](#)

Before we forget...PLEASE SIGN IN FOR TODAY'S



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.

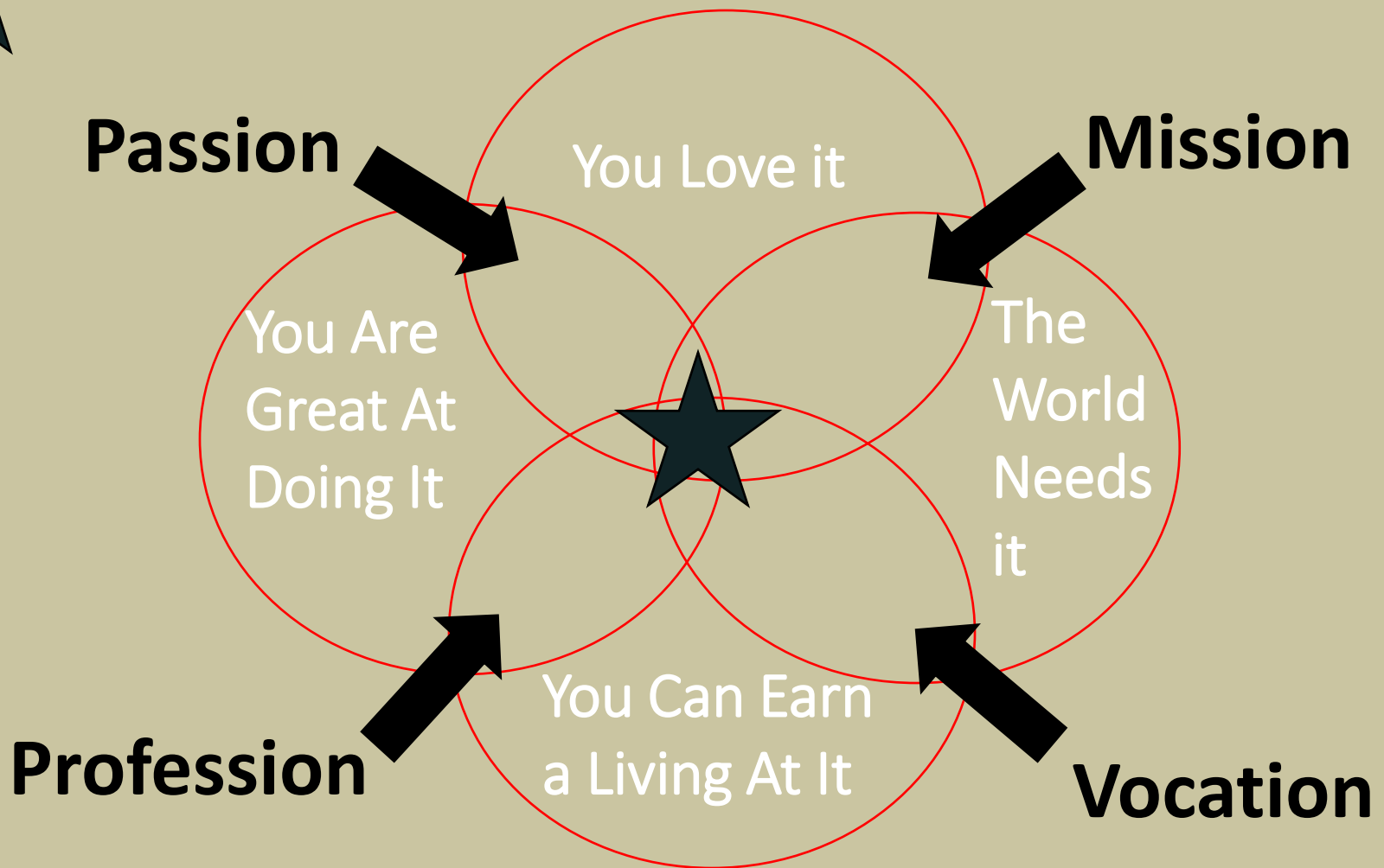
-Reinforce the values of our LC academic community:

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

Your engagement with us in HPAdvising MATTERS!



You Have Found Your Purpose!!!!



EXPLORE: Gateway Career Center [Tools](#) to self-assess and bring on your journey!

And how can you really *know*???

Discernment needs evidence of your exploration...

Enter....



Your HPKey!

Unlock your potential!

This booklet helps you track your progress and goals.
You can access a PDF version of this form at this [link](#).

As a student new to LC, what should you focus on to prepare for HP school?

> Integrating into the Lafayette community community,

> Becoming the best student and person you can be,

> Developing self-reflective capacity and responsible, intellectual generosity

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 provides appointments with a two-week interval by our [TracCloud scheduling system](#). Prof Waters likewise offers appointments with TracCloud on Monday afternoons, and then again Fridays before and after lunchtime.
- Other times may be available with sufficient notice
- Elect Small Group Advising Sessions when you can—you and your friends gain in collaborating!
- Engage with HPAdvising and Gateway CC consistently & actively

USE YOUR *HPKEY*!

Health Professions Clubs

see [OurCampus](#) Portal; a few to mention here?

Lafayette Emergency Medical Services

Pre-Dental Society

Pre-Health Professions Society

> pre-PA and LMSA+ committees

Landis Center initiatives

Departmental Clubs & Societies

**CoCurricular & ExtraCurricular options exist.
Consider connecting with peers to invigorate
and contribute!**

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 (Critical! Cannot be compromised!)

Admissions tests (Critical! Cannot be compromised!)

Health-related experiences

Research experiences

Community service and volunteer work

People skills & Humanist competencies

Letters of recommendation

HP school interview

While some criteria vary from others and among schools, ALL remain important to admissions decision-makers. You must SHOW your resilience/durability in facing challenges!

Factors to consider in choosing your courses and major: Explore! Rule Out!

No given major is ‘better’ than another for HP schools. Your performance and interest matters. Some majors make scheduling core requirements easier since they are ‘baked into’ the major program. Consider [Academic Resource HUB](#) resources and sample course sequence plans. Think ‘competencies’ ‘challenge’ and ‘rigor’ as you make choices!

Getting Underway:

- ***Complete all placement tests***
 - ✓ ***Math***
 - ✓ ***Chemistry***
 - ✓ ***Language***
- **Select your *bellwether* schools**
- **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 follow your intellectual and academic interests! *Required or strongly encouraged:*

1 Year EACH (in-load at home institution):

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 (in-load at home institution):

Chemistry with labs (Chem (103)(107)/108* plus OCHEM 221/ 222, also Biochemistry (Chem 351), BUT...

Frequently required and/or specialty required or highly recommended courses:

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

**Because of vertical structure, we advise starting chemistry in your 1st year so you can complete the 5 needed classes!*

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*, and demonstrate evidence of foundational knowledge.

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! Scrutiny is 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. Particularly for a science or mathematics courses, we *discourage this*. 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 before registering. Confirm exactly how courses will transfer in advance. Request transcripts for HP schools EARLY!!!

Undergraduate Preparation – related considerations

Research. More than a PLUS—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. You chose a liberal arts school—avail yourself of the offerings! 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 involvement and shadowing, including volunteering at a hospital, shelter, clinic, with your personal physician, or a Lafayette alumnus/alumna in the health professions. GCC is your Go-To! Make experiences active not passive observation! *Demonstrate Depth, Breadth, Passion, Dedication!*

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

...and **READ!** Widely! On healthcare. On policy. On current events. On music. On theatre. On sports. On literature. On art. On business....see our HP website for suggestions.

Track your progress with our resources

HPAC GREENSHEET 2025 ADVISING FORM PRELIMINARY SELF-ASSESSMENT

HPA BLUESHEET 2025 ADVISING FORM

Name: Name	Pronouns:	Class Year:	
Email: email@lafayette.edu	Major(s):		
Academic Advisor:		GPA:	
Gateway Counselor:		BlueSheet Submit Date:	

What areas of health professions interest you?

Please describe the path of career exploration that landed you here?

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

Please list your three BELLWETHER 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:

Are you planning on studying abroad? (Yes/No/Not Sure)

Class Year: Click or tap here to enter text.

Major(s): Click or tap here to enter text.

GPA: Click or tap here to enter text.

GreenSheet submitted Click or tap to enter a date.

dental, veterinary, optometry, combined degree
ed health area (PA, NP, PT, OT, other? OR I am
ext.

g this career in the health professions.

explain

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November 2024, submit June 2025, attend Fall 2026)

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r developing profile as a prospective applicant.

on cohort. As you do so, please consider these [core](#)

portfolio:

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endability

Quantitative reasoning

stability

Scientific inquiry

vement

Written communication

beliefs, curiosity, identity, distance travelled...

candidacy below.

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What areas of health professions interest you?

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

Please list your three BELLWETHER school requirements for admission to these schools (use major and minor requirements for primary or optometry school admission requirements). Prepare your vision and mission statements 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:

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dental, veterinary, optometry, combined degree health area (PA, NP, PT, OT, other? OR I am not sure.

g this career in the health professions.

And use our GCC and HUB Resources to your advantage!

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portfolio:

Ability to self and others	Critical thinking
Endability	Quantitative reasoning
Stability	Scientific inquiry
Prement	Written communication

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Lafayette College 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. As COVID impacts percolate, applicants need more than ever to demonstrate competencies and perform on high stakes exams. Different preparation is needed! PLUS: International student applicants need to be proactive.

If your portfolio is complete and competitive enough on all competencies, you can complete your application in spring/summer of junior year to enroll in the summer immediately following your graduation.

HP Advising works with you when *you* have all the components in place: completed course requirements; STRONG Admissions Test (MCAT, DAT, OAT, or VMCAT/GRE); 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!*

TIMELINE FOR APPLICATION/ADMISSION TO HEALTH PROFESSIONS SCHOOL

Health Professions Program at Lafayette College

College Year 1



- Talk with your academic advisor about fall semester courses and major requirements.
- Attend HP Program meetings and make sure you are on our hp distribution email list (healthprofessions@lafayette.edu) to get relevant updates and information.
- Enroll in [Gateway program](#) run by the Office of Career Services.
- Work with your GA on volunteering and shadowing opportunities.
- Develop relationships with faculty and professional staff members.
- Begin exploring healthprofessions school programs of interest for school-specific course requirements.
- Apply to summer enrichment programs such as [SHPEP](#).
- Complete first year prehealth (medical, dental, optometry and veterinary) school coursework.
- Read widely on health care related topics or just READ in general; check out [the list of books](#) available at our Health Professions Program Library.

Summer Following College Year 1

- Work or volunteer
- Keep a journal about your experiences to use later for essays and interviews.

College Year 2



- Talk with your academic advisor about selecting fall semester courses.
- Attend our HP Program meetings.
- Work with your GA counselor on identifying internship & externship opportunities.
- Pursue meaningful clinical experience and research experience if possible.
- Identify and pursue leadership opportunities on campus.
- Continue to develop relationships with faculty, advisors, and professional staff members.
- Apply for summer research, internship, or enrichment programs.
- Complete second year of relevant prehealth coursework and other school-specific degree requirements.
- Continue read widely on health care related topics or just READ in general.

Summer Following College Year 2

- Work or volunteer in the health professions field; undertake research, internship, or volunteering opportunities.
- Participate in summer enrichment programs
- Keep a journal about your experiences to use later for essays and interviews.
- Investigate:
 - * The medical/dental/veterinary/optometry school application process
 - * MCAT, DAT, GRE and OAT admission tests
 - * Fee Assistance Programs

Continue to Page 2

*Elements of this timeline were modeled after the AAMC Official Guide to Medical School Admissions

College Year 3



- By this time, you should have a well-established relationship with our Health Professions advising team and should be actively participating in pre-health activities.
- Continue working with your academic advisor.
- Attend our HP pre-application & application meetings for the 3rd and 4th year students.
- Consider which faculty, advisors and healthcare professionals you will ask for a letter of recommendation for your campus application.
- Continue your participation in meaningful clinical experiences, other medical-ly activities, volunteer work, research and/or leadership roles on campus; if possible, consider taking on a more substantial role.
- Meet with our HP Faculty advisor to:
 - * Strategize about your application timeline, whether it be for immediately following graduation or after one or more gap years.
 - * Discuss your schedule for completing remaining pre-medical/pre-dental/pre-vet or pre-optometry school coursework and other school-specific degree requirements.
 - * Identify the best time for you to take MCAT/DAT/GRE/OAT exam.
 - * Discuss letters of recommendation and our Committee Letter of Evaluation.
- If you're prepared and ready, register for and take the MCAT exam (January–June).
- Set up an individual conference with a [Writing Associate](#) to go over a draft or outline of your personal statement
- Set up a mock interview in person with a Gateway advisor or virtual via [Interview-Stream](#).
- Familiarize yourself with relevant health professional school application service.
- Research health professional school curricula, including joint, dual, and combined-degree programs.
- Complete third year pre-health related coursework and other school-specific degree requirements.
- Continue read widely on healthcare related topics or just READ in general.
- If you are considering a gap year, investigate a meaningful paid or volunteer experience to complete during that time.

Summer Following College Year 3

- Continue your involvement with clinical experiences, volunteer work, research and other medically related activities.
- If applying to begin health professional school following your senior year:
 - * Complete official med/vet/dental/ or optometry school application.
 - * Work on secondary applications.

College Year 4

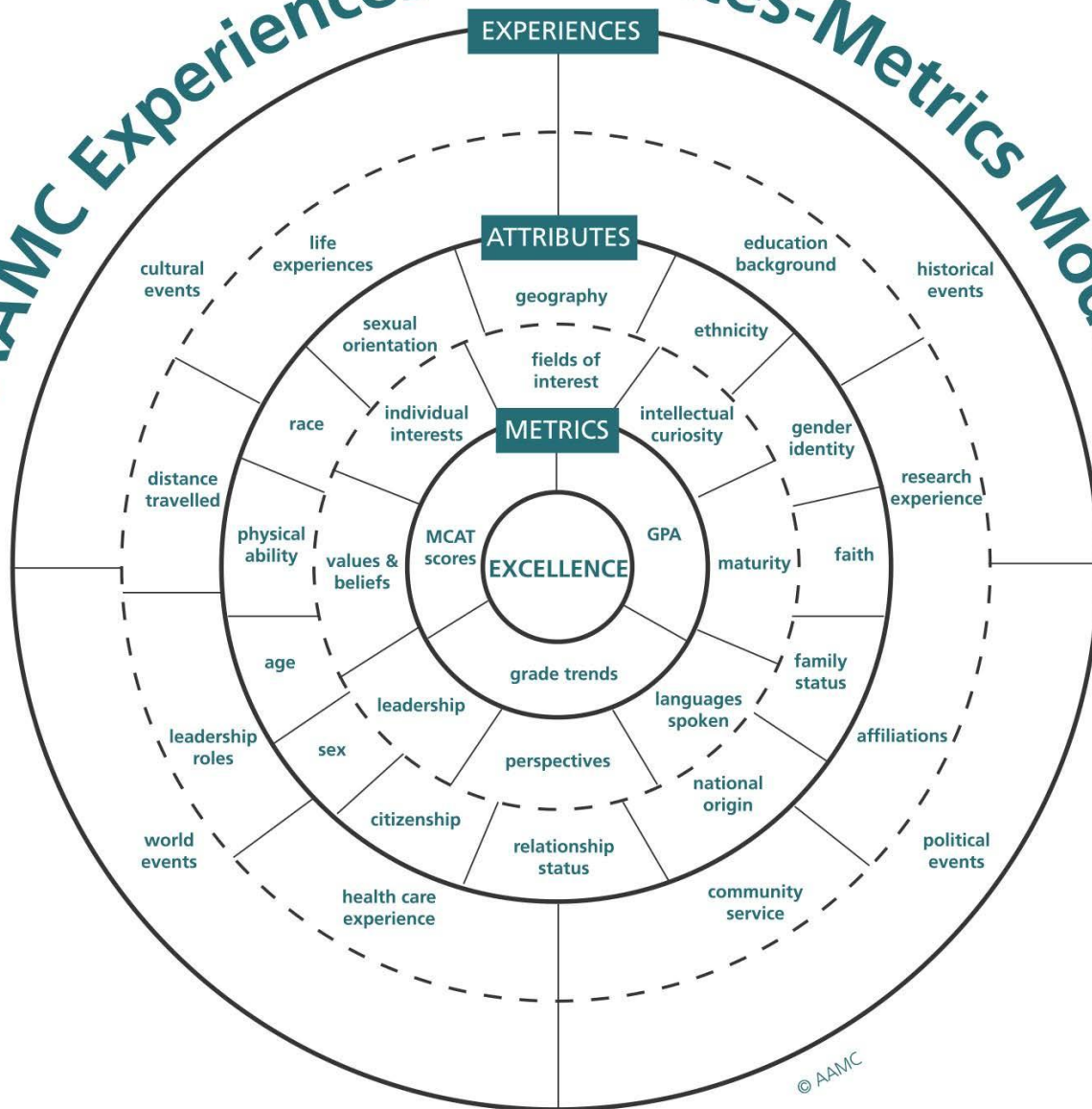
- If applying for matriculation immediately following senior year:
- Meet regularly with our HP advising office to discuss the status of your applications and the admission process for schools to which you've applied.
 - Develop alternative back-up plan
 - * Review postbaccalaureate programs that are the best fit for you
 - Make interim and final decisions about your health professional school choice.
 - Complete degree requirements and graduate.

Gap Year/s

- If applying for matriculation after one or more years after graduation:
- Seek meaningful employment, education and/or clinical experience.
 - Continue working with our HP advising office to receive advice on how to:
 - * Enhance your application portfolio
 - * Prepare for your official application submission

*Elements of this timeline were modeled after the AAMC Official Guide to Medical School Admissions

AAMC Experiences-Attributes-Metrics Model



Adapted from *Workforce America: Managing Employee Diversity as a Vital Resource*, McGraw Hill Publishing, 1990.

Zero in on maximizing your EAM

Also consider impact of Lived Experience

And of course... Demonstrate CoreCompetence as defined by your field...

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...MD & DO

Knowledge of biomedical & clinical sciences practice

Interpersonal and communication skills

Critical thinking; Person-centered care

Interprofessional collaboration

Professionalism and ethics

Practice-based learning and quality improvement

Society and population health...PA

Critical thinking; Professionalism

Communication and interpersonal skills

Health promotion

Patient care:

Assessment, diagnosis, planning, treatment
establishment & maintenance of oral health

Practice management and informatics...DMD & DDS

Practice-based learning and improvement

Patient care and procedural skills

Systems-based practice

Medical knowledge

Interpersonal and communication skills

Compassion for all animals and people

Moral and ethical standards

Professionalism; Motivation to serve

Expectations on interactions with those of all ethnic,
social, cultural, and religious backgrounds...DVM

Observation abilities: tactile & audio/visual

Communication abilities

Sensory and motor coordination abilities

Intellectual, conceptual, integrative, and quantitative
abilities

Behavioral and social attributes...OD

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
Service orientation
Teamwork
Critical thinking
Quantitative skills
Scientific literacy
Written communication
Human behavior
Living systems

Knowledge of the profession
Interpersonal communication
Critical thinking
Interprofessional collaboration
Professionalism and ethics
Practice-based learning and quality improvement
Society and population health...PA

Critical thinking; Professionalism
Communication and interpersonal skills
Health promotion
Dental treatment
Oral health
DMD & DDS
to serve
interactions with those of all ethnic,
cultural, and religious backgrounds...DVM

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

**A GREAT AAMC resource,
Anatomy of an Applicant,
uses developmental planning
worksheets so you can gauge
your progress, no matter your
intended field!**

Recent LC Applicants

- Top UG majors: Biology, Neuroscience, Biochemistry, 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

NATIONAL DATA: ALLOPATRIC MEDICAL (MD) SCHOOLS

Fall 2024

Applicant Pool	Accepted Students	Acceptance Rate	Means (Matriculants)
51,946	23,156	45%	GPA: 3.79, MCAT 511.8

LAFAYETTE ACCEPTANCE RATES: 2020-2024

The incoming medical school class in the **fall of 2024** saw 84% of our 19 Lafayette applicants accepted into either an allopathic or osteopathic medical school.

Medical

GPA	Applied	Accepted	Percent
3.60 and above	63	48	76%
3.20-3.59	20	12	60%
Lower than 3.20	3	1	33%
All Applicants	86	61	71%

Data are for all students (first-time applicants as well as re-applicants) applying for admission to medical school (MD,DO) from 2020-2024.

	Applied	Accepted	Percent
Dental	14	11	79%
Veterinary	7	5	71%
Optometry	3	3	100%

Data are for all students (first-time applicants as well as re-applicants) applying for admission to dental, veterinary and optometry schools from 2020-2024.

Nationwide, and despite recent

(1) expansion of incoming class sizes, (2) opening of more accredited medical, dental, veterinary & optometry schools,

admission to health professions schools continues to be highly competitive. This is your landscape

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!

Seeing your future: Know your WHY!



Upcoming Events – watch website and email for details

Sept 10: Gateway CC Career Fair, Marquis Hall 5-8pm

Sept 10: Choose DO, Virtual Fair 12-6pm

Sept 18: 2nd Year Student HPA Info Session, Hugel 100 12-1pm

Sept 22: Ready-ing Your Application 1: Learning and Reading for High Stakes Exams. RISC 262 4:10-5:10pm

Sept 30: GCC Grad School Open House, Marlo Rooms 4-6:30pm

Oct 3: Tea and Cookie Fall Event, Scott 101 3-4:30pm

Oct 6: Getting Started with MCAT/DAT Panel, RISC 262 6:30-7:30pm

Oct 9: Ready-ing Your Application 2: Assembling Your Materials (HP-CV, PIF and more, Simon Center 211 12:15-1:15pm

Oct 9: w/LVAIC, Drexel U Pathology Assistant MSc Info, by Zoom 5-6pm

Oct 21/22: Q&A with LC HP Alumni Panel, by Zoom 6:30-7:30pm

...EVEN MORE Upcoming Events...

Oct 29: Ready-ing Your Application 3: Self-Assessment & Holistic Review: Launching GreenSheet Sessions! RISC 362 12:30-1:40pm

Oct 29-30: AAMC Medical Schools, Virtual times tba

Nov 4: w/GCC, Candid Conversations: Podiatric Medicine, tba

Nov 5: Outside the Box, Choosing Courses, Pardee 113 12:15-1:15pm

Nov 8: FirstGen Day! Find some celebrations!

Nov 18: w/GCC LVHN Summer Scholars Info, RISC 362 12:20-1pm

Dec 5: Tea and Cookie Winter Event, Scott 101 3-4:30 pm

Dec 8: Mandatory Jr & Sr Application Session, RISC 262 12-1pm

Stay tuned this semester and next spring: Student Club Events, Personal Statement Workshop, School Choice & Mission Match, PCOM info session, Army Suture Clinic, Tufts VetMed session, Study Abroad for HP, w/LVAIC Mock MCAT...

Recap your upcoming homework!

- Meet with your Academic Advisor
- Spend time on the HP College Web Page
- Sign up for info: healthprofessions@lafayette.edu
- Check out GatewayCC
- Log onto Handshake
- Start researching Bellwether Schools...

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?

USEFUL RESOURCES?

Professional websites

CAS guides

HPA suggestions (appended and on our website)

LESS USEFUL RESOURCES?

YouTube

Reddit

StudentDoctor Network

commercial entities

well-intentioned relatives and friends 😊!

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 HPAdvising and related events! Come when you are able, leave when you must...but make it a priority!

Some 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)