

**Please sign in for today's
program if you have not
already done to.**



Lafayette College Health Professions Advising First Year/Transfer Student Information Session

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

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Health Professions Program

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Health Professions Program

September 2, 2026

Probability of Acceptance

Nationally, despite the recent increase in the number of accredited medical, dental, veterinary, and optometry schools along with a slight expansion of incoming class sizes at some schools, admission to health professions schools continues to be highly competitive

NATIONAL DATA: ALLOPATHIC MEDICAL (MD) SCHOOLS

Fall 2025	Applicant Pool	Accepted Students	Acceptance Rate	Means (Matriculants)
	54,699	23,440	43%	GPA: 3.81, MCAT 512.1

LAFAYETTE ACCEPTANCE RATES: 2021-2025

The incoming medical school class in the **fall of 2025** saw 89% of our 18 Lafayette applicants accepted into either an allopathic or osteopathic medical school.

Medical	GPA	Applied	Accepted	Percent
	3.60 and above	63	50	79%
	3.20-3.59	20	14	70
	Lower than 3.20	0	0	0%
	All Applicants	83	64	77%

Data are for all students (first-time applicants as well as re-applicants) applying for admission to medical school (MD,DO) from 2021-2025.

	Applied	Accepted	Percent
Dental	19	14	74%
Veterinary	8	6	75%
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 2021-2025.

Nationwide admission to health professions schools continues to be highly competitive.

Nationally ~75% of applicants have glide years

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 health professions 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

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*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

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 or two or three 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.

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, health care experiences, extra-curricular accomplishments. Your application process will begin in the spring semester of your application year...and hopefully culminate in matriculation into your professional program **18 months later!**

UNIVERSAL Pre-Professional Competencies

how schools evaluate 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 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

Critical thinking

Quantitative skills

Scientific literacy

Written communication

Human behavior

Living systems

Knowledge of

Interpersonal

Critical thinking

Interprofessional

Professionalism

Practice-based learning

Society and population

Critical thinking; Problem-solving

Communication skills

Health

Interpersonal skills

Oral health

Dental treatment
Dental health
Dental...DMD & DDS

Prevent

With those of all ethnic,
religious backgrounds...DVM

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

Communication abilities: tactile & audio/visual

Communication abilities

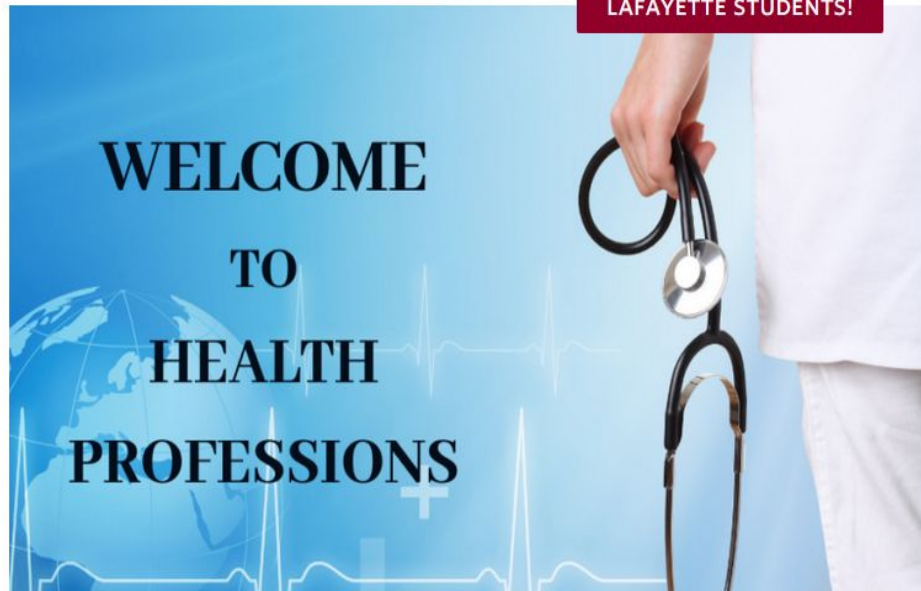
Sensory and motor coordination abilities

Intellectual, conceptual, integrative, and quantitative
abilities

Behavioral and social attributes...OD

Community improvement

Health...PA

**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](#)

Get to know the HP website!

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:

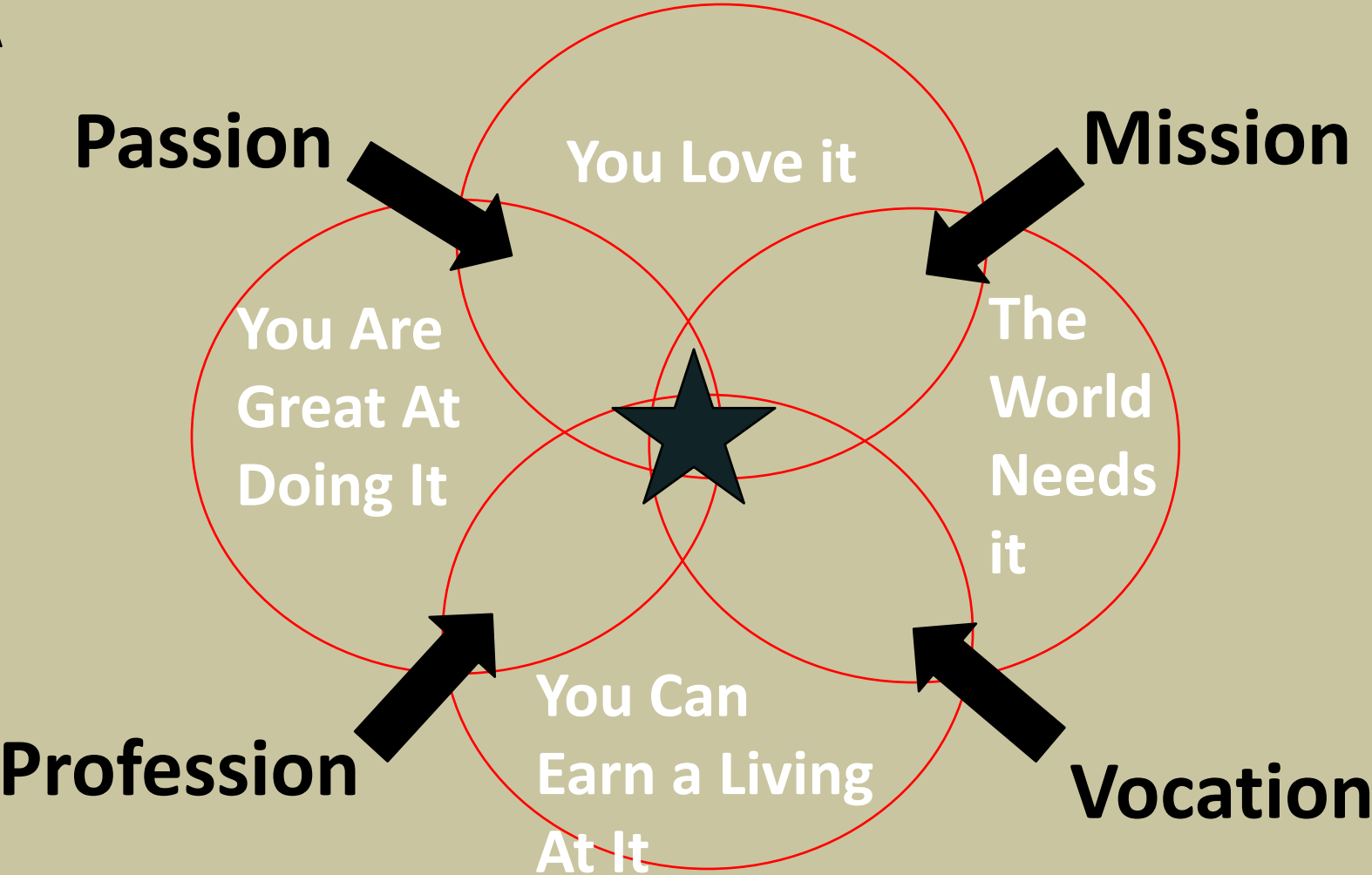
- > intense curiosity
- > willingness to be challenged
- > assume responsibility for outcomes
- > openness to learning from others
- > commitment to academic integrity

How do you seek HPA assistance early on?

- Email your *specific* question and request; notify HPA, Ms Glaus & Prof Kurt; 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 Kurt likewise offers appointments with TracCloud on Wednesday, Thursday, and Friday afternoons.
- 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



Have You Found Your Purpose?



EXPLORE: Gateway Career Center Tools to self-assess and bring on your journey!



Have You Found Your Purpose?

Passion

Passion

Get to know your "why"
finding the deep, personal reason
you want to become a doctor

Profit

Living

Vocation

At It

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 HP Key!
Unlock your potential!

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

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 (Critical! Cannot be compromised!)

UNIVERSAL Pre-Professional Competencies

Community service and volunteer work

Research experiences

Letters of recommendation

HP school interview

Some criteria vary among schools. Your applications will eventually be tailored toward the Mission of each school you apply to!

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. Think 'competencies' 'challenge' and 'rigor' as you make choices!

A.B. versus B.S. degree?

It does not make a difference if you graduate with a AB or BS degree as long as you complete all of the pre-health requirements.

You are attending a small private liberal arts college. Make the most of it.

Consider whether there are non-science areas of study that you are curious about or passionate about. An AB degree may make it easier for you to explore another area of interest in more depth.

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. CUREs 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.

Health Professions Clubs

see Our Campus Portal; a few to mention...

Lafayette Emergency Medical Services

Pre-Dental Society

Pre-Health Professions Society

> pre-PA and LMSA+ committees

Landis Center initiatives

Departmental Clubs & Societies

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 3: DIS Study Abroad Program, 12:15-1:15pm

Sept 9: Tea and Cookie Fall Event, Scott 101 3-4:30pm

Sept 16: Gateway CC Career Fair, Marquis Hall 5-8pm

Oct 14: Getting Started with MCAT/DAT Panel, 6:30-7:30pm

Oct 20: College Volunteer Program Info Session,

Nov ? : Think Outside the Box Panel, Date & Time to be finalized

Nov 10: HP Volunteering Experiences Info Session, 4:15-5:00pm

Nov 11: Indiana U of Pennsylvania COM Info Session, 12:30-1pm

Nov 12: HP Volunteering Experiences Session, 4:15pm- 5pm

Nov 14: Supporting a Safer Community, Substance Use, Mental Health & Violence Prevention Training, 8:30-2:15 at LVHN

Dec 7: Tea and Cookie End of semester event, 3-4:40pm

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...

USEFUL RESOURCES?

Professional websites

CAS guides

HPA suggestions

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.

Register for and attend HPAdvising and related events!