

HEALTH PROFESSIONS ADVISORY COMMITTEE

YEAR BY YEAR ADVICE TO STUDENTS

Freshman Year:

Familiarize yourself with the Health Professions page of the college website:

<http://www.oldwestbury.edu/content/associated-programs>

Introduce yourself to the premedical advisors.

Familiarize yourself with www.aamc.org especially Aspiring Docs.

Work hard for good grades!

Seek out summer internships, research experience, enrichment activities, physician shadowing or volunteer work.

Sophomore Year:

Continue to work hard for good grades!

Seek out summer internships, research experience, enrichment activities, physician shadowing or volunteer work.

Initiate your file with the Health Professions Advisory Committee in spring.

Junior Year:

Continue to work hard for good grades!

Build the contents of your file with the Health Professions Advisory Committee.

Seek out summer internships, research experience, enrichment activities, physician shadowing or volunteer work.

Start preparing for admissions tests.

Take admissions test (MCAT, DAT, etc.) in summer.

Senior Year:

Realistically evaluate your readiness and competitiveness to apply to medical school.

Apply to Health Professions Schools if you are reasonably competitive:

Generally: GPA >3.0; MCAT, DAT, etc. > 50th percentile

Consider alternatives if you are not reasonably competitive:

Pursue a Master's degree to increase competitiveness.

Take additional courses at the undergraduate level.

Consider off-shore training?

Consider alternate career paths (e.g. Public Health, Allied Health Careers, etc.).