

## General Information

This handout is one of many UCSD resources available to students interested in various health fields. It does not replace academic advising which is available through your Muir College Advisors. You may also benefit by talking to your Major or Faculty Advisor, as well as other on-campus resources listed in this brochure such as graduate school advisors at the Career Services Center.

In a letter to the *San Diego Union Tribune*, UCSD former Dean of the School of Medicine John Alksne said: "Through our screening process, we look beyond academic achievement for individuals who care for humankind, who can deal with



stress and still be compassionate, who can solve problems when a patient's complaints don't match any in the textbooks and who will help the poor or unfortunate without expecting any reward other than the satisfaction that comes from

contributing to someone else's well being."

Academics are important, but keep in mind that graduate programs are looking for a well-rounded student. Best of luck in your journey towards a career in the Health field

# UC San Diego

## UCSD Resources:

### Career Services Center:

<http://career.ucsd.edu/>

### (MED) Muir Eventual Doctors:

<http://muir.ucsd.edu/studentlife/mtgcal.shtml>

### HMP3 (Health & Medical Professions Preparation Program):

<http://hmp3.ucsd.edu/>

### Volunteer Connection at UCSD:

<http://blink.ucsd.edu/HR/supervising/hiring/outr each/volunteer.html>

### Internship Opportunities:

<http://career.ucsd.edu/undergraduates/gain-experience/internship-information/off-campus-internships/dc-internships/health-medicine.html>

### UCSD School of Medicine Post-Baccalaureate Program:

<http://meded.ucsd.edu/asa/dcp/postbac>

## Schools and Colleges, Admission

### Resources:

Dentistry: <http://www.adea.org>

Medicine: <https://www.aamc.org>

Nursing: [www.aacn.nche.edu](http://www.aacn.nche.edu)

Optometry: <http://www.opted.org>

Osteopathy: <http://www.aacom.org>

Pharmacy: <http://www.aacp.org>

Podiatry: <http://aacpm.org>

Public Health: [www.asph.org](http://www.asph.org)

Veterinary Medicine: <http://aavmc.org>

UCSD

## Planning for Careers in the Health Field



UCSD Muir College Academic Advising and Career Services

## What is the best major?

The best major to choose is the one you are most interested in studying thus getting good grades! Graduate schools in health fields *do not* require a specific major. Regardless of the major you select, make sure that all course prerequisites for your particular graduate program have been met. (See section on 'courses required')

*"The Association of American Medical Colleges has data to suggest that your major simply does not matter when it comes to getting accepted to medical school. According to their data, only 51 percent of students who enrolled in medical school in 2012 majored in biological sciences. That means the remaining medical school matriculants majored in humanities, math or statistics, physical sciences, social sciences or specialized health sciences..."*

*In a sense, medical schools do not really care what major you choose, as long as you finish your prerequisites and do well in school overall."*

EDWARD CHANG, *US News and World Report*, Sept. 2013



**TIP:** Drop by the Muir Advising Office to begin the process of finding a major!

## What courses are required?

**English: 1 yr** MCWP 40, 50, and recommended to take 1 more Social Science or Humanities course with writing.

**MATH: 1 yr** MATH 10 ABC or 20ABC (based on your major requirements) Statistics may be required -MATH 11

**BIOLOGY: 1 yr PLUS** BILD 1, 2, 3

The following are not required, but you may benefit from them in preparation for the MCAT: BICD 100 (Genetics), BIPN 100 (Mammalian Physiology), BIBC 100 or BIBC 102 (Biochemistry) See Catalog for prerequisites!

**General CHEMISTRY : 1 yr + lab** CHEM 6ABC & 7L

**Organic CHEMISTRY :1 yr + lab** CHEM 140ABC& 143A

**PHYSICS: 1 yr + lab** PHYS 1, 2, or 4 series (see major req's)

**NOTE: Optometry, Dentistry, Pharmacy, and Nursing may require additional courses (ie Psych, ECON, Speech.) See Career Center for details or visit <http://career.ucsd.edu>**



## Advanced Placement

### Credit (AP)

Graduate schools will vary on how they view AP credits. Consult with a Graduate School advisor at the Career Services Center for more details.

We *do not* recommend repeating any courses in which you have already received AP credit. You will not receive any units or GPA points for repeating AP credit.

**BIOLOGY:** Medical schools require applicants to study Biology in college and will not accept AP Biology credit in lieu of that. If you received credit for BILD 1,2,3 You should plan on taking upper division BIOL courses.

**MATH, PHYS, & CHEM:** If you have already received credit for Math, Phys, and Chem courses via AP or IB you can continue in the series. Additional upper division is not required. You may consider taking Honors Chemistry.

## What else do I need?

### Exams

See Career Services Center for details on:

Medicine—MCAT

Veterinary Medicine—GRE

Optometry—OAT

Dentistry—DAT

Pharmacy—PCAT (generally not required in CA.)

Others: GRE sometimes required

**Extra-Curricular Activities:** The Career Services Center notes that Admissions committees are interested in energetic applicants who are self-learners, mature, interested in serving others, and who have the ability to persevere. Seek activities that enhance the development of your interpersonal skills, study habits and time management skills. Working in a hospital or clinic has the added advantage of exposing you to the daily and routine work of health care. Long term commitments are valued more by Medical Schools than are short stints of volunteer work.

**Research:** Research is not required, however, you gain valuable teamwork and communication skills as well as experience in research methodology. You will also work next to award winning Faculty members who may write you a letter of recommendation!

**Letters of Recommendation:** Medical schools will request 3 to 5 letters of recommendation. They often will require that one letter be written by a non-science faculty member .



**TIP:** Visit the Career Services Center for advice on helping you become a competitive graduate school applicant!