



## **“It Is *Time* To Plan!”**

### **Notes:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

GUIDELINES FOR PREPARING TO APPLY TO MEDICAL,  
DENTAL, AND OTHER HEALTH PROFESSIONS  
SCHOOLS



---

**Contents**

**General Remarks**

1. **ALL THE TIME**
2. **ADVISING TIME**
3. **RECOMMENDATION TIME**
4. **MCAT TIME**
5. **APPLICATION TIME**
6. **INTERVIEW TIME**

**Notes:**

**Advisors**

**Library Resources**

Prepared By Dr. Ruth Ann Murphy  
Chairperson, Health Professions Advisory Committee

*UMHB*

General remarks: These guidelines can apply to application to other than medical and dental schools.

Admission to medical, dental, and other health professions schools is a trust – not a reward. Even *applying* to medical school involves a commitment to a responsibility of putting the patient – first. First over social life and first over personal preferences, and it begins in college!

\*Internships are important. Likewise reading. Materials available in York 301 and the Library.

The UMHB Library has: Princeton Review MCAT (4 volumes)

Kaplan MCAT (3 volumes)

MCAT Preparation

“The Learning Express” provides the opportunity to take practice MCAT’s online, and other study assistance.

Inside scoop on medical school admissions workbook 610,.71 I5916k

MCAT verbal reasoning 610.76 076ev5

MCAT organic chemistry 610.76 076eo5

MCAT physics 610.76 076ep5

MCAT biology 610.76 076eb5

MCAT chemistry 610.76 076e5

GRE Preparation

Barron’s How to Prepare for the DAT, Dental

Admission Test

Preparing for Your ACS Exam in Organic Chemistry

And more!!

The Pre-Med/Pre-Dent Advisor has copies of the following available for student use.

Health Professions Admissions Guide – Strategy for Success

Interviewing for Health Professions Schools

Medical School Admission Requirements

Meeting the Challenge of the MCAT

Write for Success – Preparing a Successful Professional School

Application

\*Summer Programs are helpful.

\*Shadowing is great, and you can sometimes arrange for this with doctors and other health professionals you know in your hometown.

Some UMHB Opportunities  
Biology Club.

Math Club, Delta Psi Theta: Lectures (coordinated by Dr. Bill Harding)  
Chemistry Club, Sigma Pi: Medical School Tours, Speakers, Projects  
(sponsored by Dr. Darrell Watson)

Early Admission to Dental School

Other Opportunities

JAIL Ministry

Martha's Kitchen/Shelter, 601 South 7<sup>th</sup> , Temple 76504-5520

Scott & White Memorial Hospital and Clinic Volunteer Line 254.724.3199

Scott & White Memorial Hospital and Clinic Part-Time Work Human

Resources Line 254.724.3772

For more local (and some overseas!) opportunities check with the  
Baptist Student Ministry, 254.295.4234.

Other opportunities to gain valuable experience may come through assistance to  
persons suffering the effects of natural disasters, such as hurricanes, etc.

As you help others in the community through voluntary or paid work, be sure you  
keep a record of when you worked, what you did, and the name, job title, and  
contact information of your supervisor(s). It is important to be able to document  
this type of work.

(Continued on next page)

### **Remember!**

- 1. Failing to plan is planning to fail.**
- 2. Plan your work, and then work your plan!**

## 1. ALL THE TIME



*"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths."*  
*Proverbs 3:5-6*

- a. Watch bulletin board outside York 301 office for announcements.
- b. Check your e-mail frequently. Do not let your e-mail box get filled, as important e-mails will not reach you.
- c. Have a professional-sounding e-mail address.
- d. Have a reliable e-mail address.
- e. Premeds: buy a copy of the MCAT guide and start studying it – now.
- f. Premeds: Take a timed, practice MCAT verbal section as soon as possible in college (freshman year is not too early) and expect to get an actual verbal score on the actual exam that is one number lower than the practice score.



## 2. ADVISING TIME

- a. There is no pre-med or pre-dental, etc. major; after all, if someone didn't attend medical school, why would they want to explain why they majored in "pre-med?"
- b. An alternate plan, in case professional school admittance is delayed or non-existent, is of great importance. Choose a major that will enable you to earn a living, doing something you enjoy, while still preparing for your career in the health sciences.
- c. Be sure that you meet the requirements of the school you hope to attend. Allow sufficient time to get in all the needed courses, and be aware that pre-requisites can delay a program. (In other words, one cannot take 8 hours of General Chemistry and 8 hours of Organic Chemistry in the same semester.) Requirements can change over time, so keep up with changes.
- d. Try not to skip from school to school. Avoid the appearance of "shopping" for schools where certain courses are easier. As a rule, community college courses are considered less rigorous than university courses.

e. Medical schools are interested in students who can juggle fairly heavy course loads along with some extracurricular activities. Students who maintain a 4.0 while taking only 12 hours and doing nothing else are usually not that impressive.

e. Medical schools also like to see students who can handle Organic Chemistry and General Physics during the **same** semesters.

f. Plan ahead, whenever possible, to avoid dropping courses. The presence of one or more W's on a transcript can be a source of concern to an admissions committee.

g. Low grades in courses are to be avoided; however, an upward trend of GPA over the college years is far better than a downward one.

h. Be prepared to explain in a letter of application why a semester had low grades – and why that will not happen again!



### 3. RECOMMENDATION TIME

a. *Early* in your college career, start to get to know your professors. Do not waste the instructor's time, but do get acquainted. Your first office visit should not be a request for a letter of recommendation.

b. Be involved in extracurricular activities which support your planned career. Ask how you can volunteer or work in the health professions field.

c. Take charge of your education; do not rely on parents, spouse, or others to arrange your meetings, make telephone calls for you, etc.

d. Realize that you are creating an impression of yourself when you interact with professors. Be the polite, caring person now – that you aspire to be as a health professional. Be courteous on the phone, and in person. Be diligent, punctual, and responsible about class work. Be on time for advising appointments; definitely let the professor know if you are not coming.

e. Working as a TA in lab courses, or helping in a math or science department, can help create a good impression of your ability – if you are diligent, punctual, and responsible about your duties. You will also learn a lot of material that is not taught in the classroom! Ask your math and science professors about opportunities to do this. To leave a good impression, follow

instructions exactly, and be willing to do *everything* you are asked to do – not just what seems interesting.

f. Waiving your right to view the evaluations will increase their credibility.

g. Recommendations by the Health Professions Advisory Committee are preferred by admissions committees, to recommendations by individual professors. Pre-med and pre-dental students should download the form at the TMDSAS (Texas Medical and Dental Schools Applications Service) website, complete and sign the top portion, and take it to the Chairperson of the Health Professions Advisory Committee for distribution to other Committee members. If the student does not get a Committee evaluation, they should get evaluations from two professors. Students applying to Baylor College of Dentistry are also required to submit a recommendation from a practicing dentist.

To allow these to be processed in a timely manner, they should be submitted to the Chairperson during the **spring** semester. During summer many faculty are away from their offices and unavailable for preparing evaluation letters.

h. Professional schools want recommendations from professors – not physicians, family friends, etc.

i. Do not bring stamped, self-addressed envelopes for your professors to use when sending recommendations to health professions schools. These must arrive at the health professions school as metered mail on UMHB letterhead, to look official.

j. Do provide professors with the written addresses and deadlines for recommendations.

k. You are responsible for verifying that the letters of evaluation are received by the professional schools to which you are applying. If they have not been received in a timely manner, you should check with the Chairperson of the Health Professions Advisory Committee who keeps copies of such correspondence and can send duplicate copies of the documents.

l. Think very carefully about the type of image you want to present as you apply. Be honest about your plans and goals.

m. Be your own representative whenever possible; in other words it looks better for you to make requests of advisors and professional school personnel, than to ask family members (parents, spouses, etc.) to obtain information.



#### 4. MCAT TIME

a. Begin study early; plan the MCAT preparation into your schedule when you are advised. Try to take a fairly light load of classes the semester you take the MCAT. This semester should be the spring semester of the year **before** you graduate. MCAT's are given later in the year, but it is advantageous to take the MCAT in the spring of the year preceding your graduation.

b. Purchase an MCAT guide with sample tests early in your college career, and refer to it frequently as you take your college work.

c. When you get ready to prepare for the MCAT, work the practice MCATs available in current MCAT guides.

d. Those who take the earlier MCAT tests are generally considered better prepared, and tend to have an advantage over the later group.

e. Commercial preparation courses are not necessary, if you take charge of your study schedule. If you do enroll in these, scholarships are available for those with limited finances.

f. There are no practice MCAT's – you need to be prepared when you take the MCAT.

g. The following suggestions should help prepare for the verbal section of the MCAT. Do not take this for granted – it is challenging. Try flash cards if you have trouble recognizing vocabulary. Read publications such as “The Times Literary Supplement,” “The New York Review of Books,” “The New Yorker,” “The Economist,” and “Atlantic.” Keep copies of articles from these handy to be ready while waiting for laundry, waiting in line, etc. ESL students with severe language problems can be helped by hiring a tutor to work through a verbal section prep course, beginning in early February.

h. Schedule your time for studying by making a list of topics to study and how long you estimate they should be studied. Then incorporate these into your schedule. These can be modified as you begin studying, but a plan will help ensure that you get around to studying all the topics sufficiently, rather than “majoring” in a few topics and not having sufficient time to study others.

i. Cost of taking the MCAT is \$210 plus review courses, books, etc.

j. The highest possible grade on the MCAT is 45 with the national average being 24. The test consists of three sections (Biological Sciences,

Physical Sciences, and Verbal Reasoning) each with a maximum score of 15, and a writing sample with a score between “J” and “T” with the national average being “O.”



5. APPLICATION TIME:

a. Apply early. Regardless of stated deadlines, those who apply early usually have an advantage. Those who apply later in the application period may discover that all available openings for interviews are already filled. Apply as early as possible without sacrificing quality – be sure the application is well written. Typically you should apply about June of the summer **before** your senior year, to attain interviews during your senior year.

b. See notes on email in Part 1. Most communications to you will be via email.

c. If you are applying to medical school, apply to all the Texas medical schools – including Baylor. To omit Baylor could raise questions. Likewise for dental schools in the state.

d. You must mention all college work, successful or not, on your application; to omit schools where you did poorly is to submit a fraudulent application.

e. Those who are applying to the Texas medical schools should plan on spending a total of \$1000-\$2000 in fees, travel and lodging expenses, etc.

f. Do not worry about the expense of attending medical school. Texas has some of the lowest rates in the country, and loans and other programs are available to assist you.



6. INTERVIEW TIME

a. Consider all accredited schools. The (accredited) medical school that accepts you is the best school for you! Don't cling to a plan to attend one school, until you have visited the other schools which offer interviews.

b. Have a dependable means of transportation. You do not want to miss your interview, or arrive late, due to car trouble.

c. Get plenty of rest the night before your interview and allow plenty of time so that you are not late. Allow time to find the location. Staying overnight in a motel beats getting up early at home and rushing through highway traffic to an interview.

d. Dress conservatively and neatly. Avoid body-piercing and extreme fashions. Be meticulously groomed. Gray suits are preferable to dark colors, as you are less likely to be tempted to remove lint particles from your clothing during the interview. Do not wear 3-inch heels; you will be doing a lot of walking.

e. Don't fidget during the interview. Try to answer questions without a flat "yes" or "no" when reasonable. You want your personality to *shine* through.

f. Be polite to the interviewer, regardless of whether they seem polite to you. Any problems in this area can be shared with your pre-health professions advisor later.

g. Be prepared for a question such as, "What do you know about our school?" You should do your research on the school in advance of the interview, so that you can answer the question knowledgeably.

i. Try to make good eye contact with the interviewer. (If you look into their eyes long enough to determine eye color, that is about right.) Shaking hands with your thumb up is a plus! Practice this, so you do not squeeze the interviewer's hand too tightly, nor offer a limp handshake.

j. Write a thank you note to the each school where you interview. Address this to the interviewer(s) you saw. Try to convey that you are still interested in attending their school (assuming this is correct.) It is also helpful to mention something you learned at the interview about the school or medicine, etc. Your thank you note is a sign of courtesy; it also acts to remind the interviewer of your interest.

k. Keep your UMHB advisor posted on your progress. S/he can help you!

l. Secondaries cost \$75-100 each. Interviews cost about \$300-400 each, including haircut(!), clothing, transportation, meals, taxis, hotel/motel.

***Practice the habits of courtesy, professionalism, listening, now!***

-----  
What should you do if you are not admitted to medical school?

1. Decide if you still really want to attend medical school.
2. If so, re-apply.
3. Strengthen your application by focusing on weaker areas. Discuss this with the pre-med advisor to identify these areas.
  - a. Retake the MCAT if the score was low.
  - b. Take more, hard science classes if your science GPA was low or if you need more references from science professors.
  - c. If medical experience is limited, participate in shadowing, volunteer, or even paid work in medical areas.
  - d. Consider taking another degree.
    - 1) A second degree at the University of Mary Hardin-Baylor.
    - 2) Clinical Lab Sciences degree (available through UMHB)
    - 3) Tufts University MS in Biomedical Sciences degree, designed to strengthen applicants to medical school.
    - 4) Loyola University at Chicago, post-baccalaureate program in Medical Sciences.
  - e. Do not let yourself become discouraged! Many people reapply to medical school and are admitted. If you reapply, it shows you are strongly committed to medical school.
4. Consider medical schools offshore\* and in Mexico. Be sure these are accredited and be aware that you would have to take a test after you become an M.D., and before you are allowed to practice medicine in the U.S. Some of these schools are okay and admission is less competitive than for U.S. schools.

\*You should check your credit rating before applying to a Caribbean school and verify that you will qualify for one of their alternative loan programs.

## UMHB Pre-Health Professions Advisors

AREA	ADVISOR	OFFICE	PHONE	UMHB BOX	EMAIL
Clinical Lab Science (formerly Medical Technology)	Dr. Gregory Frederick	York 202	(254) 295-5534	8432	gfrederick@umhb.edu
Pre-Dental	Dr. Ruth Ann Murphy	York 301	(254) 295-4543	8013	rmurphy@umhb.edu
Pre-Medical	Dr. Ruth Ann Murphy	York 301	(254) 295-4543	8013	rmurphy@umhb.edu
Pre-Pharmacy	Dr. Ruth Ann Murphy	York 201	(254) 295-4543	8013	rmurphy@umhb.edu
Pre-Physical Therapy	Dr. Ruth Ann Murphy	York 301	(254) 295-4543	8013	rmurphy@umhb.edu
Pre-Physician's Assistant	Dr. Karen Grant	York 201	Dr. Karen Grant	8432	kgrant@umhb.edu
Pre-Occupational Therapy	Dr. Ruth Ann Murphy	York 301	(254) 295-4543	8013	rmurphy@umhb.edu
Pre-Optometry	Dr. Karen Grant	York 201	() 295-4147	8432	kgrant@umhb.edu
Pre-Podiatry	Dr. Ruth Ann Murphy	York 301	(254) 295-4543	8013	rmurphy@umhb.edu
Pre-Veterinary	Dr. Cathleen Early	York 205	(254) 295-5041	8432	cearly@umhb.edu

UMHB cannot guarantee that students will be admitted to the professional school of their choice; however, the above advisors are available to assist with planning and helping students to pursue their goals.

### **UMHB Library Resources.**

1. On Reserve:

Don't miss these – you need this information to be competitive!

1. [Health Professions Admission Guide](#)
2. [Interviewing for Health Professions Schools](#)
3. [Meeting the Challenge of the MCAT](#)
4. [Write for Success: Preparing a Successful Professional School Application](#)

2. Computerized Practice Tests: "The Learning Express" provides practice MCAT's.

### **Online Resources.**

These include:

1. [www.nextgenmd.org](http://www.nextgenmd.org), "An Introduction to Medicine."
2. [www.e-mcat.com](http://www.e-mcat.com), MCAT Practice Online. Current price = \$80. Has four practice tests and many other good features. See the FAQ section of MCAT Practice Online (right side of page below "Login")
3. [Drflowersmcat.com](http://Drflowersmcat.com) This is reported to be a good, online MCAT prep course for self-motivated students who do not want to spend a lot of money on a prep course..
3. [www.whatispublichealth.org](http://www.whatispublichealth.org) discusses "Why Should You Consider a Career in Public Health?" – and more!
4. [www.healthprofessions.org](http://www.healthprofessions.org) – see series of links on "Becoming Familiar with Health Care Issues."
5. [www.texashotjobs.org](http://www.texashotjobs.org) – "Health Opportunities in Texas – A Cool Guide to Health Careers."
6. The National Association of Advisors for the Health Professions (NAAHP) has a website with guides for sale which offer assistance to the applicant; some of these are available for checkout from the Chemistry Department. These include Medical School Admissions Requirements (MSAR's) and booklets on writing the personal statement and being interviewed.
7. [Explorehealthcareers.org](http://Explorehealthcareers.org)

### **Advisor Resources.**

Medical School Admissions Requirements (this lists U.S. medical schools with MCAT scores and GPA's of those admitted) and other materials are available in York 306.

Sample Four-Year Plan for Pre-Meds (and Pre-Dents)

<u>YEAR/SEMESTER</u>	<u>FALL</u>	<u>SPRING</u>
<u>Freshman</u>  <u>15/17 = 32 hours</u>	<u>ENGL 1321</u> <u>MATH 1306</u> <u>CHEM 1410</u> <u>BIOL1410</u> <u>UMHB 1101</u> <u>UMHB 1002</u>	<u>ENGL 1322</u> <u>CSBS 1311</u> <u>MATH 1320</u> <u>CHEM 1420</u> <u>BIOL 1420</u> <u>UMHB 1002</u>
<u>Sophomore</u>  <u>18/17 = 35 hours</u>	<u>ENGL 2321</u> <u>CHEM 3410</u> <u>PHYS 2411</u> <u>BIOL 2440</u> <u>Social Science</u> <u>UMHB 1002</u>	<u>ENGL 2322</u> <u>CHEM 3420</u> <u>PHYS 2412</u> <u>MATH 1330</u> <u>COMM 1320</u> <u>UMHB 1002</u>
<u>Junior</u>  <u>16/15 = 31 hours</u>	<u>CHEM 3400</u> <u>CHEM 3440</u> <u>BIOL 3310</u> <u>BIOL 2441</u> <u>EXSS ----</u> <u>(16 hrs.)</u>	<u>CHEM 3450</u> <u>CHEM 4430</u> <u>CSBS 1312</u> <u>EXSS ----</u> <u>Elective</u> <u>MCAT!! Apply to</u> <u>Medical School!!</u>
<u>Senior</u>  <u>(16/13 = 29 hrs.)</u>	<u>CHEM 4191</u> <u>CHEM 4293</u> <u>BIOL 4410</u> <u>Social Sci.</u> <u>Social Sci.</u> <u>Humanities</u>	<u>Elective /CHEM</u> <u>4440</u> <u>BIOL 3320</u> <u>Social Sci.</u> <u>MATH 3303</u>


Typical requirements for dental school are:

*A minimum of 90 semester hours and the following courses with at least a grade of "C"*

- 1. Biology - two years of science majors courses with one year of formal laboratory work.*
- 2. Chemistry - one year of General Chemistry with lab and one year of Organic Chemistry with lab.*
- 3. English - one year of College English*
- 4. Physics - one year of General Physics with lab*
- 5. Mathematics including College Algebra and Trigonometry is needed to take General Chemistry and General Physics.*

There are three dental schools in Texas:

- 1. Baylor College of Dentistry in Dallas*
- 2. Univ. of Texas Health Science Center in Houston (UTHSCH)*
- 3. Univ. of Texas Health Science Center in San Antonio (UTHSCSA)*

Sample Four-Year Plan for Pre-Dents (Early Admission to UTSA with Biology Major)

<u>YEAR/SEMESTER</u>	<u>FALL</u>	<u>SPRING</u>
<u>Freshman</u>  <u>16/15 = 31 hours</u>	<u>ENGL 1321</u> <u>MATH 1306</u> <u>CHEM 1410</u> <u>BIOL1410</u> <u>UMHB 1101</u> <u>UMHB 1002</u> <u>EXSS ----</u>	<u>ENGL 1322</u> <u>CSBS 1311</u> <u>CHEM 1420</u> <u>BIOL 1420</u> <u>UMHB 1002</u> <u>EXSS ----</u> <u>Apply to UTSA !!</u>
<u>Summer (Fr/Sph)</u>	<u>Social Science</u>	<u>Social Science</u>
<u>Sophomore</u>  <u>18/17 = 35 hours</u>	<u>ENGL 2321</u> <u>CHEM 3410</u> <u>PHYS 2411</u> <u>BIOL 2440</u> <u>Fine Arts</u> <u>UMHB 1002</u>	<u>ENGL 2322</u> <u>CHEM 3420</u> <u>PHYS 2412</u> <u>BIOL 3310</u> <u>COMM 1320</u> <u>UMHB 1002</u>
<u>Summer (Sph/Jr)</u>	<u>Dental</u> <u>Enrichment</u> <u>Program</u> <u>Take DAT!!!</u>	<u>At UTSA Dental</u> <u>School</u>  <u>Allows time for a</u> <u>retake if needed</u>
<u>Junior</u>  <u>17/14 = 31 hours</u>	<u>BIOL 2480</u> <u>BIOL 4410</u> <u>BIOL 4191</u> <u>BIOL 2441</u> <u>Social Science</u> <u>(17 hrs.)</u>	<u>CHEM 4430</u> <u>CSBS 1312</u> <u>Social Science</u> <u>Elective</u>
<u>Senior</u>  <u>(33.5 hrs.)</u>	<u>Dental Studies</u> <u>Minor</u>	<u>Transferred</u> <u>back to UMHB</u> <u>from UTSA</u>

The DAT (Dental Admission Test) has a maximum score of 30 with 16 being the national average. It has four sections: Survey of Natural Sciences, Perceptual Ability, Reading Comprehension, and Quantitative Reasoning. Early admission to UTSA Dental School requires a minimum of 18 on the DAT.

### Other Programs:

#### 1. Audiology

*Description: Audiologists are independent professionals specializing in the diagnosis, management, and treatment of hearing and balance disorders from birth through adulthood. The audiologist has an earned doctoral degree (Au.D.)*

*Required courses for admission to a school/college of Audiology include Biology/Zoology 6 credits, Chemistry 10 credits, Mathematics 6 credits, Physics 8 credits, Communication 3 credits, Statistics, 3 credits, English 6 credits, Psychology 3 credits, Humanities 9 credits, Social Sciences 9 credits, Foreign Language 6 credits.*

*Schools: Visit the Audiology Foundation of American website: [www.Audfound.org](http://www.Audfound.org)*

*Average Income: Graduates of four-year Au.D. programs earned an average salary of \$54,500 in 2003.*

*Average Cost of earning a degree: 2003 figures are In-state \$6,230/yr, Out-of-state \$14,440/yr, Private \$19,950/yr, plus books, students fees, room and board.*

*Audiology Average Salary based on 2004 figures:  
Starting Salary \$45,000, Overall Average \$62,000,  
Upper Ranges \$78,000 (management.)*

## 2. Clinical Lab Scientist/Medical Technologist

*This is a four-year program composed of three years at UMHB and a fourth (12-month) year at Scott & White Hospital.*

*Clinical Lab Scientist/Medical Technologist Salary based on 2005 figures: Overall Average = \$44,500 - \$52,000*

## 3. Medical Missions

*a. ISL (International Service Learning at [islonline.org](http://islonline.org))*

## 4. Medical Records

*This is one of the few healthcare industry jobs that involves no direct contact with patients.*

*Most medical records and health information technicians have an associate degree with courses in computer science, anatomy and physiology, and medical terminology.*

*Schools in Texas offering Medical Records Training are: Baylor Health Care System (214) 820-7616, North Harris College, (281) 765-7829, and Paris Junior College (903) 782-0731. These award the American Health Information Management Association (AHIMA) Approved Coding Certificate Program. The AHIMA website (<http://www.ahima.org/careers>) provides further information.*

## 5. Nutrition

1. U. T. Austin: Option II coordinated program in dietetics under the direction of the Department of Nutrition in the College of Natural Sciences. (See catalog.)

2. University of Houston [KarenB@uh.edu](mailto:KarenB@uh.edu)

*Average salary for Dietician/Nutritionist based on 2005 figures: Starting Salary = \$35,300 - \$46,000; Upper Ranges = \$50,000 - \$72,000.*

### 5. Occupational Therapy

Common requirements for Occupational (OT) school include Freshman English, 6 hours; Technical Writing, 3 hours; Speech, 3 hours; U.S. History, 6 hours; U.S./Texas Government, 6 hours; Humanities (such as Archeology, Art, Drama, Music, Philosophy, Communication, History of World Civilizations), 6 hours; Introduction to Psychology, 3 hours; Abnormal Psychology, 3 hours; Developmental Psychology, 3 hours; additional Psychology, 3 hours; Sociology, 3 hours; Math such as College Algebra or Trigonometry, 3 hours; Statistics, 3 hours; Physics or Kinesiology, 4 hours; General Chemistry I, 4 hours; General Biology, 4 hours; Anatomy & Physiology, 8 hours; Medical Terminology, 1 hour. Any major is acceptable as long as these requirements are satisfied. Admission may be gained to OT School after the student has 90 hours including the necessary pre-requisites; in other words a baccalaureate degree is not always needed to enter OT School. To earn the Master's in Occupational Therapy, about 2 1/2 years, or about 90 hours of graduate work are required. The student must also

pass the national certification test and have 6-9 months of supervised clinical experience.

The student should keep up-to-date with specific schools' requirements, as these can change. Schools of Occupational Therapy in Texas are located at Texas Tech University in Lubbock, Texas Woman's University in Denton, The University of Texas Medical Branch in Galveston, and The University of Texas Health Science Center at San Antonio.

Average salary for Occupational Therapist based on 2006 figures:

Starting = \$46,334; Overall Average = \$58,080; Upper Ranges = \$80,000.

## 6. Optometry

Pre-requisites (University of Houston College of Optometry):

1. Zoology, Botany, Microbiology with Lab, Advanced Physiology with Lab, Human Anatomy with Lab.
2. General Chemistry I and II, Organic Chemistry I and II, Biochemistry.
3. Elementary Functions, Calculus I
4. General Physics I and II
5. Introduction to Psychology, Statistical Methods in Psychology
6. Baccalaureate Degree.

The Optometry Admission Test (OAT) test is required. If your first score is low, you can take it again in the spring of the year you plan to

*matriculate; some schools may put your application on hold until the second score is obtained.*

## **7. Pharmacy**

*Common requirements for pharmacy school are General Chemistry with lab, 8 hours; Organic Chemistry with lab, 8 hours; Biochemistry, 3-4 hours; General Biology with lab, 8 hours; Microbiology with lab, 4 hours; General Physics with lab, 8 hours; Calculus, 3 hours; Statistics, 3 hours; Speech, 3 hours; Economics, 3 hours; English Comp I and II, 6 hours; English literature, 3 hours; Humanities/Social Sciences, 15 hours. The Pharmacy College Admission Test (PCAT) is also required.*

*Pharmacy Schools in Texas are located at Texas Tech University, Texas Southern University, the University of Houston, the University of Texas at Austin, and the University of the Incarnate Word (Feik School of Pharmacy.)*

## **8. Physical Therapy**

*For admission to most Physical Therapy schools, the following courses are required: General Chemistry I and II, General Physics I and II, Eight hours of Biology, Physiology (4 hours with lab), College Algebra, Trigonometry or Calculus, Introduction to Sociology, General Psychology, Developmental Psychology, Six hours of English, Three*

hours of Speech, and Three hours of Statistics.  
Documented time working in a Physical Therapy facility is also needed for entry to most schools.

Any major is acceptable as long as you take the required courses. A major in Biology, Chemistry, or Psychology is suggested for consideration.

Students should verify exact requirements with the school(s) of their choice, as these are subject to change.

Schools of Physical Therapy in Texas include Angelo State University, San Angelo; Hardin-Simmons University ([joconnel@hsutx.edu](mailto:joconnel@hsutx.edu)), Abilene; Texas State University ([bs04@txstate.edu](mailto:bs04@txstate.edu)), San Marcos; Texas Tech University ([kerry.gilbert@ttuhsc.edu](mailto:kerry.gilbert@ttuhsc.edu)), Lubbock; Texas Woman's University ([solson@twu.edu](mailto:solson@twu.edu)), Denton; U.S. Army - Baylor University,

([Cynthia.quiroz@cen.amedd.army.mil](mailto:Cynthia.quiroz@cen.amedd.army.mil)) Fort Sam Houston; The University of Texas at El Paso ([jaryberg@utep.edu](mailto:jaryberg@utep.edu)); The University of Texas Health Science Center at San Antonio ([dedomenico@uthscsa.edu](mailto:dedomenico@uthscsa.edu)), The University of Texas Medical Branch at Galveston ([ejprotas@utmb.edu](mailto:ejprotas@utmb.edu)); and The University of Texas Southwestern Medical Center at Dallas ([patricia.winchester@utsouthwestern.edu](mailto:patricia.winchester@utsouthwestern.edu)). Out-of-state choices may be more difficult with few spaces reserved for non-residents. Nebraska possibilities include Creighton ([sandstr@creighton.edu](mailto:sandstr@creighton.edu)) and U. of Nebraska Medical Center ([phageman@unmc.edu](mailto:phageman@unmc.edu)), both in Omaha.

Students can choose either the Master of Physical Therapy (MPT) which requires about 2½ years of study, or the Doctor of Physical Therapy (DPT) which requires about 3 years of study.

*Physical Therapy average salary based on 2006 figures: Starting Salary = \$54,000, Overall Average = \$70,000, Upper Ranges = \$100,000.*

### 9. Physician Assistant (PA)

*Length of Program: 25-30 months.*

*Sites: Baylor College of Medicine, Texas Tech University, University of North Texas, University of Texas Medical Branch at Galveston, University of Texas at San Antonio, University of Texas Southwestern Medical Center at Dallas. Mercer University in Atlanta is due to begin their PA program January 2008. The 28-month program for the Master of Medical Science degree is to accept 26 students, who must have at least 90 undergraduate hours plus direct patient care experience. Details are available at*

*<http://www.mercer.edu/pharmacy/pa.htm>, or phone (678) 547-6232, or e-mail [paprogram@mercer.edu](mailto:paprogram@mercer.edu)*

*Common Science/Math Pre-requisites: General Biology with Lab - 8 hours, Human A&P - 8 hours, Microbiology - 4 hours, Biochemistry - 3 hours, Immunology or Genetics - 3 hours, Nutrition - 3 hours, General Chemistry with Lab - 8 hours, Organic Chemistry with Lab - 4 hours, College Algebra or Higher - 3 hours, Statistics - 3 hours.*

*Centralized application process is at [www.caspaonline.org](http://www.caspaonline.org)*

*1. Some programs require 100 hours documented clinical experience.*

2. Go to [www.apap.org](http://www.apap.org) (Association of PA Programs) or [www.aapa.org](http://www.aapa.org) (American Academy of Physician Assistants) for the number of HCE (health care hours) required to be documented.

3. University of Texas at San Antonio Health Science Center (UTSAHSC) Details.

Class size: 30 each year, including Laredo cohort of 6 students effective fall 2007.

Selection process 2006-7: 653 applicants, about 350 fully qualified, 90 interviewees, 30 admissions.

#1 Reason for not qualifying for interview: Failure to submit the supplemental application.

#### Class Demographics:

Males-6, Females-24, Average age - 28;  
Degrees Associates-2, Bachelors-22, Masters-6.

GPA's: Overall-3.337, Science-3.310, Last 30 hours-3.653.

Community Service: 430 Hours, PA Shadow time-99 hours.

Ethnicity: African-American - 2, Asian - 2, Caucasian - 11, Hispanic-15.

Language Skills: Spanish (above average - 7, basic understanding - 15, none - 8);  
Additional language skills (other than Spanish/English) - 4.

Application: May 1 - Oct. 1. (CASPA application and supplemental application are due by October 1. Completed application consists of all supporting documentation including

transcripts and letters of reference present at CASPA.) Supplemental application, including personal statement and any required waivers, is due at registrar's office of UTHSCSA.

Applicant orientations: May 19, June 16, July 21, Call 210-567-8810 to sign up (limited seating.)

Applicant Counseling:

[AHWelcome@uthscsa.edu](mailto:AHWelcome@uthscsa.edu) or 210-678-8744 and/or [PAStudent@uthscsa.edu](mailto:PAStudent@uthscsa.edu)

General Information:

[www.uthscsa.edu/sah/pastudies](http://www.uthscsa.edu/sah/pastudies)

Specific Questions:

[PAStudies@uthscsa.edu](mailto:PAStudies@uthscsa.edu)

Best Advice: Apply as early as possible.

Average Salary for Physician Assistants, based on 2005 figures: Starting Salary = \$68,116, Overall Average = \$81,129, Higher Ranges = \$110,000

### 10. Podiatry ( Doctor of Podiatric Medicine or DPM)

Podiatric medicine is the profession that strives to improve the overall health and well-being of patients by focusing on preventing, diagnosing, and treating conditions associated with the foot and ankle. Sports medicine, diabetic foot care, primary care, surgery, orthopedics, biomechanics, and pediatric care are areas of interest.

*Job opportunity: Only 13,500 podiatrists practice in the U.S. which is 1 for every 20,000 people.*

*40 to 50 hour work weeks, \$130,000/yr*

*Podiatry has the same medical education as allopathic programs, with the only difference being specialization in the treatment of lower extremity disorders.*

*Requirements:*

*a. MCAT, GRE, or DAT score, depending on school.*

*b. Three years or more of college work (90 semester hours, including 8 semester hours with laboratories, of general or inorganic chemistry, organic chemistry, biology or zoology, and physics. At least 6 semester hours of English is also required, e.g., literature, composition, speech, communications, language arts.*

*c. Four years of podiatry school; then Doctor of Podiatric Medicine degree is conferred.*

*d. State Board examination to obtain a license to practice.*

*e. Residency, 1-2 years in most states.*

*[www.acpm.org](http://www.acpm.org) (Information available from area podiatrists) More information is available at [www.aacpm.org](http://www.aacpm.org) and [www.apma.org](http://www.apma.org) as well as [www.nycpm.edu](http://www.nycpm.edu) (New York College of Podiatric Medicine)*

## 11. Veterinary Medicine (Doctor of Veterinary Medicine or DVM)

See website ([aaavmc.org](http://aaavmc.org)) for specifics.

Online Courses: Verify with the school of your choice that they accept online courses.

1. Introductory Biochemistry is offered by University of California, Extension Online. (Mayo Medical School does not require a Biochemistry lab.)

2. Medical Terminology. See EXSS 2355 Medical Terminology in Athletic Training, or [coursemedicalonlineterminology.com](http://coursemedicalonlineterminology.com). Please verify that your school will accept this course before enrolling.

### Remember!

**1. Failing to plan is planning to fail.**

**2. Plan your work, and then work your plan!**