

KEYS TO SUCCESS AS A HEALTH PROFESSION APPLICANT

STRONG GPA & MCAT
or other standardized tests (DAT, GRE)

ACADEMIC METRICS: Students interested in a career in the health professions should plan on taking courses in biology, physics, chemistry, and mathematics. These courses will not only prepare you for the rigorous curriculum of a health professions school (medical, dental, veterinary, PA, etc.), but also lead to success on the various standardized tests required at the time of application: MCAT, DAT, GRE, etc. While grades are not the sole determinant of admission to professional school, students should set goals to maintain a high GPA. Pre-Med advisors can help you to determine your best course of study for your degree program and provide resources to prepare for admissions exams.

40 - 100 HRS of SHADOWING
100 - 200 HRS of VOLUNTEERING

FAMILIARITY WITH THE FIELD: Health Professions Schools often select candidates who have completed a research experience, shadowed health care professionals and given freely of their time in a volunteer opportunity. The Pre-Medical Sciences Advising Program can help you find a research lab to work in, volunteer opportunities to participate in and job shadowing experiences. Our program also offers two courses designed to increase students' familiarity with the field: AHHS 391-Pre-Medical Sciences 101 and AHHS 391-Introduction to Dentistry

Empathy • Maturity
Critical thinking
Motivation • Leadership
Perseverance
Communication

CHARACTER TRAITS: Admissions committees seek candidates who are empathetic and who lead and demonstrate a clear sense of selflessness and desire to give back to their communities. Volunteer experience is a must for a successful professional health school applicant. A long-term volunteer position is also more meaningful than helping out with events sporadically during your tenure at UM. The Pre-Med program can help you find the right volunteer opportunity and connect you with the Pre-Professional Health Sciences Club!

UP TO 6 letters of REFERENCE

EVALUATIONS OF ABILITIES: Letters of recommendation are a critical piece of your health professions school application. It's important to begin cultivating relationships early with people who know you in and outside of the academic community, and who can speak to your ability to succeed in a professional school. The Pre-Medical Sciences Program also offers a Committee Letter of Recommendation to be submitted with your application to professional schools for those who meet with advisors on a regular basis.

- PERSONAL STATEMENT
- INTERVIEW
- ACTIVITIES

PASSION & COMMITMENT: Your passion and commitment to the field should be apparent through the various activities you've engaged in as a Pre-Professional Health student (extra-curricular activities, volunteering, job shadowing, leadership roles, etc.). The Pre-Medical Sciences Program can help you convey that passion and commitment by reviewing your personal statement and conducting a mock interview.

THE **Pre-Medical Sciences Program [GrizMed]** CONSISTENTLY OFFERS **robust** AND **positive advising,** WITH **timely access** TO ANY OF THE **ELEVEN ADVISORS.**

This has HISTORICALLY RESULTED in a **long & successful tradition** of **Health Professions School ACCEPTANCE** well above the **national average** (UM% acceptance vs. National average %).

UNIVERSITY OF MONTANA

PreMedical Sciences

The Pre-Medical Sciences Program at the University of Montana is an advising program that helps baccalaureate and post-baccalaureate students become well informed, well prepared applicants to health professions schools and programs in allopathic medicine, chiropractic medicine, dentistry, naturopathy, optometry, osteopathic medicine, physician assistant studies, podiatry and veterinary medicine.



umt.edu/premed

Contact Us: Program Director: Dr. Mark Pershous
(406) 243-4769 mark.pershous@umontana.edu

Resources: AMCAS: aamc.org/students/applying/amcas
MCAT: aamc.org/students/applying/mcat
WWAMI: uwmedicine.org/education/wwami
WICHE: wiche.edu

UM Health & Medicine
UNIVERSITY OF MONTANA



WHO'S MY ADVISOR?

Many majors within the sciences, social sciences and humanities can provide strong preparation for medical school, as long as the prerequisites for professional school are fulfilled along the way. Therefore, the Pre-Medical Sciences Advising Program gives students the opportunity to interact with advisors from diverse disciplines. Please note that your pre-med advisor does not take the place of your academic advisor.

NAME	PHONE	EMAIL	MEETS WITH...
Dr. Mark Pershous (Program Director)	x4769	mark.pershous@umontana.edu	Pre-Dentistry students, Post-Baccalaureate students and all students getting ready to apply
Mr. Jason Granvold	x2293	jason.granvold@umontana.edu	Freshmen & transfer students
Dr. Bruce Bowler	x6114	bruce.bowler@umontana.edu	Biochemistry majors & Pre-Physician Assistant students
Dr. Kerry Bright	x4105	kerry.bright@umontana.edu	Pre-Veterinary Medicine students
Dr. Duncan Campbell	x4931	duncan.campbell@umontana.edu	Psychology Majors
Ms. Stephanie Domitrovich	x6264	stephanie.domitrovich@umontana.edu	Health & Human Performance majors
Dr. Chuck Dumke	x6176	charles.dumke@umontana.edu	Health & Human Performance majors (including freshmen)
Ms. Liz Kelsey	x4763	elizabeth.kelsey@providence.org	Students interested in job shadowing opportunities
Dr. Steve Lodmell	x6393	stephen.lodmell@umontana.edu	Biology majors
Dr. Holly Thompson	x2070	holly.thompson@umontana.edu	Chemistry majors & Pre-Physician Assistant Students

YEAR 1	SUMMER	YEAR 2	SUMMER	YEAR 3	SUMMER	YEAR 4
COMPLETE MEDICAL SCHOOL PREREQUISITE COURSE REQUIREMENTS						
BUILD PROFESSIONAL RELATIONSHIPS FOR LETTERS OF RECOMMENDATION						
ENGAGE IN COMMUNITY SERVICE/VOLUNTEER OPPORTUNITIES						
SELECT A MAJOR						
GAIN CLINICAL EXPERIENCE/JOB SHADOW						
GAIN RESEARCH EXPERIENCE						
			MCAT PREPARATION AND EXAM			
		APPLICATION PREPARATION				
		COLLECT LETTERS OF RECOMMENDATION				
		WICHE APPLICATION				
		CERTIFY STATE RESIDENCY				
			SUBMIT APPLICATION MATERIALS			
					INTERVIEWS	

TIMELINE

GrizMed/Pre-Health Professions Club

Want to be more involved? Consider joining the Pre-Professional Health Sciences/Pre-Med Club! This group provides mutual peer support and community access for students pursuing an interest in medicine, no matter what field you plan to enter. Meet medical professionals and admissions representatives, get involved in volunteer activities, practice the MCAT and much more!



SUGGESTED COURSES

HEALTH PROFESSION SCHOOL PREREQUISITE	UM COURSE NUMBER	UM COURSE NAME
BIOLOGY • one year general biology with lab	BIOB 160N/161N BIOB 170N/171N	• Principles of Living Systems and Lab • Principles of Biological Diversity and Lab
CHEMISTRY • one year general chemistry with lab; • one year organic chemistry with lab	CHMY 141N/142N CHMY 143N/144N CHMY 221/222 CHMY 223/224	• College Chemistry 1 & Lab • College Chemistry 2 & Lab • Organic Chemistry 1 & Lab • Organic Chemistry 2 & Lab
BIOCHEMISTRY • one year	BCH 480 BCH 482	• Advanced Biochemistry I • Advanced Biochemistry II
PHYSICS • one year with lab	PHSX 205N PHSX 206N PHSX 207N PHSX 208N	• College Physics I • College Physics I Lab • College Physics II • College Physics II Lab
MATHEMATICS • one semester calculus • one semester statistics	M 171 STAT 216	• Calculus I • Introduction to Statistics
SOCIAL SCIENCES • one semester psychology • one semester sociology	PSYX 100S SOCI 101S	• Introduction to Psychology • Introduction to Sociology

AHHS 391: PREMEDICAL SCIENCE 101/HONORS
offered autumn/spring semesters

Interested in a career in the health professions?
This survey course is designed for students considering a career as a health professional. Students are introduced to possible academic paths (majors), all members of the medical care team, various models of medical care, and are instructed in necessary skills and accomplishments to enhance admission chances to health professions schools.

AHHS 391: INTRODUCTION TO DENTISTRY
offered spring semesters, odd years

Interested in Dentistry?
This course provides students with basic introductory knowledge of dental medicine and hands-on experience to determine if this health profession career is right for you!



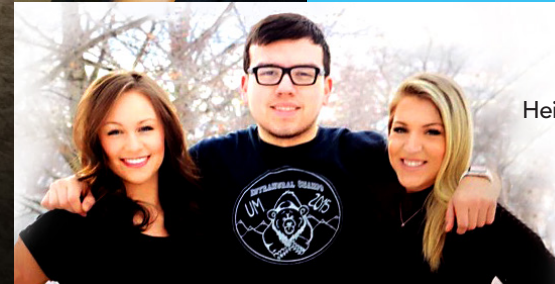
"Premed advising at UM goes above and beyond expectations every day. Advisors connect students with volunteer and research opportunities, host workshops and study sessions, and provide guidance to every student throughout their undergraduate career and application process. UM advisors take the time to get to know their students; it is so easy to schedule one hour long appointments to discuss getting help in your classes, writing a personal statement, or celebrating acceptances into medical school."

– Ellen Myers, UM graduate and current medical student at Columbia University



"Whether I needed help planning my class schedule, picking medical schools to apply to, or just needed to vent about the frustrations that come along with being pre-med, Dr. Pershous and his team of advisors were always available and willing to listen! They truly go above and beyond to provide resources and assistance when we might need it. I am so thankful for their support and encouragement throughout school and the application process."

– Rose Montplaisir, UM graduate and current medical student at Warren Alpert Medical School of Brown University



GrizMed also encompasses the efforts of a vibrant Pre Health Professions Club, led by (left to right) Heidi Dreher, president, Joshua "Teague" Rutherford, Vice President, and Alexandra Thom, Outreach (not shown are Sara Shum, treasurer and Christian Ziegler, secretary)

Health Profession School Acceptance Sites

Gold stars represent sites for medical, dental, optometry, physician assistant, veterinary, or podiatry schools where our UM students have successfully gained acceptance. We advise students to cast a wide net with multiple applications, but always choosing schools that are a good match for the student. In this set of schools are many of the top schools in the nation.