WELCOME!!!

Pre-Health Orientation
Agenda

• 3:00-3:10 Welcome and Brief Introductions
• 3:10-3:30 Presentation about Health Careers
• 3:30-3:40 Panelist Introductions
• 3:40-4:30 Q&A with Panelists
Introductions

- Laura Burrus: Professor and Chair of Biology
- Laurence Henson: Medical Student and SF State alum
- Arman Kirakosian: DPM
- Tomás A. Magaña: MD
- Kelechi Uwaezuoke: MPH, DrPH and alum of post-bacc program
Poll

Which career are you most interested in?

A. Dentistry  
B. Nursing  
C. Optometry  
D. Pharmacy  
E. Physical Therapy  
F. Physician  
G. Physician’s Assistant  
H. Podiatry  
I. Veterinarian  
J. Other (type in chat box)
Question

• REFLECT - What got you interested in healthcare?
• TYPE – Short answer in Chat box
Where can I find resources about different health careers?

<table>
<thead>
<tr>
<th>Career</th>
<th>Association</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Dentist</td>
<td>American Dental Education Association</td>
<td><a href="https://www.adea.org/">https://www.adea.org/</a></td>
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<tr>
<td>Nurse</td>
<td>American Association of Colleges of Nursing</td>
<td><a href="https://www.aacnnursing.org/">https://www.aacnnursing.org/</a></td>
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<td>Association of Schools and Colleges of Optometry</td>
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<td>American Association of Colleges of Pharmacy</td>
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<td>Physical Therapist</td>
<td>American Physical Therapy Association</td>
<td><a href="https://www.apta.org/">https://www.apta.org/</a></td>
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<tr>
<td>Physician and PA</td>
<td>American Association of Medical Colleges</td>
<td><a href="https://www.aamc.org/">https://www.aamc.org/</a></td>
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<td>Podiatrist</td>
<td>American Association of Colleges of Podiatric Medicine</td>
<td><a href="https://aacpm.org/colleges/">https://aacpm.org/colleges/</a></td>
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<tr>
<td>Veterinarian</td>
<td>Association of American Veterinary Medical Colleges</td>
<td><a href="https://www.aavmc.org/">https://www.aavmc.org/</a></td>
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How do I prepare for professional school?

• How do I decide which courses to take?
• How do I take good care of my GPA?
• How do I get good letters of recommendation?
• What should I put in my personal statement?
• How do I get real world clinical or research experience?
• Which standardized test should I take?
• How do I apply?
• How can I stay resilient?
## Typical Science Course Requirements/Recommendations

<table>
<thead>
<tr>
<th>SFSU Course</th>
<th>TITLE</th>
<th>Dentist</th>
<th>Nurse and NP</th>
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<th>Physician and PA</th>
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<tr>
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- ● Required by many schools
- ●● Often recommended

*Prerequisite requirements vary between schools. It is important to check the requirements of each school you are considering to make sure you complete all requirements.

**Most schools also require English and recommend taking courses in humanities and social sciences. They want well rounded students.
How do I decide which courses to take?

• Look online for all schools you are interested in to find out what pre-requisite courses are needed for your particular path

• Meet with your major advisor and share with them your career path; have them help you create a roadmap to graduation
How do I take good care of my GPA?

• While this is undoubtedly an important criteria, do not be defined by your GPA.

• When planning your course schedule, you should consider the workload that will allow you to be successful.

• If you have a job or caretaking responsibilities, then consider slowing down and taking fewer units. This may mean that it takes 5 or 6 yrs to graduate. That is totally OK...

• We generally recommend no more than 6-9 units of STEM subjects per semester.
How do I get good letters of recommendation?

• These are hugely important
• Now is the time to cultivate relationships with your letter writers:
  • Asking questions in class
  • Actively participating in classroom discussions
  • Being curious
  • Demonstrating commitment to learning
  • Coming to office hours
  • Being a team player
What should I put in my personal statement?

• Each of you has a story to tell...
• Be as personal as you can
  • What qualities do you bring (give specific examples)
  • What obstacles have you overcome (give specific examples)
  • What is your motivation for being a health care provider?
• Reviewers will read hundreds of these...you need to bring your whole self in order to be seen.
How do I get real world clinical or research experience?

- Clinics – Asian Health Services, Berkeley Free Clinic, Berkeley Suitcase Clinic, San Francisco Community Clinic, Rotacare, La Clinica, Clinica Martin Baro, Women’s Community Clinic
- Medical Centers and Hospitals – Alta Bates Summit Medical Center, California Pacific Medical Center, Kaiser Permanente, Oakland Children’s Hospital, Zuckerberg SF General Hospital, Volunteer Services Alameda Health System, Volunteer Services at UCSF
- Volunteer Centers – East Bay Volunteer Opportunities, Volunteer Center of San Francisco
- Volunteer Programs Abroad – Rotacare, Amigos de los Americas, Cross-cultural solutions, International service learning, Unite for Sight Global Impact Corps, World Endeavors, CDC STOP program
Which standardized test should I take?

While many schools still rely on these exams, they are no longer the defining element of your application.

• Dental School - DAT
• Medical School – MCAT
• Nursing School – NLN PAX-RN/PN, TEAS and more...
• Pharmacy School - PCAT
• Physician Assistant – PA-CAT
• Physical Therapy - GRE
• Veterinary School – GRE (sometimes MCAT)

There are prep courses and online study guides to help you with your preparation.
How do I apply?

• Most of these pathways has its own centralized application process and timeline. You can find plenty of information online.
How can I stay resilient?

- Family
- Friends
- Study Groups
- Self-Care
  - Exercise
  - Nutrition
  - Sleep
10 Tips for Success from Biology Student Leaders!

1. Find a good advisor!
2. Make friends in your classes and create lots of study groups!
3. Don’t be afraid to ask for help or resources if or when they need them. Talk to as many people as you can!!! There are many wonderful SFSU faculty members and resources available to students for a variety of educational, professional, financial and health-related needs on campus ready to help support them.
4. Don't be shy. Reach out if you need or want [something]. You never know how that one interaction may change your life.
5. Participate in zoom breakout rooms during class!
6. Don't Doubt Yourself Because You Can Definitely Do it!
7. Plan out your classes for every semester; don’t wait or try to figure it out as you go.
8. Try to be comfortable with the fact that failure is a normal thing. You can bounce back from it.
9. Do not give up! Try your best to not lose sight of your end goal. The first two years can be especially daunting, but do not forget about why you are pursuing a higher education.
10. Biology is beautiful. Grades are important. Lab work is important. But don't get so lost in grades and lab assignments that you forget to stop and enjoy the beauty of Biology.
Other Resources….

SCI 239 – Introduction to Health Professions (2 units)
Taught by Arman Kirakosian

Introduction to the broad array of health professions, helping students make a more informed health career choice. Activities include talks from guest speakers representing various health professions, small group activities, and student projects.

SF BUILD
https://sfbuild.sfsu.edu/

SF BUILD is a project funded by a grant from the National Institutes of Health (NIH) for Enhancing the Diversity of the NIH Funded Workforce. SF BUILD activities are grounded in the Signaling Affirmation for Equity (SAFE) Model that was developed for the successful NIH grant application. Through its implementation we focus on students, faculty, and institutional practices to create change that will transform teaching and research environments, and thereby enhance diversity of the biomedical research workforce.
Meet your panelists

Panelists:

Tomás A. Magaña
MD

Kelechi Uwaezuoke
MPH, DrPH

Arman Kirakosian
DPM

Laurence Henson
Medical Student
Panel Discussion: Q&A

Raise your virtual hand (click on the blue hand in participants window)!
Or type your question in the Q&A box!
Panelist Contact Information

Please include “PRE-HEALTH ORIENTATION” in the subject line.

Kelechi Uwaezuoke: kelechi@sfsu.edu

Arman Kirakosian: armanik7@yahoo.com

Laurence Henson: laurencecyril.henson@ucsf.edu