

OCCIDENTAL COLLEGE PRE-HEALTH STUDENT GUIDE

HOW DOES OXY SUPPORT PRE-HEALTH STUDENTS?

The Office of Pre-Health Advising offers one-on-one advising and hosts workshops and programs for students interested in careers related to healthcare such as medicine, allied health, and the biotech industry. We help you identify the career options that best fit you, navigate the pre-health path to meet the academic and non-academic requirements, and offer practice interviews and step-by-step guidance when you're ready to apply. You will be connected to alumni currently working in a health profession, speak with graduate admissions staff, explore opportunities to gain volunteer and research experiences, and learn from your peers.

WHAT CAN I DO TO PREPARE FOR ADMISSION TO A HEALTH PROFESSIONS SCHOOL?

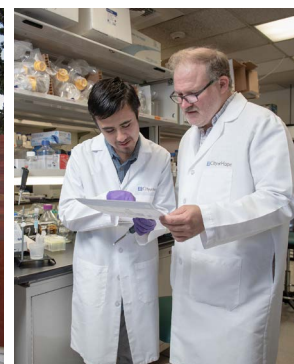
Health professions programs are looking for students with academic potential, robust experiences, and unique attributes. First and foremost, students must demonstrate academic excellence through coursework in the liberal arts and prerequisite courses. Seek help from academic support resources such as the Advising Center, the Writing Center and the Academic Mastery Program. At the same time, identify and pursue meaningful opportunities including research, volunteering, shadowing, clinical interactions, internships, and enrichment programs. A consistent record of involvement will help you establish a mission-based pre-professional identity, which ultimately reinforces your commitment to a health profession. Over time, as you move through these experiences, you will determine *if* and *when* you are ready to apply.

DO I NEED TO MAJOR IN SCIENCE?

Your major does not affect your chance of admission; therefore, it is important to choose a major that interests you the most. Those who choose to double major or minor in another subject area do not have an advantage. Do well in your chosen major and take additional classes you enjoy.

CAN I STUDY ABROAD AS A PRE-HEALTH STUDENT?

Yes, study abroad will enhance your cross-cultural competency. We encourage such endeavors. We also recommend that you visit the International Programs Office early as these experiences take careful planning since U.S. medical schools do not accept prerequisites taken overseas.



BASIC PRE-HEALTH PREREQUISITES

BIOLOGY 1 YEAR OR MORE	Bio 115 (or 110), 130, 221, 224, 226, 322
CHEMISTRY 2 YEARS	Chem 120 (or 130) & 220, 221, 240
PHYSICS 1 YEAR	Phys 115 & 125
ENGLISH 0.5-1 YEAR	Cultural Studies Program (CSP)

This list is based on typical admission requirements; details vary by school. Additional requirements may also include college math, calculus, statistics, upper-division biology, biochemistry, and behavioral and social science courses. Occidental's first year CSP courses will satisfy most schools' English requirements.

OCCIDENTAL COLLEGE

FOUR-YEAR PRE-HEALTH PATH

FIRST YEAR

- ❑ Attend Pre-Health Advising programs such as Pre-Health Orientation & Pre-Health 101
- ❑ Subscribe to and read the Pre-Health Digest
- ❑ Make an introductory Pre-Health Advising appointment
- ❑ Review the first-year pre-health guide
- ❑ Explore career in medicine, allied health and the biotech industry areas
- ❑ Visit Academic Support Resources
- ❑ Join a student club relevant to community engagement or pre-health
- ❑ Seek meaningful health-related, volunteer, and/or research experiences
- ❑ Develop relationships with faculty, advisors, mentors, supervisors
- ❑ Identify summer enrichment, volunteer, paid, research, and/or leadership opportunities

SOPHOMORE YEAR

- ❑ Attend Pre-Health Advising programs such as Pre-Health 201 and health professions panel
- ❑ Pursue meaningful health-related, volunteer, and/or research experiences
- ❑ Engage in leadership opportunities of interest
- ❑ Keep on track with the pre-health prerequisites
- ❑ Visit IPO if interested in studying abroad
- ❑ Apply for or resume summer enrichment, volunteer, paid, research, and/or leadership opportunities
- ❑ Consider when to take the MCAT, DAT, GRE, etc.

JUNIOR/SENIOR YEAR

- ❑ Attend Pre-Health Advising programs such as admissions information sessions
- ❑ Continue participation in meaningful health-related, volunteer, and/or research experiences
- ❑ Identify which faculty, advisors, mentors, or supervisors you would like to ask to write you a letter of recommendation
- ❑ Keep on track with the pre-health prerequisites
- ❑ Register to take the MCAT, DAT, GRE, etc. and determine a study plan
- ❑ Research and identify schools of interest
- ❑ Assess if a glide year(s) is suitable, and determine an action plan

APPLICATION YEAR

- ❑ Sign up through Intent to Apply form
- ❑ Verify admissions requirements
- ❑ Follow the Applicant Process timeline
- ❑ Read and respond to email from Pre-Health Advising
- ❑ Attend Pre-Health Advising programs specifically geared towards applicants, such as Applicant Kick-off, Where to Apply, How to Apply
- ❑ Complete your Applicant Profile
- ❑ Write personal statement and participate in Pre-Health Write-Ins for feedbacks
- ❑ Familiarize yourself with the relevant centralized application service
- ❑ Schedule mock interviews

GENERAL TIPS

Explore our website & Instagram @oxy_prehealth 



Document volunteer, shadowing, research, clinical experiences (include start/end dates, patient interactions, and supervisor information)

Read *Pre-Health Digest*, follow health news and relevant articles



Connect with the Pre-Health Student Association

Schedule Pre-Health Advising appointments as needed



Learn about Intern LA, Undergraduate Research Center and other campus opportunities



Draft a resumé and create a Handshake profile – visit the HCC for assistance