Health Professions Office

Elizabeth Vogel, Ph.D. Administrative Director
Gregory Sobol, Ed.M

A-207 Nelson Biological Laboratories
(848) 445-5667

Visit us at: hpo.rutgers.edu
What is the Health Professions Office and why is it important to you?

We provide information and advising for students interested in a variety of health professions. For example:

- Medical school (MD and DO)
- Dental School
- Optometry School
- Podiatry School
- Chiropractic School
- Physician Assistant Schools
- Allied Health Professions (Nursing, PT, OT...)
- And many more options!
What we provide for students:

- Advising: appointments, walk-ins, presentations, peer mentors
- Health professions file: gives access to our mailing list, also access to electronic database for storing letters of recommendation for eventual applications, particularly for medical and dental school, also used for advising
- Information via: listserv, newsletter, Facebook page, website, presentations
- Coordination with student groups, alumni, and local hospitals to create opportunities to find clinical, research, and volunteer experiences
- Assistance in the application process to professional schools
What courses do you need?
Pre-requisites for most MD, DO, DDS/DMD, PA programs

- 1 year of Biology with Lab (119:115-116, 117) **
- 1 year of General Chemistry with Lab (160:161-162, 171)
- 1 year of Organic Chemistry with Lab (160:307-308, 311)
- 1 year of Physics with Lab (750:203-204, 205, 206)
- 1 year of College level math (Calculus and Statistics)
- 1 year of English/Writing (355:101, plus 1 additional course)
- 1 semester of Psychology
- 1 semester of Sociology
- 1 semester of Biochemistry (694:301 or 694:407)
- 1 semester of Statistics (any Stats course will suffice)

**If you receive AP credit for the Biology sequence, you need to take at least two upper level Bio electives in college.
What about if you don’t know or don’t want to be a doctor, dentist, or PA?

• If you know the health profession you want to pursue, take courses that will allow you to either transfer into a professional school at the undergraduate level (nursing or pharmacy, for example), or apply to graduate programs after RU

• If you are not sure, explore! There are lots of careers in that will allow you to help people
  – Check out explorehealthcareers.org
  – Register for an SAS Explorations in Arts and Sciences seminar
  – Volunteer, shadow, or look for a job in an area of interest
  – Take a variety of courses to explore your interests
  – Talk to an advisor because there is no one “track,” or way to do things that is right for every student.
Recommendations for your first year

- Establish a strong academic base- adjust to college level work by examining your study strategies and finding what works and what does not.
- Network with faculty, upperclassmen, mentors
- Explore the many different options for majors and minors, potential careers
- Don’t just try to get all of your requirements “out of the way” give yourself time to make choices that allow you to combine interests.
- Find the resources to help you succeed (academically, socially, personally, and professionally).
- Explore activities related to your potential career goals but also be curious and open to new experiences.
Common mistakes as an undergrad

Not taking the courses required/recommended by the professional graduate schools and necessary for the entrance exams

Being the subject of institutional action

Not getting enough clinical, volunteering, and shadowing experience in the area they hope to pursue as a career

Not having any leadership experience

Reading too much studentdoctor.net or reddit instead of coming to the HPO!

Having only average letters of recommendation

Being a checklist candidate: someone who has fulfilled all the requirements but has no ability to show critical thinking behind their decision making and no ability to articulate what they learned from the things they chose to do.
For more information

• e-mail us at HPO@biology.rutgers.edu
• visit our website http://hpo.rutgers.edu/
• visit us in A-207 Nelson Labs, Busch Campus
• meet with an advisor by calling 848-445-5667 or come to walk-in hours, posted on our website