

# **Pre-Health-Professions Committee Handbook for Students Revised Jan. 2015**

## **PHPC Members 2014-2015**

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## APPLICANTS CALENDAR 2014-2015

### **MCAT EXAM (new 2015 version will be administered after Jan. 2015)**

Register at [www.aamc.org](http://www.aamc.org) for the MCAT at least 6 weeks prior to test date.

Computer availability is limited at the testing sites.

26 testing dates during Jan., March, April, May, June, July, August, Sept.

Local testing center: Prometric Center, 2424 Edenborn Ave., Metairie, LA

*Enroll in Bb “Health Professions Student Info” course for updates and easy access to useful information.*

### **OCTOBER 2014**

Juniors obtain the internal Loyola PHPC application packet from Ms. Nicole Lockett, Department of Physics, 2<sup>nd</sup> floor Monroe Hall. (forms also posted on Bb)

\*\*\*Identify four faculty evaluators who will complete an evaluation form including narrative section. These individual evaluations will be used by PHPC to write a composite committee letter for AMCAS.\*\*\*

### **JANUARY 2015**

**Deadline**, Osteopathic Medical Schools for Fall 2015 entering class.

**Registration for the new MCAT2015 exam will open in mid-February, with the first administration of the new exam on April 17, 2015.**

### **MARCH 15, 2015**

**Deadline** to submit completed packets requesting PHPC committee letters (particularly individual forms from faculty evaluators).

### **MAY 2015**

Prepare your AMCAS APPLICATION for Fall 2016 admission.

### **JUNE 2015**

**Deadline**, Podiatric Medical School Applications for Fall 2015 entering class.

**JUNE 2015** Submit the Stage-1 AMCAS APPLICATION for entry to medical school in Fall 2016 in the first week of June in order to be maximally competitive.

Apply to non-AMCAS Schools (TX, outside US) by contacting them directly in early June.

## Timetable for Preparing To Enter Professional Schools

### First year

- Choose an Academic Major
- Work closely with your professors and academic advisors!
- Your professors need to get to know you well so that they will be able to write valid letters of evaluation for you. Get to know them. Interact with them.
- Take the beginning Biology and Chemistry Courses required by Health Professions Schools.
- Identify the course requirements for entry into health careers of interest to you and decide how best to fit them into your long-term schedule of courses.

### Second Year

- Organic Chemistry and Physics must be completed before taking the MCAT in April of the Junior Year.
- Take one or both of these courses in your sophomore year.
- Work or volunteer part-time in the summer at a hospital, clinic or other health-related facility to learn if you are suited to the field and to acquaint yourself with what is required of professionals in medical fields.
- Join scientific and/or service organizations on campus and/or in the community to develop interpersonal skills. Healthcare professions are people-oriented and people-serving occupations.

### Third Year

- Contact the PHPC chair in October to arrange for faculty recommendations to professional schools.
- Submit completed packets for PHPC to construct its committee recommendation (due March 15).
- Prepare for the professional school admissions exam by taking a review course and/or completing your own in-depth review for the test.
- MCAT Exam contents are described on the AMCAS website.
- Register for and take the MCAT in the spring semester.
- Complete AMCAS and other medical application forms.
- **Apply to the Health Professional Schools in early June 2015 for Fall 2016 admission.**
- Submit secondary applications to medical schools.

### Fourth Year

- Applications to Health Professions Schools continue.
- Prepare well and practice for interviews held at health professions schools for student applicants.
- Visit/meet the admissions directors of schools of interest to establish a personal bond with them.

## I. Introduction.

Pre-health science undergraduate curricula at Loyola University prepare students to enter:

- 1) Professional Schools of Dentistry, Medicine, Optometry, Pharmacy, Podiatry, Veterinary Medicine, Allied Health Fields including Physical Therapy, Public Health Fields, Chiropractic and others.
- 2) Doctoral Programs in Anatomy, Biochemistry, Epidemiology, Human Genetics, Immunology, Microbiology, Neurosciences, Parasitology, Pathology, Pharmacology, Physiology, Physiological Psychology and others.

Careers in health sciences are open to students from any major if the student completes the courses required for entry into the professional school and performs in the acceptance range on the qualifying standardized exam required by that school. At Loyola, the Departments of Biological Sciences, Chemistry, Physics and Psychology each offer an integrated curriculum to pre-medical and pre-health professions students, which prepare them to enter professional and graduate schools in medical fields. Medical schools and graduate health sciences programs also welcome students who major in other disciplines as diverse as music, the humanities and business. They strongly encourage students to become broadly educated in non-science disciplines when they are university undergraduates rather than to overspecialize in science courses. Courses in religious studies, English, philosophy, sociology, history, political science, modern foreign languages and other liberal arts disciplines provide the breadth of knowledge needed to enrich the life of the student and ultimately the lives of their patients.

## II. Loyola Pre-Health-Professions Committee (PHPC)

The Loyola Pre-Health Professions Committee assists Loyola students in entering careers in medicine, dentistry, veterinary medicine and allied health science professions. Its members advise Loyola students on the application procedures to health professions programs. It creates and sends recommendations for qualified student applicants to allopathic and osteopathic medical schools, as well as dental, veterinary and other health professional schools, from all majors and colleges at Loyola University.

Students requesting a committee recommendation must submit their completed internal application packets to the PHPC by March 15, 2015. Student applicants to medical school having a total MCAT score of 26 and a GPA of 3.5 are eligible to be recommended by the Loyola University Pre-Health-Professions Committee. Students with MCAT scores below 26 should retake the MCAT after thorough preparation. **In addition, students always have the option of asking individual faculty members to write letters of evaluation to professional schools for them.**

Please also note that faculty members in natural sciences (biology, chemistry, physics, psychology) departments are generally experienced in pre-medical and pre-health professional education. Support services for health professional school applicants are also available at the Loyola University Career Development Center and the Writing Across the Curriculum (WAC) office.

### III. Required and Recommended Undergraduate Courses

Minimal science course requirements for entering most medical schools are:

General Chemistry Lec/Lab-8 hrs.

Organic Chemistry Lec/Lab-8 hrs.

General Physics- Lec/Lab 8 hrs.

General Biology Lec/Lab-8 hrs.

Contact each Professional School and Graduate School of interest to you in order to learn of their requirements for courses in mathematics, English, the humanities, natural sciences, and social sciences. These requirements, and a wealth of information on the cost, entrance requirements, curriculum, and admissions statistics for the medical schools, can be accessed through the AMCAS and AAMC web sites.

Additional highly recommended courses include: Anatomy and Physiology, Biochemistry, Cell Biology, Comparative Anatomy, Embryology, Histology, Microbiology, Molecular Genetics, Physiology, Introduction to Psychology and Introduction to Sociology. Humanities courses in Economics, English Composition, Ethics, Foreign Languages, History, Philosophy, Psychology, Public Speaking, Sociology and Religious Studies are also valuable.

The following Loyola courses meet the minimal medical school science course requirements:

General Chemistry Lecture & Lab I & II (CHEM A105, A107, A106, A108)

Organic Chemistry Lecture I & II (CHEMA300, CHEMA301)

Organic Chemistry Lab (CHEMA302 or A305; alternatively, A310&A311)

Physics Lecture & Lab I & II (PHYSA101, A102, A103, A104, or A115, A112, A116, A113)

Cells and Heredity Lecture and Lab (BIOL A106, A107)

Biology of Organisms Lecture and Lab (BIOL A108, A109)

### V. Admissions Tests

In addition to the Medical College Admissions Test (MCAT), the Dental Admissions Test (DAT), and the Optometry Admissions Test (OAT) required for entry to most Medical, Dental, Veterinary and Optometry schools, other health-science programs may require the Graduate Record Examination (GRE), the Miller Analogies Test (MAT), or others. These examinations are best completed in the spring semester of the junior year. The MCAT is given at frequent intervals online in spring and summer. Registration should be at the earliest moment allowed in order to find an open site at which to take the exam. MCAT registration online opens months prior to the actual exam dates. The new MCAT2015 version takes 7.5 hours on exam day. MCAT2015 exam registration is \$300. The fee is reduced for eligible students. <https://www.aamc.org/students/applying/mcat/>

## **MCAT/DAT Preparation**

Study manuals, practice tests, and review tests from AMCAS are available online through AAMC. Content-based and test taking skills MCAT and DAT review courses are offered in New Orleans by Stanley Kaplan (800/527-8378) and The Princeton Review (800/995-5565). Most pre-medical students take one of these MCAT review courses. Both offer free diagnostic testing to assess weaknesses. Students are advised to take advantage of these free services. The review courses cost \$2000+ but may offer discounts for students receiving financial aid or for members of student organizations such as the Loyola Health Professions Organization or βββ.

### **GOOD PERFORMANCE ON THE MCAT IS A MAJOR DETERMINANT IN GAINING ACCEPTANCE TO MEDICAL SCHOOL.**

Low MCAT scores (8 or below in any one section) often contribute substantially to rejection of the applicant, no matter how good the GPA is. If you don't have a mean MCAT score of 26 or above, you should work hard to review and prepare then retake the test.

**Books recommended to help students succeed on the DAT** are Top Score Pro, Crack the DAT/PAT-especially good for perceptual ability preparation, Organic Odyssey, and DAT Destroyer.

## **VI. The Application Process**

(Also see previous sections.)

### **1. Non-AMCAS Schools:**

Non-AMCAS schools provide their own application forms on request and on the Internet. Non-AMCAS schools include the Schools of Osteopathic Medicine.

1. DO NOT send a copy of your AMCAS application to a Non-AMCAS school.
2. Have official transcripts sent directly to each Non-AMCAS school.
3. Send copies of your MCAT scores to individual Non-AMCAS schools.
4. On MCAT test day be sure to designate Non-AMCAS schools to receive your MCAT scores. **Take advantage of this opportunity since there will be added charges for this service at a later date.**

### **2. AMCAS Schools:**

The American Medical College Application Service (AMCAS) is a centralized application processing service that forwards student applicant information to member medical schools. For a \$160 fee, AMCAS will process, duplicate, and send your AMCAS application, transcript, and MCAT scores to all member schools that you list on the official "AMCAS Designation Form." Most of the USLCME-accredited medical schools participate in AMCAS. AMCAS applications are submitted online starting in the first week of June for entry to medical school in the year following the submission of the application. SUBMITTING THE AMCAS APPLICATION IN JUNE PLACES THE APPLICANT IN THE BEST COMPETITIVE POSITION FOR ACCEPTANCE.

## A. STAGE-1 (PRIMARY) AMCAS APPLICATIONS

The AMCAS instructions should be followed exactly.

1. The Stage 1 AMCAS application requests biographical information, a personal statement (essay), and your academic transcript from all colleges you have attended.
  2. The AMCAS application is made online at (<http://www.aamc.org>).
- Download AMCAS-E from the AAMC's home page on the Web
3. The earliest submission date for the AMCAS is in the first week of June.
  4. Submit the AMCAS application in June even if you plan to take the MCAT later.
  5. Medical schools usually begin the interview and acceptance processes in September
  6. The final deadline for submitting medical applications is typically in November

### **Personal Essay:**

The essay must be typographically and grammatically perfect.

1. The one-page Personal Statement section needs to represent your best effort to explain what motivates you to enter the health field of your choice. Be creative, make it interesting, be honest, be serious, and make it flawless. The Medical School Admissions Boards will carefully scrutinize it. Let the statement reveal your real personality.
2. Do not a rehash your biographical information.
3. Don't simply tell them you are a compassionate person. Give an example or describe an experience.
4. Avoid controversial topics.
5. Edit your personal statement to perfection.
6. Ask a professor on the LUPHPC to read and edit it.

The Director of Writing Across the Curriculum (WAC), offers the services of the WAC lab staff (Bobet 115, by appointment) to assist students in preparing these essays, including help in editing for grammatical correctness. Make additional photocopies of your applications for other uses. Turn one copy into the Chair of the LUPHPC.

## **B. STAGE-2 (SECONDARY) APPLICATIONS WITH LETTERS OF RECOMMENDATION**

1. The medical schools will process the student's Stage-1 application to AMCAS and then request a Stage-2 application from the student or reject the application. Stage-2 applications typically require supplemental information, a recent photograph, the university letters of recommendation and an application fee.
2. Usually the student has the option of independently gathering letters of recommendation from individual faculty members, or providing a composite letter of recommendation from the university pre - health committee.
3. Many medical schools prefer a composite letter of recommendation from a committee. At Loyola, recommendations are provided by the Pre-Health-Professions Committee. Generating this recommendation requires that the student meet with the LUPHPC Chair in October of the junior year to obtain an application packet which contains faculty evaluation forms.
4. Faculty evaluators are chosen by the student in consultation with the LUPHPC Chair. The evaluators need to be as familiar as possible with the academic performance and character of the student. One evaluator should be from the major department; two from

a science department (Biological Sciences, Chemistry, Physics, Psychology), and the fourth may be from any other department. Students need to ask the faculty from whom they are requesting evaluations if they will write them a favorable evaluation. If the professor's answer is positive, the student should provide an evaluation form and a biographical outline of his/her life activities or a copy of the completed AMCAS application. The completed evaluation form is returned by the evaluator directly to the Chair of the LUPHPC before March 15. Recommendations prepared by LUPHPC are written by its Chair in consultation with another member of the board, if possible one who belongs to the student's major department. The recommendations are submitted by the LUPHPC Chair to the AMCAS Letter Service or to each non-AMCAS school applied to by the student.

## **VII. Practical Experience.**

### **1. Work and Volunteer experience**

Students wishing to enter health-sciences careers need to obtain practical experience by working in health facilities in their undergraduate years. Some health professions (e.g., Veterinary Medicine, Physical Therapy) require that practical experience be documented before they will consider an applicant.

Other professional programs (e.g., Rehabilitation Counseling) clearly state preferences for applicants who have relevant experience. In general, the best experiences are ones that place you in a medical setting as: working in an emergency room, a clinical laboratory, caring for a patient as an aide, working in a nursing home or working for a physician during the summers.

### **2. Independent Research**

Independent research allows the student to learn analytical investigative laboratory techniques, to expand and deepen scientific thought processes, to gain practical scientific experience in a unique manner and to become closely acquainted with professional scientists. Such experiences may substantially strengthen the merit of the student's application to health professions schools.

### **3. Summer Programs**

Some medical schools offer summer medical enrichment programs which provide undergraduates with medical lectures and laboratories, research opportunities, MCAT preparation, medical specialty rotations, and insight into application and admissions procedures. Some medical enrichment programs will accept rising sophomores into their programs. Information on summer programs can be accessed as follows: MMEP (Minority Medical Education Programs). Email: [MMEP@aamc.org](mailto:MMEP@aamc.org) and request a program list; NIH Programs via website <http://helix.nih.gov:8001/oe/>; NSF Programs via website: <http://www.nsf.gov/ftp/MPS/letters/reulist.txt>

## **VIII. Medical School Selection Interviews**

### **1. Be Prepared!**

Interviews are the primary means by which medical schools assess applicants' non-cognitive skills. The characteristics most often measured in the interviews are: motivation and interest in medical school, interpersonal skills and character, maturity, evidence of extracurricular activities, communication skills, empathy and concern for others, social awareness, and self-awareness. The interview is also often the medical school's attempt to provide a realistic preview of what medical school is like and to "sell" potential students on attending the school. In terms of relative importance, the interview ranks as the most important preadmission variable. For applicants who have reached this stage in the selection process, the interview will decide who is finally accepted at that school. Mock Interviews are highly recommended and available through the Loyola Career Development Center (x3835)

### **2. Current Events**

More often than not, the interviewer will base his/her questions on your Personal Statement and your application but on occasion, an interviewer may ask an applicant to comment on a medically related current event or ethical issue. The applicant is not expected to be an expert on these topics, just to show that he/she has thought about them and have something reasonably intelligent to share. Read the newspaper and news magazines to keep up on current events and health field issues.

### **3. Common Interview Questions**

In addition to medically related questions, the applicant should review other classic interview questions. A partial list of such questions is provided below. It is wise to jot down some notes (on index cards) on each.

**Some Classic questions:** Tell me about yourself? What do you do for fun? Why have you decided to pursue medicine as a career? What is your greatest strength/weakness? success/failure? If you don't get into medical school, what will you do?

What is your favorite book? What are you reading now? Where do you see yourself in 10 year's time? Give me the sales pitch on why you should be admitted here. What leadership roles have you assumed? What clinical experience have you had? Do you have an opinion on fetal-tissue research? How would you feel about treating a patient infected with HIV? Do you agree with Dr. Kevorkian's actions? How do you feel about treating uninsured or indigent patients? If you are treating a terminally ill patient who is being kept alive by life support and you feel that he should be taken off the machines, what would you do? If a pregnant teenager, who has not told her parents about her pregnancy, comes to you to discuss her options, what would you do? What is the biggest problem facing medicine today? What do you think the role of the government should be in health care? Do you think health care is a right or a privilege? Have you been following the health care debates? Where do you stand? How do you feel about socialized medicine? The Canadian and British Health Systems? Do you know what an HMO is? A PPO?

### **4. Interview Dress**

Conservative apparel is appropriate. A candidate's physical appearance will be the first impression s/he makes on the interviewers. Men should wear a conventional suit and tie and women should wear an appropriate suit, dress or pantsuit.

## **5. The Interview**

It is recommended to arrive early and alone. The candidate should review as well as bring a copy of his/her application and Personal Statement. It is wise to review the school catalog prior to arrival. One should be polite and courteous to anyone encountered upon arrival, including support staff and receptionist. In the actual interview, the candidate should greet the interviewer by name, introduce him/herself and shake hands firmly. General reminders include: maintain eye contact; refrain from fidgeting, crossing arms, or handling items on the interviewers desk; avoid speaking too quickly or too slowly; think before speaking; avoid being arrogant and dogmatic; be firm, confident, but flexible. Don't answer in-kind if the interviewer is being antagonistic- simply answering "I don't know" is best if the answer is not known. When the interview is finished, the candidate should shake hands and say, "thank you" and "good-bye". It is wise for the interviewee to send a thank-you letter (personal letterhead, if possible) to the individual interviewers. It should be brief, specific, and gracious, mentioning one or two things the candidate liked about the school or interview. Included should be a reiteration of interest in attending the institution.

## **IX. Financial Aid and Scholarship Opportunities**

### 1. Direct scholarships:

Exceptional Financial Need scholarships, Financial Aid for Disadvantaged Health Professions Students scholarships, Scholarships for Disadvantaged Students, Armed Forces Health Professions Scholarship Program, National Health Service Corps Scholarship Program.

### 2. State and federal loan programs:

Federal Perkins Loan, Federal Stafford Loan, Federal Supplemental Loans for Students, Health Education and Assistance Loan Program, Loans for Disadvantaged Students, Primary Care Loan.

### 3. Work-study programs and employment opportunities:

Contact the Financial Aid Office at the medical schools to which you apply. The US Army and the Air Force Health Professions Scholarship Programs provide full payment of tuition and fees, reimbursement for books and supplies, and a monthly stipend, in exchange for a minimum three-year term of service after graduation. The Health Professions Recruiter may be reached at: 225-761-4951(US ARMY) and 225-927-5570(US Air Force).

## **LSU Early Decision Program**

More than half of the medical schools in the U.S. offer Early Decision Programs. The LSU School of Medicine in New Orleans offers an Early Decision Program (EDP). Applications must be made between June 1 and August 1. Applicants will be informed of the admission decision on or before October 1 of their senior year. To be considered, an applicant must ordinarily have a 3.5 GPA in the sciences and a 10 on each category of the MCAT (scoring will change for MCAT2015). The applicant may apply only to the LSU School of Medicine in New Orleans and may not apply to any other schools prior to being informed of LSU's decision. If the applicant is accepted, the applicant must accept

and s/he may not apply to any other school. The down side to applying to an EDP is if the applicant is rejected or placed on hold, then s/he is at a disadvantage in the application process at other schools (except at the school to which the applicant applied for Early Decision). If the applicant who is accepted violates the terms of the acceptance, s/he is considered to have committed an irregularity and other schools to which s/he applies will be informed.

#### **4. Foreign Medical Schools**

If unsuccessful in gaining admission to one of the U.S. medical schools, foreign medical schools may be considered. The major Caribbean schools include: St. George's University Medical School, Grenada, West Indies; Ross University School of Medicine, Dominican Republic; American University of the Caribbean, Montserrat; Spartan Health Sciences University School of Medicine, St. Lucia; Universidad Central del Este, Dominican Republic; Universidad Catolica Madre y Maestra, Dominican Republic and Universidad Mundial Dominicana, Dominican Republic. Generally these schools are operating for profit and therefore the tuition can be comparable to out-of-state non-resident tuition in the US. It is difficult to measure the effectiveness of these schools.

The uniform certifying exam, called the United States Medical Licensing Examination (USMLE), is a two-part competency test taken by both foreign and domestic medical school graduates. The pass rate for domestic graduates is often in the area of 92% and for foreign graduates, 55% for Step 1. For Step 2 the pass rates are generally in the range of 92% and 38% respectively. Obtaining domestic clerkships has often been a challenge for foreign-trained US medical students. A number of schools, such as St. George's and Ross, have established ties with various state officials allowing their students to perform clerkships. The Fifth Pathway Program was developed by the Council on Medical Education of the American Medical Association to expedite the return of citizens studying medicine abroad to the United States. Under this program, students who have completed the academic curriculum at a foreign medical school may substitute a year of supervised clinical training at a US medical school for the internship or social service obligation required by the foreign medical. For information on schools in this program contact; The Council on Medical Education, American Medical Association, 515 N. State St., Chicago, IL. 60610. Tel: 312-464-4662. Almost 40,000 doctors practicing in the U.S. (i.e., 6% of the total physician population) are U.S. citizens with foreign medical degrees. Other foreign medical schools popular with U.S. citizens outside the Caribbean include Universidad Autonoma de Guadalajara, Mexico, and Tel Aviv University, Israel.

## **X. Additional Medical Career Options**

### **1. Osteopathic Medicine**

Doctors of Osteopathic Medicine are physicians trained to diagnose illness, prescribe medications, and perform surgery. The American Medical Association and the Federal Government recognize MDs and DOs as equals, and both are fully licensed to provide comprehensive medical care in all 50 states. Osteopathic physicians differ from allopathic physicians in their approach to medicine. Osteopaths view medicine more holistically—seeing the human body as a single organism with all body systems interrelated and using manipulative techniques in the diagnosis and treatment of their patients. Applicants must complete the MCAT and its academic prerequisites. The American Association of Colleges of Osteopathic Medicine (AACOM) provides centralized application service similar to AMCAS, called AACOMAS, which forwards applicant information to each of the 16 osteopathic schools designated by the applicant. For more information and application material, contact: American Association of Colleges of Osteopathic Medicine, 6110 Executive Blvd., Suite 405, Rockville, MD 20852. TEL: 301-468-0990.

### **2. Podiatry**

The Doctor of Podiatric Medicine (DPM) specializes in the prevention, diagnosis, and treatment of foot disorders resulting from injury or disease. The admission requirements include the science courses that are required by medical schools and the MCAT. The American Association of Colleges of Podiatric Medicine provides centralized application service, called AACPMAS, which forwards applicant information to any of the six AACPMAS Podiatric schools designated by the applicant. For more information and application material, contact: American Association of Colleges of Podiatric Medicine, 1350 Piccard Dr., Suite 322, Rockville, MD 20850-4307. TEL: 800-922-9266

### **3. Dentistry**

The Dental Admission Test (DAT) is required by most schools (including LSU) and is a critical factor in the admissions process. Hands-on experience in a dental setting is a big plus. For more information and application material contact AADS: American Association of Dental Schools 1625 Massachusetts Ave., NW Washington, D.C. 20036-2212 TEL: 202/667-9433 aads@umab.umd.edu

### **4. Veterinary Medicine**

Veterinarians are physicians that care for pets, livestock, zoo, aquarium, and lab animals. A Doctor in Veterinary Medicine (DVM) is available at 27 accredited schools in the United States. Admissions tests that may be required include the Veterinary College Admission Test (VCAT-administered in January, October, and November), the GRE, or the MCAT. The LSU School of Veterinary Medicine requires the MCAT or GRE. For most schools, successful applicants must have a minimum GPA of 3.00. Work experience at a veterinary clinic or research laboratory is important. At least one reference should come from a veterinarian. For more information contact AAVMC; Association of American Veterinary Medical Colleges, 1101 Vermont Ave. NW., Suite 710, Washington, D.C. 20005-3521 TEL: 202/371 -9195, www.aavmc.org/

## **5. Pharmacy**

Students apply to pharmacy school after two years of college courses.

There are 79 accredited Colleges of Pharmacy in the US. Sixty-one offer either a Master of Science degree or the Doctor of Pharmacy degree and 18 offers only a B.S. in Pharmacy. Pharmacy schools have varying prerequisites. Xavier University College of Pharmacy requires 8 hours of biology, 20 hours of chemistry, pre-calculus, statistics, and 3 hours of physics, social science, theology, speech, and 6 hours of philosophy. Forty-two colleges require the applicant to take the Pharmacy College Admission Test (P-CAT) administered in February, April, and October (not required by Xavier).

Xavier University of Louisiana in New Orleans and the University of Louisiana at Monroe both have Schools of Pharmacy which grant the Doctor of Pharmacy Degree. For more information, contact AACP: American Association of Colleges of Pharmacy 1426 Prince St. Alexandria, VA 22314 TEL: 703/739-2330

## **6. Optometry**

A Doctor of Optometry is a primary health care professional who examines the eye to assess function and health and evaluate the eyes for signs of systematic disease.

Optometrists prescribe vision enhancement lenses and provide rehabilitation therapy to the visually impaired. They serve patient needs for improved low vision, sports vision, occupational vision, geriatric vision and provide rehabilitation service to surgical patients. . The requirements for admission to the 16 US schools and colleges of optometry vary, but for the most part follow the prerequisites for medical schools. All optometry schools and colleges also require applicants to take the Optometry Admission Test (OAT) administered in February and October. For more information: Rockville, MD 20852 TEL: 301/231 -5944

## **7. Chiropractic Practice**

The chiropractic approach to health care is holistic, stressing the patient's overall well being. It recognizes that many factors affect health including exercise, diet, rest, environment, and heredity. Chiropractors generally address health problems associated with the body's muscular, nervous, and skeletal systems, especially the spine. The chiropractor develops a diagnosis using the patient's history, conducting physical, neurological, and orthopedic exams using lab tests, X-rays, and other diagnostic imaging tools. Treatment may include manual manipulation, water, light, ultrasound, massage, or heat therapy. S/he may counsel patients about nutrition, exercise, and stress management, but may not prescribe drugs nor perform surgery. Students may apply to chiropractic school after two years of college courses. Fifteen chiropractic colleges in the US are accredited by the Council on Chiropractic Education.

[http://cce-usa.org/Accredited\\_Doctor\\_Chiro.html](http://cce-usa.org/Accredited_Doctor_Chiro.html)

All require courses in English, social sciences, humanities, inorganic and organic chemistry, biology, physics, and psychology. Most schools do not require an admissions test. For more information contact CCE: Council on Chiropractic Education 7975 North Hayden Rd., Suite A-210 Scottsdale, AZ 85258 TEL: 602/443-8877

## **8. Physical Therapy**

The role of the physical therapist (PT) is to improve mobility, relieve pain, and prevent or limit permanent physical disabilities of patients suffering from injuries or disease. The PT develops a treatment plan, often based on a physician's order, using medical history and tests to measure a patient's strength, range of motion, and ability to function. According to the American Physical Therapy Association (APTA), there were 181 accredited professional physical therapy programs in 2014. Despite the large number of programs, competition for entry is very intense. The Doctor of Physical Therapy (DPT) offered in the School of Allied Health at LSU requires a bachelor's degree including completion of the basic sciences and other coursework as well as 60 hours of experience volunteering with a practicing physical therapist before admission.

## **9. Physician Assistant**

The physician assistant (PA) is a health care professional who is academically and clinically prepared to provide health and medical services with and under the supervision of a doctor of medicine who is responsible for the performance of that assistant. The functions of the PA include performing diagnostic, therapeutic, preventive, and health maintenance services in any setting in which the physician renders care, thus allowing more effective and focused application of the physician's particular knowledge and skills. In 2014, there were 204 such programs listed by the Physician Assistant Education Association <http://directory.paeonline.org/> with roughly half of these fully accredited. Both LSU-New Orleans and LSU-Shreveport offer programs. Admission requirements vary.

**Our Lady of the Lake College** in Baton Rouge offers a Master of Medical Science Degree for students completing its Physician Associate (Physician Assistant) curriculum.

## **10. Nursing: (this section needs updating)**

1. Registered nurses (RNs) care for the sick and injured and help in "wellness" care. They provide for the physical, mental, and emotional needs of their patients. They observe, assist, and record symptoms, reactions, and progress; assist physicians during treatments and examinations; administer medication; and assist in convalescence and rehabilitation. RNs also develop and manage nursing care plans; instruct patients and their families in proper care of individuals.

There are three major educational paths to nursing:

I. Nursing Diploma,

II. Associate Degree in Nursing (A.D.N.),

III. Bachelor of Science degree in Nursing (B.S.N.).

The Nursing Diploma (I) is only recommended for the high school graduate. It offers little opportunity for advancement.

**Associate Degree Nursing Programs (ADN)** (II) require one-two years of college credit to enter. For admission into the A.D.N. program in the LSU New Orleans School of Nursing the applicant must complete Anatomy and Physiology (8 hrs.), college algebra,

psychology, English, and general chemistry (3 hrs.); must maintain a minimum GPA of 2.5; and complete the National League for Nursing (NLN) Pre-admission Examination (PAX-RN).

**Bachelor of Sciences in Nursing Program** (III) normally requires first completing an A.D.N. The Loyola University New Orleans School of Nursing has a program for Registered Nurses with Associate Degrees in Nursing and Diploma Nurses who are licensed to practice in the United States to obtain the Bachelor of Science in Nursing (BSN) Degree. Classes in these programs are held one night a week and on line by Video Classes for independent study are available.

### **Graduate Nursing Degree Programs**

**Those offered at Loyola University New Orleans include: Doctor in Health Care Systems Management and Doctor in Nurse Practitioner (DNP)**

These programs hold classes on campus and online and include clinical experiences scheduled to accommodate the student's needs. The Louisiana State University Health Science Center offers Graduate Nursing Programs preparing students to be Clinical Nurse Specialists, Nurse Anesthetists, Nurse Practitioners, Neonatal Nurse Practitioners, Nursing Administrators, and Public Health / Community Health Nurses (cmosele@LSUHSC.edu). For more information on the Loyola University B.S.N. program, contact the Director of the Nursing Program, 202 Stallings Hall, TEL. 504-865-3142. To Contact the National League of Nursing or AACN: Communications Department National League for Nursing 350 Hudson St. New York, NY 10014, TEL: 212/989-9393. American Association of Colleges of Nursing 1 Dupont Circle, Suite 530 Washington, D.C. 20036 TEL: 202/463-6930

### **Accelerated Nursing Programs: For Students who have a B.A. or B.S.:**

Accelerated nursing programs enable university graduates from a variety of fields to become registered nurses in as few as 10 months. The Our Lady of the Lake College Accelerated Nursing Program offered over a 10 month period in Baton Rouge is now offered also at three sites in New Orleans. The accelerated curriculum is taught at Tulane Medical Center, East Jefferson Hospital and West Jefferson Hospital in the New Orleans area. The graduates take the registry exam to become Registered Nurses. They then are eligible to enter a Master's Degree in Nursing Program given at Loyola University in the evening. Contact Our Lady of the Lake College at Tel. #225-768-1721 in Baton Rouge or its New Orleans Campus at Tulane University Health Sciences Center.

### **Website Information: (THIS LIST NEEDS UPDATING)**

1. American Dental School Application Service- AADSAS-<http://www.adea.org>
2. American Medical Colleges Application Service – AMCAS- <http://www.aamc.org>
3. American Association Colleges of Osteopathic Medicine Application Service

<http://www.aacom.org>

4. American Association of Colleges of Podiatric Medicine Application Service - For all but the New York CPM- <http://www.apma.org>

5. LSU School of Allied Health: Audiology, Speech Therapy, Medical Technology, Occupational Therapy, Physical Therapy, Public Health, Rehabilitation Therapy - <http://www.alliedhealth.lsuhs.edu>

6. LSU School of Medicine -[http:// www.admissions.lsuhs.edu](http://www.admissions.lsuhs.edu)

7. LSU School of Nursing - <http://www.lsuhs.edu>

8. Accelerated Nursing Programs- [www.becomern.com](http://www.becomern.com)

9. Master's in Nursing Programs- [www.rntoman.com](http://www.rntoman.com)

10. Tulane University School of Public Health: Biostatistics, Community Health Sciences, Environmental Health Sciences, Epidemiology, Health Systems Management International Health and Tropical Medicine. <http://www.Tulane.edu>

11. Post Baccalaureate Premedical Programs: <http://services.aamc.org/postbac/index.cbm>

12. MD/PhD Programs:

<http://www.aamc.org/research/dbr/mdphd/programs.htm>

<http://www.aamc.org/research/dbr/mdphd/applicantfaq.pdf>

13. Funded Enrichment Programs for Pre Health and Pre Dental Students:

<http://www.smed.org/start.htm>

14. Medical Student's Resource Guide "Student Doc".

Awesome Information on MCAT preparation, admissions, competitiveness- etc.

<http://www.studentdoc.com/medfind.html>

15. Aspiring Docs.org promoting increased Diversity in Medicine