Post-Bac Programs

What, Who, Where, Why, When and How?

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What?

Post-Bac programs provide pre-health course work and academic support to students who have already completed their Bachelor’s degree.

Two major types:

- **Structured**
- **Unstructured**
Structured PB Programs

- Most offered by four-year universities
- Large variety of courses with guaranteed enrollment and substantial advising
  - Self-supported (financed by tuition) and thus pricey - $500 to $1,200 per unit
  - Extramural funding (financed by grants) and thus less expensive; tend to focus on socioeconomically challenged and underrepresented groups of students.
Unstructured PB Programs

- Small to large variety of courses, without guaranteed admission and with little or no advising.
- Offered by both four-year universities and community colleges
- Tend to be less expensive - $30 to $300 per unit
- Many have collapsed due to lack of funding
Who?

- Any pre-health student who has already earned a Bachelor’s degree
  - Best from accredited US school
- Still needs to take and/or retake pre-health courses
- May have earned other degrees
- Two types of Post-Bacs
  - Career-Changer
  - Academic Enhancer
Career-Changers

■ Have taken few or no health profession graduate school pre-reqs

■ In most cases:
  - *Were non-science majors as undergrads*
    - Interested in medicine but turned off by science courses and/or pre-meds
  - *Have been in the work force for a year or more*
    - Interest in medicine resurfaces, now more confident
Career-Changer Curriculum

- Pre-Calculus & Calculus I
- GChem & OChem I & II, lect/lab
- Physics I & II, lect/lab
- Biology I & II, lect/lab
- 2nd-Tier Science Courses
  - Biochemistry, Cell Biology, Genetics, Anatomy, Physiology, Microbiology
- Advanced Science Courses
  - E.g., Cellular Neuro, Endo, Biophysics
- “Non-Science” Courses
  - Public Health, CAM, Languages
Academic Enhancers

- Have taken most or all pre-reqs
- Have not performed well in:
  - Course work
  - Standardized tests (MCAT, DAT, etc.)
- In most cases, Biological science majors as undergrads
- Two Types:
  - Reapplicants
  - First-time applicants
GPA Profiles

- **Ideal**
- **Improver (common)**
- **Erratic**
- **Bad Ending**
GPA Profiles

2 Yr Academic Enhancer

Transition Period
*Identify problem
*Seek help
Academic Enhancer Curriculum

- Retake Pre-Reqs with low grades
  - $C, C+ = \text{Maybe}$
  - $C- \text{ and below} = \text{Must retake}$

- Take/Retake 2$^{\text{nd}}$-Tier Science Courses
  - Biochemistry, Cell Biology, Genetics, Anatomy, Physiology, Microbiology

- Take/Retake Advanced Science Courses
  - E.g., Cellular Neuro, Endo, Biophysics

- Take “Non-Science” Courses
  - Public Health, CAM, languages,
Post-Bac Program Stats

- AAMC lists 107 Post-Bac Programs
  - 64 for Career-Changers
  - 61 for Academic Enhancers
  - 30 for Underrepresented Groups
  - 24 for Disadvantaged Students

- Many other programs not listed, most unstructured
  - Try online search
Where?
Locations of PB Programs (West)

N = 22
California PB Programs
North

- SFSU: CCT, AET
  - Dent PB: AET, UR, Disadv
- UCB Ex: CCT, AET
  - UCSF-Affiliated (AET, UR, Disadv)
- CSU-EB: CCT, AET
- Mills: CCT
California PB Programs South

- CSU-LA: AET, UR, Disadv
- CSU-Fullerton: CCT
- UCLA-Drew: CCT, UR, Disadv
- UCSD: CCT
- Keck: AET
- Scripps: CCT
- USC: CCT
- Western: AET, UR, Disadv
Why?

- Undergraduates are not sufficiently prepared to apply to health profession schools
  - Not enough time to complete courses, MCAT and clinical exposure
  - Flawed academic record
  - Lack of life experience and maturity

→ Is 18 the right age to start college?
Why?

- Health profession school application process is highly competitive
  - Most schools receive 1,000s of applications for ~100 seats
  - 1:10 to 1:60 odds of admission
When?

- Most students enter a post-bac program within a few years of completing their Bachelor’s degree.
- Some spend as long as 10 years in another profession.
- Medicine is the health profession with perhaps the longest training time
  - 9-12 years
- Age is a consideration
  - Students in 40’s (and early 50’s) can get in
How?

- **Financial Aid:**
  - Most structured programs qualify for financial aid
  - Cost is $\sim 10\%-20\%$ of medical school costs
    - Post-Bac = $10K - $80K
    - Med School = $200K - $400K

- **Application Strategies**
  - Consider Osteopathic Med Schools
    - More holistic review of files
    - More forgiving of GPA and MCATs
SFSU: Three Post-Bac Tracks on One Campus

FPB-CCT
120

FPB-AET
70

Dental PB
25

Share Classes

Unsuccessful Applicants

Share Classes
Workshops at SFSU

- Tues, Feb 15, 5-7 pm, HH-543. Formal Post-Bac Information Session. Contact PBAAdmit@sfsu.edu

- Tues, Feb 22, 5-7 pm, HH-543. General Post-Bac Workshop. Contact HCOP.SFSU@gmail.com
• Stanford Medical School
• UC Berkeley School of Public Health
• San Francisco State University