The seal of San Francisco State University is centered in the background. It features a circular design with a woman's profile on the left, a lamp of knowledge on the right, and the text 'SAN FRANCISCO STATE UNIVERSITY' around the top and '1899' at the bottom.

Post-Bac Programs

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AMSA Conference

Mar 5, 2011

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Spring, 2011

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The Basics

- **Post-Bacs** are pre-health students who have already earned a Bachelor's degree, but still need to take and/or retake pre-health course work.
- **Post-Bac Programs** provide pre-health course work, as well as academic, career and emotional support to Post-Bacs.

Types of Post-Bacs

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

Core Classes

- **Pre-Calculus & Calculus I**
- **GChem I & II, lect/lab**
- **OChem I & II, lect/lab**
- **Physics I & II, lect/lab**
- **Biology I & II, lect/lab**

Career-Changer Curriculum

Electives

■ 2nd-Tier

❖ **Biochemistry, Cell Biology, Genetics, Anatomy, Physiology, Microbiology**

■ Advanced

❖ **E.g., Cellular Neuro, Endo, Biophysics**

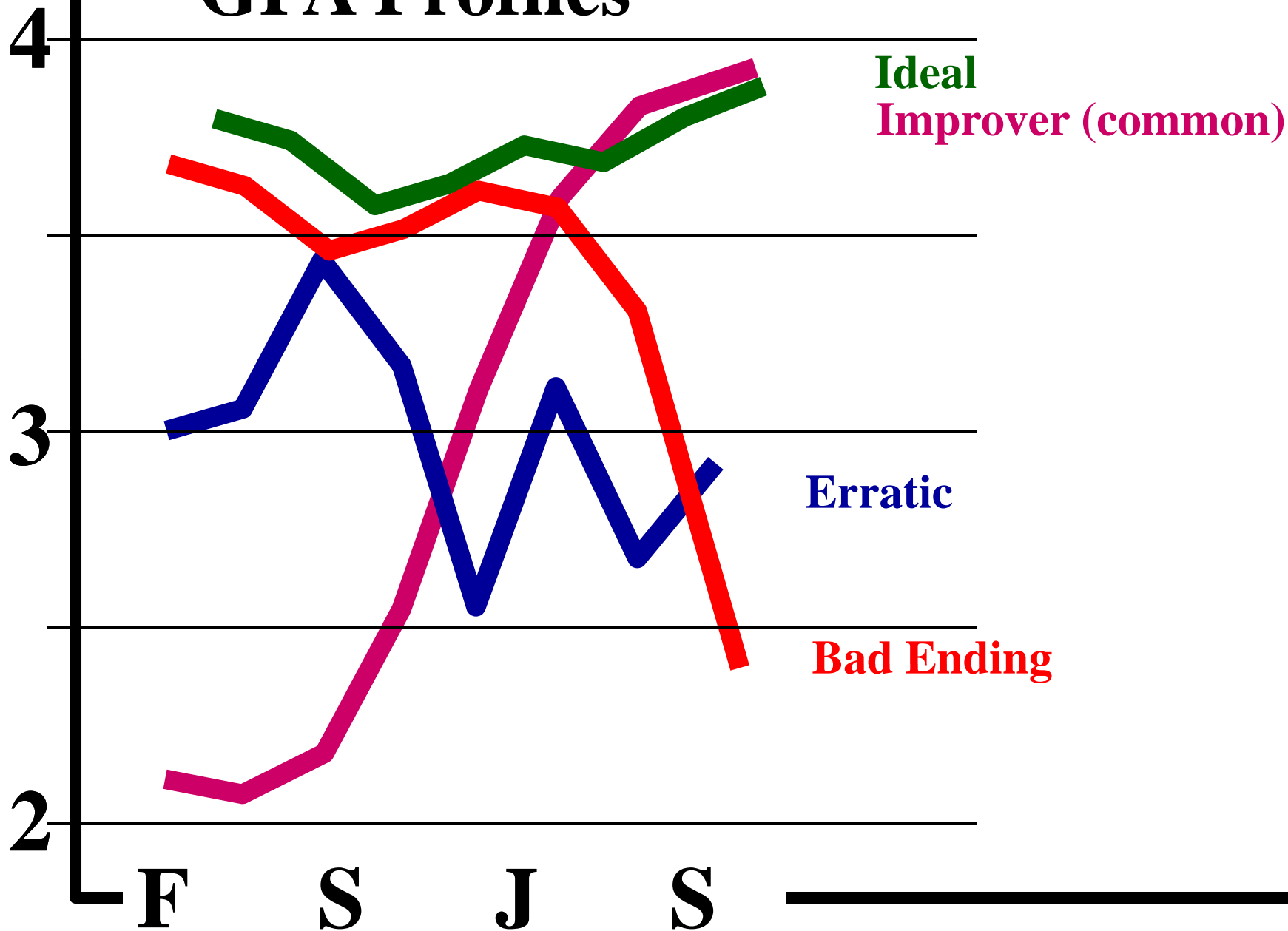
■ Key Non-Science Courses

❖ **Public Health, CAM, Languages**

Academic Enhancers

- **Have taken most or all pre-reqs**
- **Have not performed well in:**
 - ❖ *Course work and/or*
 - ❖ *Standardized tests (MCAT, DAT, etc.)*
- **In most cases, Biological science majors; may have faced many obstacles**
- **Two Types:**
 - ❖ *Reapplicants*
 - ❖ *First-time applicants*

GPA Profiles



GPA Profiles

1-2 Yr Academic Enhancer

4

3

2

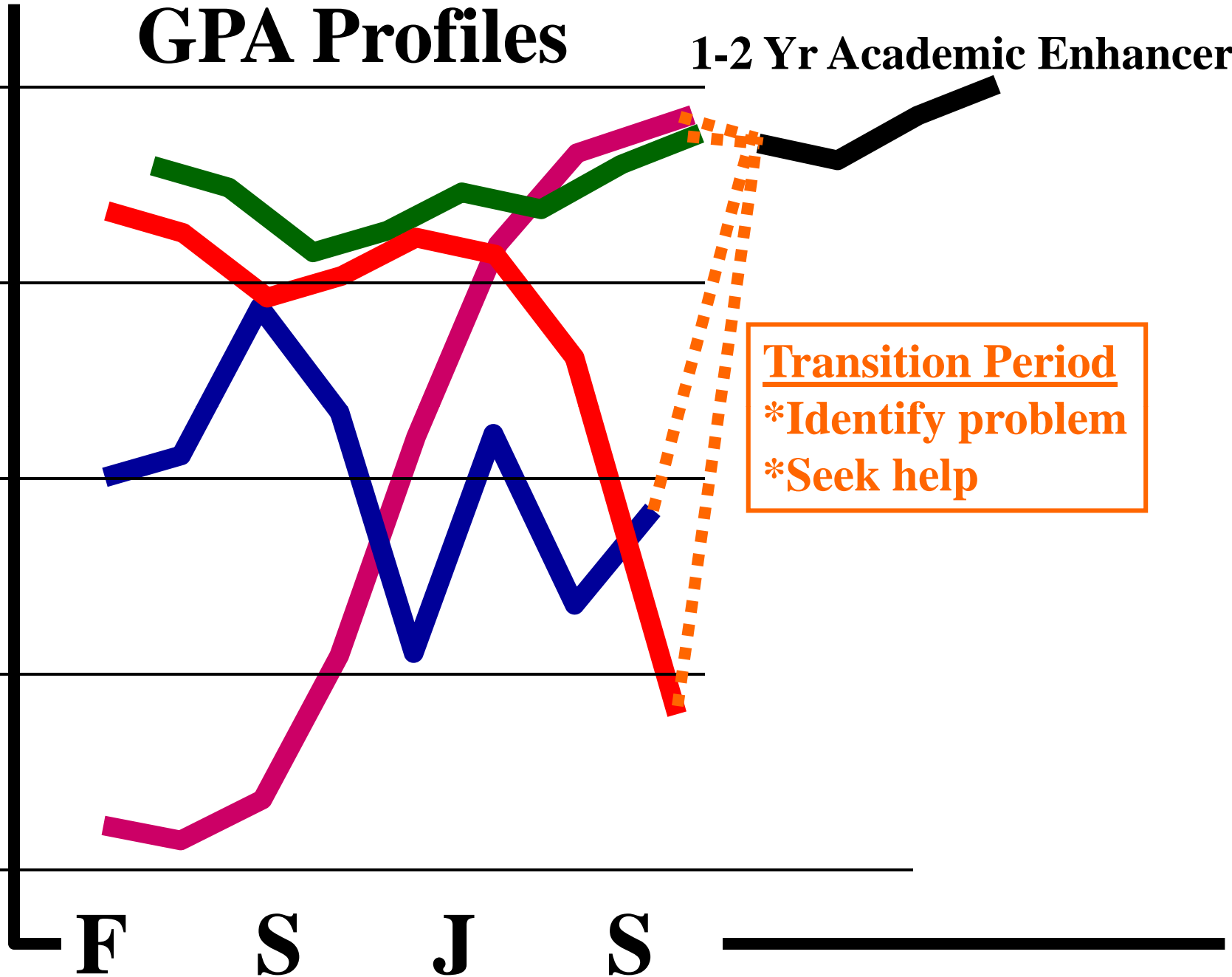
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Transition Period
*Identify problem
*Seek help



Academic Enhancer Curriculum

■ Retake Pre-Reqs with low grades

- ❖ *C, C+ = Maybe*

- ❖ *C- and below = Must retake*

■ Take/Retake 2nd-Tier Science Courses

- ❖ *Biochemistry, Cell Biology, Genetics, Anatomy, Physiology, Microbiology*

■ Take/Retake Advanced Science Courses

- ❖ *E.g., Cellular Neuro, Endo, Biophysics*

■ Take/Retake Key “Non-Science” Courses

- ❖ *Public Health, CAM, languages,*

AET Application Strategies

- **Overcoming obstacles and coming from underrepresented groups does help gain admission health profession schools**
- **However, low undergrad GPA (≤ 2.6) can be an difficult problem !!**
- **Consider Osteopathic Med Schools**
 - ❖ *More holistic review of files*
 - ❖ *More forgiving of GPA and MCATs*

AET Application Strategies

■ Reapplicants

- ❖ *Often best to take more than one year to improve record*
- ❖ *Document clearly how you have improved since you last applied*

Post-Bac Programs

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.*
- **Good financial aid options if degree or certificate conferred**

Financial Aid

- **Most structured programs qualify for financial aid**
- **File a FAFSA early !!**
- **Cost is ~10%-20% of medical school costs**
 - ❖ *Post-Bac = \$10K - \$80K*
 - ❖ *Med School = \$200K - \$400K*

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**
- **May have few or no financial aid options**
- **Many have collapsed due to lack of funding**

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*

California PB Programs

North (N=4)

- **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 (N=8)

- **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**



End

SF STATE