

The seal of San Francisco State University is visible in the background, featuring a central figure holding a torch, surrounded by the text "SAN FRANCISCO STATE UNIVERSITY" and the year "1899".

Post-Bac Programs

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MIH Conference

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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 and, ideally, academic, career and emotional support to Post-Bacs.

Strong Applicants

- Solid academic performance in pre-reqs and electives
 - ❖ *Ideally, A's & B's*
- Strong MCAT scores
 - ❖ *Ideally, ≥ 30*
- Considerable clinical and/or research experience
 - ❖ *Know what you're getting into*
 - ❖ *Understand the US healthcare system*
- Life Experience

How Schools Measure

- Academic Record
- MCAT Scores
- Personal Statement
 - ❖ *Obstacles*
- Experiences
- Letters
- Interviews

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**
 - ❖ *May 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 (Many)

❖ **E.g., Cellular Neurobiology, Endocrinology, Biophysics, etc.**

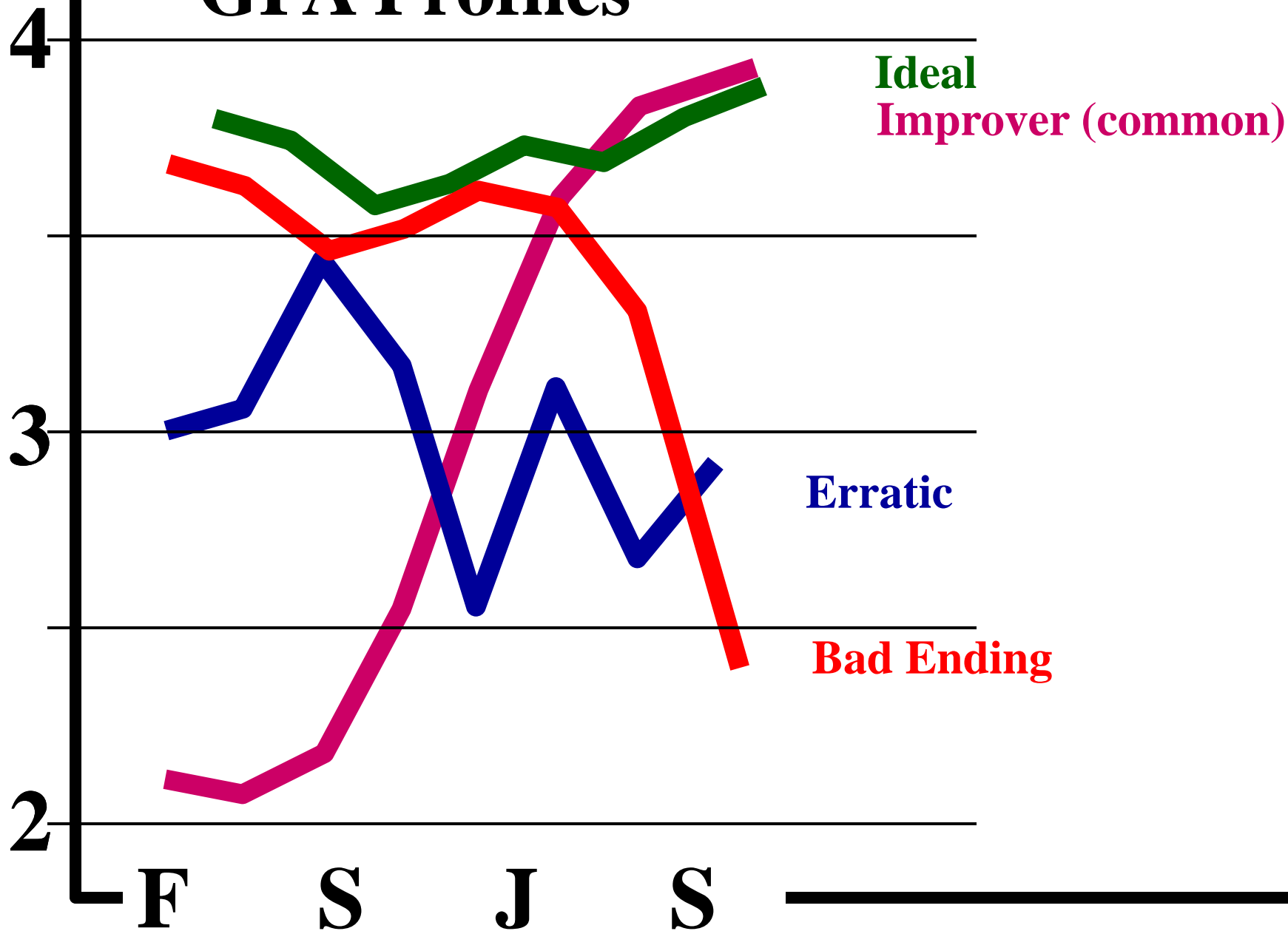
■ Key Non-Science Courses

❖ **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

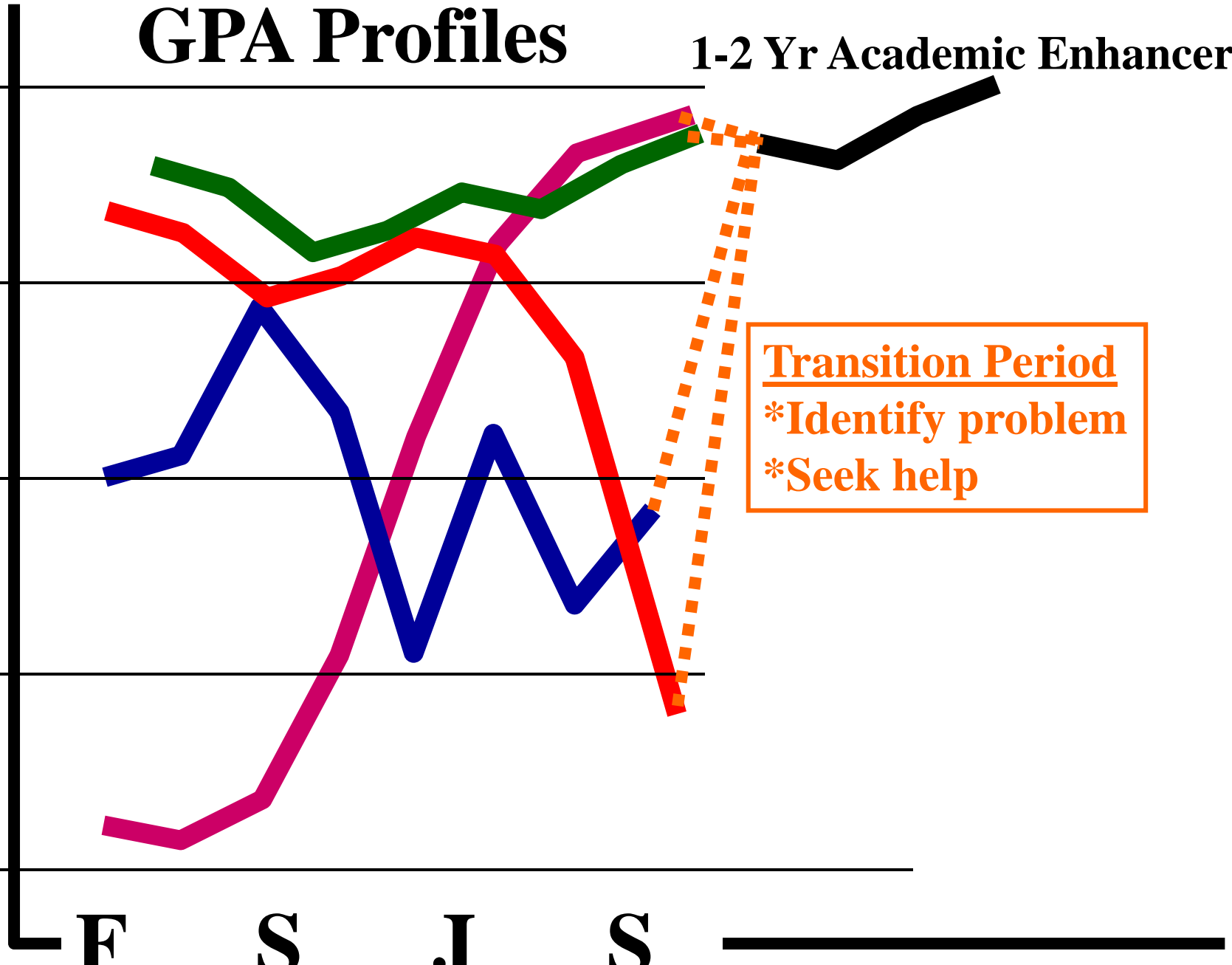
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Transition Period
*Identify problem
*Seek help



Academic Enhancer Curriculum

■ Retake Pre-Reqs with low grades

❖ *C- and below = Must retake*

❖ *C, C+ = Maybe*

■ 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 helps gain admission to health profession schools (distance traveled)
- 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