



# Post-Bac Advising Workshop

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**Hours: Tues, 4:00-6:00 pm & Weds,  
11:15 am-12:45 pm**

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# **Strong Applicants:**

- **Understand the principles and vocabularies of biology, chemistry, and physics.**
- **Have adequate experience in biology, chemistry, and physics lab courses.**
- **Are competent in math - calculus, statistics and computer use.**
- **Have performed well in non-science courses.**

# Strong Applicants:

- **Have participated in honors and/or independent study courses.**
- **Have "real world" clinical and/or research experience.**
- **Communicate effectively in English, both verbally and in writing.**
- **Are able to speak another language besides English.**

# Strong Applicants:

- **Relate effectively with other people and other cultures.**
- **Demonstrate leadership and commitment, especially when focused on an underserved community.**
- **Have a clear understanding of the current health care system in the US, including its trends, efficiencies and limitations.**

# Applicant Evaluation

## ■ The Big Three:

❖ *Academic Performance*

❖ *National Test Scores*

❖ *Clinical and/or Research Experience*

## ■ All three must be strong!

❖ *One can't make up for another*

# Academic Performance

- **BCPM, Other, All**
- **Semester-by-Semester Trajectory**
  - ❖ *Upward trends are good*
  - ❖ *Overall GPA is meaningless*
- **Courses Taken**
  - ❖ *Pre-Reqs and Electives*
- **Schools Attended**
  - ❖ *Private vs. UC vs. CSU vs. JC*

# Academic Performance

■ **Best to have two final years of full-time academic performance with grades of B to A; ~3.5 GPA**

❖ *This demonstrates sustained, high-level academic performance*

# MCAT - DAT

- **Never take a real test as “practice”**
- **Commercial courses**
  - ❖ *Add discipline and helpful materials*
  - ❖ *Can lull into a sense of complacency*
    - ➔ **Tend to overestimate scores**
    - ➔ **Be responsible for own learning**
- **Studying on your own**
  - ❖ *Less expensive*
  - ❖ *Great if you are very disciplined*

# Clinical & Research Experience

- **Clinical experience is a reality test**
  - ❖ *Work in more than one setting*
- **Research experience is good if you are truly interested**
  - ❖ *Don't take on if not interested*
  - ❖ *Get name on publications*

# Applicant Evaluation

## ■ Other Areas:

❖ *Obstacles Overcome*

❖ *Diversity*

❖ *Leadership*

❖ *Motivation*

# Applicant Evaluation

## ■ Sources of Information:

### ❖ *Primary Application*

→ Personal Statement

→ Academic Record

→ Experiences

### ❖ *Letters*

### ❖ *Secondary Application*

### ❖ *Interview*

# Personal Statement

## ■ Opening Paragraph

❖ *Shows your character*

## ■ Obstacles or Use of Resources

## ■ Academic Record

## ■ Motivation

## ■ Leadership and Advocacy

## ■ Competence

## ■ Future Practice

# Letters

## ■ Types:

- ❖ *Science Faculty – usually 2 needed*
- ❖ *Non-Science Faculty - optional*
- ❖ *Clinical and Research Experiences*
- ❖ *Employment*
- ❖ *Other Volunteer Activities*

■ **Committee Letters add value to your application**

■ **Joint letters can be more effective**

# 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

### ■ 2<sup>nd</sup>-Tier

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

### ■ Advanced

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

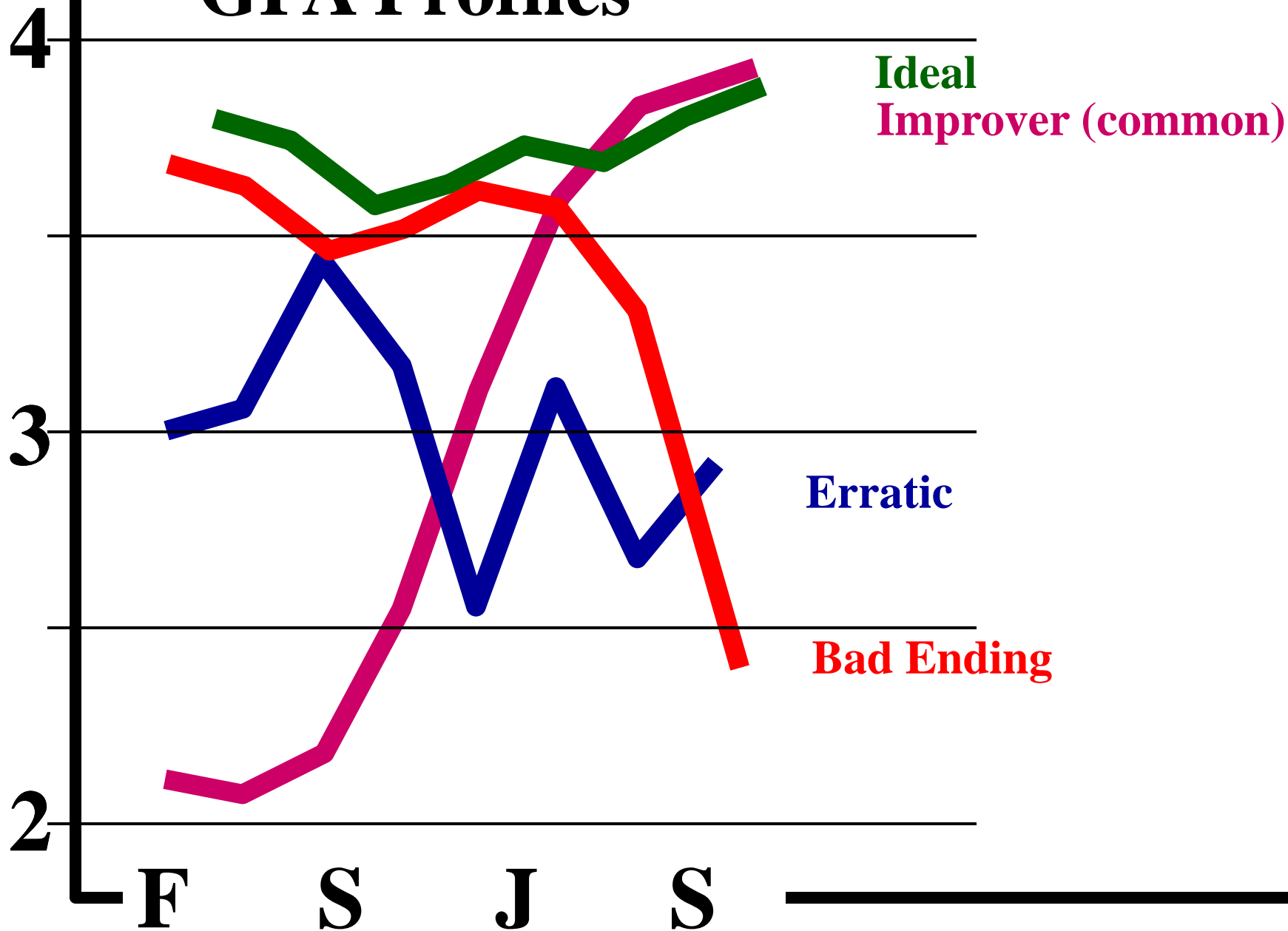
### ■ Key Non-Science Courses

❖ **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; faced many obstacles**
- **Two Types:**
  - ❖ *Reapplicants*
  - ❖ *First-time applicants*

# GPA Profiles



# GPA Profiles

1-2 Yr Academic Enhancer

4

3

2

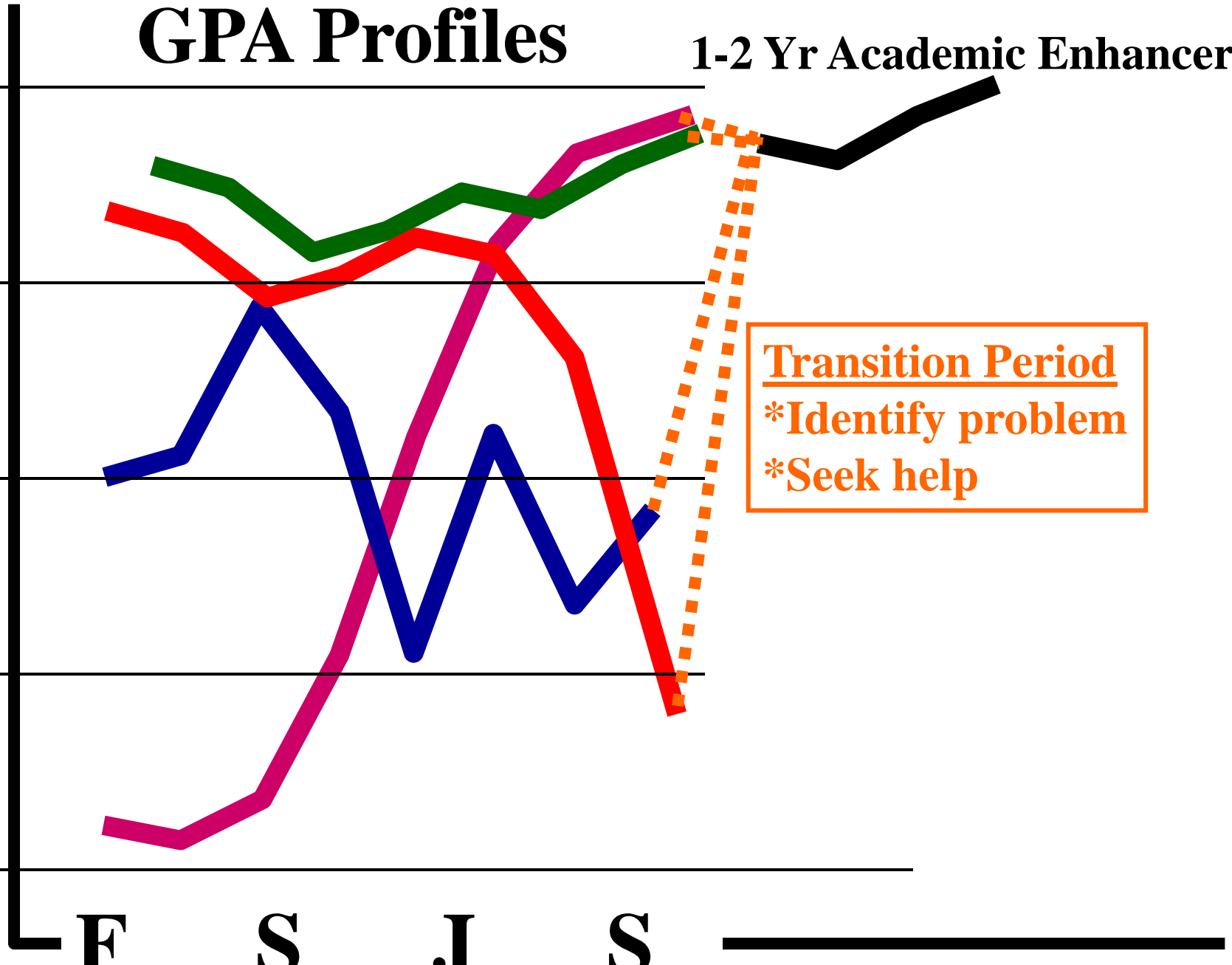
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Transition Period  
\*Identify problem  
\*Seek help



# Academic Enhancer Curriculum

## ■ Retake Pre-Reqs with low grades

- ❖ *C, C+ = Maybe*

- ❖ *C- and below = Must retake*

## ■ Take/Retake 2<sup>nd</sup>-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

- **Sadly, Allopathic Med Schools and Dental Schools seem unforgiving of low undergrad GPA ( $\leq 2.6$ ) no matter how much improvement !!**
- **Consider Osteopathic Med Schools**
  - ❖ *More holistic review of files*
  - ❖ *More forgiving of GPA and MCATs*

# 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

- **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**



**End**

SF STATE