

Post-Bac Programs

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

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and Dental Post-Bac Programs**

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**

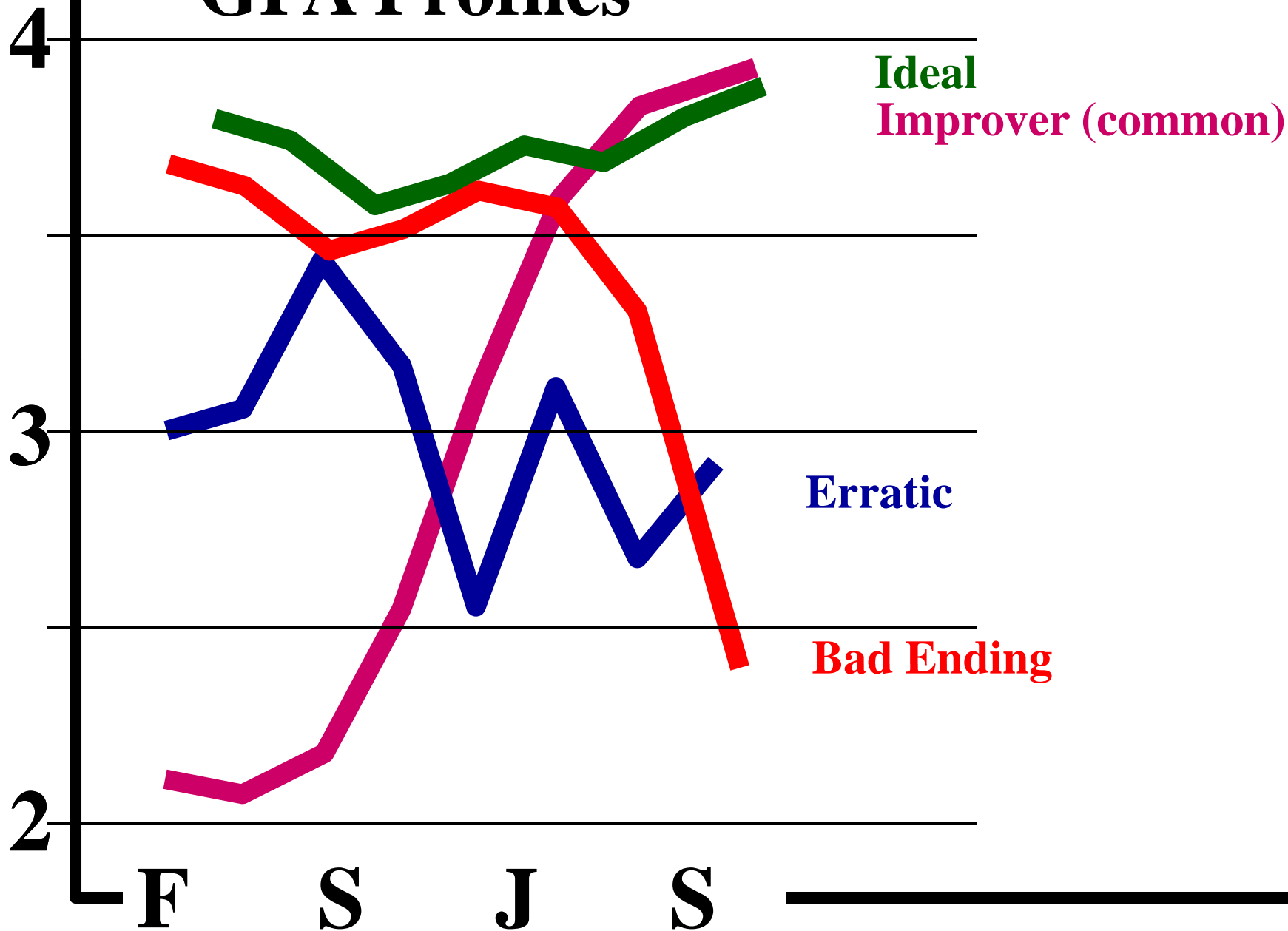
Career-Changer Curriculum

- **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



GPA Profiles

2 Yr Academic Enhancer

4

3

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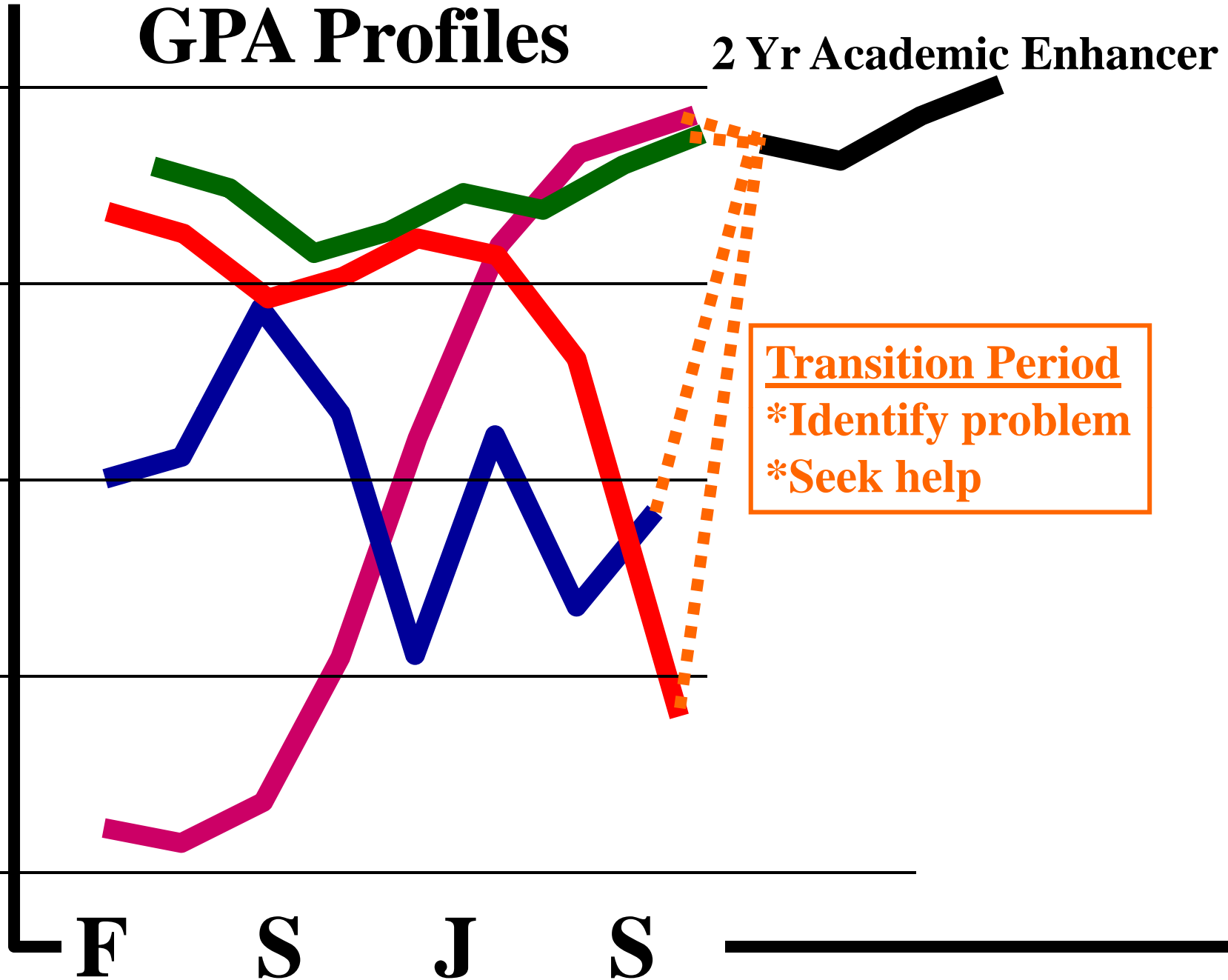
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Transition Period
*Identify problem
*Seek help



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 “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?

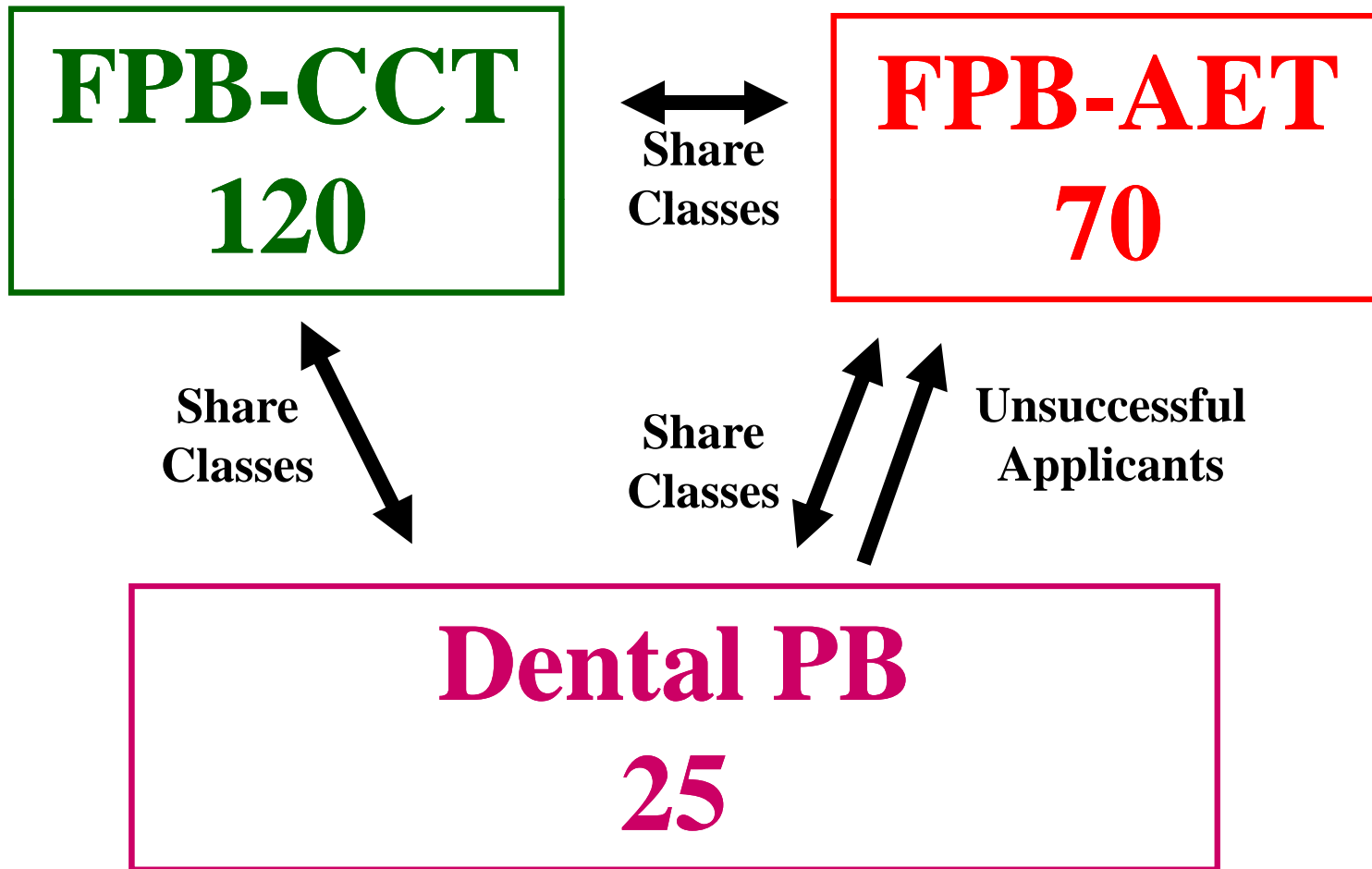
■ Financial Aid:

- ❖ *Most structured programs qualify for financial aid*
- ❖ *Cost is ~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



Workshops at SFSU

- **Tues, Feb 15, 5-7 pm, HH-543.
Formal Post-Bac Information Session.
Contact PBAdmit@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**