Post-Bac Programs

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

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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
  - *Academic Enhancer*
  - *Career-Changer*
Pre-Med 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

F      S      J      S
F      S      J      S
GPA Profiles

1-2 Yr Academic Enhancer

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\textsuperscript{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,
AET Application Strategies

- Don’t rush – It’s not a “quick fix”
  - One year may not be sufficient time to do this
  - Find a mentor and support system
  - Clearly identify and address the problem(s)
  - Passionately advocate for a well-defined group
  - Consider excelling in something outside school for a year.

- Overcoming obstacles and coming from underrepresented groups helps gain admission to health profession schools (distance traveled)
AET Application Strategies

- Low undergrad GPA (≤ 2.6) may be a difficult problem!!

- Osteopathic Med Schools
  - More holistic review of files
  - More forgiving of GPA and MCATs
  - Not recognized in all countries

- Caribbean Medical Schools
  - Most forgiving of GPA
  - May not require MCAT
  - Expensive
  - Can you get a US-based residency?
AET Application Strategies

- **Nursing??**
  - Requires new set of easier pre-reqs
  - Nurse-Practitioner is closest to MD/DO
    → 3-Year Program, no residency

- **Reapplicants**
  - In your med school application, document clearly how you have improved since you last applied
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
Post-Bac Programs at SFSU
Formal PB
Career-Changers (Pre-Reqs)
2 years, N=60/yr
Academic Enhancers (Upper-Div)
1-2 years, N=20
Med, Dent, Vet, etc
35% Disadvantaged
Tuition = $17,000/yr
Many Special Features
80% Success Rate

Dental PB
1.5 years, N=16/yr
Academic-Enhancers (Upper-Div)
Dent Only
Must Be Disadvantaged
Tuition = $7,000/yr
Many Special Features
90% Success Rate

Open U
2-3 years, N=???
Career-Changers (Pre-Reqs) &
Academic-Enhancers (Upper-Div)
Med, Dent, Pharm, Vet, etc.
???% Disadvantaged
Tuition = $7,000/yr
Few Special Features
???% Success Rate

Pre-Nursing PB
15 months, N=30-60/yr
Career Changers & Academic-
Enhancers
Disadvantaged and Non-
Disadvantaged
Tuition = $17,000/yr
Many Special Features
New - Success Rate??
• Stanford Medical School
• UC Berkeley School of Public Health
• San Francisco State University