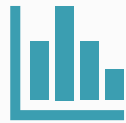


FIRST-GENERATION
PRE-HEALTH PATHWAYS:
ILLUMINATING 1ST
GENERATION JOURNEYS IN
MEDICINE AND IDENTIFYING
WAYS TO GET INVOLVED

PreMed & PreHealth Advising
Program



Agenda



Definitions &
Statistics



Where to Start



Tips &
Opportunities



Additional
Resources



Panel



DEFINITIONS & STATISTICS

Who is a First- Generation College Student?

First generation college students include individuals whose most highly educated parent/guardian has up to the equivalent of some college, but no degree earned. ([Association of American Medical Colleges](#))



First-Generation Medical School Matriculants By the Numbers (2022-2023)

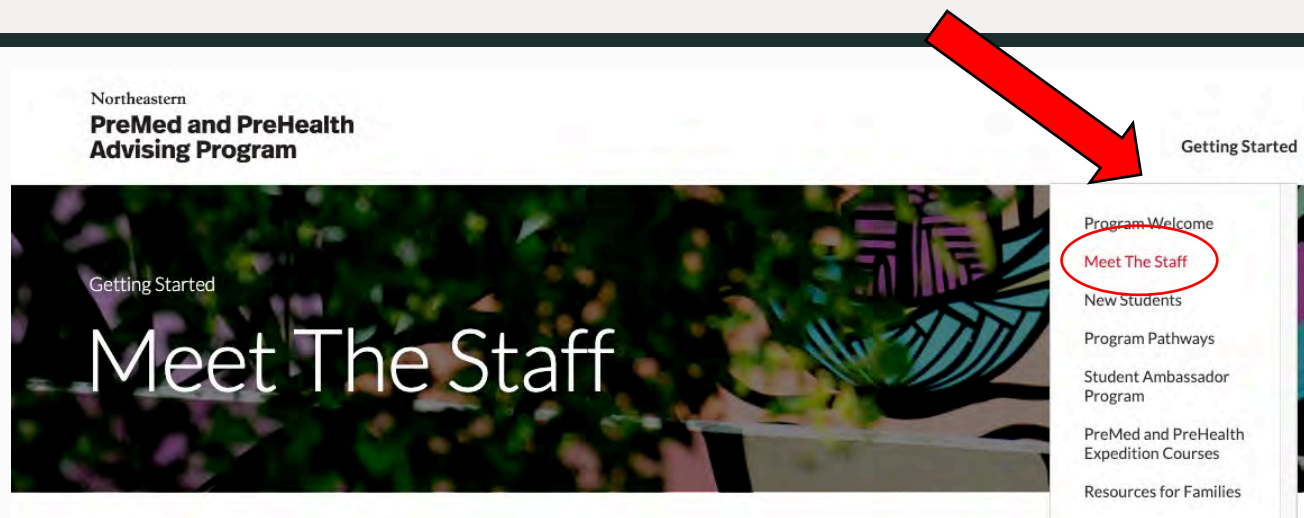
- **Approximately 11%** of the U.S. medical school matriculant pool identified as First-Generation
- Among the first-gen students in the matriculant pool:
 - **41%** identified as underrepresented in medicine (*Underrepresented in medicine (URiM) refers to racial and ethnic populations that are underrepresented in the medical profession relative to their numbers in the general population (American Indian or Alaska Native; Black or African American; Hispanic, Latino, or of Spanish Origin; and Native Hawaiian or Other Pacific Islander)*)
 - **53%** were women
 - **43%** attended community college

[AAMC Data Snapshot: New Insights in Admissions and Diversity](#)

[AAMC: Matriculant Data](#)

WHERE TO START





- Navigate to the "[Meet the Staff](#)" webpage under the "Getting Started" tab to find your individual PreHealth Advisor.
- PreHealth advisees are encouraged to meet with their individual advisor **at least one per academic year**, or as often as needed!
- Before your first appointment, please view the [Introduction to PreMed and PreHealth Workshop](#).
- First Year students have the option to book a 10-minute drop-in meeting if they have questions after reviewing the Introduction Video. Starting from your second year of undergraduate study and beyond (our services are life-long), you can schedule 30-minute individual advising appointments with your individual advisor via EAB Navigate.

IDENTIFY YOUR PRE-HEALTH ADVISOR

Create a Medical Applicant Portal (MAP)



Navigate to the "[New Students](#)" Webpage for the link to register for a MAP.

This online resource, available exclusively to Northeastern undergraduates, alumni, and Post-Baccalaureate Pre-Medical Certificate Program participants, allows users to:

- **Declare the pathway**
- **Subscribe to program communications**
- **Track and store application materials**

New Student Roadmap

Complete all
tasks & enter
to win a prize!



Northeastern University
PreMed and PreHealth
Advising Program

New Student Roadmap

CONNECT

- Create your Medical Applicant Portal (MAP)
- Engage with PMPH Communications: Newsletter, Blog, and/or Social Media: Instagram & Facebook (@NUPreHealth)
- Explore the PMPH Expedition Courses, such as the "Navigating Wellness and Building Community" Canvas Course for tips for success including tools for overcoming imposter syndrome, and "Discovering My PreHealth Pathway" for values exploration!

SEEK ADVISING

- Watch the "Introduction to PreMed and PreHealth Workshop"
- After you've watched the workshop, schedule a 10-minute PreHealth advising meeting if you have follow-up questions
- Learn more about the Student Ambassador Program!

PREPARE ACADEMICALLY

- Review the Prerequisite Courses for your chosen health profession
- Attend at least one Faculty Office Hour to build your network, learn about research opportunities, seek assistance, etc.

PREPARE EXPERIENTIALLY

- Attend at least one student organization meeting
- Attend a Northeastern University event related to your personal and/or professional interests
- Volunteer with a local organization
- Begin learning about clinical and research roles you might be interested in

STAY ON COURSE

- Keep a journal & update your Medical Applicant Portal, and Anatomy of an Applicant guide, throughout your journey
- Maintain professionalism, always! (in person, online, etc.)
- Continue to explore opportunities



Once you've completed the roadmap, fill out the form on the **New Students & Families Webpage** for the chance to win a prize!

*Winners will be selected at the end of each Fall & Spring semester and notified via email.
For the hyperlinked version of this Roadmap, visit northeastern.edu/prehealth*



TIPS & OPPORTUNITIES

Important Things to Remember!



Build Your Network!

- Connect with Faculty (Attend Office Hours)
- Meet with your Advisors (You have an Academic, Faculty, and PreHealth Advisor!)
- Stay in touch with co-op employers!

Watch out for Imposter Syndrome!

- Remember Feelings aren't Fact!
- You've earned every opportunity given to you!
- Track your experiences & celebrate accomplishments
- Learn from mistakes; don't let them define you!



Opportunities

Check out the [Experiential Preparation Website](#) for examples of ways to build your portfolio! Including (but not limited to):

- [Brigham & Women's Hospital Medical Career Exploration Program](#)
- [Health Equity Internships](#)
- [Summer Research Programs](#)

Northeastern University
3rd Annual Health
Professions Conference:
The Future of Healthcare

Sat, February 1st, 2025
Registration NOW OPEN!



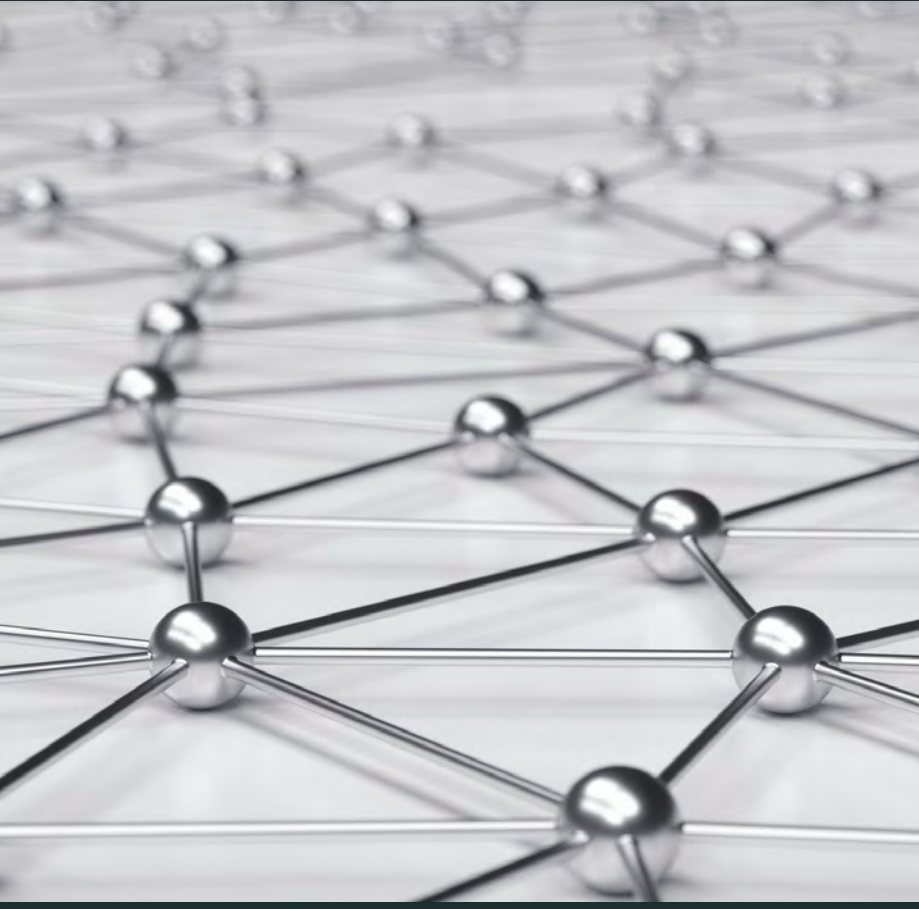
The PreMed & PreHealth Advising Program Presents

3rd Annual Health Professions Conference:
The Future of Healthcare

Saturday, February 1, 2025 | Boston, MA

8:30-9:00am	Check-In <i>(Light refreshments while supplies last)</i>
9:00-9:50am	Welcome & Keynote Speaker
10:00-10:50am	The Future of Health Professions Admissions Panel
11:00-11:50am	Alumni Panel -OR- Research Symposium
12:00-1:00pm	Networking Luncheon
1:00-4:00pm	Service Activity -AND- School & Resource Fair <i>(Conference registration is not required to attend the School & Resource Fair)</i>

northeastern.edu/prehealth



ADDITIONAL RESOURCES



Northeastern Resources

Expedition Courses

- Discovering My PreHealth Pathway (1st & 2nd Year Students)
- Navigating Wellness and Building Community
- Mapping Your Entrance Exam (MCAT & DAT Prep)

Family Resource Guide

Alumni Network

- Northeastern University has an extensive alumni mentor network that can support you in your application year!

First-Gen, Undocumented, and Low-Income Network (FUNL) Canvas Course

- Northeastern has a variety of resources available across the global network for students who identify as First-Gen, Undocumented, and/or Low-Income. The CIE has created a FUNL Canvas course to help learners find these resources when needed.

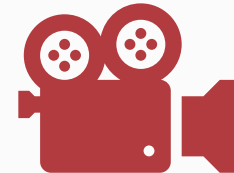
External Resources



Learn more about Fee Assistance Programs and Scholarships on our [Financing Your Education](#) webpage.



[AAMC: Tools and Resources for First-Generation Medical School Students](#)



[AAMC YouTube](#)



PANEL

Aubrey Best, Pre-Med, BNS, '26

Katie McLaughlin, Pre-PA, Health Science, '25

Glenn Mensah, Pre-PA, Health Science, '25