

PreMed & PreHealth Advising Program

Co-op Workshop



Agenda

Overview of
PreMed & PreHealth (PMPH)
Advising

The Value of
Experiential Learning

Your Co-op Search

PMPH OVERVIEW



What is PMPH?

PreMed and PreHealth (PMPH) advising supports all Northeastern University **undergraduate students** and **alumni** from across the global campus network and **students** and **alumni** enrolled in the **Post-Baccalaureate Pre-Medical Certificate Program** on their path to one of the following health profession programs:

Medical Doctor
(MD/DO)

Dentistry

Optometry

Physician Assistant

Podiatry

Veterinary

PMPH Advising services are **lifelong** and **do not expire** upon graduation!

Advising Appointments

RETURNING STUDENTS

- Beginning in your second year (or first term for post-baccalaureate students), you can schedule a **30-minute appointment** with your **assigned PreHealth Advisor**.
- Your advisor is determined by the **first letter of your last name**. Find your advisor assignment on our [“Meet the Staff” webpage!](#)
- We encourage you to meet with your advisor at least once per academic year.



For **virtual appointments**, use the Zoom link found in your confirmation email



All **in-person appointments** are in 416 Richards Hall, on the Northeastern Boston Campus

Declaring Your PreHealth Pathway

To declare your PreHealth Pathway, you must create a [Medical Applicant Portal \(MAP\)](#)

What is MAP?

- MAP is an **internal Northeastern portal** available to eligible Northeastern students
- Health graduate programs **do not** have access to MAP
- MAP indicates the student's **chosen health profession** and **year they intend to enter their health graduate program**

How do I use MAP?

- Creating a MAP **subscribes** students to program communications, including our **Monthly Newsletter**
- Students can use MAP as a **portfolio space** to gather application materials, but this is not required until application year

Getting Started

After declaring your PreHealth pathway, take time to:

1

Review the PMPH [website](#)



2

Read the [Pathway Handout](#)



3

Connect on Social Media



@NUPreHealth



NU PreHealth



PMPH LinkedIn

4

Learn about the
Student Ambassador
Program

Visit our [website](#) to learn more!

THE VALUE OF EXPERIENTIAL LEARNING



Experiential Learning

- » Admissions committees review candidates holistically and value who you are outside of your academics!
- » The premed competencies for entering medical students help communicate the standards expected of all applicants accepted to medical school (and all health professional!) programs.
- » Meaningful experiences outside of the classroom demonstrate these competencies!
- » Co-op is one – *but not the only* – way to accomplish these things.
 - Clubs and Campus Involvement
 - Service and Community Engagement
 - Hobbies and Activities
 - Other Work Experience



What are the PreMed Core Competencies?



Professional Competencies

- Commitment to Learning and Growth
- Cultural Awareness
- Cultural Humility
- Empathy and Compassion
- Ethical Responsibility to Self and Others
- Interpersonal Skills
- Oral Communication
- Reliability and Dependability
- Resilience and Adaptability
- Service Orientation
- Teamwork and Collaboration

Science Competencies

- Human Behavior
- Living Systems

Thinking & Reasoning Competencies

- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Written Communication

For more details, visit the [AAMC website](https://www.aamc.org/competencies).

The Role of Co-op



Co-op is a full-time commitment to professional experiences, in support of a strong application to health professional programs. Co-op provides you an opportunity to:

Explore Your Interests

- Better understand an area of professional interest
- Gain lived experience within that interest area

Build Relationships

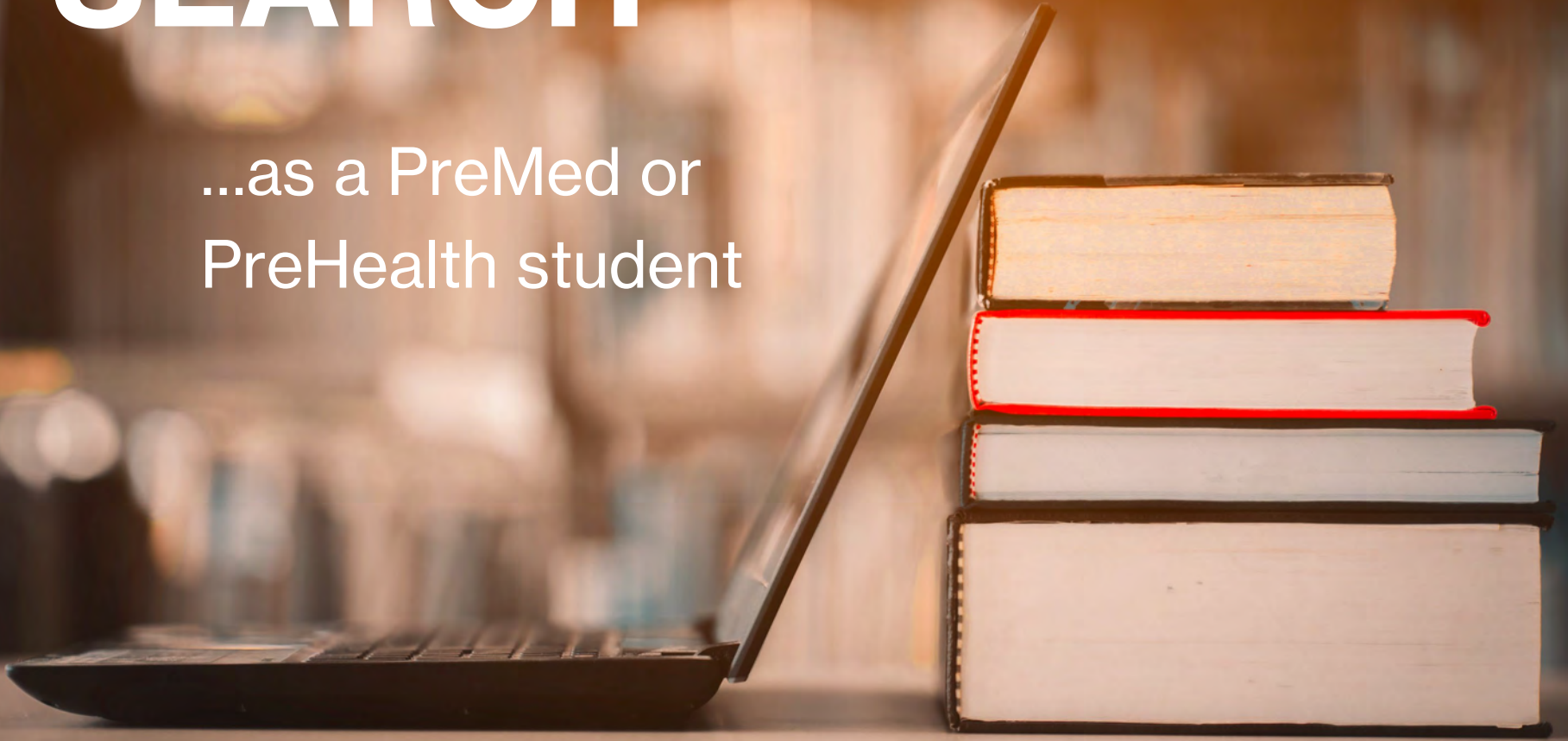
- Mentorship
- Supervision
- Expand your professional network

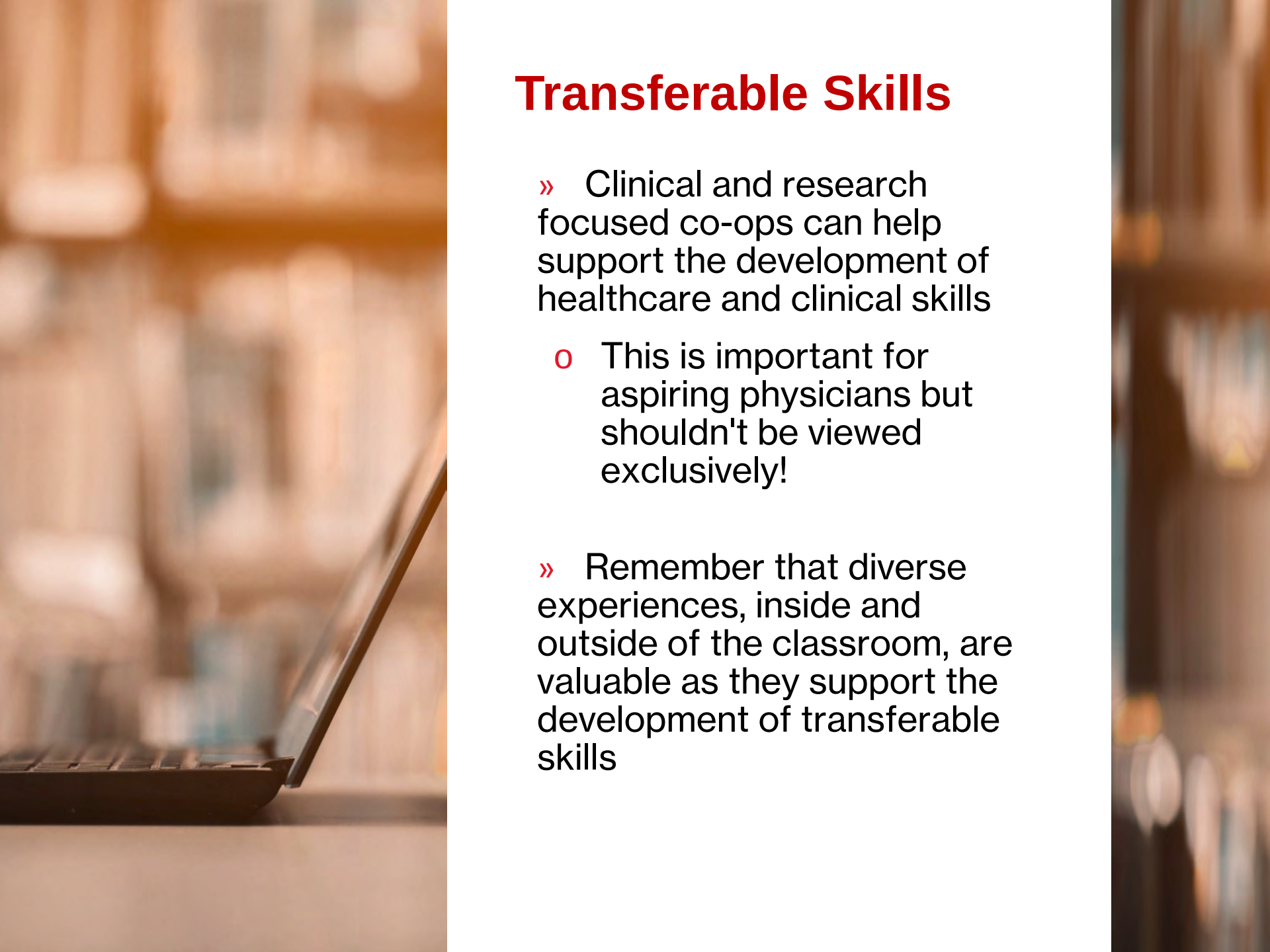
Develop Competencies

- Grow in the range of competencies medical schools look for in applicants

YOUR CO-OP SEARCH

...as a PreMed or
PreHealth student





Transferable Skills

- » Clinical and research focused co-ops can help support the development of healthcare and clinical skills
 - This is important for aspiring physicians but shouldn't be viewed exclusively!
- » Remember that diverse experiences, inside and outside of the classroom, are valuable as they support the development of transferable skills



Healthcare & Clinical

- Patient interaction and communication
- Medical terminology and procedures
- Healthcare team collaboration
- Clinical observation skills
- Medical record management



Social Services & Advocacy

- Working with vulnerable populations
- Crisis intervention and de-escalation
- Cultural competency and sensitivity
- Resource navigation and coordination
- Advocacy and social justice awareness



Research & Laboratory

- Scientific methodology and analysis
- Data collection and interpretation
- Laboratory techniques and safety
- Research writing and presentation
- Critical thinking and problem-solving



Environmental & Sustainability

- Systems thinking and interconnectedness
- Environmental health connections
- Sustainability in healthcare practices
- Risk assessment and mitigation
- Community health promotion



Public Health & Policy

Population health perspectives

Health disparities awareness

Policy analysis and development

Community engagement strategies

Epidemiological thinking



Media & Communications

Health communication and education

Medical writing and documentation

Public speaking and presentation

Research and fact-checking

Translating complex information



Education & Teaching

Clear communication of complex concepts

Patience and empathy

Curriculum development and planning

Assessment and feedback delivery

Mentoring and guidance skills



Technology & Data

Healthcare informatics and EHR systems

Statistical analysis and modeling

Database management and queries

Process improvement and automation

Technical troubleshooting



Business & Consulting

Strategic thinking and analysis

Project management and organization

Client relationship management

Financial literacy and resource allocation

Presentation and persuasion skills

- o Medical Terminology and Procedures
- o Team Collaboration
- o Written Communication

- o Critical Thinking and Problem-Solving
- o Scientific Inquiry

BRANDON MACK '24

BIOENGINEERING & BIOCHEMISTRY MAJOR

Co-op Experiences

Cellular Engineering
Research and Design

Ophthalmic Scribe

Other Experiences

Little League
Baseball Coach



No Gap Year
Now Attending
UCONN School of
Medicine



- o Cultural Competency, Sensitivity
- o Crisis Intervention
- o Working with Vulnerable Populations
- o Reliability, Dependability

ANNA SANKO '22

PHILOSOPHY MAJOR
HEALTH, HUMANITIES, AND SOCIETY MINOR

Co-op Experiences

Inpatient Behavioral
Health Counselor

Protein Science
Research

Other Experiences

Crisis Text Line
Counselor



Two Gap Years
Now Attending
Tufts Medical School



JULIA WATSON '24

BEHAVIORAL NEUROSCIENCE MAJOR

AMERICAN SIGN LANGUAGE (ASL) MINOR

Co-op Experience

Patient Care
Technician

Other Experiences

Knitting Group
Community Engagement Leader
at Rosie's Place



No Gap Year
Now Attending
Loyola Chicago School of Medicine

- o Service Orientation
- o Interpersonal Skills
- o Empathy and Compassion

- o Responsibility to Self and Others
- o Communication
- o Teamwork and Collaboration

- o Commitment to Learning and Growth
- o Community Engagement Strategies

ALEX JAMES '19

CELL AND MOLECULAR BIOLOGY MAJOR

GLOBAL HEALTH MINOR

Co-op Experiences

Collaborative Tropical Medicine
Research in Ghana

Pharmaceutical Research and Development

Other Experiences

Undergraduate
Resident Assistant



Five Gap Years
Now Attending
Penn State
College of Medicine

Save the Date: Annual PMPH Health Professions Conference

Each year, PMPH hosts a day-long conference specifically designed for PreMed/PreHealth students and alumni! Highlights include:

- Keynote Address
- Admissions and Alumni panels
- School and Resource Fair

This year's conference is scheduled for **February 7th, 2026**

Fill out a student interest form to receive updates!

