



Introduction to PreMed & PreHealth Advising



Agenda



Introduction to
the PMPH Office



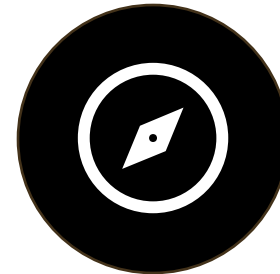
Starting Your
PreHealth Path



Academic
Preparation



Experiential
Preparation



Navigating the
Journey

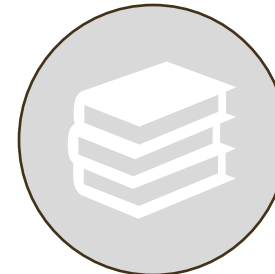
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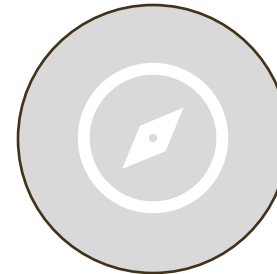
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What is PMPH?



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!

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

Advising Appointments



FIRST-YEAR STUDENTS

- First-year students may schedule **10-minute drop-in** appointments with **ANY prehealth advisor**
- Appointments are scheduled through **EAB Navigate** up to two weeks in advance
- Available to any student within Northeastern's Global Campus Network, including **Global Pathway programs** (i.e. NUin, etc.)

RETURNING STUDENTS

- Beginning in your second year (or first term for post-baccalaureate students), you can schedule **30-minute appointments** 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!](#)



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

Getting Started



After declaring your prehealth pathway, take time to:

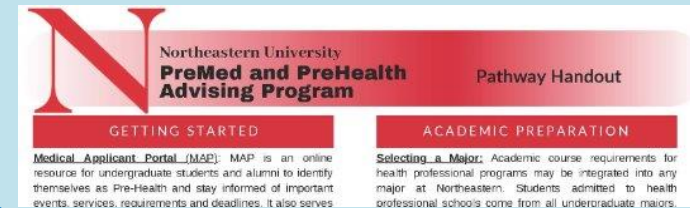
1

Review our website



2

Review the Pathway Handout



3

Connect on Social Media



@NUPreHealth



NU Prehealth

4

Learn about the Student Ambassador Program

Visit our website to learn more!

Consider a PreMed & PreHealth Expedition Course



PMPH offers **several tuition-free, non-credit bearing** [courses](#) to guide you in your journey. Relevant courses for new students include:

Navigating Wellness and Building Community

A virtual, asynchronous course designed to help **all** pre-health students explore and utilize wellness and support resources available at the University

Discovering My PreHealth Pathway

Open to 1st & 2nd year NU undergraduate degree-seeking students to provide pre-health learners the opportunity to explore personal values related to their health professional journey

Starting the Next Mile

This one-day intensive seminar for 1st & 2nd semester students in Northeastern's CPS Pre-Medical Post-Baccalaureate Certificate program and fosters early connections to the Northeastern prehealth community, PMPH advising resources, and a network of postbaccalaureate peers

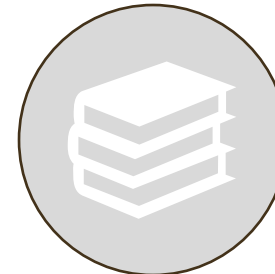
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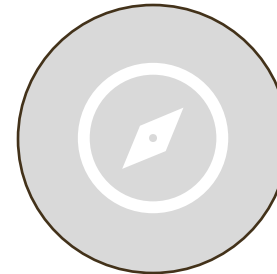
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Developing PreHealth Core Competencies



Throughout ALL of your experiences at Northeastern, reflect on how you are developing the [core competencies](#) that health graduate programs look for in applicants!

Core Competencies

Commitment to
Learning and Growth

Ethical Responsibility

Service Orientation

Critical Thinking

Cultural Awareness

Interpersonal Skills

Teamwork and
Collaboration

Quantitative
Reasoning

Cultural Humility

Reliability and
Dependability

Human Behavior

Scientific Inquiry

Empathy and
Compassion

Resilience and
Adaptability

Living Systems

Written
Communication

Starting Your Path: Networking



Networking means building meaningful connections with faculty, professionals, and peers throughout your prehealth journey.

Benefits of networking include:

- Learning about resources
- Receiving mentorship
- Laying a foundation for future letters of evaluation

How do I network?

Networking can look different, for everyone, but might include:

- Connecting with a student ambassador
- Visiting faculty office hours
- Meeting your advisors
- Registering for a PMPH expedition course
- Volunteering outside of the university
- Joining a club
- Attending a university event
- Forming a study group
- Utilizing academic support services

Starting Your Path: Professionalism



Professionalism is an essential part of being a healthcare provider!

- Patients will arrive in your office in a vulnerable state; how you present yourself is a cornerstone of their treatment
- Each interaction, whether in-person or online, must reflect values of respect, open-mindedness, and non-judgmentalism, as it shapes not only your own reputation but also the perception of the medical profession as a whole.

How do I ensure professionalism?

- Be on time, and honor commitments
- Be honest, moral, and respectful
- Show compassion and empathy
- Be mindful of your digital footprint
- Present yourself as though your future patients are watching
- Self-reflect, and adopt a growth mindset

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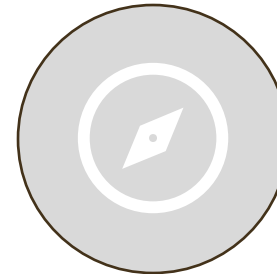
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Academic Preparation: Coursework



Academic course requirements for health professional programs may be integrated into ***any major*** or academic program at Northeastern.

Regardless of major, applicants must take courses that satisfies prerequisites for their chosen health graduate program.

Visit our [website](#) to view commonly required prerequisites by health profession. It is your responsibility to research academic requirements for your schools of interest.

Choose a Major

Academic course requirements for health professional programs may be integrated into any major at Northeastern. Students admitted to U.S. health professional programs come from all undergraduate majors. Health professional schools appreciate academic diversity. Choose a major based on your interests. Students should meet with both their Academic Advisor and a PreMed/PreHealth Advisor to determine the best way to successfully complete their required coursework.

Common Courses

The courses listed below meet the course requirements of many health professional programs. These are intended to provide a foundation in subject areas relevant to the student's intended health professional program and its corresponding entrance exam. It is the student's responsibility to research the academic requirements for specific schools of interest, and work with their advisors to determine an appropriate course of study.

Most health professional programs will consider a grade of C or higher in required coursework. In passing the same PR programs, the lowest passing grade may be higher than a C, and applicants are encouraged to confirm this information with individual program websites. If your final grade in any required course is below a C, you may be required to retake the course. More information on coursework standards and expectations can be found on our [FAQ webpage](#).

A typical course of study may include the following:

PreMed (MD and DO)	+
Dental	+
Optometric	+
Physician Assistant	+
Podiatric	+
Veterinary	+

Supporting Information

Academic Preparation: Coursework



Keep in Mind!

Most health graduate programs require a **C grade or above** on all prerequisite coursework (some PA programs require a **B or above**)

The **average GPA** for admitted students across health professions is a **3.6 or higher**

Additional information for Study Abroad, AP or IB, and Dual Enrollment courses can also be found on our [Academic Preparation Webpage!](#)

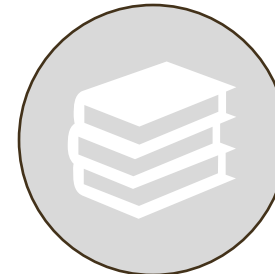
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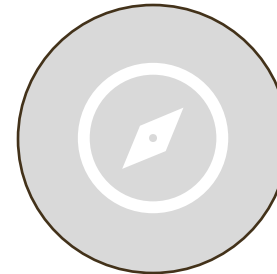
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Experiential Preparation



Throughout your time at Northeastern, seek a **variety of experiences** within each of the following categories. Keep track of them in the [Experience Portfolio Template](#):

Clinical

- Includes direct interaction with practitioners and patients
- Can be through employment, volunteering, or shadowing
- To learn more about clinical opportunities, visit our [webpage](#)

Research

- Primarily relevant for premed students
- Can be in any field or discipline, paid or volunteer
- For resources to help find research opportunities, visit our research [webpage](#)

Community Engagement

- Integral for ALL health professions
- Shows your commitment to learning the needs of your community
- View opportunities for on- and off-campus involvement on our [webpage](#)

Experiential Preparation: Co-op



Northeastern's Co-op Program is **one** way students can obtain experiential preparation

There are **no designated PreMed or PreHealth co-ops** - students should apply to co-op jobs based on their **individual interests** and qualifications for the position

Watch our Co-Op Workshop [HERE!](#)



Annual Health Professions Conference



Each year, the PreMed and PreHealth Advising Office hosts the annual **Health Professions Conference**

This **day-long professional development** opportunity is offered **exclusively to Northeastern students**, and provides attendees with the opportunity to:

- Connect with health professions admissions officers
- Gain insight into various health professions
- Build a supportive community with fellow students

Learn more about
HPC [here!](#)

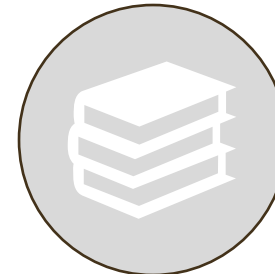
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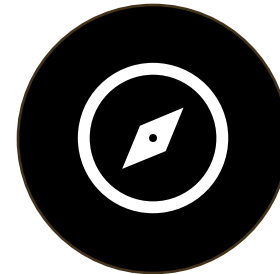
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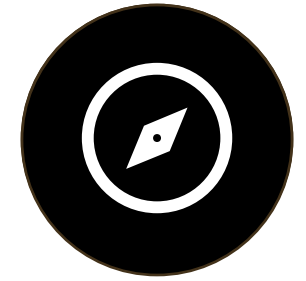


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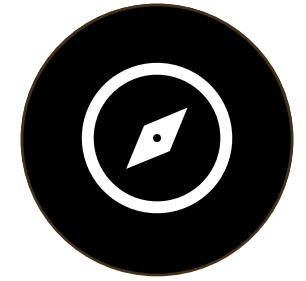
Navigating the Journey



As you continue throughout your journey, focus on developing a **growth mindset!**

- Making mistakes is an **important part of the process**, and how we learn!
- Some of the strongest applicants are those who can **meaningfully reflect** on mistakes they have made
- **Small missteps are unlikely** to have a deep negative impact on your future application

Diverse Identities and the PreHealth Pathway: Resources and Support



LGBTQ+ Students

- [LGBTQA Resource Center](#)
- [Identifying Medical Schools with Robust LGBTQ+ Support](#)

Students with Disabilities

- [Disability Access Services](#)
- [Docs with Disabilities Initiative](#)
- [Medical Students with Disability and Chronic Illness](#)

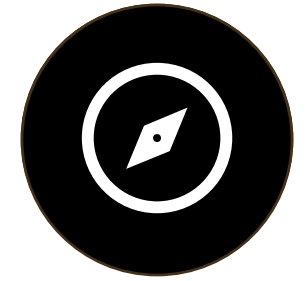
Veterans

- [Dolce Center for the Advancement of Veterans and Servicemembers](#)
- [Boots2Meds Podcast](#)

First-Generation Students

- [First-Generation PreHealth Pathways](#)
- [Tools and Resources for First-Generation Medical School Students](#)

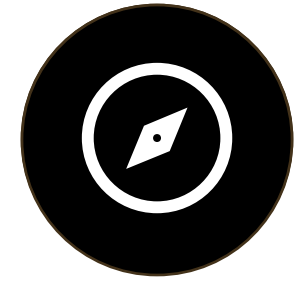
Diverse Identities: Students with Disabilities



Pursuing health professional school as a **student with a disability** can be daunting! Did you know that:

- The number of medical students with disabilities registered with school disability service offices has **more than doubled since 2014** (there are likely many more!)
- Most medical students with disabilities have an **“invisible” disability** that is not visually apparent to others
- **ADHD** is the most commonly disclosed disability among medical students, followed by **learning disabilities**
- While students with disabilities **are equitably successful** in medical school, they may face additional challenges throughout the application process – our office is here to support you!

Diverse Identities: Students with Disabilities



Examples of Disabilities

This is not an exhaustive list!

ADHD

Deaf/Hard of Hearing

Learning Disabilities

Visual Disabilities

Autism Spectrum
Disorder

Mobility Impairments

Psychological
Disabilities

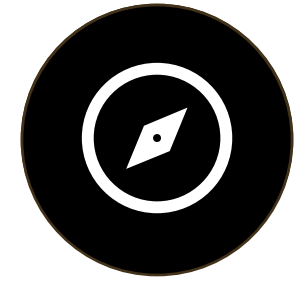
Chronic Health
Impairments

Health professional programs **do not discriminate** against applicants with disabilities, and **disability status is neither disclosed to nor considered** by admissions committees during the selection process.

However, all admitted students, including those with disabilities, are expected to meet the technical standards of their health professional program.

For support during your time at Northeastern, contact [Disability Access Services](#)

Wrap-Up: Next Steps



1

Participate in Programming: View upcoming [events](#), and consider enrolling in a [PreMed and PreHealth Expedition course](#)

2

Research: Visit the [PMPH FAQ](#) to review important information, and explore other pages on the PMPH website

3

Connect: Make an appointment with our office! Schedule a First-Year Drop-in or Returning Student Appointment through [Navigate](#)