

Starting the Next Mile: Postbaccalaureate Pre-Health Seminar Syllabus – MASTER COPY

Course Information:

Term and Year:

Credit Hour(s): 0

Course Format: Virtual, Synchronous (link will be provided in Canvas)

For meeting date and time please see the schedule below.

**This course is optional and not required for students. The course is part of supplemental advising provided by the [PreMed & PreHealth Advising Program](#) at the university. The course is not run through the registrar, will not be graded, and will not show up on your transcript.*

Primary Instructors Contact Information:

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Postbaccalaureate Student Association (PBSA) Contact Information:

Website: <https://pbsa.sites.northeastern.edu/>

Seminar Description:

The transition into a postbaccalaureate pre-health program marks an exciting and pivotal stage in the journey toward a career in the health professions. This one-day intensive seminar is designed specifically for first- and second-semester students in Northeastern University's College of Professional Studies Pre-Medical Post-Baccalaureate Certificate program.

Through a highly interactive and supportive format, the course fosters early connections to the Northeastern pre-health community, Pre-Med and Pre-Health Advising resources, and a network of postbaccalaureate peers. Participants will explore strategies to navigate common first-semester challenges, reflect on the unique aspects of the postbacc experience, and cultivate a strong foundation for academic and professional success. The seminar aims to promote a sense of belonging and positive self-perception, key factors in thriving within a rigorous and meaningful pre-health postbaccalaureate pathway.

The course will be delivered as a 3-hour live, synchronous session via Zoom. Participants will also gain access to a companion Canvas site to engage with supplemental resources, reflection activities, and follow-up materials.

Learning Outcomes:

1. Identify and engage with key pre-health advising staff and PBSA student mentors at the university to begin building a supportive academic and professional network.
2. Articulate their identity as a postbaccalaureate learner—whether as a career changer, academic record enhancer, or a combination of both.
3. Recognize shared experiences between themselves and their peers, fostering connection and mutual understanding.
4. Explore practical strategies for navigating the academic, personal, and logistical challenges common in the postbaccalaureate pre-health journey.

5. Locate and utilize internal (university) and external (outside the university) resources that support pre-health learners.
6. Adopt an asset-based mindset, appreciating their prior academic and career experiences as strengths on the path toward a health profession.
7. Reframe their self-perception, developing confidence in their potential and capabilities as pre-health learners.
8. Strengthen their sense of belonging within the Northeastern University pre-health community.

Tentative Seminar Schedule (Subject to Change)

Mini Session	Time	Topic	In-Session Activities (Subject to Change)
1	10:00am-10:20am 20 minutes	Welcome to the NU Pre-Health Community!	Pre-Health Advisor & Alumni Leader Introductions Group Breakout Session (Led by Pre-Health Advisors)
2	10:20am-10:50am 30 minutes	Starting With the End in Mind	Pre-Health Advisor Mini-Presentation Introduce GPA Calculator & Experience Portfolio
3	10:50am-11:20am 30 minutes	Navigating the Return to School - Stories from Alumni	Alumni Leader Panel
4	11:20am-11:35am 15 minutes	Break	N/A
5	11:35am-12:05pm 30 minutes	Resources Available to You	Pre-Health Advisor Mini-Presentation
6	12:05pm-12:35pm 30 minutes	An Asset-Based Approach to Your Postbaccalaureate Journey	Pre-Health Advisor Mini-Presentation Introduce Critical Reflection Tool
7	12:35pm-12:55pm 20 minutes	Wrap-Up & Next Steps	Group Breakout Session (Led by Student Leaders) Pre-Health Advisor Final Thoughts

**Attendance Policy: Students should plan to attend all live sessions throughout the seminar. However, if the student needs to step away to take a brief work or personal call, we understand. To get the most out of the seminar, we highly encourage participating as much as possible throughout the 3 hours of the course.*

**Audio-Video Policy: We expect all students in the course to keep their video on and engage with the sessions as much as possible. However, if the student needs to turn off their video briefly for personal reasons, we understand. When not speaking, please keep audio muted to prevent distracting background noise. To get the most out of the seminar, we highly encourage participating as much as possible throughout the 3 hours of the course.*

Recommended Post-Seminar Reads:

[Make it Stick: The Science of Successful Learning](#) by Brown, Roediger, & McDaniel

[Range: Why Generalists Triumph in a Specialized World](#) by David Epstein

[Yosso, T.J. \(2005\). Whose culture has capital? Race, Ethnicity and Education, 8\(1\), pp. 69–91](#)