

2018-2019 PRE-HEALTH STUDENT GUIDE



THE UNIVERSITY OF
MEMPHIS[®]
College of Arts and Sciences

Greetings from the Pre-Professional Advisor

Welcome to Pre-Health Advising at The University of Memphis! We look forward to working with you throughout your collegiate career as you prepare for the next step on your journey to entering the health profession. This guide was designed to provide you with an overview of the resources available at The University of Memphis, as well as outline the various aspects involved in pursuing a career in one of the health professions.

Your first step as a pre-health student should be to sign up for our listserv. Doing so will enable you to receive current information about pre-health events, volunteer and employment opportunities, and important dates and deadlines. Numerous health-related events are held each year including an information fair with admissions officials and tours of local professional schools.

Join the Pre-Health Listserv by emailing listserv@listserv.memphis.edu and typing **Subscribe Pre-Health-L** in the body of the email. Make sure you do not include anything else in the body of the email!

By now, you are probably wondering how you can guarantee admission to professional school and the short answer is, unfortunately, you cannot. There is no magic formula to guarantee admission to any professional school. However, there are many things you can do at the undergraduate level to present yourself as a competitive applicant to these schools. You should successfully complete the required coursework and spend significant time preparing for the required admissions exam (DAT, MCAT, OAT, PCAT, or GRE). You should participate in student organizations and seek shadowing and clinical experiences in the health profession you intend to pursue. Developing strong relationships with your faculty members and professionals you interact with during your shadowing and volunteering will provide you with a wide array of people you can enlist to write recommendation letters on your behalf. You will need to strengthen your interviewing and writing skills and make sure you can clearly articulate, on paper and in person, your motivation for pursuing this profession. You should do research on both the profession of your choice and the schools where you are seeking admission.

Use the resources available to you, including Pre-Professional Advising, to help you stay on track. We look forward to meeting with you soon!

PRE-HEALTH ADVISING

Pre-Health Student Guide

The Pre-Health Student Guide was designed for current and prospective University of Memphis students interested in pursuing a professional career in the health sciences. Since many U of M students attend professional schools in the Memphis area, emphasis is given to local schools and their requirements. Prerequisite coursework listings for various healthcare programs can be found at the end of this guide.

Pre-Professional Advising

Location: 107 Scates Hall

Phone: 901-678-5454

Email: prehealth@memphis.edu

Website: http://www.memphis.edu/cas/pre_health.htm

Pre-Professional Advising Services

- Provide individual and group advising for students preparing for careers in the health professions including advice on completing prerequisites, student involvement, gaining experience through shadowing and volunteer work, etc.
- Help navigate the application process for professional school including overseeing the pre-professional committee letter process for medical school applicants.
- Maintain information about various health professions including school information. Information is available in the lobby of 107 Scates Hall for student review at any time.
- Offer workshops through the year on various topics related to healthcare and the application process including personal statements, application process, four year timelines, etc.
- Discuss parallel plans if admission to professional school is unsuccessful.

Student Responsibilities

- Join the Pre-Health Listserv by emailing listserv@listserv.memphis.edu and typing **Subscribe Pre-Health-L** in the body of the email. Make sure you do not include anything else in the body of the email!
- Students are strongly encouraged to meet with the Pre-Professional Advisor early in their academic career to discuss their interest in healthcare and develop a timeline for application.
- Requirements may vary depending on the school(s) to which a student applies. Students must check with each individual school and ensure all requirements are met.
- Set realistic goals and develop a parallel plan for an alternate professional school or career if admission to first choice is not successful.

ACADEMIC PLANNING

Picking a Major

The UofM, like most universities, does not offer "pre-med" (or pre-dent, pre-pharmacy, etc.) as an actual major; rather, this is your career focus. The majority of professional programs require or strongly encourage the completion of an undergraduate degree, although no one single major is preferred. Although many pre-health students major in biology or chemistry, it is becoming increasingly common for students to major in a non-science field and seek (and gain!) admission to professional school.

Ultimately it is up to you-choose a major you are interested in and do well in that major while completing prerequisite courses needed for admission to the professional schools of your choice. Consider the options your major provides after graduation if you are not admitted to a health professions program. You should research alternate plans related to your chosen major.

Regardless of the major, students admitted to professional school excel academically, including in the prerequisite science courses, earn competitive entrance exam scores, and are well-rounded. For a complete listing of undergraduate programs at The UofM visit: <http://www.memphis.edu/majors/ugmajors.htm>.

You will be advised in the department that houses your major but are encouraged to meet with the Pre-Professional Advisor at least once a year.

Plan Ahead

Once you have selected your major, you should map out your courses for the remainder of your college career. Although you will likely make some changes along the way, establishing a solid plan to complete your degree requirements, including general education requirements as well as professional school prerequisite courses, is crucial. Doing so helps you develop a challenging yet manageable course load and establishes expectations for your performance.

It is understood that you have more going on in your life than just class! Many students balance family and work responsibilities with homework, time in class, and student involvement. In addition, as a pre-professional student you are expected to gain experience through volunteering and shadowing. Just be aware that there are no substitutes for good grades when applying to professional school. Make sure you take on courses and experiences that you enjoy but that will also result in success while keeping in mind all of your responsibilities. Student involvement, volunteering, shadowing experience, work, etc. are all important aspects to a well-rounded applicant but should enhance rather than harm your GPA.

Pre-Health Prerequisite Courses

All health professions programs have a list of required courses students must complete prior to full admission. In many cases, these courses should be completed prior to taking the entrance exam for admission (i.e. the MCAT for medical school or the PCAT for pharmacy school). If you plan on graduating in four years and entering a health professions program immediately after graduation, you should complete all prerequisite courses by the end of your junior year.

While most MD programs all have the same prerequisite courses, many other programs, like Physical Therapy and Physician Assistant, will vary greatly from school to school. As always, you should do adequate research to ensure you are meeting the admission requirements for the schools you are applying to.

Academic Course Load

Professional schools need to know that you are able to successfully manage a heavy course load and maintain good grades. Most professional schools expect applicants to complete several semesters with 2-3 lab courses at the same time. You should also reconsider taking summer science courses if your sole goal is to lighten your semester course load. You can still take summer courses, but you want to make sure you have heavy science loads during the academic year as well.

Science vs. Non-Science Courses

If you are a science major, you are strongly encouraged to consider non-science electives related to your intended career. For students applying to medical school, this is especially important as the MCAT requires students to have a solid understanding of Psychological and Sociological concepts. Students planning to take the MCAT should complete General Psychology (PSYC 1030) and Introduction of Sociology (SOCI 1010). Additional courses to consider include Biomedical Ethics (PHIL 3514), Health Communication (COMM 4012), Medical Sociology (SOCI 4851), and many other upper-division courses in Psychology, Sociology, and Anthropology. We strongly recommend students consider minoring in Pre-Health Studies, which is discussed in greater detail later in the guide.

Grades

To be a competitive applicant for professional school, strong academic performance is extremely important. While most professional schools specify a minimum grade point average, acceptance with only the minimum grade point average is highly unlikely due to the large number of qualified applicants. Make sure you review the admissions criteria for the schools you wish to attend as well as the median GPA and entrance exam scores for the most recently admitted class of students (this can be found in the entering class profile). This information should help you set goals for your academic performance and realistically assess your strength as an applicant. Pay close attention to both your overall GPA and your science GPA.

Generally speaking, professional schools:

- consider sciences credits three to five years old outdated.
- do not accept physical education activity courses, military sciences, applied art, and applied music courses as fulfillment of elective hours.
- require a grade of C or higher in all prerequisite courses.

It is also important to note that the grades you earn your first semester ARE important, they DO count, and professional schools WILL look at them. If you falter early on it is not the end of the world, but you want to avoid too many missteps that may harm your chances down the road.

Academic Resources & Stress Management

Preparing for professional school can be extremely stressful at times. The coursework is rigorous and in addition to your schoolwork, you need to find time to shadow, volunteer, and participate in other activities that will enhance your collegiate experience and application to professional school. If you are struggling in coursework, it is important to seek help early and often! Take advantage of your professors' office hours, as well as the many resources available to you on campus. Resources are also available to provide support if you are struggling with stress management.

- Education Support Programs: <http://www.memphis.edu/esp/index.php>, including English, Math, and Science Learning Centers.
- Chemistry Community Learning Center: <http://www.memphis.edu/chem/resources/cclc.php>
- Disability Resources for Students: <http://www.memphis.edu/sds/>
- Career and Psychological Testing Center: <http://www.memphis.edu/counseling/about/index.php>
- Student Health Services: <http://saweb.memphis.edu/health/>
- Campus Recreation Intermural Services: <http://www.memphis.edu/cris/index.php>

Online Courses

In general, professional schools prefer that students gain in-class, hands-on experience offered by the traditional classroom setting and may not accept courses taken online as meeting admission requirements. This is particularly true in regards to science courses. To avoid potential problems, you should review the requirements of each professional school you plan to apply to as well as check with your advisor prior to enrolling in any online courses.

Prerequisite and Co-requisite Courses

Many courses, and in particular those in the fields of science and math, have prerequisite and/or co requisite courses. It is your responsibility to review this information and discuss prerequisite requirements and course sequencing with your advisor. You can review course descriptions and prerequisite information in the undergraduate catalog: <http://www.memphis.edu/ugcatalog/>. It is to your advantage to get started on math and science coursework as soon as possible to avoid running into delays scheduling courses down the road.

Withdrawing/Repeating Courses

Most professional schools take into account all grades earned including any repeated courses. This means that the professional school will consider both your old grade and new grade in your overall GPA calculation. While you will need to repeat any required coursework with a D or lower, repeating courses with a C or higher may be unnecessary. The Pre-Professional Advisor can assist you in making this determination. You should avoid withdrawals after the first week of class when possible. A pattern of withdrawals and repeated courses should be avoided as professional schools will view this with concern. Poor planning may end up costing you in terms of time, money, and lost opportunities.

Healthcare and Society Minor

The goal of this minor is to provide students with the opportunity to develop the skills that professional schools in health and medical fields are seeking outside of the required science coursework. This minor is a way for students to complete additional coursework that is typically encouraged, and in some cases expected, by professional schools.

The Minor: 18 semester hours of required courses and electives:

A. Required Core Courses: One of PSYC 1030 or SOCI 1010; COMM 4012; PHIL 3514.*

B. One course from each of the three following categories:

Health and Wellness: EDPR 2111, HPRO 2100, HPRO 2200, NUTR 2202.

Cultural Competency: ANTH 4510, ANTH 4521, ANTH 4571, HPRO 4510, SOCI 3401, SOCI 3422, SOCI 3432, SOCI 4420, SOCI 4442.

Social and Psychological Foundations: ANTH 4512, ANTH 4531, ANTH 4541, PSYC 3306, PSYC 3506, PSYC 3507, PSYC 3512, SOCI 4541, SOCI 4851, SOCI 4852.

* Students planning to take the MCAT should take both PSYC 1030 and SOCI 1010 but only one course will count toward the minor requirements.

GAINING EXPERIENCE

Why Should I Get Involved?

There are many elements involved in becoming a competitive candidate for professional school. In addition to superior grades and strong performance on the required entrance exam, work experience, community service, evidence of leadership ability, and clinical experiences in healthcare are important factors that enhance your chances for admission.

Everyone applying to professional school submits a personal statement, which gives you the chance to explain to the professional schools why you are pursuing a career in medicine, pharmacy, etc. However, you need to say more than simply "I've always wanted to be a doctor." Related volunteer, research, work, and shadowing experiences provide professional schools with concrete examples that you are dedicated, motivated, and have given significant thought to your career goals. It is important to note that the quality of the experiences is more important than the quantity and you should seek experiences that provide you with patient interaction in a variety of settings. However, your health-related experience should be thought of in terms of semesters and years rather than cramming everything into the semester right before you apply.

The key element to keep in mind when seeking experiences is that the time you are spending outside of class should be valuable and meaningful!

Shadowing

Shadowing is an excellent opportunity for you to experience a "typical day" for a professional in your field of interest. You will quickly discover that the healthcare industry is much different than what is depicted on Grey's Anatomy and House! Certain programs, including occupational therapy, physical therapy, osteopathic medicine, and physician assistant, all require shadowing as part of the application process and some programs mandate a minimum number of hours verified by the person(s) you are shadowing.

Keep in mind that the goal of shadowing is to expose you to all parts of the profession, not just the one particular area or specialty you are interested in. So, if you want to become a physical therapist working with sports injuries, in addition to shadowing in that area, you should also shadow in a nursing home and a pediatric rehabilitation facility. If you want to become a retail pharmacist, you should also seek shadowing experience with a clinical pharmacist to truly understand the differences between the two.

U of M Student Organizations

There are over 200 Registered Student Organizations at the University of Memphis including a chapter of Alpha Epsilon Delta National Pre-Professional Honor Society. Students meeting the criteria are inducted into AED during their sophomore or junior year. Students are encouraged to join as associate members during their first year on campus. AED is a great way to network with upperclassmen, students already in professional school, and local professionals. AED also

Meeting dates and times for these groups are updated monthly on the pre-health calendar of events:
<http://www.memphis.edu/cas/pre-health-events.htm>.

Contact information for each group can be found in the Registered Student Organization database:
<https://saweb.memphis.edu/rsoreg/RSOList.asp>.

Get involved in RSOs and other organizations early in your academic career so you have time develop relationships with other members and the group's faculty advisor. Attend meetings on a regular basis and take advantage of the guest speakers, volunteer opportunities, mentoring partnerships, and other benefits that come from membership in these groups.

Leadership

Involvement in student organizations is great but holding a leadership position in those organizations is even better! Professional schools would rather see you hold a leadership position in one or two organizations than be a semi-regular member of seven or eight. Leadership positions show professional schools that you are not only capable of making decisions and leading others, but that you can also work well with others as part of a team.

Volunteering

The majority of students list helping others as a driving force for pursuing a career in healthcare. Volunteering is a way to demonstrate your commitment to serve others and professional schools want to see your commitment over time and on a regular basis. Volunteers are always needed and there is no shortage of healthcare facilities in Memphis for you to gain experience. It may be to your benefit to contact and visit several places to ensure you find one that best meets your needs as a pre-health student. Consider nursing homes, hospice, crisis centers, tutoring/mentoring at risk children, and programs that serve the homeless, and those living with HIV/AIDS. Be mindful that volunteering does not necessarily need to take place in the hospital setting. You may find the following website helpful in getting started: <http://www.volunteermidsouth.org/>.

Local Hospitals and Clinics

- Baptist <http://www.baptistonline.org/patient-visitor/volunteer/>
- Church Health <http://www.churchhealthcenter.org/volunteer>
- Le Bonheur Children's Hospital <http://www.lebonheur.org/ways-to-help/be-a-volunteer/>
- Methodist Healthcare <http://www.methodisthealth.org/about-us/volunteering/>
- Regional One Health <http://www.regionalonehealth.org/ways-to-give/volunteer-program-overview/>
- St. Jude Children's Research Hospital <https://www.stjude.org/get-involved/other-ways/volunteer-at-the-hospital/how-to-become-a-volunteer.html>
- VA Hospital <http://www.memphis.va.gov/giving/assignments.asp>

Health-Related Employment

While not required, this is a great way to gain experience while getting paid! Although this can be difficult experience to get, we have had students work as clinical assistants, emergency department scribes, EMTs, optometry assistants, and pharmacy technicians. Employment announcements are sent out via the Pre-Health Listserv.

Research

Research experience is valuable for many reasons. Involvement in research introduces you to new information, laboratory techniques, experimental design, and data analysis. It provides an arena for you to develop and strengthen your critical thinking skills and build effective communication skills while working with a research team. You may even be included as a co-author in a publication! Research at the undergraduate level is imperative if you plan to pursue admission for a dual degree (MD/PhD) or aim to have a career in medical research. Research can add to your overall competitiveness as an applicant and gives you an additional source for seeking recommendation letters. Speak with faculty in the field you are interested in to see what research opportunities may be available to you; this is an excellent way for you to develop a strong relationship with a faculty member who may serve as a mentor and write you a strong letter of recommendation. As admission to health professions programs becomes more and more competitive, research can be another way for you to stand out in a sea of qualified applicants.

Professionalism

As previously discussed, the academic choices you make in college can have lasting effects on your application to professional school. The same is true for the choices you make outside of the classroom. Strive to make choices now that you would be proud to explain to an admission committee during an interview. It is important to develop good habits early on that will serve you well as you progress in your academic career and enter the professional world.

While you are likely aware of the importance of dressing professionally when going for an interview, it is also important to dress appropriately when shadowing and gaining other clinical experience. Typically, business casual is acceptable for shadowing. Be aware of the message you are sending to the world via cyberspace on Facebook, Twitter, etc. Review not only your own Facebook posts but also what other people are posting to your account, as well as pictures you are tagged in. When communicating with professors, healthcare professionals, and admissions staff, do so using appropriate contact information. Your University of Memphis email is your best bet but if you prefer to use something else a simple email address, such as john_doe@gmail.com, is best. Your outgoing voicemail message should be clear and void of any background noise. When leaving voicemail messages for others, make sure you speak clearly and leave your name and telephone number at both the beginning and end of the message.

Remember, you never get a second chance to make a first impression!

APPLICANT INFORMATION

Applying to Professional School

It cannot be stated often enough: it is your responsibility to become familiar with all requirements and steps necessary for a competitive and complete application to professional school(s) of your choice! For the majority of professional programs, applicants traditionally apply during the summer prior to their final year as an undergraduate. This may vary depending on your program and school of interest.

Know When to Apply

The majority of students will apply to professional school after their third year of undergrad. However, this is not the timeline for everyone, so it is important to meet with the Pre-Professional Advisor on a regular basis to develop a timeline to follow. You want to make sure you are applying when you are most competitive and are presenting yourself in the best possible light. For some students, applying after graduation is a better option. Once you are ready to apply, it is crucial for you to begin the application process as soon as possible. There are many elements to completing your application and leaving things to the last minute greatly decreases your chances for admission. This is particularly true for schools who utilize a rolling admissions process.

The Application

Centralized application services exist for dentistry, medicine, occupational therapy, optometry, pharmacy, physical therapy, physician assistant, podiatry, and veterinary medicine. You must check with the school(s) you are applying to, though, as not all schools use these centralized services. In most cases, an application fee must accompany the application in order for it to be processed and considered by the professional school. Once you have begun the application process, it is your responsibility to ensure that the admissions application is complete and that the professional school has received all required documents.

- Dentistry: <https://portal.aadsasweb.org/>
- Medicine: <https://www.aamc.org/students/applying/amcas/>
- Occupational Therapy: <https://portal.otcas.org/>
- Optometry: <http://www.optomcas.org/>
- Osteopathic Medicine: <http://www.aacom.org/>
- Pharmacy: <http://www.pharmcas.org/>
- Physical Therapy: <http://www.ptcas.org/>
- Physician Assistant: <https://portal.caspaonline.org/>
- Podiatry: <http://www.aacpm.org/>
- Veterinary Medicine: <http://www.aavmc.org/vmcas/vmcas.htm>

National Entrance Exams

Applicants to most professional schools are required to submit scores from specific entrance tests. It is important that you never take the test as a “trial run” as every attempt on the test is reported to the school(s)/program(s) to which you apply. Adequate preparation minimizes the risk of having an unsatisfactory score play a role in the equation. Students should take multiple timed practice tests prior to sitting for the official exam. There are a number of companies that offer test prep including Kaplan, ExamCrackers, and Princeton Review as well as various printed study materials. The University of Memphis does not suggest any one particular method of test preparation over another and encourages students to research all options and devise a study plan that works best for each individual.

- DAT (Dentistry): <http://www.ada.org/dat.aspx>
All US dental schools require this exam. You should complete general biology, general chemistry, and the organic chemistry sequence prior to taking this exam. It is offered year-round.
- MCAT (Medicine): <http://www.aamc.org/students/mcat/start.htm>
Medical school applicants should pay close attention to upcoming changes in the MCAT; this exam will be reformatted beginning in January 2015. All US allopathic and osteopathic medical schools require this exam. You should complete general biology, general chemistry, the organic chemistry sequence, and general physics prior to taking this exam. Students taking the MCAT beginning in January 2015 will also need to take introductory courses in sociology and psychology. Knowledge of biochemistry and an understanding of statistics will also be required. The MCAT is offered primarily April through September.
- OAT (Optometry): <http://www.ada.org/en/oat>
All US Optometry schools require the OAT. You should complete general biology, general chemistry, the organic chemistry sequence, and general physics prior to taking this exam. It is offered year-round.
- PCAT (Pharmacy): <http://pcatweb.info/>
All Us Pharmacy schools require the PCAT. You should complete general biology, general chemistry, and the organic chemistry sequence prior to taking this exam. It is typically offered three months each year, in July, September, and January.
- GRE (Professional schools vary; typically required for Occupational Therapy, Physical Therapy, Physician Assistant, and Veterinary Medicine): <http://www.ets.org/gre>
Unlike the other exams listed, the GRE is not content specific, therefore no prerequisite courses are needed prior to taking the exam. The test has three sections: Verbal Reasoning, Quantitative Reasoning, and Analytical Writing and is offered year-round.

Pre-Medical Committee Letter

The University of Memphis has a pre-med committee which evaluates students applying to medical school and authors a committee letter on their behalf. This committee is made up of variety of UofM faculty members and the Pre-Professional Advisor. Currently, all US medical schools accept committee letters. Workshops are held in February of each year to discuss the committee letter process. Attendance is mandatory for students wishing to seek a committee letter for the upcoming admissions cycle. For example, students who wish to begin medical school in 2019 must attend a workshop held in February 2018 and meet established deadlines in order to obtain a committee letter.

Letters of Recommendation

Letters of recommendation are an important aspect of the application process to all professional schools. In addition to letters from faculty, some professional schools may require letters of recommendation from practitioners in the field to which the student is applying. Potential letter writers include:

- Professors in your major
- Professors who have supervised research you have been involved in (Remember, if you are applying to MD/PhD programs you should have at least two letters related to your research)
- Professors from classes you have enjoyed and been successful in
- Dentists, doctors, physician assistants, physical therapists, etc.

Always make sure you ask for letters of recommendation well ahead of deadlines. Providing your letter writer with a copy of your resume and personal statement is common practice. You should approach every class and experience with the intent to seek a letter of recommendation from that faculty member, supervisor, physician, etc. To that end, get to know your professors. Take advantage of office hours, sit in the front, and ask questions; in short, be an active learner. Strong letters of recommendation come from faculty members who know more about you than just your final grade!

Letter of Good Standing

Committee letters are only available to students who have completed a minimum of 30 credit hours at the University of Memphis. If you have not earned 30 hours at the time of your application to medical school, the Pre-Professional Advisor is happy to supply a letter of good standing to the medical schools on your behalf.

Personal Statement

Most professional schools require submission of a personal statement with the application. Many applicants are academically similar so the personal statement is an opportunity for you to stand out by highlighting your abilities and clarify areas that were not otherwise addressed in the application. The personal statement should demonstrate your communication skills with the goal of generating enthusiasm and excitement about you as an applicant. Your statement also shows professional schools that you can “follow directions” by addressing the questions asked in the writing prompt. The Pre-Professional Advisor has sample essays available for your review in addition to holding several personal statement workshops each spring.

Since you are typically submitting your personal statement via a centralized application server, it is not school specific. For example, you should not highlight your desire to attend The University of Tennessee College of Medicine in your personal statement since all medical schools will receive the same essay.

Secondary Applications

Many professional schools (and almost all medical schools) require a secondary application that is sent directly to you after receipt of your primary application. It is at this stage that each school has its own procedures and processes for reviewing applications and scheduling interviews, so there is no set timeline. Some schools will contact all applicants automatically (meaning you may or may not have passed preliminary screening) while others are more selective in whom they invite to complete secondary applications. You should work on completing your secondary applications as quickly as possible so that your application can move ahead to the next step of the process. Some schools will require additional essays with more specific prompts which may provide you with the opportunity to discuss your interest in that specific school.

Professional School Interview

A personal interview is an integral part of the admissions procedure at most professional schools. Interviewers look for indicators of motivation, maturity, commitment, and insight into the student’s chosen profession; the development and articulation of goals are two such indicators. It is important that you dress professionally and arrive promptly. Interviews can be an entire day of scheduled activities or simply an hour-long meeting. Interviewers can be faculty, students, admissions officials, and alumni. Your interviewer may or may not have access to your application file but it is important to be ready to discuss every aspect of it regardless. You must be prepared to talk about your entrance exam score, transcript, shadowing, student involvement, research, employment, and anything else you included in your application.

PRE-HEALTH RESOURCES

Websites

Additional resources available in 107 Scates Hall and on the pre-health website:

http://www.memphis.edu/cas/pre_health.htm.

Pre-Health Career Exploration

- Explore Health Careers: <http://www.explorehealthcareers.com>
- Aspiring Docs: <http://www.aspiringdocs.org/>
- Best of the Web: <http://botw.org/top/Health/>
- Student Doctor Network: www.studentdoctor.net
- Therapy Job Zone (exploring PT, OT, Speech Therapy): www.therapyjobszone.com
- Occupational Outlook Handbook: www.bls.gov/oco/

Professional Associations

- ADEA (American Dental Education Association): <http://www.adea.org>
- AAMC: Association of Medical Colleges: <http://www.aamc.org/students/start.htm>
- ASCO (Association of Schools and Colleges of Optometry): <http://www.opted.org>
- AACOM (American Association of Colleges of Osteopathic Medicine): <http://www.aacom.org/>
- AACP (American Association of Colleges of Pharmacy): <http://www.aacp.org/>
- APTA (American Physical Therapy Association): <http://www.apta.org>
- AVMA (American Veterinary Medicine Association): <http://www.avma.org/>
- AAPA (American Association of Physician Assistants): <https://www.aapa.org>
- APMA (American Podiatric Medical Association) :
<http://www.apma.org/education/content.cfm?ItemNumber=1357&navItemNumber=560>

Programs for Minority and Underrepresented Populations

- AAMC Diversity Initiatives: <https://www.aamc.org/initiatives/diversity>
- Student National Pharmaceutical Association: <http://www.snpha.org/>
- Summer Medical and Dental Education Program: <http://www.smdep.org/>
- Tennessee Institute for Pre-Professionals (TIP): <http://www.uthsc.edu/tip/>