



Ever thought about Medical School?

It can be a reality with the UWF P4 Post-Baccalaureate Premedical Preparation Program

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Between 20 and 30% of medical students earned a non-science undergraduate degree. How did they manage the Biology, Chemistry and Physics that medical schools require for admission? How did they get recommendation letters? How did they get good advice? How do they perform compared to the traditional premed students? What resources are available to guide them?

Enter the P4 program at UWF. The Advising team offers one to one advising sessions during which a returning student can discuss his goals, look at degree options and time-

lines, and probe alternate medical careers.

UWF has two student organizations that are open to returning students, Alpha Epsilon Delta AED is the Preprofessional Honor Society. AMSA is the American Medical Student Association. Both organizations bring in speakers from allopathic and osteopathic medical schools from within and outside the US, dental and chiropractic schools, and other health-care professional schools.

The Advising Team is available to talk to prospective students. Begin the networking.

Clinical Experience More than Shadowing

Medical schools expect that applicants have a good understanding of what is involved in a career in medicine. Shadowing a doctor or doctors for a sustained period of time provides such insight. Students usually arrange for shadowing by networking with their own doctors or student organizations. The Department of Biology has designed a course entitled "Clinical Experience in Health Care" as an upper (Continued on page 2)

Student organizations and contacts for 2009-2010

AED—Alpha Epsilon Delta is the Preprofessional Honor Society

- John Hahn, President- jhh14@students.uwf.edu

AMSA—American Medical Student Association UWF chapter

- Alex Stahura, President- ars27@uwf.edu

PREPROFESSIONAL ADVISING

Your Advising Team, or Who’s on “THE COMMITTEE”

The Preprofessional advisor is Dr. Kristina Behan, at kbehan@uwf.edu. You should make an appointment to see her to make a personalized plan for success. You’ll get personal guidance, because each application is unique. Other members of the Health Advisory Committee will be happy to chat with you,

too. This is the committee that interviews you for your AMCAS application, and ultimately writes the “committee letter” for your med school application. Members are:

Dr. Ted Fox, Biology, tfox@uwf.edu

Dr. Pamela Tanner, Chemistry, ptanner@uwf.edu

Dr. Angela Hahn, Health Sciences, ahahn@uwf.edu

Steve Smith, MD, USN, Clinical Lab Sciences, jsmith1@uwf.edu

Steve Celestial, Biology Advisor, scelesti@uwf.edu

The Biology Chair, Dr. George Stewart and Chemistry Chair, Dr. Mike Huggins are great resources. Get to know us.

Accepted to Medical School - A Success Story

Anna Christensen has spent her career helping people. She has been a nurse, a sailor, a nurse practitioner and a supervisor. In 2010, Anna will add one more title—Medical Student.

Everyone will agree that Nursing is second only to Doctoring in patient care. But what most don't know is that a BSN degree does not require the same prerequisites as a premed degree. Physics, Calculus, Organic Chemistry, and Zoology are not on the list for nursing. But they are pre-requisites for acceptance to medical school, and they are big components of the MCAT exam. So for those nurses who aspire to be doctors, it's back to school.

Anna tells her story... "In 2004, I graduated with a nurse practitioner license and within a year realized that it wasn't enough. If I had been a civilian at the time, it would have

been my cue to start finishing prerequisites and applying for medical school. However, I was deployed overseas at the time, and still had four more years of obligated service to the US Navy. I tried a self-study program using a Kaplan book to take the MCAT in Tokyo, but my score wasn't high enough. When I left the Navy, I worked 30 hours a week and crammed 30 credits of classes into one year. I used UWF for my pre-reqs and to boost my undergraduate GPA. Since most of my science courses were from 1991-1993, I used research experiences to bolster my application and provide me with review of things like gram stains, PCR and electrophoresis. I also commuted to USA Medical Center to work in the pulmonary hypertension lab there."

Anna's respect for the pulmonary group drove her selection of the University of South Alabama for medical school. She applied for early acceptance to the

medical school at the University of South Alabama, and she was invited to join the class that begins in Fall 2010.

"Those of us that decide to leave an established career to pursue a 10 year dream of practicing medicine and substantial debt know that it is not as easy as it would have been if we had decided to do it from the beginning. However, I think that back then I didn't have the study or life skills I do today. I feel very strongly about what I am doing. I also would recommend early acceptance programs, as the applicant pool is much smaller".

Congratulations, Anna. You are an inspiration.



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division elective providing clinical experience for the pre-professional student.

This 3 credit hour course will place students in clinical settings within the region to provide them with the kinds of experience that professional schools are expecting. The course is *more* than just shadowing. Specific projects vary from student-to-student and from health care setting-to-health care setting, but will be tailored to demonstrate the student's interest in, and commitment to becoming a health care professional. The student will submit the original of a project report to the Health Professional Advisor at UWF with a copy to their supervisor at the host health care institution for validation of the project. Students must earn a 3.0 GPA in their first 2 semesters of post-bac work to be eligible for the course. Administrators at the health care facility will interview students prior to acceptance in the course.

If a student is interested in arranging for a clinical experience in this setting, please contact the Chair, Dr. George Stewart for more information (gstewart@uwf.edu).

For more information about the UWF Post-Baccalaureate Premedical Preparation Program, go to uwf.edu/Preprofessional/postbac or call (850) 474-3060

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FAQS— Frequently asked by post-bac students

I already have a degree in Business/ Hospitality/ Political Science/ Etcetera. What classes should I take, and in what order?

- Talk with the Premed Advisor to tailor a timeline for your success. You will need Math up to Calculus, Chemistry up to Organic Chemistry II, Biology (Zoology and Cell Biology, and higher Bio courses), Physics I and II, and classes and experiences to increase your critical thinking skills.

How long will it take me to be ready to apply to med school?

- Most students can expect to spend 2 years in preparation for the MCAT.

Should I do research? Are there research opportunities at UWF?

- A majority of successful applicants to med school have done some research. Faculty in Biology, Chemistry, Clinical Lab Sciences, and other fields have active research programs. Talk to the advisor about this.

I heard that medical schools require a Health Advisory Committee Letter of recommendation. Will UWF help me with that, since I'm not earning a degree?

- We work with both traditional and Post-bac Premedical students. Glad to help.