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*When in doubt, please reach out!*

General HPA First Year Advising

* HPA will host an information session in Hyde Hall, during dinner, on the first evening of Open Rhodes. We will provide students general information about course selection as well as an overview of our services.
* HPA will also host a meeting for our first-year students during Welcome Week and we will notify students and advisors once the logistics are finalized. Please encourage your advisees to work closely with HPA and attend HPA programming.
* HPA encourages students to explore all majors, as there is no one path to professional school. Students should work with their advisor and HPA to ensure they have a plan to allow for graduation and professional school preparation.
* Students who are interested in medicine, dentistry, veterinary medicine, optometry, or pharmacy should start a science sequence their first semester. This is typically Biology or Chemistry, but may be Physics if the student is interested in majoring in Physics.
* If a student is interested in nursing, physical therapy, or occupational therapy, they should begin with Biology.
* Whether a student should decline AP credit for a science sequence (especially if they scored a 4 on AP test) and take our classes is best determined case by case. For Biology coursework, we almost always recommend students retake the course with us. Most medical schools will accept AP credit for Physics I and/or II if it is on our transcript and the student has a good physical science MCAT subscore, so additional courses in Physics are unlikely. Chemistry does not award AP credit that equates to a prerequisite course.
* Taking two science courses the first year is not recommended unless your advisee has a strong science background. One disadvantage of doubling up for non pre-meds is that half their coursework will be in the sciences and historically many of these first-year students will change away from a health profession goal. The following questions are helpful to ask your advisee before deciding to double-up on science courses:
* Did you take more than one AP science class in high school and receive A’s in those classes?
* Do you manage your time wisely and schedule priority time daily to study?
* Do you consider yourself a strong science student ready to forgo some of the activities in which other first-year students will participate?
* The majority of medical schools do not require Calculus. Those that do are satisfied with Math 115, 122, or 223. Similar to most medical schools, Calculus is typically not required in other health profession programs. Some may require statistics and some may require college math of any sort but do not specify which content area.
* Most health professions programs require students to complete an introductory course in Psychology and/or Sociology. Many HPA students take either Psyc 150 or Anso 105 during their first year or second year.
* Students do notneed to start gaining clinical experience during their first semester, and will not be behind by not doing so. We actually encourage our students to wait until winter break or their second semester to start exploring clinical options.
* Careful planning of how to fit in all experiences and requirements for professional school is necessary. A history of profession-specific experience is required for most, and medical schools want at least a two-year window of community service.
* If a student decides after their first year to pursue a health profession, please assure them that it is doable. They will need to identify themselves to HPA to be added to our email list and meet with us to review the prerequisites and experience needed and develop a timeline for application.