



# **WHITAKER HEALTH PROFESSIONS ADVISING OFFICE**

**CALIFORNIA STATE UNIVERSITY  
LONG BEACH**

JENSEN STUDENT ACCESS TO SCIENCE  
(SAS) AND MATHEMATICS CENTER

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## **Mission**

The Health Professions Advising Office (HPAO) at California State University, Long Beach is committed to helping students develop an understanding of health professions and foster their intellectual, personal and humanistic development as they prepare for careers in health professions. In addition, the HPAO is devoted to enhancing opportunities for underrepresented, first-generation college students to become leaders in a complex healthcare system, working to increase health and wellness within their communities.

# HPAO

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# Introduction

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There are a variety of health professions, each of which plays a vital role in meeting health care needs not only here, but throughout the world. This handbook contains information about what you should do as an undergraduate at CSULB to prepare for careers in these fields.

Which health profession to pursue may seem to be an easy choice at first, but as you become more familiar with the differences between them and the requirements for each, you may find an alternate career path. As soon as you arrive at CSULB, become a member of HPAO on Beachsync. You will be informed of programming that will help you choose the career option that best suits your interests and skills. Events include health profession graduate school fairs; workshops on how to be a competitive applicant; write a personal statement; and how to find an internship or shadowing opportunity.

The Health Professions Advising Office at CSULB is designed to ensure that you are aware of what it takes to be a competitive applicant to the health professions program to which you aspire. We cannot make you a competitive applicant; only you can do that. We will provide information and guidance, but the work is up to you.

Whitaker Health Professions Advising Office  
California State University, Long Beach



# WHAT IS PRE-HEALTH?

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This is a designation for those who are pursuing or applying to graduate programs in health professions. These include: medicine, dentistry, physician assistant, physical therapy, optometry, pharmacy, occupational therapy, chiropractic, podiatry and many more. HPAO serves students regardless of major, provided they have this goal.

## I AM PRE-HEALTH! NOW WHAT?



### JOIN BEACHSYNC

As a member of HPAO on BeachSync you will receive emails regarding events and activities on and around campus, including upcoming Pre-Health 101 dates, times and locations.



### ATTEND PRE-HEALTH 101

This one-hour workshop is held multiple times throughout the semester - choose one to attend. Upcoming dates and times can be found on the events page on BeachSync.



### ATTEND DROP-INS

Once you attend Pre-Health 101, you can come by drop-in hours for quick questions on a first-come, first-served basis. If you are applying in the upcoming cycle you can make an appointment through SSO.

## Services Available:

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- Health Professions Prerequisites
- Research & Volunteer Opportunities
- One-on-One Application Guidance
- Test Prep Resources & Scholarships
- Health Professions Fairs
- Preparation and Application Workshops

# CAREERS IN HEALTHCARE

Health care is a vast field that offers a range of diverse opportunities. Do your research before deciding on a position to make sure you choose one that's a good fit for you.

Shadowing medical professionals and volunteering at hospitals or clinics provides opportunities for you to interact with patients in a healthcare setting. These experiences allow you to understand what role in healthcare would be best based on personality and preferences.



## DOCTORAL DEGREES

AUDIOLOGIST

CHIROPRACTOR

DENTIST

NURSE PRACTITIONER\*

OCCUPATIONAL THERAPIST\*

OPTOMETRIST

PHARMACIST

PHYSICAL THERAPIST

PHYSICIAN MD/DO

PODIATRIST

VETERINARIAN

\*May attain masters or doctoral degree

## BACHELORS OR MASTERS DEGREES

DENTAL HYGIENIST

DIETITIAN

GENETIC COUNSELOR

HEALTH EDUCATOR

MEDICAL SOCIAL WORKER

PHYSICIAN ASSISTANT

PUBLIC HEALTH

SPEECH THERAPIST



# CAREERS IN HEALTHCARE

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## **Audiologist**

Audiologists are health-care professionals who evaluate, diagnose, treat, and manage hearing loss, tinnitus, and balance disorders in newborns, children, and adults.

## **Chiropractor**

Chiropractors alleviate any stresses that may be affecting the nervous system by using manipulations concentrated on the spinal column and vertebrae.

## **Dentist**

Dentists diagnose, prevent and treat problems of the teeth, gums and tissues of the mouth. They examine patients to determine conditions and diseases using a variety of dental instruments.

## **Dental Hygienist**

Dental hygienists clean teeth, examine patients for signs of oral diseases such as gingivitis, and provide other preventive dental care. They also educate patients on ways to improve and maintain good oral health.

## **Dietitian**

Clinical dietitians assess the nutritional needs of patients after consulting with physicians and other health care professionals. They plan patient menus and meals as well as instruct patients on proper nutrition and/or dietary restrictions.

## **Genetic Counselor**

Genetic counselors work as members of a health care team, providing information and support to families who have members with birth defects or genetic disorders and to families who may be at risk for a variety of inherited conditions. They identify families at risk, investigate the problem present in the family, interpret information about the disorder, analyze inheritance patterns and risks of recurrence and review available options with the family.

## **Health Educator**

Health educators present information about how to improve health, prevent disease, and modify behaviors to individual patients as well as community groups. Health educators create and write educational materials, conduct meetings, and plan informative programs.



# HEALTHCARE CAREERS

## CONT.

### **Nurse Practitioner**

Nurse practitioners (NPs) are registered nurses who have greater autonomy. They are able to practice independently and prescribe medications. Similar in nature to physician assistants, nurse practitioners take a patient load themselves, enabling primary care physicians to provide care to more complex cases.

### **Medical Social Worker**

Medical social workers, sometimes referred to as clinical social workers or health services social workers, collaborate with physicians and health care professionals to help individuals cope with social and emotional factors related to a medical condition.

### **Occupational Therapist**

Occupational therapists use therapeutic activities and programs to help individuals with disabling conditions to regain their abilities in the home and work environment. Occupational therapists help individuals learn the necessary skills to live an independent and productive lifestyle.

### **Optometrist**

Optometrists examine and test eyes to detect vision problems, abnormalities and various diseases. They prescribe corrective lenses and/or procedures to fix or improve vision problems.

### **Pharmacist**

Pharmacists mix and dispense prescription drugs and offer instruction to patients and physicians on usage and side effects of medications. In addition, pharmacists also work in pharmaceutical research, marketing, and quality control.

### **Physical Therapist**

Physical therapists provide therapy treatment to patients with physical disabilities. They teach patients proper exercises and use a variety of equipment and activities to help patients strengthen muscles and improve mobility, restore function and relieve pain.

### **Physician MD/DO**

Physicians examine patients; take medical histories; prescribe medications; and order, perform, and interpret diagnostic tests. They often counsel patients on diet, hygiene, and preventive healthcare. Surgeons operate on patients to treat injuries, diseases and deformities.

### **Physician Assistant**

Physician assistants work under the supervision of a physician and perform routine examinations, diagnostic tests, rehabilitative and preventive health care, minor surgical procedures, assist with surgery and issue prescription orders and medications.

### **Podiatrist**

Podiatrists are specialists in the prevention, diagnosis, and treatment of lower extremity disorders, diseases and injuries. They utilize x-rays and laboratory tests for diagnostic purposes, prescribe medications, order physical therapy, set fractures, and perform surgery.

### **Public Health**

Public health is a system of public, private and voluntary agencies that are focused on the health of the population. The system seeks to prevent epidemics and the spread of disease, protect against environmental hazards, prevent injuries, promote and encourage healthy behaviors, respond to disasters and assist communities in recovery, and assure the quality and accessibility of health services.

### **Speech Therapist**

Speech therapists assess, diagnose, treat, and help to prevent speech, language, cognitive, communication, voice, swallowing, fluency, and other related disorders.

### **Veterinarian**

Veterinarians provide medical diagnoses and treatments for pets, livestock and other animals. They are trained to examine animals for disease and injury, perform surgery, prescribe medicines and vaccinations, and treat wounds and broken bones.

# TIMELINE & CHECKLIST

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## **Freshman Year**

### *Advising:*

- Go to Pre-Health 101 to meet the advisor and discuss the best way to sequence your classes and get acquainted with campus resources.
- Begin thinking about what you will choose for a major.
- Meet with your advisor for pre-major course planning.

### *Classes:*

- Complete first year pre-health coursework and other school-specific degree requirements.
- Start developing relationships with faculty, advisors, and mentors on your campus.

### *Explore:*

- Research careers in health care and determine which area is right for you.
- Learn about online resources in the health field that you choose.

## **Sophomore Year**

### *Advising:*

- Check-in with the pre-health advisor to assess your academic progression.
- Determine prerequisites and application process for entrance into your health profession graduate program. Meet with an advisor from your major to learn about the structure of the program and how you can align prerequisites for health programs with major requirements.

### *Classes:*

- Complete second year pre-health coursework and other school-specific degree requirements.

### *Experience:*

- Seek opportunities to volunteer, shadow health care professionals, and consider research opportunities on campus.
- Pursue meaningful health experiences and activities, volunteer work, research and/or leadership roles.

## **Summer Following Sophomore Year**

### *Research:*

- Understand the application process for your chosen health field.
- Determine which schools you will apply to and start developing a spreadsheet to track admissions and application requirements for the schools in which you are most interested.
- Start learning about the specifics regarding the entry exam required for your field.

### *Experience:*

- Consider an undergraduate research opportunity.



# TIMELINE & CHECKLIST

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## **Junior Year**

*Letters of Recommendation:*

- Consider which faculty, advisors and mentors on your campus, with whom you've developed relationships, you will approach to write letters of recommendation for your applications.
- Discuss letters of recommendation with advisors. Determine how these are submitted to your online application.

*Experience:*

- Continue your participation in meaningful health experiences, other health related activities, volunteer work, research and/or leadership roles on campus.

*Advising:* meet with your pre-health advisor to:

- Strategize about your application timeline.
- Discuss your schedule for remaining pre-health coursework.
- Visit the website for your field's entry exam to find the best options for test dates and locations and identify the best time for you to take the exam.
- Meet with career center advisors to develop or update resume.
- Meet with major advisor to determine your graduation date.

*Entry Exams:*

- Research prep courses for the entrance exam needed for your health profession.
- If you're prepared and ready, register for and take the entry exam in spring or early summer.

## **Summer Following Junior Year**

*Apply:* if applying to begin the year following your senior year:

- Complete the online application for your health field.
- Know the deadline for each school you are applying to.
- Finalize your letters of recommendation.
- Work on secondary applications.
- Ask instructors, mentors, and advisors to write letters of recommendation for you.

*Entry Exams:*

- Sign up to take a prep course and the admissions exam for your health profession.



# TIMELINE & CHECKLIST

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## Senior Year

### *Advising:*

- Meet with pre-health advisors to discuss letters of recommendation and progression towards pre-health field.
- Complete degree requirements and graduate.

### *Interviews:*

- Prepare for your interviews and campus visits.

*Experience:* continue with your meaningful clinical experiences, other health related activities, volunteer work, research, and/or leadership experiences. If you are applying to start your program immediately following your senior year:

- Receive acceptances!
- Make decisions about your school choice.
- Notify schools that you will not be attending on or before the deadline given.
- Ensure that all financial aid forms are completed and submitted.

## Gap Year

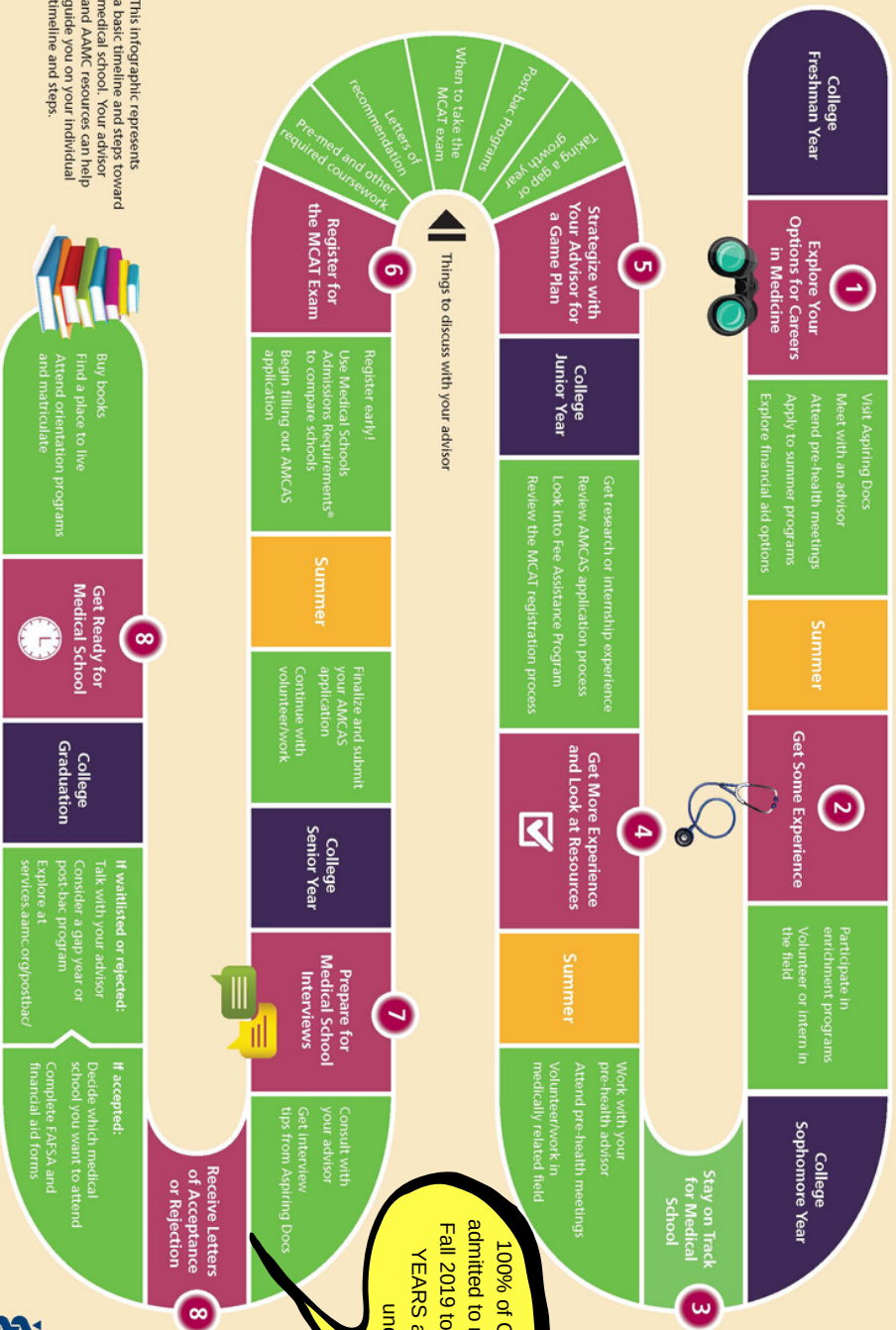
Applying for enrollment following a gap year(s):

- Complete the primary application.
- Work on secondary applications.
- Ask instructors, mentors, and advisors to write letters of recommendation for you.
- Seek meaningful employment, education and/or experience.
- Pay down credit card and/or undergraduate debt as much as possible.
- Continue to consult regularly with your pre-health advisor throughout the process.
- Complete supplementary application materials for schools to which you've applied.
- Interview and take campus tours.

## Once Accepted

- Make interim and final decisions about school choice.
- Notify the schools that you will not be attending on or before the deadline given.
- Ensure that all IRS and financial aid forms are completed and submitted as early as possible.
- Purchase books and equipment and make appropriate living arrangements.
- Attend orientation programs and matriculate into school.

# A Pre-Med Student's Steps to Medical School



This infographic represents a basic timeline and steps toward medical school. Your advisor and AAMC resources can help guide you on your individual timeline and steps.

[aamc.org/students](http://aamc.org/students)

©2015 Association of American Medical Colleges



MD and DO programs are similar in some ways and different in others. Speak to your prehealth advisor to decide which programs might be right for you.

## Similarities



The Medical College Admission Test® (MCAT®) is used in the admission process.



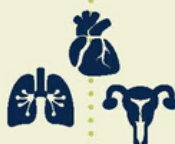
Students matriculate after completing an undergraduate degree.



Programs typically are four years.



MD and DO degrees are followed by three to seven years of residency.



Graduates can practice any specialty.



Physicians are fully certified after passing board exams.

## Just MD

- Most applicants apply through the American Medical College Application Service® (AMCAS®).
- 152 MD-granting schools in the United States and 17 in Canada.
- Students take the USMLE licensing exams.

## Just DO

- Applicants apply through the American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS).
- 34 DO-granting schools in the United States.
- Students take the COMLEX licensing exams.
- Additional training in the musculoskeletal system and Osteopathic Manipulative Treatment (OMT).



# FREQUENTLY ASKED QUESTIONS

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## **Can I use HPAO services if I am not in the College of Natural Science and Mathematics?**

Yes! The HPAO Services are open to ALL current CSULB students and recent alumni (within three years of graduation).

## **Can I use my AP score to satisfy prerequisites?**

Policies regarding Advanced Placement (AP) and International Baccalaureate (IB) credit are not consistent across programs. Some will accept AP credit for requirements only if advanced work in that academic area is also taken. Many students choose to take those introductory courses at a community college during a summer term. Furthermore, college-level coursework in that area will provide reinforcement in preparation for admissions exams.

## **Can I take prerequisites during the summer?**

Yes! In fact, you may find that your academic schedule lightens up a bit if you incorporate summer school. Most of the lower-division prerequisites are offered in the summer, as well as a good selection of upper-division courses. Health profession schools do not place judgment on whether you took the course(s) in the regular academic year or in summer, so go ahead.

## **Can I take prerequisites at a community college?**

Yes, health profession schools accept community college coursework to satisfy prerequisites. However, we highly recommend that you take the vast majority of your required courses at a four-year university (all upper division requirements). Admissions looks for patterns, so if you have taken your lower division requirements at community college, then that is acceptable as long as you are doing well at CSULB.

## **How do health profession programs view a gap year?**

The trend, both at CSULB and nationally, is for applicants take at least one year off before starting graduate school. The average age for new medical students is 25, and 28 for PA students. Time only gives you more opportunity to strengthen your application. additional classwork, test prep, clinical experience, research, job experience, travel, and more. 100% of CSULB students accepted to medical school in 2019 took one or more gap years.

## **I had a bad semester; can I still get into medical school?**

First, determine why you under-performed. Were you lazy? Did you simply have difficulty understanding the material? Are you a bad test-taker? Do you genuinely dislike what you are learning? Evaluate where you went wrong and decide whether it is fixable. If it is laziness, you can change that. Go to tutoring. Join study groups. Take advantage of all campus resources to improve.

On the other hand, if you realize you hate science and you dread studying anything science-related, maybe medicine is not for you. You must be willing to be honest with yourself. Medical school admissions committees can look at two students with the same GPA completely differently. They generally look favorably upon the student who started slowly but finished strong and negatively upon the student who started strong but progressively did worse. The former student learned from his or her mistakes, while the latter student did not show any academic growth. Admissions committees look at your entire transcript and see how your grades have progressed.

A postbac program is a great option for students that starting doing well in the upper division sciences but were not able to bring their overall GPA up before graduation (2.9-3.3).

# PREREQUISITES

Different programs require different skill sets, and prerequisite courses are designed to help you develop the skills you will need. Each program is a little different from the others, and there are even schools within the same profession that want you to have different background preparation. Math is the best example – some medical schools require no math courses (although most applicants need some math background to take their science courses), and some may require up to two semesters of calculus and statistics. So, there is no easy way to know exactly what courses to take, but the following is a basic guideline for a few of the programs.

Requirement	CSULB Course	Physician MD/DO	Dental	Optometry	Pharmacy	Physician Assistant	Physical Therapy	Podiatry	Vet Medicine
Chem I w/lab	CHEM 111A	✓	✓	✓	✓	✓	✓	✓	✓
Chem II w/lab	CHEM 111B	✓	✓	✓	✓	✓	✓	✓	✓
Organic I w/lab	CHEM 220A + 223A	✓	✓	✓	✓	some		✓	✓
Organic II w/lab	CHEM 220B + 223B	✓	✓	✓	✓	some		✓	✓
Biology w/lab	BIOL 211	✓	✓	✓	✓	✓	✓	✓	✓
Biology w/lab	BIOL 212	✓	✓	✓	✓	✓	✓	✓	✓
Biology w/lab	BIOL 213	✓	✓	✓	✓	✓	✓	✓	✓
Physics I w/lab	PHYS 100A OR 151	✓	✓	✓	✓	✓	✓	✓	✓
Physics II w/lab	PHYS 100B OR 152	✓	✓	✓	✓	✓	✓	✓	✓
Calculus	MATH 119A OR 122	some			✓		few		some
Statistics	BIOL 260 OR STAT 108	some	some		✓		✓		some
Biochem	CHEM 441A OR 448	some	few		✓				many
Microbio	BIOL 211 OR 200		few	some	some	some	some		some
Anatomy & Physiology w/lab	BIOL 207/ BIOL 208		few	some	some	some	✓		some
English	ENGL 100, 102, 300	most	many	some	some	some		✓	some
Others		PSY/SOC for MCAT	Advanced Biology	PSY., other humanities	ECO,	PSY (intro and abnormal)	PSY, social sciences	Advanced Biology	Varies widely
		Advanced Biology		or social sciences	Public Speaking				



# MAJOR

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There is no "right" major to pursue at CSULB. Students should select a major for which they have a passion and will excel in. Professional schools expect all students, whether philosophy majors or biology majors or business majors, to do well in their chosen undergraduate programs and to demonstrate increasingly challenging curriculum loads in their major. All candidates, regardless of major, must demonstrate strong and consistent performance in coursework - especially in the core science prerequisites.

Many think students "should" major in science and that not doing so will be less competitive with a major in the humanities or social sciences. This is not the case.

Students should choose a major based on these questions

- 1) What discipline is most interesting to you?
- 2) What subjects stimulate intellectual growth?
- 3) Which field will best draw on your talents and abilities?

## NON-SCIENCE MAJOR

What you major in does not matter nearly as much to admission committees as your GPA. In fact, many do major in non-science related fields. Keep in mind that health profession schools pay special attention to your science GPA (biology, chemistry, physics, and math)—or BCPM—so it is important to keep your grades up across the board, and make sure you are choosing classes that fulfill both your major requirements and application requirements. The best pre-med major for you is something that truly interests you (and that you can excel in), rather than merely what you think med schools want to see.

According to data published by the Association of American Medical Colleges (AAMC), the five most popular undergraduate majors for students who enrolled in medical school for the 2016-2017 academic year are:

- 1. Biological Sciences**
- 2. Other\***
- 3. Social Sciences**
- 4. Physical Sciences**
- 5. Humanities**

\*Majors not designated as biological, physical, social, and health sciences; the humanities, or math/statistics



# Health Professions Advising Office (HPAO) Unofficial Pre-Med Advising Plan (Consult with your major advisor)

Jensen SAS Center Location: Hall of Science Building – Room 164E Phone: (562) 985-8061 Email: [Lena.njoku@csulb.edu](mailto:Lena.njoku@csulb.edu)

Name: \_\_\_\_\_ Campus ID#: \_\_\_\_\_ Major: \_\_\_\_\_ Career: \_\_\_\_\_ Date: \_\_\_\_\_

Fall \_\_\_\_\_

CHEM 111A (B1) Gen Chem

ENGL 100 (A1) or 102 (A3) Or COM 130 (A2)

Major Course

Major Course

Fall \_\_\_\_\_

CHEM 220A/232A O Chem

Math 119A or STAT 108 (B2)

Major Course

Major Course

Fall \_\_\_\_\_

CHEM 441A or CHEM 448 Biochem

(Upper div) ENGL (C1/Capstone)

Major Course

Major Course

Fall \_\_\_\_\_

BIOL 370 (if applicable) Genetics

Major Course

Major Course

GE/Capstone Course

Winter \_\_\_\_\_

CHEM 111B Gen Chem

Math 119A or STAT 108 (B2)

Major/for Foundation Course

Major/for Foundation Course

Winter \_\_\_\_\_

CHEM 220B/233B O Chem

PSY 100 (D2)

Major Course

Major Course

Winter \_\_\_\_\_

BIOL 207 (if applicable) Physiology

BIOL 311 (if applicable) Microbio

Major Course

Major Course

Winter \_\_\_\_\_

MCAT/GRE Prep Course

Major Course

Major Course

Major Course

Spring \_\_\_\_\_

General Biology (BIOL 211, 212, 213)  
only two semesters at other institutions

Major Course

Major Course

Spring \_\_\_\_\_

PHYS 100A/100B

Major Course

Major Course

Spring \_\_\_\_\_

SOC 100 (D2) (if applicable)

Major Course

Major Course

Major Course

Spring \_\_\_\_\_

(Apply to Medical/Graduate School)

GAP YEAR

Major Course

Major Course

Graduate/I

Major Faculty Advisor  
Signature and Date:

X \_\_\_\_\_

# BECOMING A COMPETITIVE APPLICANT

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To be a competitive applicant for programs in any of the health professions, completing the prerequisite courses and earning good grades in them are a given. But you not only have to earn good grades and perform well on the appropriate standardized test, you must also demonstrate a knowledge of and experience in the field. You should also be able to explain why you have selected your chosen health profession as a potential career.

What is a competitive GPA or other test score varies by program, as do the requirements for experience and prerequisite courses. Generalized lists of prerequisite courses for each type of health professions program are listed in this handbook, but as you approach your final year, be sure to check the web sites of the programs to which you plan to apply. Some schools will have additional prerequisites.

What GPA and MCAT scores have successful applicants from CSULB had? The data below from the entering class of 2019 shows that the vast majority of admitted students have above a 3.7 GPA and 510 MCAT score. While a small number of students fall below these values, these are generally students who have taken one or more gap years to do a post-baccalaureate program or other relevant activity to improve their competitiveness.

## Phase I

Everything you do  
*leading up*  
to the application phase



## Phase II

Everything you do  
*during*  
the application phase

Apply Early

Personal Statement

Work/Activities Section

Awards Section

Letters of Rec

Test Score

Interview

# BECOMING A COMPETITIVE APPLICANT

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## The Gap Year

Balancing school, extracurricular activities, clinical volunteer experience and research is difficult enough. Throw in the standardized test, applications, and interviews and the task can be truly overwhelming. A year spent working, completing a post-bacc program, volunteering or doing research prior to applying to health professions school, known as a "gap year" can be a great option! In fact, 100% of CSULB students who were accepted to medical school took at least one (sometimes more!) gap year(s).

### Reasons to Consider a Gap Year

- 1 You'll have more time to study for the MCAT.**  
Waiting to apply means you have more flexibility in terms of when you can/should take the MCAT (or other professional exams). Just remember, MCAT scores generally expire after 3 years.
- 2 You can use the extra year(s) to solidify your GPA.**  
If you apply to go directly into medical school after your time at CSULB, that means that your cumulative and science GPAs will only be comprised of courses you take from first year through junior year. If you choose to take a gap year, you will be able to include your senior year coursework on your application (and typically, students do well in their senior year courses!)
- 3 You might secure stronger letters of recommendation.**  
More time to proactively build relationships with potential recommenders generally yields stronger recommendation letters.
- 4 You can get your finances in order.**  
Medical or health professions school is expensive, as is the process of applying. Taking time away from school means that you may have to start repaying any student loans, but paid work experience may allow you to make payments on loans (to defray some debt load) while also saving some money to put toward applications and future expenses.
- 5 You'll have more time to focus on the preparations required to apply.**  
You have essays to write, letters of recommendations to gather, the MCAT to study for, schools to research, as well as the rest of real life to figure out. If you can't spend the time you need on application prep now (and secondary essay writing this summer), it might be better to start getting organized now, but focus on applying in a future cycle.



# REASONS TO CONSIDER A GAP YEAR

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cont.

## 6 **“Everyone else is doing it.”**

100% of CSULB students who are accepted to medical school take time off before applying. Every student with whom we have talked about taking time off has benefited from it. They have all found something productive to do during their gap years, and may be more attractive to admissions committees because of their new experiences as well as the maturity gained from being in the ‘real world’ for a time.

## 7 **Gain more experience and practice articulating your career interests, on paper and aloud.**

You can participate in activities that allow you to serve the community and to build the skills you need to be a health professional, so you can show schools that you have a realistic understanding of what you’re about to undertake. The more time you spend in these settings, the better you’ll be when interviews come, and the easier it will be to focus on applications since you’ll have a more solid goal to work toward. If you need more experiences to back up your “gut feeling” that you “must” be a doctor or dentist or vet, take the time to find those experiences. If you’re having trouble writing your essay, or practicing interviews, you may just need more time and experience.

## 8 **It can be hard for a junior to compete favorably with those who have more life experience.**

Admissions committees have acknowledged that younger applicants often “suffer by comparison” to the older, more experienced applicant who are able to show their complete academic history...graduation honors, undergrad thesis presentations, etc. (the average age of successful applicants to US MD programs at anticipated matriculation is 24 and 27 to PA school).

## 9 **Life is short!**

Once you get to medical school, it becomes more difficult to take time off – you’re more likely to have financial concerns, family concerns, and a professional schedule that will keep you from, say, traveling abroad for six months, or learning to skydive, or pursuing independent research, or going to culinary school.

## 10 **Your brain could use the break.**

CSULB academics are rigorous! You may just want some time to take a break from academics after 18 years of school, so that you can return renewed to the rigor of health professions school course work. Health professions school (and the support your alma mater provides in working with you to get there) will still be there for you if you go and do these things and return to the application process later. HPAO will gladly work with CSULB undergraduate alumni to help you through the application processes!

Adapted from Princeton University Office of Health Professions Advising / 10 Reasons to Consider a Glide Year.

# OPPORTUNITIES

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## Clinical

Patient contact is enormously valuable to pre-health students. Shadowing medical professionals and volunteering at hospitals or clinics both provide opportunities for you to interact with patients in a healthcare setting. It is good to have a variety of experiences, but it is also important to show you've cultivated specific interests and are able to commit to an activity over a sustained period of time. You're more likely to gain significant responsibilities or leadership roles if you volunteer with an organization regularly. This also helps you network and develop relationships with potential mentors and people who may potentially write your letters of recommendation.

**LONG BEACH MEMORIAL  
MILLERS CHILDRENS &  
WOMENS HOSPITAL**  
[memorialcare.org/ways-to-give](http://memorialcare.org/ways-to-give)

**HEALTH SCHOLAR PROGRAM**  
[copehealthscholar.org](http://copehealthscholar.org)

**VA LONG BEACH**  
[longbeach.va.gov/longbeach/giving/](http://longbeach.va.gov/longbeach/giving/)

## Clubs & Orgs

As an aspiring health professional, you'll want to find likeminded students who share your motivation and passion for healthcare and build a network to support you through your pre-health undergraduate studies and into school acceptance. Pre-health clubs on campus will expose you to a diverse group of students who also aspire to a career in healthcare.

**NEIGHBORHOOD M.E.D.  
Mentorship Program**  
[Neighborhoodmed@gmail.com](mailto:Neighborhoodmed@gmail.com)

**MEDLIFE**  
[medlife.lbsu@gmail.com](mailto:medlife.lbsu@gmail.com)

**FLYING SAMARITANS**  
[flyingsams.csulb@gmail.com](mailto:flyingsams.csulb@gmail.com)

**LONG BEACH PRE-DENTAL**  
[csulb.lbpd@gmail.com](mailto:csulb.lbpd@gmail.com)

**MINORITY-FOCUSED  
ALLIANCE OF PRE-HEALTH  
STUDENTS (MAPS)**  
[csulbmaps10@gmail.com](mailto:csulbmaps10@gmail.com)

**AMERICAN MEDICAL  
WOMEN'S ASSOCIATION**  
[amwacsulb.info@gmail.com](mailto:amwacsulb.info@gmail.com)

**PHYSICIAN ASSISTANTS  
COMING TOGETHER (PACT)**  
[csulbpact@gmail.com](mailto:csulbpact@gmail.com)

**ASSOCIATION OF PRE-  
PHARMACY (APP)**  
[app.csulb@gmail.com](mailto:app.csulb@gmail.com)

**COMPLETE LIST OF  
CLUBS/ORGS**  
[csulb.edu/divisions/students/sld/](http://csulb.edu/divisions/students/sld/)



# TYPES OF RESEARCH

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Evidence-based medicine relies heavily on research for new innovations and treatments. While not mandatory, research experience is looked on favorably by admissions committees. Most people think bench research, lab coats and petri dishes are the only kind of research. If that is not your interest, there are actually a couple of different kinds of research which can benefit your health profession profile.

## BENCH

Bench research is the typical type of pre-med research that comes to mind when we think of research opportunities, but that doesn't mean it is any less valuable. Working in a lab with tissues, specimens and cell cultures will give you valuable microbiology tools for medical school and potential pathology rotations. Bench research will give you practical skills for handling specimens.

Clinical research is just like it sounds! Normally you are working on quality improvement or recruiting patients for clinical trials. Clinical research can also be focused on helping patients navigate the health care system, medical device technology or screening tests. One of the best parts is that you can conduct clinical research in an academic setting, in a private practice clinic or any size medical facility in-between. The benefit to clinical research is that oftentimes you're interacting with patients.

## CLINICAL

## SOCIAL

Social science research focuses more on sociology and statistics rather than clinical or medical applications. It usually involves less time in clinical or directly medical settings, but can still involve working with a lot of people. Social science research also has implications for understanding human behavior, which can be essential for understanding your patients. Social science research experience is also growing in importance since the social sciences section has been added to the new MCAT.

For campus opportunities: [csulb.edu/office-of-research-and-sponsored-programs](http://csulb.edu/office-of-research-and-sponsored-programs)

# LETTERS OF RECOMMENDATION

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Letters of recommendation are key pieces to your professional school application. Check with the program that you are applying to for guidelines on from whom to request letters of recommendation.

Generally, at least one letter will need to be from a science professor, and another from an instructor in your major. The third letter might come from a professional in the field, someone that you have shadowed for example, who can speak directly to your ability to work with people (or with animals, for veterinary medicine).

Start thinking about your letters at least a year before you need to request them. The letters need to be from someone who knows you beyond being able to say, "This student received an A in my class." If the professor needs to ask your name, that is not the person to ask!

A good letter will describe the letter writer's relationship to you, address your potential to succeed in the program that you are applying for, and explain the reasons why he or she believes you will succeed. The more concrete examples that the letter writer can provide, the more weight the letter will carry. Take the time to build the relationships before you request; recommenders who know you well will write stronger and more favorable letters. What makes them even more valuable is their ability to show that someone else believes in your capabilities as a future healthcare provider. The support of your letter writers can help you stand out further from the other applicants.

**You cannot control what they write, but you CAN control who you ask.**

What about a teaching assistant? Is a letter from a TA acceptable? Generally no, not if you come from a school like CSULB, which is known for the accessibility of its faculty.

Ask your letter writer if they can provide a strong letter of support.

In addition, provide them with:

- Copy of your resume
- Copy of your personal statement
- Deadline for letter
- Instructions on where the letter should be sent
- Reminder that the letter must be typed on letterhead, with their signature
- Always follow up with a thank you and application updates



# THE PERSONAL STATEMENT

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The personal statement is one of the most important parts of the application process because it allows the readers of the selection committee to know you as an individual.

You want the selection committee to become invested in you and your future. No one can tell you what to put in your personal statement. The whole point is that it is about you. It is your opportunity to communicate to the admissions committee what it is that sets you apart from the other applicants. Rather than a list of things that you have accomplished, it should show how you have reflected on the things that have had the greatest significance to you.

The personal statement often takes the form of a story. You want to begin with something that catches the attention of the reader - perhaps a personal experience that moved you. What did you learn from this experience and how is it relevant to your career plans? Do not just say that you are committed to service. What has motivated you to serve? Are there any hardships that you have overcome that have influenced your decision to pursue a career in the health professions? Do you have relevant talents or skills that you would like to highlight that might not be clear in your application?

## Themes to Avoid in Your Personal Statement

- **Clichés:** "I like science and want to help people." This is a job requirement, not something that makes you stand out.
- **Epiphany into Healthcare/Manifest Destiny:** Your pursuit of the health professions should be a result of a series of thoughtful, conscious, and reflective decisions, not an instantaneous realization or something you've always known.
- **The Narrative Resume:** Do not rehash all of your activities and achievements. Your statement should focus on one or two significant experiences that offer sincere insight into you.
- **Grandiosity:** While it is good to have goals, claiming in your personal statement that you are going to "cure cancer" or "eliminate healthcare disparities" shows a lack of understanding of the problem you are planning to solve.
- **Excuses:** There are much better uses for your personal statement than justifying poor grades, conduct violations, etc. However, if you choose to address this, make it brief and focus should be on what you learned from the incident.
- **Inflammatory/Controversial Remarks:** You do not know the values, beliefs, and background of the person who is reading your essay. Refrain from making strong statements on politics, religion, and other polarizing topics.
- **Lies:** This not only includes blatant lies, but also includes providing information that may be factually accurate but is presented in a misleading way. It will not take an admission committee long to figure out when you are embellishing.
- **Quotations:** You have around 5,000 characters for your personal statement. Don't waste them using someone else's words.

# THE PERSONAL STATEMENT

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## Character Limits and Prompts

\*Based on 2018 application cycle

**AADSAS (Dentistry):** “In your personal statement you will explain why you want to pursue a dental career.” – 4,500 characters

**AACOMAS (Osteopathic Medicine):** “In the space provided write a brief statement expressing your motivation or desire to become a DO.” – 4,500 characters

**AACPMAS (Podiatry):** “Write a brief statement expressing your motivation or desire to become a podiatric physician.” 4,500 characters

**AMCAS (Allopathic Medicine):** One Personal Statement, Three Meaningful Activities Essays

- “Use the space provided to explain why you want to go to medical school.”- 5,300 characters
- “When writing your response, you might want to consider the transformative nature of the experience: the impact you made while engaging in the activity and the personal growth you experienced as a result of your participation.”- 1,325 character limit

**CASPA (PA):** “In the space provided write a brief statement expressing your motivation or desire to become a physician assistant.” – 5,000

**OptomCAS (Optometry):** “Please describe what inspires your decision for becoming an optometrist, including your preparation for training in this profession, your aptitude and motivation, the basis for your interest in optometry, and your future career goals.”- 4,500 characters

**OTCAS (Occupational Therapy):** “Your Personal Statement should address why you selected OT as a career and how an Occupational Therapy degree relates to your immediate and long-term professional goals. Describe how your personal, educational, and professional background will help you achieve your goals.” -No character limit specified

**PTCAS (Physical Therapy):** “What is professionalism in the context of being a student in a doctor of physical therapist degree program?” – 4,500 characters

**PharmCAS (Pharmacy):** “Your Personal Essay should address why you selected pharmacy as a career; how the Doctor of Pharmacy degree relates to your immediate and long-term professional goals. You should describe how your personal, educational, and professional background will help you achieve your goals.” – 4,500 characters

**SOPHAS (Public Health):** Your education, experience, and professional career objectives; check with the school or program to which you will be applying to determine if there are any additional questions you should answer in your statement. – Character limits vary

**VMCAS (Veterinary Medicine):** Three essays

- “There are many career choices within the veterinary profession. What are your future career goals and why? 1,000 characters
- “In what ways do veterinarians contribute to society and what do you hope to contribute?” 1,000 characters
- Consider the breadth of society which veterinarians serve. What attributes do you believe are essential to be successful within the veterinary profession? Of these attributes, which do you possess and how have you demonstrated these in the past?” – 1,000 characters



# ADMISSIONS TESTS

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There are several standardized exams, usually referred to as admissions tests, that are used in evaluating applicants to professional programs in the health professions:

**MCAT** for allopathic medical school and osteopathic medical school

**DAT** for dental school

**OAT** for optometry school

**PCAT** for pharmacy school

**GRE** for graduate and other professional schools (OT, PT, PA etc.)

The relative importance of your scores on these standardized exams to your chances of being admitted may vary depending on the program, but are almost always one of the top three criteria used to evaluate applicants. Accordingly, it is vital that you take them seriously and spend appropriate time and energy preparing for them.

Some general ways to prepare for the exams, regardless of which one you choose to take, are listed below.

- Learn as much as you can about the exam.
- Study material covered on the exams by reviewing courses you have taken, studying guidebooks, or taking preparatory courses offered by private companies. Many of the companies have a score guarantee, which can be a great investment for diligent students
- Take practice exams under realistic, timed conditions.
- Review the results of your practice exam to identify areas in which you need improvement and spend more time reviewing material in these areas. Repeat.
- Take PRACTICE exams as often as you have to in order to obtain reasonable scores. The average practice score will typically reflect your actual score.

## **For-Profit Review Courses**

- AAMC e-MCAT Practice
- Altius Test Prep
- Berkeley Review
- Exam Crackers
- Gold Standard MCAT
- Kaplan Test Prep
- Next Steps Test Prep
- Princeton Review
- SwartwoodPrep

## NAAHP HEALTH PROFESSIONS CENTRALIZED APPLICATION SERVICES AT-A-GLANCE

	AUDIOLOGY	DENTISTRY	HEALTH ADMINISTRATION	MEDICINE – ALLOPATHIC	MEDICINE – OSTEOPATHIC	MEDICINE, DENTISTRY & VET – TEXAS
<b>Professional Association</b>	<b>AAA</b> American Association of Audiology	<b>ADDA</b> American Dental Education Association	<b>AUPHA</b> Association of University Programs in Health Admin.	<b>AAMC</b> Association of American Medical Colleges	<b>AACOM</b> American Assoc. of Colleges of Osteopathic Medicine	
<b>Centralized Application Service (CAS)</b>	<b>CSDCAS</b> Communication Sciences & Disorders Centralized Application Service	<b>AADSAS</b> Associated American Dental Schools Application Service	<b>HAMPCCAS</b> Health Admin, Management & Policy Centralized Application Service	<b>AMCAS</b> American Medical College Application Service	<b>AACOMAS</b> American Assoc. of Colleges of Osteopathic Medicine Application Service	<b>TMDASAS</b> Texas Medical and Dental Schools Application Service
<b>CAS URL</b>	<a href="http://csdcas.liaisoncas.com">csdcas.liaisoncas.com</a>	<a href="http://portal.aadsasweb.org">portal.aadsasweb.org</a>	<a href="http://hampcas.liaisoncas.com">hampcas.liaisoncas.com</a>	<a href="http://www.aamc.org/amcas">www.aamc.org/amcas</a>	<a href="http://aacomas.liaisoncas.com">aacomas.liaisoncas.com</a>	<a href="http://www.tmdasas.com">www.tmdasas.com</a>
<b># CAS Participating Schools</b>	30	65	45 of 132 graduate level programs	145 US and 7 Canadian medical schools	All DO programs except UNTHSC-TCOM, which is part of TMDASAS (see below)	10 medical, 3 dental and 1 veterinary school
<b>Opening Date</b>	August	June	September	Opens: May / Submit: June	May	May
<b>Deadlines</b>	Nov - Apr for Fall start	Latest are February	Varies widely	August through December	December through April	September
<b>Letters of Recommendation</b>	Three to five individual online evaluations submitted through CSDCAS.	Four individual evaluations or one committee letter submitted electronically through AADSAS.	Individual online evaluations submitted through HAMPCCAS. Check for school-specific requirements regarding references.	Individual letters and/or committee letter submitted electronically through AMCAS.	Individual letters and/or committee letter submitted electronically through AACOMAS or directly to schools (check school specific requirements).	Medical & Dental: individual letters and/or committee letter to TMDASAS. Vet: TAVM form to TMDASAS. Letters can be sent electronically or by mail.
<b>Standardized Test Scores</b>	GRE Scores are submitted electronically to CSDCAS directly from ETS.	Official DAT scores are downloaded by dental schools through a DAT website. When registering for the DAT, applicants should indicate all the schools where they want their official DAT scores sent.	GREs are self-reported into application, then sent directly to schools.	MCAT Scores are automatically sent to AMCAS for distribution to applied participating schools once the applicant scores are available.	Applicants must release scores to AACOMAS electronically through use MCAT score reporting system. Students must provide their AAMC ID on the MCAT section of the AACOMAS application.	Medical: Release scores to TMDASAS electronically through MCAT score reporting system. Dental & Vet: release scores directly to schools.
<b>Transcripts</b>	Official transcripts should be sent to CSDCAS by the Registrar of any US / Canadian college/ university attended	Official transcripts should be sent to AADSAS by the Registrar of any US / Canadian college/ university attended	Official transcripts should be sent to HAMPCCAS by the Registrar of any US / Canadian college/ university attended	Official transcripts should be sent to AMCAS by the Registrar of any US / Canadian college/ university attended	Official transcripts should be sent to AACOMAS by the Registrar of any US / Canadian college/ university attended	Official transcripts should be sent to TMDASAS for any US / Canadian college/ university attended
<b>Application Fee</b>	\$125 for first program \$50 for each additional	\$245 for first program \$98 for each additional	\$115 for first program \$40 for each additional	\$160 for first school \$38 for each additional	\$195 for first program \$40 for each additional	\$150 flat fee
<b>Income-Based Fee Assistance</b>	Covers single application; limited quantity	Covers three schools; limited quantity	None	<a href="http://aamc.org/taip">aamc.org/taip</a>	Covers single application; limited quantity	None
<b>Application Service Contact Info</b>	617-612-2030 <a href="mailto:csdcasinfo@csdcas.org">csdcasinfo@csdcas.org</a>	617-612-2045 <a href="mailto:aadsasinfo@aadsasweb.org">aadsasinfo@aadsasweb.org</a>	617-612-2882 <a href="mailto:hampcasinfo@hampcas.org">hampcasinfo@hampcas.org</a>	202-828-0600 <a href="mailto:amcas@aamc.org">amcas@aamc.org</a>	617-612-2889 <a href="mailto:aacomasinfo@liaisoncas.com">aacomasinfo@liaisoncas.com</a>	512-499-4786 <a href="mailto:info@tmdasas.com">info@tmdasas.com</a>

## NAAHP HEALTH PROFESSIONS CENTRALIZED APPLICATION SERVICES AT-A-GLANCE

	NATUROPATHIC	NURSING	OCCUPATIONAL THERAPY	OPTOMETRY	PHARMACY	PHYSICAL THERAPY
Professional Association	<b>AANIMC</b> Assoc. of Naturopathic Medicine Colleges	<b>AACN</b> American Association of Colleges of Nursing	<b>AOTA</b> American Occupational Therapy Association	<b>ASCO</b> Association of Schools and Colleges of Optometry	<b>AACP</b> American Association of Colleges of Pharmacy	<b>APTA</b> American Physical Therapy Association
Centralized Application Service (CAS)	<b>NDCAS</b> Doctor of Naturopathic Medicine Centralized Application Service	<b>NursingCAS</b> Nursing's Centralized Application Service	<b>OTCAS</b> Occupational Therapy Centralized Application Service	<b>OptomCAS</b> Optometry Centralized Application Service	<b>PharmCAS</b> Pharmacy College Application Service	<b>PTCAS</b> Physical Therapist Centralized Application Service
CAS URL	<a href="http://ndcas.liaisoncas.com">ndcas.liaisoncas.com</a>	<a href="http://nursingcas.liaisoncas.com">nursingcas.liaisoncas.com</a>	<a href="http://otcas.liaisoncas.com">otcas.liaisoncas.com</a>	<a href="http://www.optomcas.org">www.optomcas.org</a>	<a href="http://www.pharmacas.org">www.pharmacas.org</a>	<a href="http://www.ptcas.org/home.aspx">www.ptcas.org/home.aspx</a>
# of CAS Participating Schools	4 of 7	195	104 of 156	23 of 23	126 of 138	219 of 244
Opening & Submission Date	August	August	July	Late June / early July	July	July
Deadlines	Varies	Varies	Varies	December through June	November through March	October through May
Letters of Recommendation	Individual letters and/or committee letter submitted electronically through NDCAS.	Individual online evaluations submitted through NursingCAS.	Three to five individual letters submitted electronically through OTCAS.	Up to four individual online evaluations submitted through OptomCAS.	Up to four individual letters submitted electronically through PharmCAS.	Up to four individual letters submitted electronically through PTCAS.
Standardized Test Scores	Students have the option to self-report IELTS and TOEFL scores.	GRE Scores can be submitted electronically to NursingCAS directly from ETS using a school-specific NursingCAS GRE code.	GRE Scores can be submitted electronically to OTCAS directly from ETS using a special OT program-specific OTCAS GRE code	Official scores should be sent directly to schools	Arrange for Pearson to send PCAT scores to PharmCAS at School Code 104 and enter your PCAT CID number on your PharmCAS application.	Official scores should be sent directly to schools
Transcripts	Official transcripts should be sent to NDCAS by the Registrar of any US / Canadian college/ university attended	Official transcripts should be sent to NursingCAS by the Registrar of any US / Canadian college/ university attended	OTCAS requires an official copy of your transcript for each U.S. and Canadian institution attended	Official transcripts should be sent to OptomCAS by the Registrar of any US / Canadian college/ university attended	Official transcripts should be sent to PharmCAS by the Registrar of any US / Canadian college/ university attended	Official transcripts should be sent to PTCAS by the Registrar of any US / Canadian college/ university attended
Application Fee	\$115 for first program \$40 for each additional	Undergrad: \$45 for first, \$30 each add'l Grad: \$65 for first, \$35 each additional	\$140 for first program \$60 for each additional	\$170 for first program \$70 for each additional	\$150 for first program \$55 for each additional	\$140 for first program \$45 for each additional
Income-Based Fee Assistance	None	None	Covers single application; limited quantity	None	Covers single application; limited quantity	Covers single application; limited quantity
Application Service Contact Info	617-612-2950 <a href="mailto:ndcasinfo@ndcas.org">ndcasinfo@ndcas.org</a>	617-612-2880 <a href="mailto:nursingcasinfo@nursingcas.org">nursingcasinfo@nursingcas.org</a>	617-612-2860 <a href="mailto:otcasinfo@otcas.org">otcasinfo@otcas.org</a>	617-612-2888 <a href="mailto:optomcasinfo@optomcas.org">optomcasinfo@optomcas.org</a>	617-612-2050 617-612-2060 TTY <a href="mailto:info@pharmacas.org">info@pharmacas.org</a>	617-612-2040 <a href="mailto:ptcasinfo@ptcas.org">ptcasinfo@ptcas.org</a>



## NAHP HEALTH PROFESSIONS CENTRALIZED APPLICATION SERVICES AT-A-GLANCE

	PHYSICIAN ASSISTANT	PODIATRIC MEDICINE	PUBLIC HEALTH	SPEECH PATHOLOGY	VETERINARY MEDICINE
<b>Professional Association</b>	<b>PAEA</b> Physician Assistant Education Association	<b>AACPM</b> American Association of Colleges of Podiatric Medicine	<b>ASPPH</b> Association of Schools and Programs of Public Health	<b>ASHA</b> American Speech-Language Hearing Association	<b>AAVMC</b> Association of American Veterinary Medical Colleges
<b>Centralized Application Service (CAS)</b>	<b>CASPA</b> Central Application Service for Physician Assistants	<b>AACPMAS</b> American Association of Colleges of Podiatric Medicine Application Service	<b>SOPHAS</b> Schools of Public Health Application Service	<b>CSDCAS</b> Communication Sciences & Disorders Centralized Application Service	<b>VMCAS</b> Veterinary Medical College Application Service
<b>CAS URL</b>	<a href="http://caspa.liaisoncas.com">caspa.liaisoncas.com</a>	<a href="http://aacpmas.liaisoncas.com">aacpmas.liaisoncas.com</a>	<a href="http://sophas.org">sophas.org</a>	<a href="http://csdcas.liaisoncas.com">csdcas.liaisoncas.com</a>	<a href="http://www.aavmc.org/vmcas">www.aavmc.org/vmcas</a>
<b># of CAS Participating Schools</b>	217 of 210 programs and 19 developing programs	All 9 schools and colleges	89	126	29 US, 2 Canadian, and 7 International colleges
<b>Opening &amp; Submission Date</b>	April	August	August	August	May
<b>Deadlines</b>	June through March	April through June	Varies	Nov - Apr for Fall start	September
<b>Letters of Recommendation</b>	Three to five individual online evaluations submitted through CASPA	Send directly to school.	Three to five individual online evaluations submitted through SOPHAS	Three to five individual online evaluations submitted through CSDCAS	Three to six individual online evaluations submitted through VMCAS
<b>Standardized Test Scores</b>	Official GRE Scores are submitted electronically to CASPA directly from ETS using special CASPA GRE codes	Applicants must release scores to AACPMAS electronically through use MCAT score reporting system	Official GRE Scores are submitted electronically to SOPHAS directly from ETS using special SOPHAS GRE codes	Official GRE Scores can be submitted electronically to CSDCAS directly from ETS using special GRE codes	VMCAS allows you to enter scores for GRE, MCAT, IELTS, and TOEFL. Official GRE Scores can be submitted electronically to VMCAS directly from ETS using special GRE codes
<b>Transcripts</b>	Official transcripts should be sent to CASPA by the Registrar of any US / Canadian college/ university attended	Official transcripts should be sent to AACPMAS by the Registrar of any US / Canadian college/ university attended	Official transcripts should be sent to SOPHAS by the Registrar of any US / Canadian college/ university attended	Official transcripts should be sent to CSDCAS by the Registrar of any US / Canadian college/ university attended	Official transcripts should be sent to VMCAS by the Registrar of any US / Canadian college/ university attended
<b>Application Fee</b>	\$175 for first program \$50 for each additional	\$180 for first program \$45-60 for each additional	\$135 for first program \$50 for each additional	\$125 for first program \$50 for each additional	\$200 for first program \$100 for each additional
<b>Income-Based Fee Assistance</b>	Covers single application; limited quantity		Covers single application; limited quantity. Some service-based waivers offered.	Covers single application; limited quantity	Limited quantity of fee reimbursements available
<b>Application Service Contact Info</b>	617-612-2080 <a href="mailto:caspainfo@caspaonline.org">caspainfo@caspaonline.org</a>	617-612-1900 <a href="mailto:aacpmasinfo@aacpmas.org">aacpmasinfo@aacpmas.org</a>	617-612-2090 <a href="mailto:sophasinfo@sophas.org">sophasinfo@sophas.org</a>	617-612-2030 <a href="mailto:csdcasinfo@csdcas.org">csdcasinfo@csdcas.org</a>	617-612-2884 <a href="mailto:vmcasinfo@vmcas.org">vmcasinfo@vmcas.org</a>

# THE INTERVIEW

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Following an initial review of your primary application, secondary application, and entrance exam score, health professions schools invite select students for an admissions interview. An interview is an opportunity to present yourself in the best light possible. This is your chance to shine. An invitation for an interview means that, on paper, you are a viable candidate for admission, and that now the school wants to get to know you better. Be prepared to discuss anything in your application, your reasons for pursuing the field, your strengths (striking a balance between confidence and humility), your weaknesses (in a honest though positive way), as well as current issues in the profession. Practice answering a few of questions from the list below to prepare.

## **Open Ended Questions:**

Tell me about yourself.  
What are your goals?  
There are hundreds if not thousands of applicants, why should we choose you?  
Why would you make a good doctor, dentist, vet etc.  
What things have you done to convince yourself that you will enjoy being a doctor, dentist, vet etc.  
How do you want me to remember you?

## **Medically Related Questions:**

What are the pros and cons to our health-care system?  
If you had the power, what changes would you make to our health-care system?  
What is your opinion of HMOs and PPOs?  
Should doctors be allowed to 'pull the plug' on terminally ill patients?

## **Academics:**

Why did you choose your present course of studies?  
Can you convince me that you can cope with the workload in medical school?  
Do you engage in self-directed learning?  
Tell me about your research.

## **Social Skills or Interests:**

Give evidence that you relate well with others.  
Give an example of a leadership role you have assumed.  
Have you done any volunteer work?

## **Stress-Type Questions:**

How do you handle stress?  
What was the most stressful event in your life? How did you handle it?  
The night before your final exam, your father has a heart-attack and is admitted to a hospital, what do you do?

## **Questions on Problem Situations:**

A 68 year-old married woman has a newly discovered cancer. Her life expectancy is 6 months. How would you inform her?  
A 34 year-old man presents with AIDS and tells you, as his physician, that he does not want to tell his wife. What would you do?  
You are taking a final exam and notice there is a student cheating. What would you do?  
Have you been to other interviews?

## **Personality-Oriented Questions:**

If you could change one thing about yourself, what would it be?  
How would your friends describe you?  
What do you do with your spare time?  
What is the most important event that has occurred to you in the last five years?  
If you had three magical wishes, what would they be?  
What would you do on a perfect day?  
What are your best attributes?  
What is your greatest fault?

## **Miscellaneous Questions:**

Should the federal government reinstate the death penalty? Explain.  
What do you expect to be doing 10 years from now?  
Why do you want to attend our institution?  
What other schools have you applied to?  
Have you been to other interviews?

## **Concluding Questions:**

What would you do if you were not accepted to a medical school?  
How do you think you did in this interview?  
Do you have any questions?



## Considering a Postbaccalaureate Premedical Program

### What is a postbaccalaureate premedical program?

The term “postbaccalaureate” describes programs that begin after an undergraduate degree and are designed specifically to support the transition from an undergraduate to a professional school, such as a medical school, as well as enhance an applicant’s competitiveness for admission. There are several types of programs available designed to address a particular need or deficiency, such as a academic record enhancement, career change, MCAT® exam prep, as well as programs for underrepresented or disadvantaged students.

### Will a postbaccalaureate program improve my chances of getting into medical school?

It depends on the strength of the program, whether the program has a linkage agreement with a medical school, and most important, how successfully you complete the program. If you do well, you’ll demonstrate successful completion of premedical requirements, as well as a continued commitment to your goal of a career in medicine. If you have the opportunity, take upper-level course work to show that you can handle advanced material. According to Grace M. Hershman, director of Postbaccalaureate Premedical Programs at Temple University, “Competition for admission to medical school is intense, so performing extremely well in an intense premedical postbaccalaureate program will demonstrate to medical school admissions committees that you are able to sustain a high-level of academic achievement.”

### How do I find the program that’s best for me?

It’s a good idea to talk to your pre-health advisor or the admissions dean at the medical schools you’re interested in about whether a postbaccalaureate program would enhance your application. If you have a specific weakness, look for a program that specifically addresses it. There are programs available to enhance the various types of deficiencies many applicants face. You can search by program type in the AAMC’s free Postbaccalaureate Premedical Programs database at <https://services.aamc.org/postbac/>.

### What are the financial considerations involved with this type of program?

Postbaccalaureate programs can be expensive and may require you to finance some or all of the tuition through loans. If you continue directly from the program to medical school and residency, be sure to remember that interest from these loans will continue to accrue throughout your education and residency and result in substantial education debt. Speak to the financial aid officer at your school or the institution you plan to attend to learn the full financial implications involved.

### How long does it take to complete a program?

There are several different types of programs. Most range from one to three years depending on the type of degree awarded at the end of the program.

### What degree will I get after I complete the program?

Degrees awarded vary from program to program. Some programs offer a certificate of completion while others offer a master’s degree. There are advantages to seeking programs that lead to a master’s degree, especially if you decide ultimately not to pursue medical school. The AAMC’s Postbaccalaureate Premedical Programs database reports on degree information for each program listed.

### What are “affiliations” or “linkage agreements?”

When researching programs in the AAMC’s Postbaccalaureate Premedical Programs database, the “affiliations” row describes any health professions program or medical school that has a relationship with a postbaccalaureate program. Some profiles may mention a linkage agreement with an institution. In this case, there may be an agreement for conditional acceptance into a medical school based on the level of performance in the program.

#### MORE INFORMATION

##### FIRST fact sheet on postbaccalaureate programs:

[https://www.aamc.org/services/first/first\\_factsheets/112310/postbacprograms.html](https://www.aamc.org/services/first/first_factsheets/112310/postbacprograms.html)

##### What it’s Like to Do a Postbaccalaureate Program:

<https://www.aamc.org/students/aspiring/experience/358536/postbaccprogram.html>

# SCHOLARSHIPS

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## Annual Test Prep Scholarships

(MCAT, DAT, OAT, or PCAT)

Each year the Whitaker Health Professions Advising Office awards scholarships to CSULB students for a test preparation course. The scholarship may be used for one MCAT, DAT, OAT, or PCAT On-Site, Anywhere or On Demand course, book sets or test bank vouchers with a retail value from \$500- \$3000 per scholarship.

These are **need-based** scholarships open to current juniors and seniors who intend to apply to graduate or professional school in the next application cycle. Scholarships must be used by December of the following year.

Please fill out the Test Preparation Scholarship Application Request Form at [csulb.edu/hpao](http://csulb.edu/hpao) to receive an application.

Applicants must meet the following:

- Currently an enrolled CSULB student or alumni
- Have a least junior status
- Preparing to take the MCAT, DAT, OAT or PCAT
- Planning to apply to a health professions program for the next class
- Completed or plan to complete courses covered on the test before attempting the standardized test required for the health profession being pursued
- NOT a recipient of previous test prep scholarships (from HPAO, Career Development Center, or any other granting institution)

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## CSULB GRE Prep

The Graduate Student Resource Center offers Low Cost GRE Prep. Visit [csulb.edu/graduate-studies-resource-center](http://csulb.edu/graduate-studies-resource-center)

**Kaplan and Princeton Review have financial aid available to support students who demonstrate financial need.**

Visit [kaptest.com/tuitionassistance](http://kaptest.com/tuitionassistance)

Email [tprscholarships@review.com](mailto:tprscholarships@review.com)

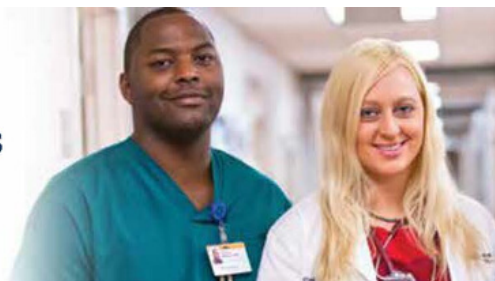
## Additional Fee Assistance Programs

- **AAMC** Fee Assistance Program assists MCAT examinees and AMCAS applicants who, without financial assistance, would be unable to take the MCAT or apply to medical schools that use the AMCAS application.
- **ADEA** AADSAS Fee Assistance Program was created to reduce the cost of applying to dental school for students who demonstrate extreme financial need.
- **ETS** offers a limited number of GRE Fee Reduction Certificates on a first-come, first-served basis that are available for college seniors and unenrolled college graduates who meet eligibility requirements.





# National Health Service Corps Scholarship Program



<b>Program Description</b>	Students pursuing a career in primary health care are eligible to receive funding for their education in exchange for practicing in rural, urban, and tribal communities with limited access to care, upon graduation and licensure.
<b>Eligible Disciplines</b>	Enrolled or accepted in the following primary health care disciplines in an eligible degree program in a U.S. state or territory: <ul style="list-style-type: none"> <li>• Primary Care Physician (MD or DO)</li> <li>• Dentist (DDS or DMD)</li> <li>• Nurse Practitioner (NP)</li> <li>• Certified Nurse-Midwife (CNM)</li> <li>• Physician Assistant (PA)</li> </ul>
<b>Service Commitment</b>	1-year service commitment per scholarship year or partial scholarship year; 2-year minimum and 4-year maximum.
<b>Financial Benefits</b>	Funding for a maximum of 4 years: <ul style="list-style-type: none"> <li>• Tuition</li> <li>• Required fees</li> <li>• Reasonable educational costs</li> <li>• Monthly support stipend</li> </ul>
<b>Tax Liability</b>	Only stipend is taxable.
<b>Where Members Serve</b>	NHSC Scholars must practice at an NHSC-approved site in a Health Professional Shortage Area (HPSA) with a minimum score that is determined annually. Service requirement is for a maximum of 4 years. <ul style="list-style-type: none"> <li>• <b>NHSC sites are located in 50 states, DC, and U.S. territories and may be a:</b> <ul style="list-style-type: none"> <li>○ Federally Qualified Health Center (FQHC)</li> <li>○ FQHC Look-alike</li> <li>○ Rural Health Clinic</li> <li>○ Hospital-affiliated Primary Care Outpatient Clinic</li> <li>○ Indian Health Service, Tribal Clinic, and Urban Health Service Corps</li> <li>○ Indian Health Clinic (ITU); IHS and Some Tribal Hospitals</li> <li>○ State or Federal Correctional Facility</li> <li>○ Private Practice (Solo/Group)</li> <li>○ Other Health Facilities <ul style="list-style-type: none"> <li>• Community Mental Health Facility</li> <li>• Community Outpatient Facility</li> <li>• Critical Access Hospital</li> <li>• Free Clinic</li> <li>• Immigration and Customs Enforcement (ICE) Health Service Corps</li> <li>• Mobile Unit</li> <li>• School-based Health Program</li> <li>• State and County Department of Health Clinic</li> </ul> </li> </ul> </li> </ul>
<b>Application Requirements</b>	U.S. citizen (U.S. born or naturalized) or U.S. national
<b>Web Sites</b>	NHSC - <a href="https://nhsc.hrsa.gov/scholarships/index.html">https://nhsc.hrsa.gov/scholarships/index.html</a> HRSA Health Workforce Connector - <a href="https://connector.hrsa.gov/">https://connector.hrsa.gov/</a>





## **MEDICAL CORPS & DENTAL CORPS HEALTH PROFESSIONS SCHOLARSHIP PROGRAM (HPSP)**

### **Benefits:**

Pays FULL TUITION, books and fees for 4 years of medical/dental school  
+ Stipend of \$2,330/month while in school  
+ \$20,000 sign-on bonus

### **Benefits Once Active Duty:**

- Get comprehensive health coverage for entire family
- Eligible for post 9/11 GI bill for yourself, or transfer to spouse/child
- Competitive pay with scheduled raises
- Earn 30 days paid vacation a year
- World-wide travel opportunities
- Opportunities to work in a unique medical environment

### **Eligibility Requirements:**

- Citizenship - Must be a U.S. Citizen.
- Age - Complete your degree by age 41.
- Education - Must be accepted into a U.S. LCME or COCA-accredited school; or U.S. CODA-accredited school  
Must have a cumulative GPA of 3.0 or above to apply.

### **Service Obligation:**

- Must be willing to serve a minimum of 4 years in the Navy

### **How to Apply:**

Start your application for HPSP when starting your school applications.

To apply for HPSP, or additional information, contact:

LCDR Patrick Bell  
Medical Officer Recruiter  
Navy Recruiting District, Los Angeles  
805-390-0844  
Patrick.bell1@navy.mil







## THE HEALTH PROFESSIONS SCHOLARSHIP PROGRAM (HPSP) APPLICATION GUIDE

The F. Edward Hébert Armed Forces Health Professions Scholarship Program is one of the most comprehensive health care scholarships available. It offers full tuition, a generous monthly stipend for qualifying students and the support of the U.S. Army health care team, one of the largest, most advanced health care networks in the world.

The HPSP scholarship is offered in these fields:

- Psychology
- Medical
- Optometry
- Dental
- Veterinary
- Specialty Nursing

### FIVE STEPS TO APPLY FOR THE HPSP SCHOLARSHIP

#### STEP 1

##### CONTACT A U.S. ARMY RECRUITER



Reach out to an U.S. Army Medical or local recruiter to schedule a preliminary interview to learn about joining the U.S. Army health care team and the HPSP application process. They will also provide the application forms.



**MONTHLY STIPEND OF MORE THAN \$2,200** while you attend school.

#### STEP 3

##### COMPLETE YOUR HPSP APPLICATION



Plan to complete your HPSP application form at the same time as you apply to your desired medical schools. Include all of the medical schools you have applied to in your HPSP application.



**SALARY INCREASES** with rank advancement once you graduate and enter active duty.

#### STEP 5

##### FINALIZE YOUR HPSP ENROLLMENT



Once you are accepted to an accredited physician of medicine or physician of osteopathic medicine degree program, contact your recruiter to finalize your HPSP enrollment.



**OVER 90 PROFESSIONAL HEALTH CARE PATHS** within U.S. Army Medicine.



**THE U.S. ARMY WILL PAY 100% OF YOUR TUITION** for a graduate-level health care degree at any accredited school in the U.S. or Puerto Rico.

#### STEP 2

##### ORGANIZE NECESSARY PAPERWORK



Gather your transcripts, letters of recommendation and test scores. You'll need these to submit with your HPSP application.



**RECEIVE PAYMENT FOR 45 DAYS** as a Second Lieutenant while on active duty training.

#### STEP 4

##### SUBMIT YOUR HPSP APPLICATION



When your application is complete, submit it, along with your letters of acceptance, through your U.S. Army recruiter. A selection board will evaluate your application packet and send you an Award Notification letter if accepted.

#### APPLICANT REQUIREMENTS

- Be a U.S. citizen with a baccalaureate degree from an accredited school.
- Maintain full-time student status during the length of the program.
- Qualify as an active duty commissioned officer.

LEARN HOW YOU CAN BECOME PART OF THE ARMY'S ELITE MEDICAL TEAM TODAY.

Visit [healthcare.goarmy.com](http://healthcare.goarmy.com) or contact a recruiter at 1-800-US-A-ARMY



# ADDITIONAL RESOURCES

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## **Minorities in Medicine (AAMC)**

[students-residents.aamc.org/choosing-medical-career/medical-careers/deciding-if-medicine-you/minorities-medicine/](https://students-residents.aamc.org/choosing-medical-career/medical-careers/deciding-if-medicine-you/minorities-medicine/)

## **AMSA Gender and Sexuality Resources**

[amsa.org/AMSA/Homepage/About/Committees/GenderandSexuality.aspx](https://amsa.org/AMSA/Homepage/About/Committees/GenderandSexuality.aspx)

**Point Foundation:** Scholarships for meritorious students who are marginalized due to sexual orientation, gender identity, or gender expression.

[pointfoundation.org/the-point/scholarship/](https://pointfoundation.org/the-point/scholarship/)

**Immigrants Rising:** Empowers undocumented young people to pursue their dreams of college, career, and citizenship in the United States. [immigrantsrising.org/](https://immigrantsrising.org/)

**Pre-Health Dreamers (PHD):** A rapidly growing information-sharing network and community of over 150 pre-health undocumented students across the country. PHD investigates and shares information on career pathways for pre-health undocumented students as well as advocates for more progressive institutional and governmental policies for undocumented students.

[phdreamers.org](https://phdreamers.org)

## **UCD Pre-Health Conference**

Each fall UC Davis hosts keynote speakers, deans panels, pre-health fair, and hands-on workshops covering a variety of topics from admissions to suturing. Attendees have the opportunity to explore a variety of health professions, including allopathic, osteopathic, podiatric, naturopathic medicine, veterinary medicine, pharmacy, dentistry, nursing, optometry, physical and occupational therapy, physicians assistant, and more. [prehealthconference.ucdavis.edu](https://prehealthconference.ucdavis.edu)

## **UC Postbaccalaureate Consortium**

The UC Postbaccalaureate Consortium is a partnership of postbaccalaureate premedical programs at the Schools of Medicine at UC Davis, UC Irvine, UC Los Angeles, and UC San Francisco. The mission of the Consortium is to increase the number of physicians who practice in shortage areas of California by assisting capable and dedicated students from disadvantaged backgrounds in gaining admission to medical school. [health.ucdavis.edu/postbacc-consortium/](https://health.ucdavis.edu/postbacc-consortium/)



# ADDITIONAL RESOURCES

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## Summer Programs

### Summer Opportunities Database

[naahp.org/student-resources/summer-opportunities](http://naahp.org/student-resources/summer-opportunities)

### UCLA Pre-medical/Pre-dental Enrichment Program (UCLA PREP)

UCLA PREP is a non-residential program designed to provide premedical and pre-dental students from disadvantaged backgrounds with a means of strengthening their ability and readiness to study medicine or dentistry. [medschool.ucla.edu/apply/prep](http://medschool.ucla.edu/apply/prep)

### Opto-Camp UC Berkeley School of Optometry

Open to all, Opto-Camp is a five-day “in-residence” program that provides participants with opportunities to learn about the profession of optometry and the process of becoming an optometrist.

[optometry.berkeley.edu/admissions/opto-camp/](http://optometry.berkeley.edu/admissions/opto-camp/)

### Samuel Merritt CSPM Podiatry Experience

Three day podiatry workshop that provides participants with an opportunity to explore the profession of Podiatric Medicine and Surgery.

[samuelmerritt.edu/cspmexperience](http://samuelmerritt.edu/cspmexperience)

### USC Bridging the Gaps Summer Research Program

The Bridging the Gaps Summer Research Program provides outstanding minority students with a bench-to-bedside experience immersed in scientific investigation for eight weeks. [keck.usc.edu/bridging-the-gaps-program/](http://keck.usc.edu/bridging-the-gaps-program/)

### KGI Summer Explore Health Professions

Explore Health Professions is a two-week residential program of classroom and experiential learning to help students investigate what it means to be “pre-health.”

[kgi.edu/academics/summer-programs/overview/](http://kgi.edu/academics/summer-programs/overview/)

### Summer Health Professions Education Program (SHPEP)

The Summer Health Professions Education Program (SHPEP) is a free six-week summer enrichment program focused on improving access to information and resources for freshmen and sophomore students interested in the health professions.

[shpep.org](http://shpep.org)

### Atlantis Fellowship

The Atlantis Fellowship is an intensive university-break program abroad for American pre-meds. Atlantis Fellows experience global healthcare through hospital shadowing rotations and prepare for medical school apps through reflective hospital observation, volunteering, and medical humanities research. [atlantisglobal.org](http://atlantisglobal.org)

## Summer Health Professions Education Program

*The Summer Health Professions Education Program (SHPEP) is a FREE (full tuition, housing, and meals) six-week academic enrichment summer program for qualified undergraduate freshmen and sophomores from:*



- Racial and ethnic groups that historically have been underrepresented in health professions—African-American, Hispanic/Latino, and American Indian
- Rural areas, economically disadvantaged areas, or groups that historically have received substandard health care (regardless of racial or ethnic background)

SHPEP offers students a variety of academic and career experiences that will support their preparation within the health professions:

- Academic enrichment in the basic sciences and quantitative topics
- Learning and study skills development, including methods of individual and group learning
- Clinical exposure through small-group clinical rotations and full-group clinician seminars. This is limited to 5 percent of program time for all sites
- Career development sessions, including the exploration of the health professions, a admissions process, and an individualized education plan to identify other appropriate enrichment activities

Housing, meal, and travel costs are covered by the program. Scholars are provided with a \$600 stipend, which typically is distributed midway and at the end of the program.

There are many other summer enrichment programs and pipeline and outreach programs for students who are not eligible for SHPEP. Talk with your advisor, check the list of resources on [shpep.org](http://shpep.org), and visit [aamc.org/aspiringdocs](http://aamc.org/aspiringdocs) for more information.

**shpep.org**



[www.facebook.com/shpepconnect](http://www.facebook.com/shpepconnect)

SHPEP is a national program funded by The Robert Wood Johnson Foundation with direction and technical assistance provided by the Association of American Medical Colleges and the American Dental Education Association.





# ATLANTIS

Atlantis is America's leading global pre-med shadowing program. Our team in Washington D.C. works with over 50 top public hospitals in 8 countries, and we have pre-med alums from over 400 universities since 2007. Over 95% of our alumni say they would recommend the program to a pre-med or pre-health friend.

## WHAT WILL YOU GAIN FROM YOUR FELLOWSHIP?

- Medical immersion in an international hospital
- A unique way to stand out on graduate school applications
- An early view of your intended career
- Connections with doctors and other Fellows

## PAYMENT PLANS

- Pay in full (recommended)
- Installments

## WHAT IS INCLUDED?

Housing	3 group meals per week
Weekly excursions	On-site Staff Support
Daily transportation	Travel health insurance
Daily breakfast	Local emergency phone

FAQ

REVIEWS

HOW IT WORKS



\*All programs adhere to strict AAMC Guidelines and are designed for shadowing only

## SUMMER 2019

Length:  
2, 3, 4 and 6 weeks

Start Dates:  
May - July 2019

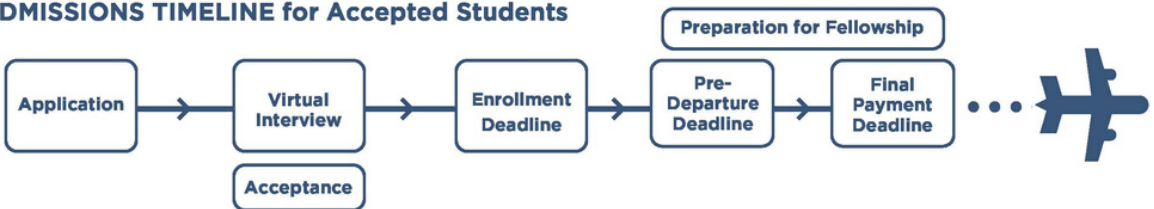
Average Cost:  
\$3999-\$5999,  
before flights

**SPAIN**  
**GREECE**  
**ITALY**  
**PORTUGAL**  
**CROATIA**  
**HUNGARY**

## PARENT RESOURCES

Atlantis Parents:  
[www.atlantisglobal.org/parent](http://www.atlantisglobal.org/parent)  
Reviews by Faculty Administrators:  
[www.atlantisglobal.org/facultyadminreviews](http://www.atlantisglobal.org/facultyadminreviews)

## ADMISSIONS TIMELINE for Accepted Students



# CNSM TUTORING

## TUTORING SERVICES OVERVIEW

The university and college offer several tutoring options to assist students with their math and science courses. All tutoring services are free and operate on a "drop-in" basis which means you do not need to make an appointment.

## CNSM TUTORING CENTERS

**Jensen SAS Center:** located in HSCI-164 + tutors BIOL, CHEM, MATH, PHYS, and STAT

**Lindgren Math Tutoring Center:** located in LA5-345 + tutors MATH and STAT

**Math Education Tutoring Center:** located in LA5-249 + tutors MTED

**Physics Learning Assistants:** located in HSCI-222 + tutors CHEM, MATH + PHYS

## TUTORING TIPS + TRICKS

**Top reasons for receiving tutoring:**


- To review material before a test.
- To review exam results and incorrect homework problems.
- To gain study skills and time management strategies.
- To overcome struggling with a particular concept or problem.
- To build your confidence in a subject matter.
- To stay on top of your homework and study routine.

**Tutoring can take different forms:**

- Come to the tutoring center with a set of questions with which you need assistance.
- Study in the tutoring center and engage a tutor when questions arise.
- "Teach" the tutor what you have learned so they can review your knowledge.
- Have a tutor quiz you before a test.
- Visit with a group of friends and invite the tutor to help with problem areas.

**You can benefit from tutoring by:**

- Increasing your confidence in a particular subject or overall academic skills.
- Building connections with upper-class students and classmates.
- Increasing your opportunity for success in forthcoming courses.
- Learning new study and problem-solving strategies.

**FOR DROP-IN HOURS AND COURSES TUTORING, CHECK THIS OUT! **





# THE LEARNING CENTER



SSC 160 | [www.csulb.edu/tlc](http://www.csulb.edu/tlc) | 562.985.5350

The Learning Center helps all students advance their learning and reach their academic goals.

## Learning Skills

*Meet with a specialist to learn how to study more effectively and efficiently.*

## Language and Writing Tutoring

*Develop and improve your English language and writing skills.*

## Conversation Lab

*Practice your English speaking skills through conversations with your peers.*

## Individual and Drop-in Tutoring

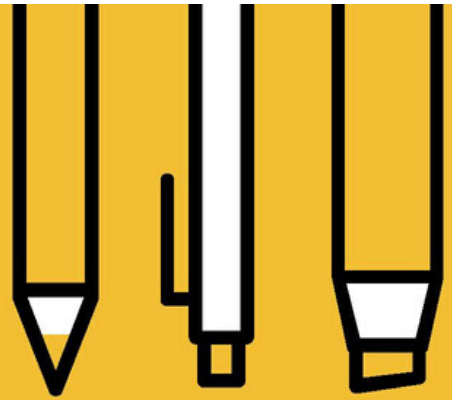
*Improve your skills in courses by stopping by or making an appointment.*

## Supplemental Instruction (S/I)

*Course providing extra practice and support in some challenging subjects.*

Monday - Thursday: 9 am to 7 pm

Fridays: 9 am to 12 pm



CSULB UWC

# UNIVERSITY WRITING CENTER

- FREE WRITING TUTORING
- ONE-ON-ONE SESSIONS
- GPE WORKSHOPS
- ALL MAJORS WELCOME!

*THE WRL  
IS NOW THE  
UWC!*

**LOCATED @ SSC 245**

(STUDENT SUCCESS CENTER 2ND FLOOR)

**(562) 985-5162**

**[www.csulb.edu/uwc](http://www.csulb.edu/uwc)**



CALIFORNIA STATE UNIVERSITY LONG BEACH

# GRADUATE STUDIES RESOURCE CENTER

Masters | Doctorates | Certificates | Credentials



The GSRC is a centralized source of information for graduate programs, which provides:

- One-on-one advising
- Graduate writing support
- Workshops for graduate school
- Financial aid and scholarship information
- Campus-wide Graduate School Fair
- Graduate Research Conference
- Graduate Writing Institute
- Study space for students

**More information:** [www.csulb.edu/gsrc](http://www.csulb.edu/gsrc) | (562) 985-5771

**Email:** [gsrc@csulb.edu](mailto:gsrc@csulb.edu)

**California State University, Long Beach**

University Library, Rm 504





# CSULB career development center



## CHOOSING A MAJOR OR CHOOSING A CAREER

Individual career counseling is available on an appointment basis to assist students in choosing a major, developing career goals, determining methods of obtaining those goals and implementing a viable job search plan. Professional career counselors can also help you clarify your interests, skills, and values, as well as explore various career options that complement your personality profile. To set up an appointment, call 562.985.4151, or login to your CareerLINK account, click Counseling.

## EMPLOYMENT: CAREERLINK JOBS

CareerLINK provides users with the ability to search and apply for full-time and part-time jobs, internships, and on-campus interview opportunities. The additions of NACElink and GoinGlobal to the site make CareerLINK even more powerful. To log on, go to [sso.csulb.edu](http://sso.csulb.edu) and click on CareerLINK Student.

## ON-CAMPUS INTERVIEWS (OCI)

If you are seeking full-time, professional employment, OCI is a practical program that brings prospective employers to the Career Development Center to interview and hire graduating CSULB students and alumni. Employers also utilize On-Campus Interviews (OCI) to select Internship candidates. Each year, these interviews result in employment or internships for scores of students and alumni.

# PROGRAMS and SERVICES

## CAREER WORKSHOPS

The Career Development Center provides a variety of workshops to assist students in their decisions related to selecting an academic major or career path, as well as learning the appropriate skills necessary to obtain a full/part-time job or internship.

To RSVP for a workshop, please log into your CareerLINK account, click on workshops, and register online.

## INTERNSHIPS

The Internship Program coordinated by the Career Development Center provides CSULB students with opportunities to gain valuable work experience in their intended fields before graduation. Internships are available for most majors, and each CareerLINK opportunity has been screened to ensure that your experience will be relevant to your major or career goal, supervised, evaluated. An all majors undergraduate internship class is available.

## JOB FAIRS

These career events offer a great opportunity for students and employers to connect. Employers host tables, disseminate information, and meet prospective employees. Students are advised to bring resumes and dress to impress!

## DROP-IN SERVICE

This service is available to provide quick and immediate response to basic questions, a brief resume critique, or referral to career counselors or other services and resources. Appointments are not necessary but available on a first come, first served basis.

Drop-in Hours:  
M-F: 11:00am - 4:30pm

Brotman Hall, Room 250, 562.985.4151 <http://careers.csulb.edu>  
Hours of operation: Monday – Friday: 8am to 5pm



# CAPS @ CSULB

COUNSELING + PSYCHOLOGICAL SERVICES

## OVERVIEW

CAPS helps students meet the personal challenges associated with identifying and accomplishing academic, career and life goals. Our services include short-term counseling for individuals, group counseling, career development counseling, referral services, psychoeducational workshops, and crisis intervention.

## APPOINTMENTS

To make an appointment, call or come to the Center (contact information below). Appointments are scheduled one week in advance. Contact CAPS as soon as possible to make an appointment.

## COST

Basic services are provided at no charge to registered undergraduate and graduate students. There is a limit to the number of sessions per year.

## CONTACT

Brotman Hall - 226  
562-985-4001  
[csulb.edu/caps](http://csulb.edu/caps)

Scan  
here



# NOTES





# NOTES





**Health Professions Advising Office (HPAO)**  
Jensen Student Access to Science (SAS) and  
Mathematics Center  
Hall of Science Building – Room 164E  
(562) 985-8061  
[csulb.edu/hpao](http://csulb.edu/hpao)

*Updated 1/2020*