

# Prehealth

Virtual Advising and Registration

# Considering a Health Career?

- Prehealth advisors work with you to design a plan that combines your career aspirations, undergraduate pursuits, and personal strengths so that you can put forward your best application to a program in the health professions.
- We encourage you to use the resources on the next few pages to better understand the academic components of the “prehealth curriculum” at NYU.
- It is common for students to take one or more glide years after graduation before entering schools of the health professions. You should not feel pressured to need to rush into the curriculum, particularly if you are unsure of your future plans. Take your time so you can perform to the best of your abilities.

# Choosing a Major

**Major in what interests you.**

Health professional schools **do not require that you major in a science** to be admitted.

Choosing a major that reflects your strengths and interests is critically important, as you will be more successful in courses where you genuinely engage with the material. Schools of the health professions accept students with broad academic experiences within and outside the sciences.

Regardless of your major, there are courses we recommend that prehealth students complete.

# Required Curriculum: Medicine & Dentistry

**To meet the entrance requirements for the majority of medical and dental programs in the US, we recommend that you complete the following courses:**

- General Chemistry I and II, plus labs
- Organic Chemistry I and II, plus labs
- Biochemistry
- Principles of Biology I and II and appropriate lab
- General Physics I and II, plus labs
- Math (Calculus I or higher)
- Writing the Essay, plus one additional course in Expository Writing or English

# Looking Ahead: MCAT

If you are considering a career as an **Allopathic (MD)**, **Osteopathic (DO)**, or **Podiatric physician**, please be aware that the Medical College Admissions Test (MCAT) covers more material than just the admissions requirements would imply. The same is true for other health professions and their respective entrance exams.

In addition to the standard requirements on the previous screen, students planning on taking the MCAT should also plan on taking these additional courses before taking this entrance exam:

- **Psychology/Sociology**
  - *NYU Course(s): Many options, including PSYCH-UA 1*
- **Statistics**
  - *NYU Course(s): Many options, speak with an advisor about options within your major*

# Looking Ahead: MCAT

Schools of the health professions have a far longer application cycle than the one you just completed to enter college. Applicants apply in June of one year to start August of the following year – 14 months later!

If you intend to apply to medical schools the summer after your junior year — for entrance into a medical school the fall immediately after graduation — you will need to design your curriculum to incorporate all of these competency areas into your first three years at NYU.

You may want to consider taking the MCAT and applying after your senior year to allow for a stronger application and enhanced scheduling flexibility. While in the past it was common for students to go immediately to schools of the health professions, today most applicants do not apply to enter immediately after undergrad.

# Recommended Courses for First-Year Prehealth Students

**The next few pages illustrate the recommended courses for first-year students considering a health career after graduation.**

Some students will work out slightly different programs with their advisors if necessary. There are many paths to your future health career. Walk your own journey, perform to the best of your abilities, and do not worry if other people are taking courses at a different rate than you.

# Assessing Where to Start

- **AP or Other Test Credit**
  - Prehealth students with AP credit (or test credit from IB, A-level, or other exams) in Biology, Chemistry, or Physics are advised to **forfeit the credit** and complete the required science coursework at the NYU. You can keep all other AP credit!
- **Calculus Readiness**
  - Refer to the other sections of this orientation for a reminder on how AP and other test scores, SAT scores, and placement exams are used to assess your calculus and pre-calculus preparation.
- **Advising**
  - Your assigned advisor will help you select courses that match your prehealth goals, level of preparation, and interests in a specific major/discipline.

**An advising session is a dialogue – we encourage you to be informed and prepared!**



# Any Major – Not Calculus Ready

To learn more about Calculus placement and check if you are Calculus ready, go to the [CAS Math website](#)

- Cohort Meeting (COHRT-UA 10)
- First-Year Seminar (FYSEM-UA ---) or EXPOS-UA 1
- Algebra and Calculus (MATH-UA 9)
- Start exploring your major – if your major coursework requires calc-readiness, consider a second Core Course
- [Core Course](#), such as:
  - Foreign language (e.g. Spanish for Beginners 1: SPAN-UA 1); Texts and Ideas (CORE-UA 4--); or Cultures and Contexts (CORE-UA 5--)

# Undecided/Non-Science Major – Calc Ready

- Cohort Meeting (COHRT-UA 10)
- First-Year Seminar (FYSEM-UA ---) or EXPOS-UA 1
- General Chemistry I (CHEM-UA 125)
- Start exploring your major – unless required by your major, wait until Spring to add a 2nd science or math course
- Core Course, such as:
  - Foreign language (e.g. Spanish for Beginners 1: SPAN-UA 1); Texts and Ideas (CORE-UA 4--); or Cultures and Contexts (CORE-UA 5--)

**Note: Even if you receive AP/IB/other advanced standing credit for science courses, you will have to repeat the sciences as part of the prehealth and/or science major curriculum at NYU.**

# Biology or Neural Science Major – Calc Ready

- Cohort Meeting (COHRT-UA 10)
- First-Year Seminar (FYSEM-UA ---) or EXPOS-UA 1 (Writing the Essay)
- General Chemistry I (CHEM-UA 125)
- Principles of Biology (BIOL-UA 11)
- Core Course, such as:
  - Foreign language (e.g. Spanish for Beginners 1: SPAN-UA 1);
  - Cultures and Contexts (CORE-UA 5--)

**Note: Even if you receive AP/IB/other advanced standing credit for science courses, you will have to repeat the sciences as part of the prehealth and/or science major curriculum at NYU.**

# Chemistry or Biochemistry Major – Calc Ready

- Cohort Meeting (COHRT-UA 10)
- First-Year Seminar (FYSEM-UA ---) or EXPOS-UA 1 (Writing the Essay; Science)
- General Chemistry I (CHEM-UA 125)
- Calculus I (MATH-UA 121)\*
- Core Course, such as:
  - Foreign language (e.g. Spanish for Beginners 1: SPAN-UA 1);
  - Texts and Ideas (CORE-UA 4--); or
  - Cultures and Contexts (CORE-UA 5--)

\*Students who receive college credit based on an advanced placement program/exam (e.g. AP, IB, A Level) may be able to enroll in a higher level math course. See the CAS bulletin for details and discuss with an advisor: <http://cas.nyu.edu/academic-programs/bulletin/policies/admission.html>

**Note: Even if you receive AP/IB/other advanced standing credit for science courses, you will have to repeat the sciences as part of the prehealth and/or science major curriculum at NYU. Chemistry majors with advanced standing credit in chemistry should consult their advisor about advanced general chemistry options.**

# Physics Major

- Cohort Meeting (COHRT-UA 10)
- First-Year Seminar (FYSEM-UA ---) or EXPOS-UA 1 (Writing the Essay: Science)
- General Chemistry I (CHEM-UA 125)
- Physics I (PHYS-UA 91) and Lab (PHYS-UA 71)
- Calculus I (MATH-UA 121)\* or [Core Course](#), such as:
  - Foreign language (e.g. Spanish for Beginners 1: SPAN-UA 1);
  - Texts and Ideas (CORE-UA 4--); or
  - Cultures and Contexts (CORE-UA 5--)

\*Students who receive college credit based on an advanced placement program/exam (e.g. AP, IB, A Level) may be able to enroll in a higher level math course. See the CAS bulletin for details and discuss with an advisor: <http://cas.nyu.edu/academic-programs/bulletin/policies/admission.html>

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# Notes for Specific Populations

- If you are a **HEOP/OP** student, your assigned advisor will guide you in preparing a schedule that will take full advantage of the many supportive resources available to you in order to maximize your chances at success in entering a health professions school. The approach recommended by your advisor is fully endorsed by the Preprofessional Advising Center. Completing each foundational course well, on the first attempt, should be your primary concern, not how quickly you will complete the courses overall.
- If you are an **International Student**, you should consider carefully where you eventually hope to live and practice your chosen health profession. Admission to health professions schools in the United States has unique challenges for international students that vary by type of school. We encourage you to [do your research](#) and know what challenges you may expect as you pursue your goals.

# Preprofessional Advising Center: Advising

- New students are assigned a general CAS academic advisor who will continue to be their primary advisor until a major is declared. Most students who indicate that they plan to be a prehealth student in the portal will be assigned a general academic advisor who is also a preprofessional advisor and will be placed in a prehealth-themed cohort with other prehealth students.
- Students who are not initially assigned to a prehealth advisor or decide to explore prehealth later still have access to preprofessional advising and preprofessional advisors, but will not be immediately assigned to one advisor.

# Preprofessional Advising Center: Programming

- The Preprofessional Advising staff offers workshops and programs throughout the academic year to assist you in preparing for a career in the health professions.
- Our student Prehealth Advisory Board (PHAB) also sponsors programming with our office and we welcome and value student input. PHAB applications open in September!
- View the [NYU Prehealth](#) website for a link to our calendar of events to see the types of programs that we offer during the academic year.



# Preprofessional Advising Center: Connecting With Us

- Our weekly newsletter, *The Medical Record*, is distributed to our **email listserv**. Reading it weekly will keep you up-to-date on office announcements, volunteer opportunities, research positions, and community service projects.
  - All students who check the “prehealth” box during the CAS advising process will be automatically added to the prehealth listserv
- **Follow us on Instagram:** [@CASPrehealth](https://www.instagram.com/CASPrehealth)
- **Email:** [prehealth@nyu.edu](mailto:prehealth@nyu.edu)
- **Phone:** 212-998-8160