

# 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.

# International Students

- Individuals who are not US Citizens or Permanent Residents, or citizens of Canada, are considered international students by schools of the health professions in the United States. International students often face diverse and significant barriers to entry to medical training programs in the US and Canada.
- Not all health professional schools weigh an applicant's citizenship status in the same way that medical programs do. Health professions that do not require a residency -- such as **dentistry**, **optometry**, and **physician assistant** -- or those with a research focus -- such as **MD/PhD** -- are generally more accepting of international students.
- We encourage international students considering a health profession to come speak with a prehealth advisor as they research career options and paths to train to reach their goals.

# 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 NYU. We encourage you to **keep** test credit for math and psychology.
- **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!**

# Required Curriculum: Prehealth

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
- Principles of Biology I and II and appropriate Lab
- General Physics I and II
- Math (Calculus I or equivalent)
- Biochemistry I
- Writing the Essay, plus one additional course in Expository Writing or English

Some schools may require additional courses, particularly in mathematics, anatomy & physiology and/or social science. Investigating program requirements is ultimately your responsibility as an applicant. Please be clear with your advisor about your professional goals so that a cohesive academic plan can be created.

# 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 do not favor specific majors or disciplines; they accept students with broad academic experiences within and outside the sciences.

# Planning Your Schedule

Chemistry, biology, and physics are hierarchical subjects, with courses building upon the foundation provided by previous courses.

Your CAS advisor is prepared to help you map out your prehealth requirements in light of your major of interest, background in math/science, and professional objectives.

# 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 a broad range of material. Applicants will be expected to possess and demonstrate academic competence in the following areas prior to taking the MCAT:

- **Inorganic Chemistry**
  - *NYU Course(s): General Chemistry*
- **Biology**
  - *NYU Course(s): Principles of Biology*
- **Organic Chemistry**
  - *NYU Course(s): Organic Chemistry*
- **Physics**
  - *NYU Course(s): General Physics*
- **Calculus**
  - *NYU Course(s): Calculus I*
- **Biochemistry**
  - *NYU Course(s): Biochemistry*
- **Psychology/Sociology**
  - *NYU Course(s): Variable*
- **Statistics**
  - *NYU Course(s): Principles of Biology, variable*



# Looking Ahead: MCAT

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.

At NYU, we refer to the year “off” between undergrad and grad as a student’s “glide year.” The majority of applicants take at least one glide year.

# Creating a Schedule

You will complete the relevant prehealth courses in tandem with your major(s) based on suggestions made by your CAS academic department. Consult with your advisor for these recommendations!

Requirement	Term Offered	Credits
<b>Chemistry</b>		
CHEM-UA 125 General Chemistry I	Fall, Spring, Summer	5 credits
CHEM-UA 126 General Chemistry II	Fall, Spring, Summer	5 credits
CHEM-UA 225 Organic Chemistry I	Fall, Spring, Summer	5 credits
CHEM-UA 226 Organic Chemistry II	Fall, Spring, Summer	5 credits
CHEM-UA 881 Biochemistry I	Fall, Spring, Summer	4 credits
<b>Biology</b>		
BIOL-UA 11 Principles of Biology I	Fall, Summer	4 credits
BIOL-UA 12 Principles of Biology II	Spring, Summer	4 credits
BIOL-UA 123 Principles of Biology Lab	Spring, Summer	1 credit
<b>Physics</b>		
PHYS-UA 11 General Physics I	Fall, Spring, Summer	5 credits
PHYS-UA 12 General Physics II	Fall, Spring, Summer	5 credits
<b>Social Science</b>		
PSYCH-UA 1, SOC-UA 1/414	Fall, Spring, Summer	4 credits

# NYU Committee Letter

The Committee Letter is an institutional letter that highlights you as a multidimensional applicant.

It ties together your academic record and scholarly accomplishments, personal attributes, experiences working and volunteering in the community, and your demonstrated commitment to healthcare.

Only students who complete the majority of their prehealth science courses at NYU will be eligible for NYU's Committee Letter.

# NYU Committee Letter - Timing

Our committee letter process begins in the fall before your application cycle begins. If you hope to enter (aka matriculate) into your health professions school in Fall of 2025, we would say your matriculation year is 2025. You would apply in early summer of 2024 to matriculate and would start our committee process in the fall of 2023.

The best way to make sure you get announcements and updates related to your participation in the committee process is to join the prehealth listserv and read our e-newsletter, *The Medical Record* each week.

# Preprofessional Advising Center: Advising

New students are assigned a professional academic advisor who will continue to be their primary advisor until a major is declared.

We make every effort to assign students who indicate an interest in prehealth in the portal to a CAS advisor within the Preprofessional Advising Center. Students will also receive an advisor within their major department.

If your CAS advisor is not in the Preprofessional Advising Center, you have access to make an appointment with an advisor using the Google form on the Preprofessional Advising “Contact Us” webpage.

# 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 every 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 email listserv, including our weekly e-newsletter, *The Medical Record*, 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
- Once you’ve enrolled as a student in the spring, come to walk-in advising or schedule a one-on-one appointment
- Instagram: @casprehealth
- Email: [prehealth@nyu.edu](mailto:prehealth@nyu.edu)
- Phone: 212-998-8160