

HEALTH PROFESSIONS INFORMATION

- The members of the Lake Forest College Health Professions Advisory Committee are:**
 - Mr. David Bennett**, Office of Admission, Patterson Lodge 220, X5007, bennett@lakeforest.edu
 - Ms. Lisa Hinkley**, Director of Career Services, Buchanan Hall 111, ext. 5235, hinkley@lakeforest.edu
 - Dr. Matthew Kelley**, Dept. of Psychology, Hotchkiss 3, X5262, kelley@lakeforest.edu
 - Dr. Karen Kirk (Chair)**, Dept. of Biology, Johnson 235A, X6044, kirk@lakeforest.edu
 - Dr. Doug Light**, (Spring) Dept. of Biology, Johnson D-230, X6039, light@lakeforest.edu
 - Dr. Lynn Westley**, (Fall) Dept. of Biology, Johnson 205, X6048, westley@lakeforest.edu
- Maintain an open and continual dialogue with HPAC members, and check your email regularly.**
- No specific major is required for most health professions programs.** Pick a major based on interest, as well as preparation for a health profession.
- Health professions schools have specific prerequisite courses and other admission requirements that must be followed.** Admission requirements vary between programs and within programs, so do your homework. Make sure appropriate prerequisite courses are taken, as well as a healthy dose of liberal arts. As a quick guide, most programs require one to two years of biology, two years of chemistry, one year of physics, some college level English, some college level math, and a standardized exam.
- For your first semester here at Lake Forest College take Biology 120 and Chemistry 110 or Chemistry 110 and Physics 110/120.** Why? Most standardized exams are taken at the end of the junior year and they expect students to have finished three semesters of biology, four semesters of chemistry, and two semesters of physics.
- Proper preparation for a professional school is not just taking science courses!** You must also develop personal skills, critical thinking skills, oral and written communication skills, the ability to interact and work with others, foreign languages, understanding human nature, etc. The Liberal Arts is a great way to do this!
- Consider the following items during the next couple years to prepare for a health professions program:**
 - Grades:** It is important that you take your academics extremely seriously. For example, many medical schools may not consider you with a GPA of lower than 3.6-3.7.
 - Standardized exams:** Most programs require a standardized exam (e.g., MCAT, GRE, DAT), usually taken at the end of the junior year. Prepare well for this exam- your score here is extremely important.
 - Experience in the profession you desire to pursue:** Shadow for a significant period of time at least one health care provider in a field in which you are interested. To be considered for admission to medical school immediately after graduation from Lake

Forest College, shadowing must be done by the junior year, or early summer after the junior year.

Volunteer work and community service: Significant volunteerism is a good way to show you are a giving person, which is necessary for a health care provider. Volunteering in a health professional setting (e.g. hospice, animal shelter, hospital) is even better.

Recommendations: It is never too early to start building rapport with your professors, as one day you will need to ask some of them to evaluate you for admission to a health professional school. Be on time, be courteous, and be inquisitive!

Languages: The health profession is always looking for individuals who speak a different language. If possible, build on a language strength to become more proficient.

Research experience: Although not necessarily required in all fields, a significant research experience is considered a plus for many health care programs (e.g. medical school).

Internships: Although not necessarily required, there are many opportunities to do internships in research labs and other types of internships in the Lake Forest area (e.g. Rosalind Franklin University of Medicine and Science) or in Chicago. These give you a different perspective and show breadth.

Extracurricular activities: Extracurricular activities are a good way to show you have a personality outside the classroom, and they allow you to take on leadership roles.

Knowledge of current events and social issues: Read or watch the news on a daily basis. Keep up with the topics, particularly around health and medicine.

Apply early: Many health professions programs have a rolling admission, so make sure your application material is submitted early and is complete. Plan ahead- your junior year will be here before you know it!

International students: Such students have strength due to diversity, but have additional challenges. Some professional schools will not consider students who do not have a green card or USA citizenship. Keep this in mind when you are compiling your list of schools.

**FIND YOUR PASSION: YOU CANNOT DO EVERYTHING ON THIS LIST!!
FIND THE THINGS YOU LOVE, AND EXCEL AT THEM!**

Examples of Careers in the Health Professions:

1. Allopathic Medicine
2. Anesthesiology
3. Audiology
4. Chiropractic
5. Clinical Psychology
6. Dentistry
7. Environmental Health
8. Forensic Sciences
9. Genetic Counseling
10. Health Administration
11. Medical Technology
12. M.D./Ph.D.
13. Naturopathic Medicine
14. Nursing
15. Occupational Therapy
16. Ophthalmology
17. Optometry
18. Orthopedics
19. Osteopathic Medicine
20. Pathology
21. Pharmacology
22. Pharmacy
23. Physical Therapy
24. Physician Assistant
25. Podiatric Medicine
26. Public Health
27. Rural Health
28. Sports Medicine
29. Therapeutic Recreation
30. Veterinary Medicine

Lake Forest College

Preparation for Professional Health Careers

<http://www.lakeforest.edu/academics/programs/prehealth/default.asp>

Student Group at Lake Forest College:

Future Health Professionals

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