

Post-Baccalaureate Pre-Health Information Session

University of Colorado
Boulder

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Topics

1. Introductions
2. Why CU Boulder?
3. Financial Considerations
4. Enrollment options: Structured Cohort vs. Individually Designed
5. Answers to common questions
6. Next steps

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Introductions

Senior Pre-Health Advisor & Program Director

- Elisa Cripps, Ph.D.

Senior Pre-Health Advisor & Admissions Manager for Cohort Program

- Jessica Talbot, M.A.

Advising Team for Prospective Individually Designed Post-Baccs

- Graham Douglas (primary academic advisor for pre-health post-bacc students),
Sat Sonecha, Lindsey Vaughan, Annie Lemberg

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Why CU Boulder?

1. Exceptional support for pre-health post-baccalaureate students
2. Rigorous academics
3. Great place to live



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Exceptional Support

Our post-baccs consistently achieve near-100% acceptance rates to professional school each year



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Exceptional Support

What is the secret to our success?

- Dedicated post-bacc pre-health advisors
 - 75-minute individual advising appointments*
 - Robust program of pre-health group meetings throughout year
- 1:1 coaching on professional school application materials
- 1:1 coaching for professional school interviews
- Easy access to advisors and administrative offices

**If you complete at least 18 credit hours of pre-health prerequisites with us, pre-health advising continues until you matriculate into professional school.*



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Exceptional Support

Pre-Health Group Meeting Topics

- How to Get Involved in Research and Get the Most Out of It
- Pre-Application Workshop, Parts 1 and 2
- Choosing a Strategic List of Schools
- Crash Course in Biomedical Ethics
- Professional School Interview Strategies
- Multiple Mini Interview Practice Session
- What to Expect in Your Application Year



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Exceptional Support

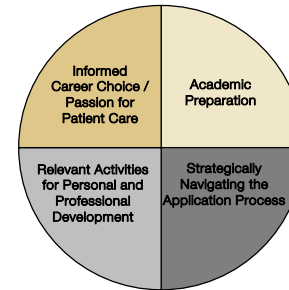
Our guiding principles of advising

- **Expertise:** We maintain close relationships with both the national professional school admissions community and the health professions advising community so that we can stay up-to-date on existing norms and emerging trends in professional school admissions.
- **Trust and Connection:** The foundation of the advising relationship is trust and authentic connection. We are here to serve as your coach and your advocate. We will tell it to you straight while providing support, guidance, and a clear roadmap for success. We are invested in your wellbeing; we aim to foster warm, respectful, authentic advising relationships with each of our students.
- **Informative and Action-Oriented:** Our goal is to provide advisees with the information they need to make well-informed decisions.
- **Holistic:** We encourage each advisee to engage in each of the relevant categories of pre-health experience while guiding them toward options that are in alignment with their values, goals, and areas for personal development.
- **We do this because we love it!** We are passionate about our work and always are striving to learn and grow.



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Exceptional Support



"I have come to realize that my pre-med preparation and the med school application process really is like any other artistic project:

There are certain confines you have to work within, but, like music or writing or chess or sports, the rules and the tensions they create is what allows you to demonstrate mastery."

- James Freeman,
Individually Designed Post-Bacc Student



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Rigorous Academics



Dr. Nancy Guild, MCD Biology

University of Colorado Boulder

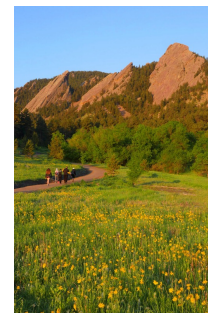
- 5 Nobel laureates
- 9 MacArthur "Genius Grant" fellows
- 2 U.S. Professors of the Year
- 5 National Medal of Science winners

... Our post-bacc students routinely earn MCAT scores in 90-99% range (median score each year in past 4 years: 516, 93%)



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Boulder Ranked #1 Place to Live (U.S. News & World Report, 2020)



- Small city with great restaurants and a vibrant arts and music scene
 - ... 25 miles to Denver
- Surrounded by nature
 - 43,000 acres of public open space
 - 200 miles of trails
 - World-class climbing
 - 20 miles to Eldora Ski Area (city bus takes you there)
- 300 sunny days per year



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Financial Considerations

Federal financial aid tips for post-baccalaureate students:

- Loans, not grants or scholarships (one exception below)
- Non-degree financial aid is only available for one calendar year, and only if you are taking 6+ credit hours of prerequisites per term
- Federal student loans typically max out around ~\$12,500 **per academic year**, which is considered fall-spring-summer.
 - If you start in spring or summer, your total eligibility for federal loans over one *calendar* year is greater because your one-calendar-year of coursework occurs across two *academic* years.
- Financial Aid questions? Contact cefinancial@colorado.edu

Tuition advantages of enrolling through Continuing Education:

- You may opt out of most student fees
 - Savings of around \$900 in the fall/spring, around \$600 in the summer
- Individually Designed post-baccs are eligible to apply for a one-time, \$1,000 Non-Degree Student Scholarship

Non-resident tuition:

- Non-resident students at CU Boulder are charged a flat-rate, full-time tuition rate for 6+ credit hours.



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	Individually Designed program	Structured Cohort program
Which Students are a Good Fit?	Designed for Career-changers, academic record-enhancers, and everyone in between, who: <ul style="list-style-type: none"> • Are seeking to start in any term (fall, spring, or summer) • Are seeking either full-time or part-time enrollment • Completed a bachelor's degree • Have engaged in some clinical experience 	Designed specifically for career-changers who: <ul style="list-style-type: none"> • Are seeking a one-year, full-time program with summer start • Completed a bachelor's degree with excellent grades • Have engaged in extensive clinical experience • Have a history of service to others • Have not yet taken the science prerequisites • Can focus on academics for one full year (max of 10-12 hr/wk for all other jobs/responsibilities)
Program Structure	<ul style="list-style-type: none"> • Choose your own courses and timeline • Course enrollment on space-available basis (advisors can help you make informed choices) • Take courses with CU Boulder undergrads 	<ul style="list-style-type: none"> • All students take a pre-determined set of courses (no substitutions) • Program reserves seats in each course • Take courses with CU Boulder undergrads
Additional Services	<ul style="list-style-type: none"> • Peer mentors and social gatherings 	<ul style="list-style-type: none"> • Peer mentors and social gatherings • Program-provided academic tutoring • MCAT prep materials, workshops, 1:1 planning
Financial Considerations	<ul style="list-style-type: none"> • Eligible for Continuing Ed scholarships • May opt out of most student fees • In-state tuition is slightly lower than for cohort-based post-bacc 	<ul style="list-style-type: none"> • Not eligible for Continuing Ed scholarships • May opt out of most student fees • In-state tuition slightly higher, reflecting additional support services
Advising Services	Full scope of pre-health advising and application/interview coaching services	

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	Individually Designed program	Structured Cohort program
Minimum Eligibility Requirements	<ul style="list-style-type: none"> Math and Chemistry prerequisites Some clinical experience Academics: Typically, cumulative and (if applicable) math/science GPAs are 3.0+, but we will consider applicants with lower GPAs if their most recent coursework shows a compelling upward trend. We consider each application holistically, but we rarely accept students with cumulative GPAs below 2.7. 	<ul style="list-style-type: none"> Math and Chemistry prerequisites More extensive clinical experience Academics: Typically, cumulative and (if applicable) math/science GPAs are 3.5+, but we also consider applicants with lower GPAs if their most recent coursework shows a compelling upward trend
Application Process	<ul style="list-style-type: none"> Non-competitive, no-cost, two-part process: <ol style="list-style-type: none"> Submit Continuing Education application to enroll as a nondegree student Apply to the post-baccalaureate program Requires: <ul style="list-style-type: none"> Official or unofficial transcripts Activity history GPA calculations No interview No letters of recommendation 	<ul style="list-style-type: none"> Competitive application process: PostBacCAS Requires: <ul style="list-style-type: none"> Application fee Official transcripts Essays Letters of recommendation Interview
Timing	<ul style="list-style-type: none"> Must complete all steps in the program's application process at least five weeks before the start of a given academic term if seeking pre-health advising before classes begin 	<ul style="list-style-type: none"> Application process runs from mid-August through February 1 Pre-health advising begins in February

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Prerequisite Coursework (required for both programs)

Mathematics
Complete ONE of the following:

- One semester of College Precalculus, OR
- One semester each of College Algebra and College Trigonometry, OR
- College Calculus 1 or above


Statistics is valuable, but it will not be accepted as a substitute.

Chemistry

- Option A: Full year of high school chemistry
- OR
- Option B: One semester of college Introductory Chemistry lecture (no lab required)

Prerequisite Policies

- Prerequisites must be completed with a grade of B (not B-) or higher before program begins
- All prerequisites must be completed at a regionally accredited college or university. We are happy to accept community college coursework, online coursework, and AP/IB credit to fulfill prerequisites, but please be advised that not all professional schools will accept online coursework or AP/IB credit to fulfill their prerequisites.
 - AP/IB credit must be documented in an itemized list provided by the Registrar's Office at the college that granted the equivalent college credit.
- Spring 2020 coursework only: We will accept P/F grading



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Structured Cohort

- Cohort students take all of their courses together, in CU Boulder's regular courses
- Reserved seats, predetermined set of courses
 - No skipping or substitutions for pre-meds
 - Only certain substitutions allowed for other pre-health students*

Class Schedule


<p>Summer (10 Credits)</p> <ul style="list-style-type: none"> General Chemistry 1 with Lab General Chemistry 2 with Lab 	<p>Fall (13 Credits)</p> <ul style="list-style-type: none"> Introduction to Cellular and Molecular Biology (no Biology lab in fall term) Organic Chemistry 1 with Lab General Physics 1 with Lab 	<p>Spring (13 Credits)</p> <ul style="list-style-type: none"> Principles of Genetics Biology laboratory course (2 credit hours, equivalent to a full-year biology laboratory sequence) Principles of Biochemistry (no lab) General Physics 2 with Lab
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- Pre-PA students do not take Physics 2 in the spring (may substitute another course). May need additional prereqs after program.
- Pre-PT students do not take Organic Chemistry 1 or Biochemistry (may substitute other courses). May need additional prereqs after program.
- Pre-meds may need Organic Chemistry 2 after the program.

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Answers to Common Questions

- What about MCAT/DAT/OAT prep?
- Individually Designed: How long will this take?
- If you are planning to retake prerequisites . . .



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Our approach to MCAT/DAT/OAT prep:

- **Phase 1: Academics**
 - These are subject-based tests that cover the chemistry, biology, and—for the MCAT and OAT—physics topics you'll be learning during the summer, fall, and spring of your post-bacc year.
 - We have learned that the most successful approach starts with focusing on academic mastery during the post-bacc year. You DO NOT need to start test prep (other than, perhaps, CARS or PAT) that year. We promise!
- **Phase 2: Self-Directed Test Prep:**
 - We recommend spending a total of ~300-350 hours of time on dedicated test prep.
 - Our academic year ends in early May. After spring final exams, our students focus on full-time, self-directed test prep until the end of June. (Pre-optometry students can take until the end of July.)
 - Our students submit their common applications by June 5 and take the MCAT/DAT by the end of June. (Pre-optometry students can take an extra month.)

For cohort program, we provide the following materials to each student, at no additional cost:

- AAMC Official MCAT Prep Bundle (practice problems and practice tests)
- Full set of Kaplan MCAT Prep review books
- One-year subscription to the AAMC's Medical School Admissions Requirements (MSAR) online database
- MCAT prep overview seminars and individualized guidance on developing a personal MCAT prep plan

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Individually Designed: How Long Will This Take?

Your personal timeline is determined by your academic and experiential background, as well as by your pace through the coursework.

Guidelines to follow:

Academic

- Complete 3-4 academic terms in a row* with all As and Bs (more As than Bs), while enrolled in 9+ credit hours of BCPM courses per term, before entering professional school application process
 - Plan to devote 4-5 h/wk to academics for each credit hour of coursework. (Example: General Chemistry with lab: 5 credit hours = 20-25 h/wk)
 - If you've completed most of your prerequisites previously but have been out of school for more than 2 years, take another semester of 9+ credit hours of BCPM courses before applying to prof school
- Ensure that your cumulative undergrad and science GPAs are both above 3.0 by application time
- Math skills (Precalculus or Algebra + Trig) are essential for success in General Chemistry and Physics
 - Also need chemistry refresher prior to General Chemistry – okay to do this on your own
- Timeline needs to include test prep period for science-based tests (MCAT, DAT, OAT)



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Individually Designed: How Long Will This Take?

Clinical

- Direct patient interaction:
 - At least 1 year of weekly direct patient interaction by application time, ideally more (typically ~4 h/wk)
- Clinical shadowing:
 - ~5 days, including primary care, medical specialty, surgical specialty

Non-Clinical Interpersonal Service

- At least 1 year of weekly interpersonal service, ideally more (typically 2-4 h/wk, but paid jobs also "count")
- Valued categories of experience:
 - Service to people in vulnerable/marginalized populations
 - Formal interpersonal leadership

Hypothesis-Driven Research

- If applying to MD programs: Min of 1 semester—but ideally 1 year or more—of formal research experience (typically 6-8 h/wk)



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If you are planning to retake prerequisites . . .

- **Expiration dates:**
 - The professions with a science-based standardized entrance exam (med, dent, optom, AA) tend *not* to have prerequisite expiration dates.
- **Grades of C- or below in prerequisite:**
 - Retake the course
- **Grades of C or C+ in a prerequisite:**
 - **Pre-PA, Pre-PT:**
 - Retake the course. PA and PT programs say they accept C range grades, but it is rare for applicants with Cs in any prerequisites to be accepted
 - **Pre-Med:** Ask yourself:
 - "Did I truly master the subject?"
 - "Will I be prepared to succeed in the next course in the sequence (if applicable)?"
 - "With self-directed study, will I be able to demonstrate my mastery on the MCAT?"
 - **All other fields:**
 - It's optional to retake the course, but we recommend that you do. It is common for these schools to calculate your prerequisite GPA. For school-specific GPA calculations (different from the common app service's GPA calculations), the most recent attempt is the grade they typically use.



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Next Steps

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How to Get Started

Before you may schedule your first individual pre-health advising appointment in Continuing Education, you must meet the [eligibility requirements](#) and complete up through Step 4 below.

If you would like to complete your two-hour-long pre-health advising onboarding appointment prior to the opening of the course enrollment period for a given academic term, you must complete up through [Step 4 at least five weeks prior to the start of that academic term](#).

Step 1. Learn about enrollment options and logistics

Step 2. Submit the nondegree enrollment application

Step 3. Watch our video series for new students

Step 4. At least 5 weeks prior to the start of classes, submit the following documents to apply to the IDA program

Step 5. Process for scheduling your two-hour pre-health advising onboarding session

Step 6. If seeking financial aid, connect with the Continuing Ed financial aid advisor and submit documentation

Step 7. Join the Post-Bacc Slack group

www.colorado.edu/ceprehealth

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Next Steps

Individually Designed

Apply:

1. Submit free Continuing Ed application (link posted on website)
2. Complete "Get Started" steps to apply to the Individually Designed post-bacc program

More questions about the program or application process?

- Schedule an appointment with an academic advisor:
 - Log into our appointment system: ce.colorado.edu/advising
 - Click on the Continuing Ed tile
 - Select "Academic Advising"

Structured Cohort

Apply:

- Submit PostBacCAS application

More questions about the program or application process?

- You may ask questions or schedule a time to talk with our Admissions Manager, Jessica Talbot, by sending an email to: postbaccprehealth@colorado.edu
 - If you are requesting an appointment, please include several days and times when you are available. (Our business hours are Monday-Friday, 8am-5pm, Mountain time.)

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