PRE-HEALTH TRACK & STUDY ABROAD

Explore the Possibilities...
# Pre-Health Advising & Study Abroad

## Pre-Health Advising
- Misty Huacuja-LaPointe, Director
- Abby Voss, Assistant Director
- Nicole Labrecque, Dept. Coordinator

## Study Abroad
- Allyson Goose, Assistant Director
- Heather Lin, SA Returnee (student)
- Amy Dushkin, SA Returnee (student)
AGENDA

- Pre-Health and Study Abroad: Potential Course Plans
- Study Abroad and health professions application
- International Healthcare Experience
IS IT POSSIBLE TO STUDY ABROAD AND BE PRE-HEALTH?

YES!!!

**We do not advise taking pre-health pre-requisites abroad.**
## IS IT POSSIBLE TO STUDY ABROAD?

### Academic year study abroad

<table>
<thead>
<tr>
<th>Year</th>
<th>Fall</th>
<th>Spring</th>
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<tbody>
<tr>
<td>First Year</td>
<td>Biol 14a</td>
<td>Biol 15b</td>
</tr>
<tr>
<td>Summer</td>
<td>Gen Chem I w/ lab</td>
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</tr>
<tr>
<td>Sophomore</td>
<td>Orgo I w/ lab, Biol 18b (2 credit)</td>
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<td>Junior</td>
<td>Biochem Stats</td>
<td>STUDY ABROAD</td>
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<td>Physic I w/ lab</td>
<td>Physics II w/ lab MCAT Prep</td>
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<td>Summer/Glide Year</td>
<td>Apply over the summer</td>
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**This is the hardest course sequence to choose. This timeline could hinder your academic performance, MCAT results, or ability to participate in extracurricular activities (health or non-health).**
WHEN TO STUDY ABROAD

- During the Academic Year
  - Fall of Junior Year
  - Spring of Junior Year
  - Fall of Senior Year
  - Apply to Brandeis by mid-February of the year before you go

- During the Summer
  - Any summer during your Brandeis career
  - Apply to Brandeis by mid-March of the summer before you go
DECISIONS, DECISIONS!

- Deciding when to go
  - Course scheduling needs
- Financial needs
  - Brandeis aid mostly travels with students during the fall, spring or year
  - Summer scholarships are available but limited
  - World of Work (WOW) grant through Hiatt as a non-credit alternative
- When do you need to be in the US for exams and interviews?
- GPA needs
  - Courses taken abroad don’t factor into your Brandeis GPA. Will losing a semester on campus take away an opportunity you need to boost your GPA?
TYPES OF PROGRAMS

- Direct enrollment: take most of your classes alongside students from the host country
- Study center: take courses designed for a student from abroad. Courses will be taught in English, or they may be in the foreign language with lower expectations of fluency than for native speakers.
- Internship-based program: complete an internship for credit while also taking classes as a university or study center
- Field-based program: classes may be in various locations in the community and you’ll do an independent study project at the end
APPLICATION ENHANCEMENT

- Cultural Competence (Defined by the AAMC)
  - Demonstrates knowledge of social and cultural factors that affect interactions and behaviors; shows an appreciation and respect for multiple dimensions of diversity; recognizes and acts on the obligation to inform one’s own judgment; engages diverse and competing perspectives as a resource for learning, citizenship, and work; recognizes and appropriately addresses bias in themselves and others; interacts effectively with people from diverse backgrounds.

- Communication Skills
  - Learn to navigate and communicate across cultural boundaries.

- Appreciation of multiple perspectives
  - There isn’t always just ONE right answer...

- Humanistic side of medicine
  - Relating to and engaging patients can lead to better physician patient interactions.
VIEWS ON HEALTHCARE

- Compare and contrast healthcare in the US and abroad.
- Gain awareness of how different cultures view medicine and health.
- Understand that working with diverse colleagues and patients can promote diverse solutions (treatment plans, preventative care, community outreach).
- Available (lack of) resources impact how services can be delivered. How can creative solutions enhance care and services provided?
INTERNATIONAL HEALTHCARE EXPERIENCE

BENEFITS

- Compare US healthcare system to healthcare systems abroad.
- Immersion into a different culture.
  - Gaining cultural competency
- Exposure to global health issues.
  - How do different cultures and countries view health?
  - How are healthcare services delivered?
  - Are different cultures receptive to services provided by US volunteers and healthcare professionals?
INTERNATIONAL HEALTHCARE EXPERIENCE

CAUTIONS

• May be asked to provide clinical services.

• Medical school model abroad.

• Medical schools view on doing more than qualifications allow.

• International experience should not be your only healthcare experience.
RESOURCES

University of Minnesota -- http://www.healthcareers.umn.edu/online-workshops/gaps/index.htm