Pre-Med Planning

Human Biology, Health & Society (HBHS)
Nutritional Sciences – CHE (NS-CHE)
Nutritional Sciences – CALS (NS-CALS)
Global & Public Health Sciences (GPHS)

Considering a career in medicine? The HBHS, NS, and GPHS majors are good starting points. You will take many of the courses required for medical school admission, and you will learn about the biological and social aspects of health and disease in your courses. You also will develop skills in evaluating the many, and often conflicting, claims about how diet and lifestyle influence health.

You also will need to take charge of your pre-med path in the following ways:

- **Know the course requirements and credentials necessary** to become a competitive applicant for medical school. Understand the medical school application process.

- **Learn as much as you can about what a career in medicine involves.** Does your image of a medical career match the realities of medical training and practice? Are you personally well-suited to the many different demands of medical practice?

- **Use extracurricular and summer activities** to gain experience, discover your strengths, learn about what you do not like to do, and develop skills and abilities that will be relevant to medicine or other careers.

- **Keep your mind open to other career possibilities.** At Cornell you will discover many new career ideas. Follow developing interests and talents and explore related career options. For example, you can be involved in human biology, a helping profession, or the health field in many different ways.

Considering alternative careers will broaden your undergraduate experience. And, if you remain dedicated to medical practice after checking out other ideas, you will have the confidence and satisfaction that you have made a thoughtful decision based on good information.

University Pre-Med Resources

**Cornell Careers Services - Health Careers Program** - 103 Barnes Hall
http://www.career.cornell.edu/paths/health/index.cfm
Contact: Lauren O’Neil, Director, Health Careers Advising Program
E-mail: healthcareersadvisor@cornell.edu

Provides general assistance to all pre-med students at Cornell and coordinates the process of applying to medical colleges.

**Health Careers Library, 103 Barnes Hall** has many valuable resources.
Health Careers Guide for Pre-applicants - This guidebook is available in 162 MVR as well.

Orientations and briefings throughout the year are designed to keep pre-meds on track.
**Human Ecology Pre-Med Resources**

Provides specific assistance to College of Human Ecology students about pre-med application process and career planning.

**Human Ecology Career Development Center** - 162 MVR Hall. You can get a copy of Health Careers Guide for Pre-applicants at the center, read the most recent edition of the Official Guide to Medical School Admission Requirements, pick up an MCAT registration packet and read through medical school catalogues.

**Pre-Med Advisor – Career Services**
- Paula Jacobs, 172 MVR Hall, 255-2532 (pj24@cornell.edu)
- Verdene Lee, 172 MVR Hall, 255-2532 (val3@cornell.edu)

**Pre-Med Faculty Advisor**
- Cha-Sook You, Ph.D., B17 Savage Hall, 255-2651 (cy12@cornell.edu)

**PATCH** The PRE-PROFESSIONAL ASSOCIATION TOWARDS CAREERS IN HEALTH can offer assistance, information, and guidance as you move toward your career goals. Including programs about life in medical school, the U.S. Health Care System, alternatives to getting an MD, how the armed forces can help you, the AMCAS application process, and field trips.
- Paula Jacobs, 172 MVR Hall, 255-2532 (pj24@cornell.edu).

**College of Agriculture and Life Sciences Pre-Med Resources**

Provides information to College of Agriculture and Life Sciences students about pre-med applications.

**Pre-Med Advisor**
- Catherine Thompson, 140 Roberts Hall, 254-5385 (ct30@cornell.edu)
- CALS Student Services, 140 Roberts Hall, 255-2215 (cals-studentservices@cornell.edu)

**Pre-Med Faculty Advisor**
- Cha-Sook You, Ph.D., B17 Savage Hall, 255-2651 (cy12@cornell.edu)

**Additional Sources of Pre-Med Information**

**Association of American Medical Schools** - [http://www.aamc.org/](http://www.aamc.org/)

**Medical College Admissions Test** - [https://www.aamc.org/students/applying/mcat/](https://www.aamc.org/students/applying/mcat/)

**American Medical College Application Service** - [https://www.aamc.org/students/applying/amcas/](https://www.aamc.org/students/applying/amcas/)

**General Career Planning**

**Books** (Easy reading & available in bookstores or at career centers)
- *The Pathfinder: How to Choose or Change Your Career for a Lifetime of Satisfaction and Success*, by Nicholas Lore
- *Becoming a Physician—A Practical Guide to Planning a Career in Medicine*, by J. Danek and M. Danek

**Cornell University Career Center** – 103 Barnes Hall, 255-5221. [http://www.career.cornell.edu/](http://www.career.cornell.edu/)

**Human Ecology Career Development Center** – 162 MVR Hall, Deanne Maxwell (dhm8@cornell.edu); Paula Jacobs, Pre-Med Advisor (pj24@cornell.edu) [http://www.human.cornell.edu/career-development/career-exploration/index.cfm](http://www.human.cornell.edu/career-development/career-exploration/index.cfm)

**College of Agriculture Career Planning** – 140 Roberts Hall [http://www.cals.cornell.edu/cals/current/career/index.cfm](http://www.cals.cornell.edu/cals/current/career/index.cfm)
Sources of Health-Care Related Experience

CU Extern Program
Students can apply to the CU Extern program in October and spend part of winter break shadowing a Cornell alum in one of the health professions.
http://www.career.cornell.edu/students/options/extern/index.cfm

Urban Semester
Students spend a semester (usually in the sophomore or junior year) in New York City gaining experience in health care fields.
http://www.human.cornell.edu/academics/urban-semester/index.cfm

Health Center Student Volunteer Opportunities

Health Careers, Getting Experience: http://www.career.cornell.edu/paths/health/experience/volunteer/index.cfm

Community Health Professionals Mentorship Program through Gannett
http://www.gannett.cornell.edu/services/volunteer/mentorship.cfm

The Safety Zone: Nina Cummings, Health Educator, 255-4782
Mentorship Program: Gannett Health Promotion, 255-4782

Field Experience in Your Major
Field experience in your major can provide unique opportunities. Please see the information concerning Field Experiences in the GOLD pages.

Research for credit (NS 4010), as a volunteer, or in the Honors Research. Working closely with a faculty member can help you decide how interested you are in the research aspects of nutrition and medicine. Please see the information concerning Undergraduate Research and the Honors Research Program in the GOLD pages.

Summer Experience
Volunteer to help health care providers and community support programs in your neighborhood or hometown.