Pre-Med Planning

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

**Considering a career in medicine?** The HBHS and NS 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: Janet Snoyer, 255-0542 (js100@cornell.edu).

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

**Health Careers Library** has many valuable resources. Health Careers Guide for Pre-applicants - This required guide is available in 162 MVR.

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 Preapplicants 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)
140 Roberts Hall, 255-2215

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/
Medical College Admissions Test - http://www.aamc.org/students/mcat/start.htm

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


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

College of Agriculture Career Planning – 177 Roberts Hall, Amy Benedict Augustine, Director, 255-2215.
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**
http://www.career.cornell.edu/paths/health/experience/volunteer/index.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.