

There are several reasons why you may need time, (after graduation), before applying to a post baccalaureate health professions program.

Do you need a Gap Year?

Here are a few common reasons

- You need to complete the pre-requisites required for admission and “sit” for the health profession entrance exam (MCAT, DAT, GRE, PCAT).
- You completed the pre-requisites during your final year of undergraduate school and still need to “sit” for the health profession entrance exam.

Reasons continued.....

- You want to enhance your health related experiences.
- You want to pursue research opportunities.
- Your MCAT/DAT/GRE/PCAT score was lower than you anticipated.
- You need “time-off” to unwind.

The reason that you decide to take a “gap year”, determines what you should do in-between.

What Should You Do?

Some Suggestions

- Diligent preparation for the health professions entrance exam. Think about the Kaplan or Princeton Review Course .
www.princetonreview.com or www.kaptest.com
- Prepare your application and submit it to the application service. Depending on the time of year, the interval between your primary application filing and hearing of an interview, may be three months or more.

Suggestions continued.....

- Consider USA and International Service Programs like Americorps, the Peace Corps, and International Service Learning.

www.gapyearprograms.net

www.islonline.org

Suggestions continued.....

- Consider a biomedical science or a post-baccalaureate program designed for students interested in pursuing medicine. Biomedical science programs may be Master's programs or certificate programs.

www.pcom.edu

www.biomed.drexel.edu

<http://services.aamc.org/postbac/getprogs.cfm>

What is a Biomedical Science Certificate Program?

- Offers students the integrative scientific study of biological issues related to health and medicine. Can be completed in one year.
- Many students seek this coursework in order to prepare for a career in one of the health professions.
- It can address the needs of a variety of students who are second career or in need of enhancing their academic record.

What is a Postbaccalaureate Pre-medical Program?

- Some are designed for students who have not completed the science courses required for medical school.
- Some are designed for students who need to enhance an existing academic record. They have completed the required science courses, but must improve their GPAs to be competitive for admission.

Suggestions continued.....

- Consider pursuing research through NIH post baccalaureate programs: the intramural research training program and the NIH Academy.

www.training.nih.gov/programs

Suggestions complete

- Consider medical programs that put less emphasis on the health professions entrance exam score and more emphasis on your health exploration experiences, motivation, and overall GPA.

(Ross University, American College of Antigua)

- Retake the health professions entrance exam.

If you are planning on a “relaxing break”, you must continue to keep up with medical advancements and national trends. Plan on continuing to explore your health career of choice, or take a course to enhance your application; this could be the right time to learn or to perfect Spanish.

REMEMBER
