Post-Bac vs. Masters

Post-Grad Options

Shalvi Prasad
Pre-Med, Pre-PA Pre-DPM Staff Advisor at Health Professions Advising
What are my options?
The best steps for you.
Some things to consider:

1. Is this an academic enhancer?
   • Focus on raising your undergraduate GPA

2. Is this a career changer?
   • Were you initially a non-science major?

3. What do you need?
   • Advising/Mentorship
   • A cohort
   • Structure

4. Time

5. What are you interested in?

6. What do you hope to accomplish/your end goal?
Post-Baccalaureate Programs
Informal vs. Formal
Why an Informal Post-Bac?

Cost:
• Pay by unit

Where to take it:
• 4 year institution (UC Davis, Berkeley)

The pace:
• Self-paced, typically slower
• Flexible schedule
• Can work while in school
Examples

Berkeley Extension
- [http://extension.berkeley.edu/search/publicCourseSearchDetails.do?method=load&courseId=41571](http://extension.berkeley.edu/search/publicCourseSearchDetails.do?method=load&courseId=41571)
- ~ $317 per unit

UC Davis Open Campus
- [https://extension.ucdavis.edu/open-campus/info](https://extension.ucdavis.edu/open-campus/info)
- $300 per unit
Why an Formal Post-Bac?

- Advising
- Cohort
- Curriculum
- Faster

Where to take it:
- UC Consortium
- Columbia
- Georgetown
- CSU East Bay
- California Northstate
Masters Programs
SMP: Special Masters Programs

• GPA 3.2 or higher
• Pre-meds
• Take courses with pre-med students
• Usually pipelines to medical schools

Masters of Science (MS):

• GPA 3.2 or higher
• Pre-meds: Nutrition, Biochemistry, Anatomy, Physiology, etc.
• Veterinary Medicine: Animal Biology
• Physical Therapy: Kinesiology
Masters in Public Health (MPH):

- This helps to define you
- It does not help your undergraduate GPA
- Experience needed for more specialized programs

MPP, MPA

- UOP
- UC Berkeley
- Yale
- Brown
- 1 yr vs. 2 yr
Questions to Ask
Some Questions to Ask Programs:

• Is there a sole advisor to the program you are applying to, or do they have other responsibilities?

• What percentage of their students successfully matriculate into a graduate program (i.e. medical school)?

Some Questions to Ask Yourself:

• How much time do you have?

• How much are you willing to spend?

• How renowned is the program?

• What is the curriculum?
Upcoming HPA Events!
Questions?

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Schedule an appointment at hpa.ucdavis.edu

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