

# APPLY FOR THE UC DAVIS HEALTH PROFESSIONS POST-BAC PROGRAM

We offer one cohort per year, beginning in January. Applications for the 2021 program will **open July 1, 2020 and close September 30, 2020**. Apply online through the centralized application service, PostBacCAS. The application process is rolling, so applying early is highly recommended.

## TUITION

\$30,000 (or \$6,000 per quarter)

Cost includes all coursework, test and application preparation, advising and specialized training in quarter five. Housing, food, transportation, books and health insurance are not included.

**For program details** regarding prerequisites, the application process, quarter-by-quarter options, fees, financial aid and more, visit us online:  
[hpa.ucdavis.edu/postbac](http://hpa.ucdavis.edu/postbac)

## CONTACT US

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# UCDAVIS HEALTH PROFESSIONS POST-BACCALAUREATE PROGRAM

First Cohort January 2021







## ABOUT US

Developed in partnership with UC Davis' Health Professions Advising Office and Division of Continuing and Professional Education, this academic-enhancing program is designed for individuals pursuing medicine, dentistry, veterinary medicine, nursing, physician assistant or other health professions.

Unlike other post-baccalaureate programs, our unique **five-quarter program** starts each January and ends the following March, so you can take a full year's worth of coursework, prepare for the test and have the training to secure a full-time position during your application year.

# SECURE YOUR FUTURE AS A HEALTH PROFESSIONAL

OUR PROGRAM PREPARES YOU for all aspects of applying to health professional schools—academic building, test taking and application preparation—while also training you for employment during your gap year. You'll benefit from individualized, high-touch academic advising; a comprehensive, in-house test preparation program; and an application strategy that aligns with your specific needs.

## PROGRAM OVERVIEW

The program includes:

- 12 rigorous science courses (three courses per quarter)
- Year-long MCAT test preparation course or quarterly GRE/DAT prep
- Series of one-unit support seminars
- Application prep seminar
- Hands-on training

Students will work with an advisor to select three upper-division courses each quarter. If needed, one quarter of chemistry, organic chemistry or physics can be repeated throughout the program.

You can apply to the full program or register for a quarter at a time. Advising and test preparation are provided during the quarter registered. Individual quarters may be better options for those needing only a few requirements for programs, such as nursing or physician-assistant programs.

## SKILL-BUILDING SEMINARS

These one-unit seminars are designed to help you succeed in the program, as well as in your future health profession.

### LEARNING STRATEGIES

Learn strategies for the classroom and test preparation. Explore proven techniques to increase memory retention and recall.

### TEST-TAKING STRATEGIES

Learn strategies that can be applied to classroom tests and standardized exams. Study proven techniques to increase recall, deductive reasoning and application.

### NARRATIVE MEDICINE

Read and discuss concepts around social determinants of health, motivational interviewing, health equity and more, while learning to develop your own narrative.

### MEDICAL TERMINOLOGY

Build the vocabulary you need to understand and participate in conversations centered on health.

## SAMPLE PRE-MED TRACK

Winter (Quarter 1)	Spring (Quarter 2)	Summer (Quarter 3)	Fall (Quarter 4)	Winter (Quarter 5)
3 Science Courses	3 Science Courses	3 Science Courses	3 Science Courses	Hands-on Learning Experience (Research, Clinical or Health Equity Track) 2 Online Courses (optional)
MCAT Prep Seminar (1 unit each quarter)				MCAT Exam in January
Learning Strategies Seminar (1 unit)	Test-Taking Strategies Seminar (1 unit)	Narrative Medicine Seminar (1 unit)	Medical Terminology Seminar (1 unit)	Application Prep
Reinforcement Courses (if needed): Organic Chemistry, Physics, Chemistry				
14 units	14 units	14 units	14 units	14 units minimum

## SPECIALIZED TRACKS

When applying, you will select a track to pursue during the program, which will determine your course of study in the fifth quarter.

### RESEARCH

Work closely with your advisor to identify areas of interest. Following assessment of your current research experience, you will be placed in a lab or with a clinical researcher at the UC Davis Health System during the fifth quarter. If necessary, you will also be placed in science courses designed to teach basic lab skills.

### CLINICAL

Participate in the UC Davis Emergency Medical Technician (EMT) program during your fifth quarter. After successful completion of this six-week course, you will qualify for the National Registry of EMTs examination for certification. Once nationally registered, you will be eligible to apply for state licensure, allowing you to work as an EMT in local areas of your choice.

### HEALTH EQUITY

Take an in-depth look at health equity. Work individually with your advisor to find experiences that match your goals and select coursework centered on your specific interests in health disparities, epidemiology, sociology and more. Additionally, you will be paired with a mentor from the UC Davis Health System to intern with for the quarter.

## ONE-ON-ONE ADVISING

Our personal approach to advising means that we understand your goals, strengths and challenges. Through weekly seminars and check-ins, our advisors learn about your academic journey, providing assistance and resources as necessary. Your success in the program is essential, so we will make every effort in assisting you with acclimating to the environment and experience.

## PERSONALIZED COMPOSITE LETTER

As a post-bac student, you can utilize a Composite Letter Packet service, which many health professions schools prefer. Advisors will collect your letters of recommendation, write a cover letter and upload your Composite Letter Packet to your application system in June of your application year.

## TEST PREPARATION

Whether you're taking the MCAT, GRE or DAT, your success on that test is our top priority. Build test-taking skills and confidence through individualized plans and consistent practice. During orientation, you will take a full-length test to assess your current needs, and our test prep instructor and advisors will work with you to discuss strategies and select coursework to address any weaknesses.

Pre-Medical students will be automatically enrolled in a one-unit, P/NP MCAT seminar each quarter. During this year-long preparation, they will participate in experiential learning opportunities to review content, learn and apply strategies for each test section, take 15 full-length practice tests, and build the confidence necessary to conquer the MCAT. Students taking the DAT or GRE will have a similar experience but for a shorter duration of time closer to their test date.

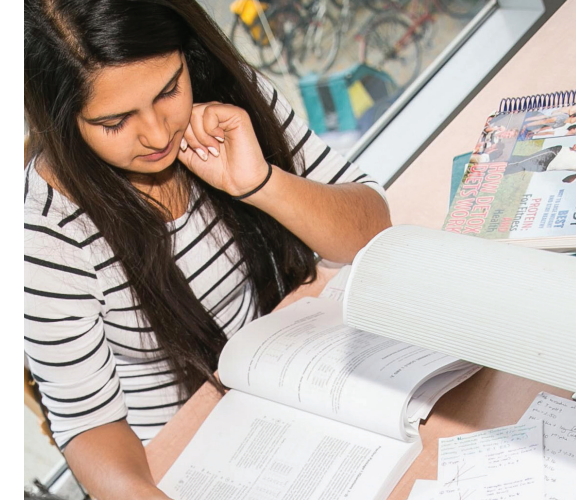
Pre-Medical students will take the first MCAT in January of their fifth quarter, before beginning their tracks. In the event that a student should repeat the MCAT, we will provide assistance for one more retake through June. Students may elect to sit in on the seminars again or receive individual tutoring.

## APPLICATION PREPARATION

Throughout the program, your advisor will work closely with you to identify an application strategy that aligns with your needs. You'll also have one-on-one access to the program director, who has over 10 years of experience in both medical school admissions and the Health Professions Advising Office at UC Davis—which has demonstrated a strong increase in successful medical school matriculation.

Application preparation includes:

- Personal statement and experience writing
- Résumé building
- Cover letter and interest/update email writing
- How to ask for letters of recommendation
- Composite letter from the program director
- Creating a school list
- Centralized application review
- Interview preparation



## REGISTER FOR AN INFORMATION SESSION

To learn more about this program, join us for an information session and be sure to bring your questions.

These sessions are available:

**Wednesday, April 1, 2020**

6 p.m., Health Professions Advising at UC Davis, 1090 Orchard Road

**Friday, May 1, 2020**

12 p.m., LIVE Webinar  
Register online at [hpa.ucdavis.edu/postbac](http://hpa.ucdavis.edu/postbac)

**Monday, June 1, 2020**

6 p.m., Health Professions Advising at UC Davis, 1090 Orchard Road

**Wednesday, July 1, 2020**

6 p.m., LIVE Webinar: Application Q&A  
Register online at [hpa.ucdavis.edu/postbac](http://hpa.ucdavis.edu/postbac)



Capitalizing on the abundant resources that UC Davis and its Health Center provide, we employ application strategies that lead to successful matriculation into health profession schools.

For more information, visit us online: [hpa.ucdavis.edu/postbac](http://hpa.ucdavis.edu/postbac)