Pre-Health Advisement Program
Seminars in the Health Professions

In addition to one-on-one advisement by the Pre-Health Advisement team, the program gives students the opportunity to participate in two health seminars offered by the Pre-Health Advisement Program.

SEMINAR IN THE HEALTH PROFESSIONS

SPRING SEMESTER FRESHMAN OR SOPHOMORE YEAR

Each week a speaker from a health profession visits class to discuss the profession and provide first-hand information about the career. Topics include courses and tests required for admittance to respective health profession schools, debt and timeline to recover from debt, salaries, realistic timelines for purchasing homes/starting a family/family time, daily professional life, life on call and non-traditional jobs students could explore with their degrees. The seminar provides students with the information they need to find the right health career for them.

ADVANCED SEMINAR IN THE HEALTH PROFESSIONS

FALL SEMESTER JUNIOR OR SENIOR YEAR

This class meets once per week for seminar discussions and other activities associated with planning for and applying to schools in the relevant health professions. Discussions include advice on course selections that are required for different schools, any relevant revisions to the course offerings at SHU, and the timing of registration for courses in relation to exams such as the MCAT, DAT, OAT, PharmCAT or GRE exam. We also discuss the balance between pre-health requirements and other academic and extracurricular goals, and discuss which paths may be most aligned with your own values, abilities and interests. In addition to seminar discussions, you will hear from invited speakers, such as alumni at different points in their health profession careers, admission directors of different schools and coordinators of programs that provide extracurricular clinical opportunities. Students learn about the logistics and timelines for the application process, write their personal statements under the guidance of trained faculty and participate in mock interviewing. Additionally, any student who receives an interview is afforded a private mock-interview with the advising team.
About the Program

SACRED HEART UNIVERSITY OFFERS A STRONG AND UNIQUE PROGRAM IN PREPARATION FOR GRADUATE WORK in medical (MD, DO and podiatry), dental, veterinary, pharmacy, optometry and physician assistant schools, emphasizing both the humanities and the sciences.

Students are guided through careful planning of coursework to meet the requirements from each professional school: typically courses in the sciences, math and English along with courses in the humanities and behavioral sciences. In addition, Sacred Heart University works with students to understand the realities of various health professions and earn acceptance to the professional schools. Out-of-the-classroom experiences are an important component of professional school preparation and include internships, job shadowing, undergraduate research, participation in relevant extracurricular organizations, volunteerism and entrance exam preparation. Pre-health students also take advantage of activities such as book discussions and visits to museums, theaters, and exhibits. The Program’s mission is to prepare broadly-educated students with high academic achievement and to nurture altruism and realism through service.

What Major Should I Choose?

THERE IS NO MAJOR THAT YOU MUST CHOOSE in order to be a pre-health student. You may hear that you must major in biology, chemistry or something in the natural sciences to be a pre-health student or that certain majors will give you a better chance at getting into medical schools. This is not true.

At Sacred Heart University, our Pre-Health Advisement team will work with you to ensure that you complete the required pre-requisite courses; you can major in anything and still be pre-health. Your faculty advisors, along with the Center for Career and Professional Development, will also help you choose a major that you are passionate about with courses that match your interests. A high GPA, along with completing the required pre-requisite courses and performing well on the admission test, is critical for your application.

“The Pre-Health Advisement Program has been nothing less than a phenomenal experience. Professors and advisors are passionate about what they teach, and they all have a wealth of knowledge in their respective fields. Research opportunities and internships are offered in abundance to truly prepare you for any post-graduate career path.”

—CHRISTOPHER TURECHEK ’19
Internships

Internships and shadowing are an integral part of students’ pre-health development. SHU students benefit from the University’s location in Fairfield County, Connecticut with access to a multitude of sites for internships and shadowing. A sampling of recent sites includes:

- Leo Zoological Conservation Center
- Beardsley Zoo
- Veterinary Surgery of New England
- The Kennedy Center
- Neurodiagnostics, LLC
- Norwalk Hospital
- New England Oral Surgery Associates
- Gentle Family Dentistry
- Dialysis Clinic Inc.
- Total Orthopedics & Sports Medicine
- Spring Mill Physical Therapy
- Bristol Meyer Squibb
- Pfizer
- Summer Medical and Dental Education Program, Yale University

Clubs and Organizations

A VARIETY OF THRIVING PRE-HEALTH CLUBS AND ORGANIZATIONS ARE OFFERED FOR SHU STUDENTS. THESE INCLUDE:

Alpha Epsilon Delta is the National Health Pre-professional Honor Society dedicated to the encouragement and recognition of excellence in pre-professional health scholarship. The society welcomes all students engaged in the pursuit of professional development, provides a forum for students with common interests, and extends a program of service to benefit the University community. Students apply after completing at least three semesters of health pre-professional studies work, with an overall cumulative GPA of at least 3.20.

The Pre-Physician Assistant club helps students learn more about the occupation, interact with current physician assistants and prepare for exams and other requirements for physician assistant schools.

Pre-Medical students may also join the American Medical Student Association club, in addition to academic major clubs and organizations such as the Biology Club, American Chemical Society, Psychology Club and English Club.
Student Success Stories

FOR MORE SHU SUCCESS STORIES VISIT www.sacredheart.edu/pre-healthsuccess

DEEVA FRANKEL, DPM
Dr. DeeVa Frankel, Doctor of Podiatric Medicine, graduated from Sacred Heart University in 2010 with a bachelor’s degree in biology. After Sacred Heart, she attended Barry University School of Podiatric Medicine, graduating in 2014 when she began a 3-year surgical residency in foot and ankle surgery at Mount Sinai Medical Center. Currently DeeVa serves as Chief Resident.

NEIL DOPPLER
Neil Doppler graduated from Sacred Heart University in 2015 with a double major in biology (concentration in cellular and molecular biology) and chemistry (concentration in biochemistry). He went on to study optometry at the University of Alabama at Birmingham School of Optometry, graduating in May 2019. Neil also served as a member of the American Optometric Student Association Board of Trustees. Neil plans to focus his practice on Low Vision and Ocular Disease.

JOCELYN BRICKETT, DVM
Jocelyn Brickett earned her Bachelor of Science with a double major in Biology and Chemistry at Sacred Heart University in 2009 and went on to attend the University of Tennessee, earning her Doctor of Veterinary Medicine in 2014. Jocelyn is currently a veterinarian at Animal Specialty and Emergency Hospital in Rockledge, Florida and a member of the American Veterinary Medical Association and the Veterinary Emergency and Critical Care Society.
Sampling of Acceptances

SCHOOLS ATTENDED BY SHU GRADUATES IN THE LAST 10 YEARS (FOR A FULL LISTING SEE WWW.SACREDHEART.EDU/PRE-HEALTHACCEPTANCES)

MEDICAL

› Albert Einstein College of Medicine
› Chicago Medical School
› Drexel University College of Medicine
› Florida Atlantic University College of Medicine
› Indiana University School of Medicine
› Lake Erie College of Osteopathic Medicine – Bradenton
› New Jersey College of Osteopathic Medicine
› New York College of Osteopathic Medicine
› New York Medical College
› Pennsylvania State University College of Medicine
› Philadelphia College of Osteopathic Medicine
› Quinnipiac University School of Medicine
› St. George’s University School of Medicine
› Stanford University School of Medicine
› Stony Brook University School of Medicine
› Temple University School of Medicine
› Texas College of Osteopathic Medicine
› Uniformed Services University of the Health Sciences
› University of Calgary School of Medicine
› University of California at Davis School of Medicine
› University of Connecticut School of Medicine
› University of Dublin School of Veterinary Medicine
› University of Edinburgh
› University of Massachusetts Medical School
› University of Michigan School of Medicine
› University of Pittsburgh School of Medicine
› University of Texas San Antonio Long School of Medicine
› University of Vermont Larner College of Medicine

VETERINARY

› Atlantic Veterinary College at the University of Prince Edward Island
› Auburn University College of Veterinary Medicine
› Colorado State University College of Veterinary Medicine & Biomedical Sciences
› Iowa State University College of Veterinary Medicine
› Michigan State University College of Veterinary Medicine
› North Carolina State University College of Veterinary Medicine
› Ohio State University College of Veterinary Medicine
› Purdue University College of Veterinary Medicine
› Royal (Dick) School of Veterinary Studies at University of Edinburgh
› University of Tennessee College of Veterinary Medicine
› Western University of Health Sciences College of Veterinary Medicine

PHARMACY

› New York University College of Dentistry
› Rutgers, the State University of New Jersey School of Dental Medicine
› Tufts University School of Dental Medicine
› University at Buffalo School of Dental Medicine
› University of Connecticut School of Dental Medicine
› University of Maryland School of Dentistry
› University of Medicine and Dentistry of New Jersey Dental School

OPTOMETRY

› College of Optometry at Pacific College
› New England College of Optometry
› University of Alabama at Birmingham School of Optometry

PHYSICIAN ASSISTANT

› Albany Medical College Physician Assistant Program
› Arcadia University Physician Assistant Program
› Elon University Physician Assistant Program
› Long Island University Physician Assistant Program
› Massachusetts College of Pharmacy and Health Sciences Physician Assistant Program
› Mercy College Physician Assistant Program
› New York Institute of Technology Physician Assistant Program
› Pace University/Lenox Hill Hospital Physician Assistant Program
› Quinnipiac University Physician Assistant Program
› Sacred Heart University Physician Assistant Program
› Springfield College Physician Assistant Program
› Stony Brook University Physician Assistant Program
› Touro University Physician Assistant Program
› UMDNJ Physician Assistant Program
› University of Bridgeport Physician Assistant Program

DENTAL

› Boston University School of Dental Medicine
› LECOM School of Dental Medicine
› Midwestern University College of Dental Medicine