

# UNIVERSITY OF LOUISVILLE

---

## Post-Bac Pre-med Program Orientation Handbook

# CONGRATULATIONS!

Now that you're in the program, what's next?



# WELCOME ABOARD!

We want to **keep you in the program and get you into medical school!**

There are program requirements you must meet in order to receive your Certificate of Completion; committee letter of recommendation and assured admission to the University of Louisville School of Medicine.

# PREPARATION PROGRAM

As of the fall 2012 semester, our program is no longer a certificate granting program. Our program is strictly a preparation program that awards a Certificate of Completion, not an official certificate diploma from the Registrar. The mission and structure of our program remains the same.

# TABLE OF CONTENTS

TOPIC	PAGE
• Program Requirements	4
• Assured Admission Requirements	5-8
• Getting Acquainted	9
• What's a Program Plan	10
• Registering for Classes	11
• Purchasing Books	12
• Financing Your Education	13
• FAFSA	14
• UPS Tuition Incentive	15
• Veteran Student Services	16
• Campus Card	17
• Campus Parking	18

TOPIC	PAGE
• Getting Familiar with Belknap Campus	19
• Housing	20
• Apartment Listings	21
• Making Louisville your Second Home	22
• Enrichment Sessions	23
• Service Projects	24
• Shadowing	25-26
• Academic Assistance	27-28
• Your Support System	29-31
• Our Mission	32
• Questions	33

# PROGRAM REQUIREMENTS

- You must complete the minimum pre-med requirements.
- You must complete a minimum of 30 credit hours of pre-med/science coursework at U of L.
- You may be required to take additional recommended upper level science courses in order to meet the 30 hour requirement.
- You must have a 3.3. post-bac grade point average and 3.5 post-bac science gpa by the completion of the program.
- You must actively participate in the program by attending enrichment sessions, volunteering with group and individual service projects and participating in mandatory activities. There will also be optional extracurricular activities.
- You must have follow up consultation each semester; fall and spring.
- You must have a mock interview before receiving your committee letter of recommendation for medical school.
- ❖ **If you have difficulty meeting these requirements, please consult with the Program Advisor.**
- ❖ **If you fail to meet these requirements at anytime during the program, you are at risk of being dismissed and may resume as a regular non-degree Post-Bac.**

# ASSURED ADMISSION REQUIREMENTS -GPA

## GPA

- If  $\geq 24$  hours within the U of L Post-Bac program and Post-Bac GPA  $\geq 3.6$  then will be interviewed.
- If  $\geq 30$  hours within U of L Post-Bac program and Post-Bac GPA  $\geq 3.5$  then will be interviewed.
- If U of L Post-Bac GPA does not meet these requirements then the applicant goes into pool for regular admission consideration.

# ASSURED ADMISSION REQUIREMENTS – Interview Score

## INTERVIEW SCORE

- Interview score  $\geq 28$  total points for two interviews (average  $\geq 3.5$ ) with no section below 3 (**Note:** 3 is average).
- Interviews will be offered after the applicant has successfully completed  $\geq 24$  hours as outlined in **Item 1.** above.
- If interview total points  $\leq 27$  then the applicant goes into pool for regular admission consideration.

**Please note:** No longer required as of the fall 2014 cohort. Medical School Admissions interview given during initial applicant interview for the program.



# ASSURED ADMISSION REQUIREMENTS – MCAT Score

## MCAT

- MCAT must be scheduled such that the score is available on or before **April 30** of the year of desired matriculation.
- MCAT  $\geq 9.0$  average (with not less than 8 on any individual numerical section) all during one testing; with GPA and interview standards also met, then “Assured Admission.”
- If MCAT  $< 9.0$  then the applicant goes into pool for regular admission consideration.
- The MCAT may be retaken a second time as long as Item **3.a.** is fulfilled. However the most recent score will then be the score of action and must meet Item **3.b.** for an assured admission.

# ASSURED ADMISSION REQUIREMENTS – MCAT Retake

If the necessary score is not achieved with the second attempt, the student must meet with the Post-bac Program Director (PD) to discuss options and the possibility of a third attempt.

The PD will then meet with Admissions personnel to determine if a third assured admission attempt will be allowed.

# GETTING ACQUAINTED

## Initial Consultation

Since we'll be working together for the next year or two, we need to get acquainted. Every student in our program has an initial consultation with the Program Director who also serves as the pre-med advisor.

This consultation allows us to further discuss your interest in becoming a physician and to begin working out a program plan. Follow up consultations are held throughout the semester.

# WHAT'S A PROGRAM PLAN?



A program plan serves as your academic road map.

- **For starters**, we will review your transcript to see what remaining pre-med courses you need to take or repeat.
- **Next** we will decide which courses you will take for the next 2-6 semesters (1-2 years).
- **Then** we will review the pre-requisites for each class and see which of those classes are open for the current semester.
- **Lastly**, you can register for those courses based on the days and times that work for you via U Link.

**In addition to your course load, we will also schedule a tentative date for taking the MCAT and applying to medical school (these dates are pending your success in the pre-med courses).**

# REGISTERING FOR CLASSES

- Once you've been admitted into the University of Louisville and matriculated, you may register for classes. Go to <http://hal.louisville.edu> to find a listing of classes being offered for the semester you are entering.
- Find the classes and the preferred day and time to attend then you may register for classes on-line through U-Link.
- Once you have logged on to U-Link, select the **Student Services tab** (top of the left column); then go the Registration column (far right column) and scroll down to Enrollment Shopping Cart to begin searching for and selecting classes.
- Once you've selected your courses and clicked enroll you may then go to Add Classes and add them to your schedule.
- If you have any registration problems, please call 502-852-6522 .

# PURCHASING BOOKS



Books are a commodity and can be a major investment. There are book stores surrounding campus:

**Barnes & Noble Bookstore** <http://louisville.bkstore.com/>  
Student Activities Center, Belknap Campus

**Grays Book Store**, <http://uofl.graysbooks.com/>  
4<sup>th</sup> & Cardinal Blvd. (near campus)

Our office keeps a resource library and book exchange where you can purchase used books at a discounted price or borrow books for a semester. Be sure to check the edition of the book(s) to make sure it's the same one being used this semester. Also, consider purchasing study guides/aides associated with the class . You may order books on-line at the websites listed above.

# FINANCING YOUR EDUCATION

Now that you're in the program, you need to pay for school. Tuition rates may be found at <http://louisville.edu/vpf/bursar/>

## PAYMENT OPTIONS

- Pay out of pocket (your own funds)
- Arrange a payment plan with the Bursar's office
- Work at UPS through the Metro College (tuition covered) or the Earn and Learn program which reimburses their employees' tuition
- Apply for financial aid or for a personal/private loan.

(You may be eligible for Federal Stafford Student Loan for one academic year through our program).

# FAFSA

## APPLYING FOR FINANCIAL AID

- You must complete the FASFA form to apply.
- Go to <http://www.fafsa.ed.gov>. The U of L's Title IV code is **001999**.
- For more information about the student loan, please consult with Mr. Cedric Trigg, Financial Aid Advisor, 502-852-1405 or [cdtrig01@louisville.edu](mailto:cdtrig01@louisville.edu) or call the main line at 502-852-5511 and request an advisor.
- Please visit the Financial Aid website <https://vhost.louisville.edu/student/services/financial-aid/devfinancialaid/index.php>



# UPS TUITION INCENTIVES

You can work at UPS part-time and they will pay your tuition for undergraduate level courses.

You can apply on-line at <https://upsjobs.managehr.com/>.

**CONTACT: THE METRO COLLEGE OFFICE**

Houchens Building, 502-852-2749

Ask for the Counselor on call



# VETERAN STUDENT SERVICES

If you are currently in the military or a veteran, there is an office available to assist you as you readjust to campus and civilian life.

## VETERAN STUDENT SERVICES

### CALL

502-852-6442

### E-MAIL

[veterans@louisville.edu](mailto:veterans@louisville.edu)

### WEBSITE

<https://louisville.edu/veterans/about>

### STOP BY

Houchens Building, lower level, room 08



# CAMPUS CARD

If you are new to U of L, you will need to get a campus ID card.

The Cardinal Card Office is in the Houchens Building on the lower level.

***Bring another form of ID with you and your student ID #.***

For more information, please go to <http://louisville.edu/campuscard/> or call 852-7520.

# CAMPUS PARKING



If you plan to park on campus, you must purchase a parking permit from the parking office. Most students park at the Papa John's Cardinal Stadium and catch the shuttle into campus.

There are meters on some of the streets that you may park on and spots in the garage or short term parking in the garage. To park in the garage you must have a yellow, green, blue or Red permit. Go to <http://louisville.edu/parking/> or more details or call 502-852-7275.

Also, keep in mind that several of our students bike to campus, especially those who live nearby.

# GETTING FAMILIAR WITH BELKNAP CAMPUS

If you are not familiar with the U of L Belknap Campus, it's a good idea to tour the area before classes begin. You may get a campus map from either the Admissions Office in the Houchens Building or the North or West Information Centers. Campus maps are also kept in our office. Take a stroll on campus during the weekend when its not as busy to find the various buildings you'll be having class.

Also be sure to visit

<http://louisville.edu/admissions/newcards/nondegree-students> or <http://Louisvillestudentliving.com> to get acclimated to campus life at U of L.

# HOUSING

If you are relocating to Louisville, you will need housing. There are several on-campus apartments that give you independent living without feeling like you're living in a dorm.

There are also numerous off campus apartments that are only a few blocks away. If you choose to live further away from campus, consider a complex not far from the interstate to allow you decent traffic time.

# APARTMENT LISTINGS

**For on campus housing** (including apartments)

<http://louisville.edu/housing/options>

**For off campus housing go to**

<http://offcampushousing.louisville.edu/>

**Louisville Apartments** (off campus)

<http://www.apartmentguide.com/apartments/Kentucky/Louisville/>

# MAKING LOUISVILLE YOUR SECOND HOME

Moving to a new city or even a new neighborhood can be intimidating and a little overwhelming. You need to know where the nearest stores, gas stations, shopping malls and interstates are located; as well as the extras that Louisville has to offer.



**Check out**

<http://www.gotolouisville.com/index.aspx>



# ENRICHMENT SESSIONS

Enrichment sessions are usually scheduled one Saturday per month @ 10:00-Noon.

## **These sessions may include the following:**

- ❖ Medical Student Panel Discussions
- ❖ Physician Panel Discussions
- ❖ Health Care Presentations on various diseases and health care issues
- ❖ Cultural Competency Activities
- ❖ Team Building/Personal and Professional Development Activities
- ❖ Science Faculty



# SERVICE PROJECTS

As a group we will have service projects scheduled throughout the semester. Our goal is to serve the community and also learn about the needs of the surrounding area. If you are currently involved in volunteer service, please continue to participate.



Volunteering to walk in the American Heart Association Heart Walk 2014

# SHADOWING

## Medical school applicants need to have clinical exposure.

- ❖ They need to see first hand what takes place in a health care facility.
- ❖ They need to see what physicians and other health care providers do and how they interact with patients.

## How does this happen?

#1: You and the advisor will discuss areas of medicine that interest you.

#2: The advisor will seek physicians for you to shadow.

#3: Once initial contact is made by the advisor and the physician is receptive, you will follow up with the physician or office staff to schedule a shadowing appointment per your availability.

**If shadowing during the semester is not possible then consider shadowing during fall break, winter break, spring break or during the summer.**

# SHADOWING APPOINTMENT

- You may be required to have HIPPA Training or sign a HIPPA document regarding patient privacy and a TB test.
- Depending on the physician, you may be shadowing him/her or their resident.
- Some physicians have you follow them the entire time, while others will have you sit and will call you in at certain times or during certain procedures.
- There may be some procedures that you can see and others that you might not be allowed to see due to the patient's wishes.
- Some shadowing appointments are very busy and engaging while others may not be. If it's a slow day, it is okay to ask if you could return on another day that may be busier. Be sure to thank them for the opportunity.

# ACADEMIC ASSISTANCE

- Earning and maintaining good grades is crucial to succeeding in this program. You are strictly taking science courses which require your focus, ample study time and comprehension to excel. **However, seek academic assistance when needed.**
- The REACH CENTER provides supplemental instruction, tutoring, study technique workshops and much more!

# REACH

## Resources for Academic Achievement

- The REACH Center is located in Strickler Hall.
- Go to [www.reach.louisville.edu](http://www.reach.louisville.edu) for more information about various services and sessions being held each semester.

# STUDY GROUPS

Study groups are not required, but **encouraged**.

As you become better acquainted with your fellow post-bac classmates, take advantage of the resources you can provide each other.



# YOUR SUPPORT SYSTEM

This program serves as a navigation system for its students.

As your advisor, my goal is to keep you on track and help you successfully matriculate to medical school.

Shonna Wagner, Administrative Assistant is also available to assist you.

*Our office is a one stop shop for its students in Gardiner Hall LL02 in the College of Arts & Sciences.*



Our students serve as a support system for each other!



# YOUR PEER MENTOR

Our new students will be assigned a peer mentor that will help out on an “as needed” basis. Your peer mentor is a current post-bac student in our program who can provide advice and information about the Belknap Campus, the Louisville area or the classes you’re taking or will be taking.

**You’re not alone in this pre-med journey.**



# MEDICAL STUDENT MENTOR

A first year medical or MED (Medical Education Development Program) student from the U of L School of Medicine will be paired with you and serve as your mentor for one academic year. Mentors and mentees must complete an information sheet and the Program Advisor pairs them. The mentor serves as a support system, gives helpful advice about preparing for and succeeding in medical school and introduces their mentee to networking opportunities.



# OUR MISSION

Our mission is to help our students become the physician they always wanted to be.



# QUESTIONS?

- If you have any further questions or concerns, please feel free to stop by or contact our office at 502-852-2879 or send an e-mail directly to Tonia D. Thomas, [tdthom01@louisville.edu](mailto:tdthom01@louisville.edu) .
- Shonna Wagner, Administrative Assistant is also available to assist you, [sjboyd01@louisville.edu](mailto:sjboyd01@louisville.edu).