MEDICINE AND OTHER HEALTH CARE fields offer exceptional career opportunities to those students who excel academically and also engage in careful planning for future study. Xavier University is well-prepared to assist students who hope to join many of its successful graduates and alumni in careers in medicine, dentistry, veterinary medicine, podiatry, optometry, pharmacy, physical therapy and other rewarding fields in professional health care.

Comprehensive preparation for admission to professional schools

The Xavier Advantage:

- Take advantage of expert assistance from Xavier’s Health Sciences Committee, comprised of the pre-professional health advisor and natural sciences faculty.
- Over the past three years, 84 percent of Xavier’s pre-medical graduates have been accepted into professional schools, compared to 45 percent nationally.
- Over the past five years, 63 percent of Xavier’s pre-dental graduates have been accepted to dental schools, compared to the national dental school acceptance rate of 40 percent.

Xavier graduates go on to:

- Boston University School of Medicine
- Case Western Reserve University
- Dartmouth Medical School
- Duke University
- Georgetown University
- Johns Hopkins School of Medicine
- Marquette University, College of Dentistry
- Ohio State University (Schools of Medicine, Dentistry, Pharmacy, Optometry, Veterinary Sciences, and Graduate Physical Therapy)
The following offers a pre-professional health checklist, which helps to guide Xavier students who are interested in entering medical school or pursuing careers in other professional health care fields. For further details about this process, visit www.xavier.edu/health-advising/Four-Year-Timeline.cfm.

**Freshman Year**
- Visit and register with the Director of Pre-Professional Health Advising.
- Begin investigating potential health careers.
- Develop strong study skills and maintain an excellent GPA. If needed, seek tutoring help to develop better study techniques through Xavier’s Learning Assistance Center.
- Participate in volunteer work, internships or employment in the health field. Also be involved in extracurricular activities which interest you.
- Participate in Xavier University’s Pre-Med Society.
- Do research: Read about health professions and talk with upper-class pre-med students.

**Sophomore Year**
- Research admission requirements for medical school and other health professions schools.
- Devise a plan for intensive MCAT (or other admission test) preparation.
- Meet with the pre-professional health director to discuss your program and plans.
- Maintain an excellent and competitive GPA.
- Consider participating in research.

**Junior Year**
- Continue admission test preparation.
- Maintain an excellent and competitive GPA.
- January: Turn in your autobiography to provide the Health Sciences Committee with your information that will be used for your letters of recommendation. Also submit your signed Buckley Amendment Waiver, waiving access to your letter of recommendation.
- February: Register for admission tests.
- March: Sign up for a mock interview with the Health Sciences Committee.
- April: Take the MCAT (or another admission test).
- May: Access online application services such as AMCAS, AADSAS, etc.
- June: Complete and submit your applications.

**Senior Year**
- Begin receiving secondary applications, which must be completed and returned promptly.
- Request Health Sciences Committee letters of recommendation from the pre-professional health director as schools ask for them.
- Prepare for and participate in interviews with medical or other schools.
- Decide which school you’ll attend, or regroup and plan for next year’s application process.

**THE PROGRAM**

**Pre-medicine, pre-dental, pre-veterinary, pre-optometry and other pre-health areas:** While students cannot declare academic majors in any of these areas, they can take advantage of comprehensive preparation for admission to professional schools with the assistance of Xavier’s Health Sciences Committee, comprised of the pre-professional health advisor and faculty teaching the natural sciences.

**Pre-pharmacy major:** Colleges of pharmacy require a minimum of two years of undergraduate study and include certain required courses for admission. Xavier provides a curriculum that satisfies the minimum preparation for admission to most colleges of pharmacy. Approximately half the courses taken by a pre-pharmacy student are from biology, chemistry and physics.

Students are advised to meet regularly with the pre-pharmacy adviser to be well-informed about all current prerequisites and prepared to apply for admission. If the required courses have been completed, Xavier students have the choice of applying to a college of pharmacy after two years of study or after earning a baccalaureate degree. For more information about the pre-pharmacy major, visit www.xavier.edu/chemistry/Pre-Pharmacy.cfm.

**ADVISING SUPPORT**

All Xavier students are assigned a faculty advisor in their academic major/area of study. To assist students to prepare for successful admission to their choice of health profession schools, Xavier also provides specific advising through the Office of the Director of Pre-Professional Health Advising. This office specializes in providing students with course selection, time management tips, information about individual medical schools, MCAT preparation advice, and help with letters of recommendation and mock admission interviews. The office also can assist students in finding alternative careers in or out of medicine and ways to get experience in health care settings.

Xavier University’s Health Sciences Committee is comprised of science faculty from biology, chemistry and physics who are committed to encouraging student access and success in professional health careers. With the Director of Pre-Professional Health Advising, the committee works with students on their preparation for application to professional graduate health programs in important ways:

- Writing a composite committee letter of recommendation for professional health schools.
- Conducting a mandatory mock interview that helps prepare an applicant for admission interviews.
- Offering guidance on professional health and science-related graduate programs and career options.

**CHOOSING A MAJOR**

While medical schools do not require a specific major of their applicants, many pre-medical students at Xavier choose to major in natural science, chemistry or biology because they are very interested in science and understand that one of these majors also provides a strong foundation for a variety of career options. According to the Association of American Medical College’s Medical School Admission Requirements: “Medical schools
recognize the importance of a strong foundation in the natural sciences—biology, chemistry, physics and mathematics—and most medical schools have established minimum course requirements for admission. These courses usually represent about one-third of the credit hours needed for graduation. This approach deliberately leaves room for applicants from a broad spectrum of college majors."

It’s important to understand that “pre-med, pre-vet and pre-dental” or similar programs are not majors; they instead signal the student’s career intention or goal. For this reason, Xavier students are advised to major in a discipline they enjoy, in which they will perform well and which may serve as a basis for further graduate work or employment if they choose not to apply to medical school or are not admitted.

Meeting requirements: At Xavier, students are advised to at least declare a minor in natural science if they choose a non-science major and hope to have a career in the medical field. This academic minor ensures that a student will be prepared with at least the minimum prerequisite science courses necessary for most medical school admission. Medical school admission committees value a breadth of educational experiences, and Xavier’s liberal arts Core Curriculum allows students to take courses in a wide variety of subject areas.

As a rule, there are minimum requirements for each professional health school, and a student must at least meet the minimal requirements in coursework for the schools to which they apply. Xavier students are advised to exceed the minimum requirements since admission to professional health schools is extremely competitive.

Electives: Another important part of a student’s academic program is the choice of electives. Because professional schools value diversity and a broad liberal arts background in their students, it’s helpful to balance science courses with study that develops communication skills and broadens understanding of human existence. Elective courses should also be challenging, so students should choose courses at the highest level for which they are qualified. Participating in honors programs such as Xavier’s University Scholars program is an excellent indicator of a student’s desire for challenging learning experiences.

Grade point average: Admission committees consider all grades important, especially science grades. They are presumed to be indicators of ability, motivation, achievement and time management skills, as well as predictors of student performance in more difficult professional programs ahead. As a general guideline, the minimum grade point average (GPA) for a freshman pre-medical or pre-dental student should be approximately 3.2 on a 4.0 scale. By junior year, the GPA should be at least a 3.6 for a pre-med, and for a pre-dental student, at least a 3.2. In evaluating applicants’ grades, consideration is also given to the number and difficulty of courses and to the consistency of a student’s grades. For more information, visit www.xavier.edu/health-advising/Academic-Expectations.cfm.

MCAT: The Medical College Admission Test (MCAT) is a standardized test that measures aptitude and achievement in science and other areas that are related to the study of medicine. Most medical schools require that students take the MCAT prior to admission.

OUTCOMES
Xavier graduates are practicing in a range of fields of medicine, professional health care and related careers. For more information about health careers and professions, visit www.xavier.edu/health-advising/Careers-in-Health-Care.cfm.

Xavier graduates have been accepted to a wide range of medical and other professional health schools. Here is a sample. For more information, visit www.xavier.edu/health-advising/Alumni-Outcomes.cfm.

- Boston University School of Medicine
- Case Western Reserve University
- Chicago College of Osteopathic Medicine
- College of Mount Saint Joseph (graduate physical therapy)
- Creighton University
- Duke University
- Finch University of Health Sciences/Chicago Medical School
- Georgetown University
- Indiana University (Schools of Medicine & Dentistry)
- Kirkville College of Osteopathic Medicine
- Loyola University Chicago
- Medical College of Ohio, Toledo
- Marquette University, College of Dentistry
- Marshall University
- Medical College of Georgia
- Medical College of Wisconsin
- Mercer University
- Michigan State University College of Osteopathic Medicine
- New York College of Osteopathic Medicine
- Northeastern Ohio Universities College of Medicine
- Northwestern University
- Ohio College of Podiatric Medicine
- Ohio State University (Schools of Medicine, Dentistry, Pharmacy, Optometry, Veterinary Sciences, and graduate physical therapy)
- Ohio University College of Osteopathic Medicine
- Purdue University
- Scholl College of Podiatric Medicine
- State University of New York at Buffalo
- St. Louis University
- University of Cincinnati (Schools of Medicine, Pharmacy, Physical Therapy and graduate nursing)
- University of Health Sciences College of Osteopathic Medicine
- University of Iowa
- University of Kentucky (Schools of Medicine, Pharmacy and Dentistry)
- University of Louisville (Schools of Medicine and Dentistry)
- University of Maryland
- University of Missouri
- University of Nebraska
- University of Pennsylvania
- University of Southern California, School of Optometry
- University of Tennessee
- University of Virginia
- Washington University
- Wayne State University
- West Virginia University
SPECIAL PROGRAMS

Xavier students may apply to the XU Pre-Med Scholars Program if they have successfully completed at least one year of college (not advanced standing) with a 3.0 or better cumulative and science GPA. Motivation for a medical career and maturity are also qualities of successful applicants to the XU Pre-Med Scholars Program. Applications and letter of recommendation forms are accepted on a continuous and rolling basis.

A special admissions pathway into medical school is the University of Cincinnati College of Medicine (UCCOM) program called ROSE (Research, Observation, Service, Education). ROSE is a program for Ohio residents in which students apply to UCCOM after the fall of their sophomore year of college. High academic standards, both in GPA and MCAT expectations, plus the extensive summer research and physician mentoring that are part of ROSE, make this a very desirable program.

Another special admissions pathway into medical school is the Medical University of Ohio’s MEDStart Program, an early admission program designed to accept college students during the junior year of their undergraduate education. This program allows students to enroll in the Medical College of Ohio’s School of Medicine program for the next academic year, following completion of the four-year baccalaureate education. The Medical College Admissions Test (MCAT) is not required for acceptance into the MEDStart Program, but certain rigorous undergraduate and high school academic criteria are required to qualify for application.

Xavier hosts a national chapter (Ohio Kappa) of Alpha Epsilon Delta, the national pre-professional health honor society. Upperclassmen who demonstrate exemplary service and scholarship in pre-professional health studies are invited to join. Students also may choose to participate in student-governed pre-med and pre-dental society clubs to engage in group service events and other activities outside the classroom.

CORE CURRICULUM

The foundation of Xavier’s success is its commitment to its Jesuit heritage. The Core Curriculum embodies Xavier’s mission and philosophy of education and serves as a valuable foundation for all undergraduate students. Within the Core, the four-course Ethics/Religion and Society (E/RS) Focus fosters students’ understanding of socially significant issues through study of the humanities, especially literature, philosophy and theology, as well as the social and natural sciences. Along with courses in their major, Xavier students also take Core courses in: cultural diversity, English composition, fine arts, foreign language, history, literature, mathematics, philosophy, science, social science and theology.