Pre-health Transfer Series Part I: Making a Smooth Transition
Agenda

• Introductions: major, school, health profession of interest
• Overview of transition year
• Completing pre-reqs
• Getting involved
• Developing a timeline
• 15 Core Competencies (med)
• Discussion Questions
Overview of Transition Year

• Finishing your pre-reqs
• Developing your timeline/when to apply
• Unit Load planning
• Getting involved
  • Student orgs and clubs
  • Study abroad opportunities
  • Research/lab positions
  • Summer opportunities
• Meet with advisors!
  • Major
  • Health Beat
  • College
 Completing the Pre-requisites

Medicine:
• Biology+lab
• Chemistry+lab
• Organic Chemistry+lab
• Calculus
• Statistics
• Physics
• Biochemistry
• English

Other health professions:
• Anatomy, Physiology, Microbiology

Recommended:
• Psychology, Sociology, Art, Public Speaking
Get Involved!

Clubs and Student organizations

• Explore multiple clubs
• Go to events
• Meet peers
• Get to know faculty
Develop a Timeline

• Decide WHEN you will apply (work backwards)
• Determine WHERE you want to apply (research)
• Gap Year
• Plan when you will take the standardized test
• Start getting to know your professors
• Schedule your classes/pre-reqs/summer school?
• Check-in with an advisor!
15 Core Competencies (medicine only)

**Interpersonal**
- Service Orientation
- Social Skills
- Cultural Competence
- Teamwork
- Oral Communication

**Intrapersonal**
- Ethical Responsibility
- Reliability & Dependability
- Resilience & Adaptability
- Capacity for Improvement

**Thinking & Reasoning**
- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Written Communication

**Science**
- Living Systems
- Human Behavior

*Give examples of how you meet each competency*
Discussion Questions

1. What are your goals for the quarter? (social, professional, academic, etc.)

2. What challenges or concerns do you expect to encounter this year?

3. What are some coping strategies you can use to stay ahead this year?

4. How do you plan to get involved on campus?

5. Is there anything else you want to know/talk about concerning your first year here?
Key Takeaways

• Focus on grades
• Explore clubs/orgs - ilead
• Meet with advisors
• Get to know faculty
• Consider clinical, service, or research
• Create your TIMELINE
## Contact

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<th>TRANSFER STUDENTS FOR HEALTH (TSH)</th>
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<td>• Facebook: facebook.com/transferstudentsforhealth</td>
<td>• Web: healthbeat.ucsd.edu</td>
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