

Dear Class of 2022,

Welcome to Carleton! If you are reading this, then it is likely that you are considering a career in the health professions. Carleton is an excellent choice for getting an undergraduate liberal arts education that will prepare you for success in the field. I am the pre-health advisor, and am here to guide you along the way - to help you plan your course work, think about your summer and winter break activities, and gain exposure in the health care field. I am also here to encourage you to take the time to embrace all that Carleton has to offer, and to explore various activities and academic departments - to stretch yourself. During these next four years you will be discerning whether this path is the best one for you, and this requires reflection, self awareness, and an awareness of what other fields have to offer. It is an exciting time!

Right now, you are likely concerned about how to get off to a good start. You do not need to know everything today - plan to attend one of the pre-health information sessions during the second week of classes, and I will give you an overview of the steps that you will take to put in successful applications. The sessions will be on Tuesday, September 18th at noon and on Wednesday, September 19th at 7:00pm. Both sessions are in Olin 141 - remember, you only need to attend one! I will then schedule individual meetings with you so that I can get to know you and your interests, and can work with you to help you begin to explore your passions as you move forward to meet the requirements.

I also realize that you might be concerned about registration for the first term. I have a few guidelines here, but if you get in to no "pre-med classes" the first term, please do not worry. This is one of the best aspects about choosing Carleton - the trimester system allows for flexibility. There is no prescribed, one pathway-fits-all roadmap for being pre-med at Carleton - people come in with different backgrounds and needs, and they succeed after Carleton having followed a diversity of paths. For example, some of you will place out of the language requirement and some of you will start with the first introductory course in a language. Some of you will start with pre-Calc, others of you will jump into Calc II.

I list below the courses that pre-med (and dental, etc.) students generally take during the 4 years to fulfill the requirements, and then I will give some loose recommendations on what you might register for this fall.

- Biology 125 and 126 (Both intro bios); we also **recommend** a genetics and human physiology course, although they are not required by most schools.
- Chemistry 123 or 128 (principles of chemistry I), 224 (principles of chemistry II), 233 (orgo I), 234 (orgo II)
- Physics 145, Mechanics and waves this is the best course for pre-meds in

terms of content but Physics 143 or 144 will also fulfill the requirement AND Physics 165 (Electricity and Magnetism and Optics).

- Math 101 or 111, Calc I and 120, Calc II
- Math 215 (Stats)
- Biochemistry- Bio 380 or Chem 320
- English or writing rich courses- 2 terms (I recommend at least 1 course to be in the English Department)
- We also recommend Intro Sociology and Intro Psychology, although they are not required, but the content is on the new MCAT.

For the first term, you will register for an A and I seminar. This leaves 2 slots that can be filled with basically any class. If you do need to start a language, I recommend doing so. If you need to get started on math so that you will be able to get through Calc II by the end of sophomore year, I might also recommend that. If you want to try to get started on a science, I recommend chem 123 or bio 125. As you plan, be aware that bio 126 does have chem 123 or chem 128 as a pre-requisite. **If you get in to none of these it is still okay.** I particularly encourage you to take a course that looks really interesting and exciting to you - it can be in ANY department!

I am looking forward to meeting you in September,
Pam

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