

# PRE-MEDICAL AND PRE-HEALTH

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## Overview

Fordham has a long history of successfully preparing students for medical, dental, veterinary, and other allied health careers. Fordham graduates are regularly accepted to top-ranked medical schools such as Harvard, Yale, Cornell, Columbia, New York University, Albert Einstein, Mount Sinai, New York Medical College, Tufts, Creighton, Johns Hopkins, Georgetown, Tulane, Loyola University of Chicago, all of the SUNY medical schools, as well as many osteopathic schools of medicine. Students have also gained admission to many top-tier schools of dentistry, optometry, podiatry, and veterinary medicine.

Students in Fordham's pre-health professions programs, available at both the Lincoln Center and Rose Hill campuses, participate in individual and group meetings with pre-health program staff throughout their undergraduate years and as alumni. Group sessions tailored to each stage of the program help students plan for significant upcoming events, such as taking the MCAT, applying for admission, etc. Students are also encouraged to meet individually with pre-health program staff to discuss their progress in attaining acceptance into a health professions program.

Health professions programs do not require a specific major, but instead value a breadth of education along with the completion of specific coursework. Students preparing for advanced health professions careers may, therefore, pursue majors in the natural and applied sciences, social sciences, humanities, or the arts.

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## Health Professions Resources

Health care professionals have a wide range of degree options and occupations. The health professions include the areas of medicine, physician assistant, nursing, dentistry, veterinary, physical therapy, occupational therapy, and other advanced degrees in science and public health.

Students are encouraged to research their desired profession on the websites listed below. Each site contains valuable information about preparation, academic requirements, and the requirements for the profession.

### Medical Schools

Allopathic Medicine: American Association of Medical Colleges

Osteopathic Medicine: American Association of Colleges of Osteopathic Medicine

### Dental Schools

American Dental Education Association

### Veterinary Medical Schools

Association of American Veterinary Medical Colleges

### Nursing Programs

Centralized Application Service for Nursing Programs

### Physical Therapy Programs

Physical Therapy Centralized Application Service

### Physician Assistant Programs

Central Application Service for Physician Assistants

### Public Health Programs

Association of Schools of Public Health

### Optometry

The Optometry Centralized Application Service

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## For more information, visit the following Fordham pre-health program web pages:

Fordham College at Lincoln Center

Fordham College at Rose Hill

School of Professional and Continuing Studies

## Requirements

### Program Requirements across the University

Students focused on entering a health profession program such as medicine, dentistry, veterinary medicine, nursing, or other health professional schools will need to complete majors-level science coursework and labs. The courses listed below constitute the minimum requirements for an application to most health profession programs, regardless of major:

- One year of general biology with lab (at LC: NSCI 1403 and NSCI 1404, and NSCI 1413 and NSCI 1414; at RH: BISC 1403 and BISC 1404, and BISC 1413 and BISC 1414)
- One year of general chemistry with lab (at LC: NSCI 1321 and NSCI 1322, and NSCI 1331 and NSCI 1332; at RH: CHEM 1311, CHEM 1321 and CHEM 1312, CHEM 1322, and CHEM 1331 and CHEM 1332)
- One year of organic chemistry with lab (at LC: NSCI 3121 and NSCI 3122, and NSCI 3821 and NSCI 3822; at RH: CHEM 2511, CHEM 2521 and CHEM 2512, CHEM 2522, and CHEM 2541 and CHEM 2542)
- One year of physics with labs:
  - at LC: NSCI 1501 and NSCI 1502, and NSCI 1511 and NSCI 1512
  - at RH, students are required to take PHYS 1511 and PHYS 1512 with one of the following three options:
    - PHYS 1501 and PHYS 1503, and PHYS 1502 and PHYS 1504
    - PHYS 1601 and PHYS 1603, and PHYS 1602 and PHYS 1604
    - PHYS 1701 and PHYS 1703, and PHYS 1702 and PHYS 1704
- One year of English (satisfied by core requirements)
- One course in mathematics (MATH 1203 or MATH 1206)

Students planning on completing additional coursework in the sciences should note that the biology and general chemistry foundation courses, plus all applicable labs (all listed above), must be successfully completed prior to enrollment in all upper-division biology courses.

In addition, students applying to medical school are required to take the following coursework to meet the required competencies:

- One semester of biochemistry (BISC 3521 or NSCI 4153)
- One semester of psychology (PSYC 1200)
- One semester of sociology (SOCI 1100)
- One semester of statistics (MATH 1205 or SOCI 2606 or ECON 2140 or PSYC 2000)

All pre-health students, no matter what their primary fields of study, should master the major concepts and skills of science and mathematics, and are generally advised to take additional upper-level science coursework to help prepare for standardized entrance exams. Subtle variations in this coursework may be necessary for application to programs specific to each discipline.

Students planning to apply to a health professional school are advised to take the appropriate standardized admissions test—MCAT, DAT, OAT, or GRE—in the spring or early summer of the application year at the latest.

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### For more information, visit the following college web pages:

Fordham College at Lincoln Center  
 Fordham College at Rose Hill  
 Professional and Continuing Studies

## Pre-Health at Fordham College at Lincoln Center

### Pre-Health Program for FCLC Students

With the assistance of the natural sciences faculty and the Pre-Health Professional Program, Fordham College at Lincoln Center students have an excellent record of gaining admission to medical and other health professional schools. The pre-health professions advisor oversees the development of each student and helps them prepare their applications. Additionally, the Pre-Health Program invites medical professionals, including Fordham alumni, to speak with students about their experiences and build connections in various careers in the health field. Pre-health students at FCLC have opportunities to participate in many undergraduate research studies throughout their academic journey.

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### The Natural Sciences Major (NSCI)

The natural sciences major at Fordham College at Lincoln Center (FCLC) offers a comprehensive and interdisciplinary education, emphasizing undergraduate training through rigorous coursework, lab experiences, and independent research. The department includes faculty members with expertise in chemistry, physics, data science, and biology, who teach courses supporting a variety of majors and programs. Students can choose concentrations in chemical sciences, organismal biology, and cell and molecular biology within the natural sciences major. The department's courses also fulfill requirements for integrative neuroscience, environmental science, pre-health, the FCLC Honors program, and the Core Curriculum. With small class sizes and hands-on lab work, students benefit from personalized attention and mentorship,

preparing them for successful careers in fields such as medicine, academia, and education.

The natural sciences department (NSCI) plays a crucial role in the pre-health program at FCLC, offering required courses for students aspiring to enter health professions. Although students can major in any field, they can complete their Pre-Health requirements through NSCI (except for Calculus or Applied Calculus, which are provided by the mathematics department). The department's interdisciplinary approach and rigorous training ensure that pre-health students receive a solid foundation in the sciences. By following the recommended curriculum guidelines and engaging in independent research, students are well-prepared for medical school and other health-related graduate programs.

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### Pre-Health Advising

In addition to regular meetings with their primary advisors, students are encouraged to meet with the pre-health advisor at least once a year to check in on their pre-health academic progress and planning. The pre-health advisor is able to provide advice on clinical and volunteer activities in preparation for aspirant health programs. Early preparation is extremely beneficial to a successful and robust application to health professional programs.

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### The Fordham College Lincoln Center Committee on Health Professions Process (CHP)

The FCLC Committee on Health Professions (CHP) provides students with comprehensive support as they prepare for the medical school application process. Students who need a committee letter for programs in related fields may also participate in the CHP process. The CHP process includes a committee interview and a committee letter.

Students can participate in CHP in their junior or senior year. It is recommended that students have completed clinical and health-related work or volunteer experiences prior to CHP.

Students must submit a statement of their intent to participate in a spring application cycle in September (the fall semester prior to the spring application cycle) to Ms. Eliane Victoria at [fcclprehealth@fordham.edu](mailto:fcclprehealth@fordham.edu). The pre-health advisor holds a CHP information session in the fall semester to review the process and deadlines.

The Committee letter is based on a student's portfolio, which includes the following: coursework, transcripts, personal statement, self-assessment, volunteer and/or internship experience and research experience, faculty recommendations, and a personal interview with members of the Committee.

NOTE: Candidates who submit their statement of intent after the September CHP application deadline will not be able to participate in the spring CHP process. (Students may still apply to medical school, but will not be able to get a committee letter from Fordham.)

Students may apply for the CHP process up to two application cycles after graduating from Fordham College Lincoln Center. Students are not eligible for CHP after this due to the timeliness of recommendation letters and courses.

For more information, visit the Pre-Health Program page for FCLC students and the natural sciences department or write to [fclcprehealth@fordham.edu](mailto:fclcprehealth@fordham.edu). ([fclcprehealth@fordham.edu](mailto:fclcprehealth@fordham.edu))

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## Contact Information

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## Pre-Health at Fordham College at Rose Hill

The Fordham College at Rose Hill (FCRH) pre-health program provides support for students and alumni applying to health programs. Students can declare an interest in participating in the FCRH pre-health program upon accepting admission to FCRH or at any other time during their attendance or as alumni.

### Course of Study and Curriculum

Pre-health students may choose to pursue a major in or outside of the sciences. There are several different academic curricular paths that students can take to completing pre-health requirements. All pre-health students, no matter what their primary fields of study, should learn the major concepts and skills of science and mathematics, and would be well served by taking additional upper-level science coursework to help prepare for standardized entrance exams. In addition, schools may require calculus as a prerequisite. Variations in this coursework may be necessary for application to programs specific to each discipline and from school to school. Each applicant, working with the pre-health program staff, should become informed what the specific requirements are for admission to M.D., D.O., D.D.S./D.M.D., PA, PT, and other programs in order to best prepare for them.

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### Preparing Students to Become Healthcare Professionals

The pre-health program helps prospective applicants gain formative experiences by creating healthcare-related programming; this includes a first-year pre-health symposium, workshops, guest healthcare professional seminars, and co-sponsored career fairs, MCAT preparation and other experiential opportunities such as hospital volunteer and shadowing positions with the campus career center. The program also provides opportunities for students to meet other health care professionals and pre-health students through a peer and alumni network, and encourages participation in the multiple health-care-related FCRH student groups and organizations that host activities and events. Students planning on pursuing an application to a health professional program should be in regular contact with their academic advisor and the pre-health professions staff for guidance on key factors that lead to successful admission to a health professional program: course selection, extracurricular activities, and clinical and research experiences.

## Helping Students Apply to Health Professional Schools

The FCRH Committee on Health Professions (CHP) is composed of faculty and staff that manage and support students in a comprehensive yearlong process that leads to application to health professional schools. Students should elect to join the CHP the year before they intend to apply for a health professional school, typically in their junior or senior year. A mandatory information meeting is held in the fall term to explain the process and to gauge a student's interest in starting the application process. If a student expresses an intent to apply that year and be part of the CHP process, they submit a self-assessment and, if needed, attend a meeting with the CHP committee members to assess readiness for applying. In the spring term, students submit a portfolio that includes coursework, transcripts, a personal statement, volunteer and/or internship experiences, research experience, faculty recommendations, and other documents in advance of a committee interview. It is recommended that students complete substantive clinical and health-related work or volunteer experiences before the CHP interviews.

The CHP provides students with a committee letter of support that may be required by health professional schools, namely M.D., D.O., and dental schools. The committee letter is based on the interview and all of the student's documentation. Students not requiring a committee letter for health-related programs may also participate in the CHP process. Students may participate in the CHP process for several years or application cycles after graduating, but after a period of time, the CHP may no longer recommend an FCRH Committee letter due to the lack of timeliness of recommendation letters and coursework.

For more information, visit the Pre-Health Program at Fordham College at Rose Hill web page.

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## Contact Information

FCRH Office of the Dean  
Office Location: Keating Hall 201  
Phone: 718-817-4700  
Email: [prehealthfcrh@fordham.edu](mailto:prehealthfcrh@fordham.edu)

## Pre-Health at the School of Professional and Continuing Studies

The Fordham Post-Baccalaureate Pre-Med/Pre-Health Program (PBPH) is for college graduates interested in a career in the health professions and who need prerequisite science courses. The program offers the pre-health curriculum in the evening during the academic year and summer sessions to prepare students for application to medical, dental, physician assistant, veterinary, nursing, physical therapy, occupational therapy, accelerated nursing, or anesthesiology assistant programs.

This program is flexible and intended to meet the demands of adult students and career changers. Entry terms are fall, spring, and summer. The minimum GPA requirement is a 3.0 from undergraduate programs.

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## Unique Features

- Flexibility: students are able to start in any semester and take the program at their own pace.

- Evening program: we target career changers and working professionals. Courses are offered in the evening and on weekends.
- Financial Aid: Fordham is one of the few programs that provides eligibility for subsidized or unsubsidized Stafford loans of up to \$12,500 for one year for post-baccalaureate students (subject to individual student approval).
- Personal advising: one-on-one advising is a key part of the program. We work with you on your program plan, academic progress, and the committee process if applicable.
- The Fordham brand and a rigorous curriculum.
- Small class sizes provide an opportunity to meet fellow students and get to know your professors.
- Availability of required courses (no wait lists).
- The Fordham and post-bac student community: you are a member of the Fordham University and post-bac student communities. You have access to all resources at Fordham. The post-bac community is supportive and progressive.

recommendations; and a personal interview with members of the committee.

### **For more information**

Visit the Post-Baccalaureate Pre-Medical/Pre-Health Program web page.

### **Contact Information**

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[pcs.fordham.edu](http://pcs.fordham.edu)

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## **Post-Bac Committee on Health Professions (CHP)**

The Fordham Post-Baccalaureate Program Committee on Health Professions (CHP) process is a comprehensive one which provides candidates with several workshops and support to prepare them for the medical school application process. The CHP process includes a committee interview and committee letter.

In order to apply for the CHP process, students must meet the following criteria:

- Minimum 3.2 GPA.
- Minimum 150 hours of health-related work and/or volunteer experience.
- Minimum 30 credits of coursework taken in the Fordham post-baccalaureate program or the PCS undergraduate program only. Additionally, students must have attended classes in the Fordham post-bac program for at least 2 semesters (not including summer sessions) prior to applying to the CHP process.
- Completion and submission of CHP process application.

Students may apply for the CHP process up to one application cycle after leaving the Fordham post-baccalaureate program.

Students completing or who have completed a Fordham College undergraduate degree or post-baccalaureate work at another program are not eligible for the Fordham post-bac CHP process.

All courses in the basic curriculum must be completed prior to, or concurrent with the professional school admissions test, and no later than the end of the first summer session of the application year in which the committee evaluation is sought. The committee evaluation letter is based on a student's academic portfolio which includes the following: coursework; transcripts; personal statement; self-assessment and biographical information on personal history, including volunteer and/or internship experience and research experience; faculty