# Freshman Advising for the Pre-health Student

The most important advising point when working with pre-health students (medical, dental, vet, PT, PA, pharmacy, optometry) is to make sure **that they take either Bio 111/112 or Chem 111/241 their freshman year.**

*Which one (Bio vs Chem) should they take?*

- There are some health professional schools (**pre-dental, pre-PT, pre-PA, pre-Pharmacy**) that require specific bio courses (Anatomy and Physiology) that are only offered every other year, so starting with Bio 111 makes the most sense.
- For students interested in **medical school (MD or DO)**, they should choose based on their interest. But if they do not have a strong pull towards either Bio or Chem, then starting with Chem 111 makes the most sense (pre-meds need 5 semesters of chemistry and 2 semesters of biology for medical school).

*Should a freshman take both Bio 111 and Chem 111 at the same time?*

- Students who double up in Bio 111/112 and Chem 111/241 their freshmen year are in a great position to spread out their lab courses and select their major (if they decide to be a Bio or Chem major) with more information. If you are working with a high-achieving student who has strong math SAT/ACT scores and excellent high school preparation, you should consider putting them in both Bio and Chem their first year. This should involve a discussion with the student, of course, where you both consider their outside commitments, like sports and fraternity membership. It's really great when it works, but we definitely don't want to overwhelm entering freshmen.

*What about pre-nursing?*

- More Wabash students are considering nursing as a career. This typically involves a 16-18 month second-degree accelerated nursing program after Wabash. Prerequisites vary from school to school, but all programs want to see Human Anatomy and Human Physiology (which often cannot be fulfilled at Wabash, because our courses are not technically "human"), Microbiology, psychology (general and developmental), and statistics (which can be fulfilled by taking Psych 201). Therefore, **freshmen would benefit from taking Bio 111 and/or psych 101** during their freshmen year.

*Anything else pre-health students should take?*

- It is a good idea for pre-health students to **take Psych 101 during their freshman year** (either first or second semester). It is harder to fit in Psych 101, which they will all need at some point, when they start taking multiple lab courses after freshmen year.
- Wabash offers 2 **sociology** courses that pre-health students can take, and medical schools like to see a sociology course in their applicants. One offering is through the Religion Department (REL-208), the other through Political Science (PSC-201). Freshmen are welcome in REL-208, and this is a good course to get them thinking like a healer. REL-208 is offered every other year in the Fall semester. PSC-201 is a great course for pre-meds but is not available for freshmen. It is offered in the Spring semester, every other year.

*Finally, please feel free to reach out to me (Jill Rogers) either via email (rogersji@wabash .edu) or phone (765.361.6171) to talk through any questions.*