

Hey there,

FUTURE PRE-MED STUDENT!

If you're thinking about medical school or a similar program to become a physician assistant, dentist, or veterinarian, here's how college can help you get there.

Trust the PROCESS

Pre-med isn't a major — it's a mix of advising, experiences, and coursework that colleges offer to students planning to apply to medical school. You'll still choose a major that covers the prerequisites for your doctoral or PA program and prepares you for med school admissions tests. Then, you'll benefit from specific programming to help you prepare for those exams; identify research, work and volunteer opportunities that provide clinical and patient-contact hours; and draft application materials that will help you stand out.

MANY ROUTES FROM COLLEGE TO Medical School

Colleges and universities have different pathways for pre-med students. Here's what you need to know about some popular ones:

- ➔ **B.S., Biology:** Biology is a strong pre-med major because it covers required science courses and gives you hands-on lab and research experience to prepare for medical school and health professional programs.
- ➔ **B.S., Health Sciences:** An undergraduate degree in health sciences is another option for future health professionals. It blends science and labs with courses that teach communication and how to work effectively with patients.
- ➔ **Other degrees:** According to the American Medical Association, biology was the most common major among students who enrolled in med school in 2024, but not the only one. Students also came from physical sciences, social sciences, health sciences, humanities, and math/stats.
- ➔ **Accelerated and assured acceptance programs:** Some undergraduate colleges have agreements with medical schools that give students a better shot at admission. For example, Russell Sage offers Accelerated and Assured Acceptance programs in conjunction with Albany Medical College's Physician Assistant Program:
 - High school students may apply to earn a B.S. in Biology and an M.S. in Physician Assistant Studies in less time than it would take to pursue the programs separately.
 - Third-year Sage students may apply for assured acceptance to the medical college's PA program.



HOT TIP

Post-Baccalaureate Pre-Medical Studies: If you choose an undergraduate degree that doesn't cover all of the science courses for medical school or a PA program, you can take a post-baccalaureate pre-med program afterward. These programs let you catch up on the requirements (and they include the same application guidance you'd get as an undergrad!)

HOW DO YOU PREPARE in high school?

The classes required to apply to med school and similar programs are academically rigorous. To prepare for college, keep these tips in mind:

- Take four years of math **and** science in high school and maintain a high GPA. The classes will provide the foundational knowledge that you'll build on in college coursework. Maintaining a high GPA will help ensure you have your choice of colleges.
- Consider taking core science classes — like biology, chemistry, and anatomy — at the college where you're earning your bachelor's degree, even if you've taken AP or dual-enrollment versions in high school. By taking these courses at the institution where you'll earn your degree, you can be sure you have the proper foundation for upper-level pre-med coursework and medical school.
- **Consider location!** The Capital Region is home to Albany Med Health System (the largest regionally governed not-for-profit health system in northeastern New York and western New England) and dozens of agencies serving more than 19 million New Yorkers. It's a great place to build clinical experience, connect with mentors, and explore opportunities that can strengthen your med school applications.
- Wherever you apply, look into hands-on experiences in the health sciences. Russell Sage's connections with leading research labs, partnerships with Albany Med and other providers, and interdisciplinary wellness-focused programs all offer opportunities that help future medical school applicants stand out. (And don't forget to ask about galleries, theaters, and just-for-fun activities, too!)



CAREER opportunities

According to the U.S. Bureau of Labor Statistics, healthcare jobs are growing faster than average. In human medicine, physician assistant roles are growing particularly fast, with the bureau **projecting employment of PAs to increase by 28% through 2033**. In veterinary medicine, jobs are expected to grow 19% over the same period. (The average growth rate for all occupations is about 4%.)

FINDING YOUR MEDICAL SPECIALTY: WHEN AND HOW

You don't have to be 100% sure about medical school yet! Pre-Med programs give you a strong foundation for a variety of health and science-related graduate degrees and careers, and college offers plenty of ways to explore different interests.

If you do choose to pursue medical school, the American Medical Association notes that most med students pick a specialty at the end of their third year. While students in other health fields have their own timelines, you have plenty of time to find what fits you best.



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