College of Arts & Sciences
Pre-Health Professions

Overview
There has never been a greater demand for health care careers than there is now. The health care industry continues to see an increase in the demand for medical services because of the aging population in the U.S. as well as new advancements in treatment and technologies.

Academics
Degree options
Completing pre-health prerequisites prepares students to apply to health professional schools. It does not result in the completion of a degree, with the exception of clinical lab science. Your studies at Kansas State University will begin with core courses in math, science, social sciences, communications and humanities. You will need to maintain a 3.0 GPA to remain in the pre-health curriculum. Some health programs require you to complete a bachelor’s degree, while others require only the completion of certain prerequisites.

For the following programs, you must complete a bachelor’s degree. You are not required to choose a specific major as long as you complete all of the prerequisite classes for your particular pre-health area.
- Pre-dentistry
- Premedicine
- Pre-optometry
- Pre-physical therapy
- Pre-physician assistant
- Pre-occupational therapy

For the following programs, you are not required to complete a degree to apply to professional school. You have the option to stay and finish a degree, but you are eligible to apply for professional school as you complete prerequisites, which usually takes two or three years.
- Pre-chiropractic medicine
- Clinical laboratory science (medical technology)
- Pre-health information management
- Pre-nursing
- Pre-pharmacy
- Pre-respiratory care
- Pre-veterinary medicine (a doctorate in veterinary medicine also can be attained at K-State)

Advising
The pre-health professions advising office is dedicated to helping you achieve your career goals. We have a team of experienced, full-time advisors, allowing for greater expertise and one-on-one guidance. Every pre-health student is assigned an advisor who will help you become a competitive applicant to health professional schools. Students who declare a major in addition to a pre-health designation will be assigned two advisors, one for each area.

This office provides services to students who are interested in health care-related careers. Every pre-health student is assigned an advisor who can help students:
- Learn about various health professions.
- Find ways to test their decision to pursue a career in health care.
- Understand prerequisites and course sequencing.
- Get involved in extracurricular activities to help you stand out as a candidate.
- Navigate the application process.
- Decide the best time to apply to a particular program.
- Identify alternative career plans.

Points of pride
The College of Arts & Sciences has created a pilot e-mentoring program for approximately 50 first-generation sophomores and juniors in pre-health fields. This program matches students with K-State alumni and friends in the health professions to which they are aspiring. Visit artscli.k-state.edu/student-resources/pre-health/prehealthmentoring.html.

Students who have an interest in a health profession may choose any major. Here are some of the most common:
- Animal sciences
- Athletic training
- Biochemistry
- Biology
- Chemistry
- Communication sciences and disorders (speech pathology)
- Dietetics
- Family studies
- Gerontology
- Kinesiology
- Life science
- Nutrition
- Psychological sciences
- Physical science
- Social work

Preparation
The pre-health professional advising office recommends several things to high school students preparing to enter the program:
- Students should join one or two student groups and be active members.
- Students are encouraged to find shadowing opportunities in health professions of most interest to them.
- Students should volunteer in some capacity. Volunteer experience reflects that students care about others.
- Students are encouraged to keep a journal of their shadowing and volunteer activities, which includes information regarding name/contact information, dates/times, specifics on what students did/observed and a reflection of the experience.
- Students need to continue shadowing and volunteering throughout college.
- Students should take as many high school science and math classes as they can.
- AP is not considered transfer credit. It is calculated into the K-State GPA if the score is high enough to receive a letter grade.
- It is generally recommended that science courses be taken at a four-year college or university and not taken as AP credit.
- Whether an AP course requires a grade is dependent upon the health professional school of choice.
- Online science courses are not accepted by many health professional programs.
Schools include:

Applying to health professional schools is a challenging and competitive process. Health professions advisors know the expectations of these schools and will help you meet them. Strong applications for health professional schools include:

- Strong GPA (between 3.0-4.0)
- Strong scores on entrance exams
- Service and volunteer experience
- Health professional shadowing
- Leadership experience
- Work and research experience

Activities

Clubs

Leadership and involvement outside the classroom may not be required to get into a professional school, but they go a long way to strengthen your application. K-State’s more than 475 campus clubs feature several focused on health care fields:

- Med Life
- Pre-chiropractic club
- Pre-dental club
- Pre-medicine club
- Alpha Epsilon Delta honor society
- Pre-nursing club
- Pre-occupational therapy club
- Pre-optometry club
- Pre-pharmacy club
- Pre-physical therapy club
- Pre-physician assistant club
- Pre-veterinary medicine club

Service opportunities

Health careers are service careers and as such, students need to show a sincere interest in the well-being of others. K-State and many service organizations in the Manhattan community offer opportunities through campus clubs, local businesses, and both state and national service organizations. Students have the opportunity to volunteer, shadow and/or work with the following:

- Via Christi Hospital
- Flint Hills Community Clinic
- Meadowlark Hills Retirement Community
- Stoneybrook Retirement Community
- Kansas Mission of Mercy
- Sunset Zoo
- Area health care centers
- Private health practices
- Blood drives and alternative spring break volunteer opportunities

Research

K-State offers countless opportunities to conduct research with professionals in health-related areas. Our faculty and students are working on projects as diverse as atomic physics, biotechnology, cancer research and cloning. While here you can:

- Tackle a project in psychology, food science or another field.
- Fund your own project with a research grant.
- Get a work-study job in a lab on campus.
- Work alongside professors on their research projects.
- Present your paper at a professional conference.

To find out about research opportunities, students should talk to their professors and/or contact the Office of Undergraduate Research & Creative Inquiry at k-state.edu/undergradresearch.

Suggested coursework

Expand your knowledge base in human and animal health with courses such as Human Body, Medical Ethics, History of Death and Dying, Drama Therapy, Biochemistry, Cancer Therapy, Medical Terminology, Introduction to Public Health, Administration of Health Care Organizations, Introduction to Gerontology, Human Nutrition and more.

Foreign language skills are highly recommended, especially Spanish. Students are encouraged to take advantage of study abroad and service learning opportunities.

More information about exact course requirements may be found at artsci.k-state.edu/student-resources/pre-health.

For more information about pre-health, contact:

Health Professions Advising Office
College of Arts & Sciences
Kansas State University
113 Eisenhower Hall
1013 Mid-Campus Dr North
Manhattan, KS 66506-1011
785-532-6900
artsci.k-state.edu/student-resources/pre-health

For more information about Kansas State University, contact:

Office of Admissions
Kansas State University
119 Anderson Hall
919 Mid-Campus Drive North
Manhattan, KS 66506-0102
1-800-432-8270 (toll free) or 785-532-6250
k-state@k-state.edu
k-state.edu/admissions

Kansas State University

Notice of nondiscrimination
Kansas State University prohibits discrimination on the basis of race, color, ethnicity, national origin, sex (including sexual harassment and sexual violence), sexual orientation, gender identity, religion, age, ancestry, disability, genetic information, military status, or veteran status, in the University’s programs and activities as required by applicable laws and regulations. The person designated with responsibility for coordination of compliance efforts and receipt of inquiries concerning nondiscrimination policies is the University’s Title IX Coordinator: the Director of the Office of Institutional Equity, equity@k-state.edu, 103 Edwards Hall, Kansas State University, Manhattan, Kansas 66506, (785) 532-6200. The campus ADA Coordinator is the Director of Employee Relations, charlotte@k-state.edu, who may be reached at 103 Edwards Hall, Kansas State University, Manhattan, Kansas 66506, (785) 532-6277.

Post-Graduation Statistics
k-state.edu/postgrad-stats
ksdegreestats.org