

Major Planning Guide:

Pre-Health

What path should I follow if I want to be a doctor, dentist, veterinarian, pharmacist, or physician assistant?

To pursue a career in any of the health professions listed above, a student will need to complete a multi-year professional graduate degree after completing a bachelor's degree, or at least a certain number of undergraduate credits.

Related Majors/Programs

Pre-Dental	Pre-Veterinarian
Pre-Medical	Optometrist
Pre-Pharmacy	Pre-Occupational Therapy
Pre-Physical Therapist	Public Health
Physician Assistant	

How do I get into a professional program in health sciences?

Students planning to apply to a professional program in health sciences can choose any major as undergraduates, as long as they complete the required prerequisites for the professional program. "Pre-health science" is often not offered as a major, but most universities have pre-health science clubs and advising services that can help students prepare to apply to graduate school.

How do I prepare for a career in the health sciences?

Here are a few steps that we recommend you take to make sure that health sciences is the right choice for you. There are many different types of careers in healthcare, and it is important to do some research ahead of time to find the one that best fits your goals. An advisor can help you choose the transfer degree, and what courses you should take while you are here at Seattle Central.

Step One: Research

- Those who are undecided about a major/career can make an appointment with our Career Exploration Center BE1102E to take a career assessment test. This assessment can reveal your interests, values, and skills which then match you up with potential careers and programs that prepare you for specific career paths.
- You should be able to prepare to apply to a graduate program in the health sciences at almost any college or university in Washington, since the programs don't require a specific major. You may want to consider what kind of pre-health sciences advising services and student organizations the university offers.
- Our Transfer Center in BE1102F can help find universities you are interested in attending and guide you through the application process.

Step Two: Pick a Degree

Students planning a career in the health sciences should choose a transfer degree based on the major they plan to study for their bachelor's degree. Advisors can help students look at prerequisite requirements for both the major and the professional program and choose the degree that will work best for them.

Step Three: Make a Long Range Academic Plan

Prerequisite requirements for health sciences graduate programs often include several sequences of science courses, for example, three-course sequences of biology and chemistry for majors. Check prerequisites for these courses, start early, and make sure to complete the entire sequence at the same college. Many health sciences graduate programs will require at least some calculus, or a combination of calculus and statistics. You should consult with an advisor at Seattle Central to make sure you take the appropriate courses to be prepared to enter the major.

Examples: A student planning to study biology for the bachelor's degree and then go to medical school should focus on completing prerequisites for the biology major and additional prerequisites for medical school as space allows. A student who plans to major in anthropology and then apply to pharmacy school should complete prerequisites for anthropology and fit pharmacy school prerequisites into general education requirements and electives. Any remaining prerequisites can be completed during the last two years of the bachelor's degree.

Consider an emphasis to your associate degree before you transfer, such as [Global Studies](#), [Global Health](#), [Sustainable Agriculture Education](#) or [Equity and Social Justice](#). This can enhance your resume, personal experience and be something you put into your personal statement.

What are my next steps?

- Once you have had the chance to explore the career opportunities in health sciences you might want to schedule an appointment to meet with an advisor to plan out your course of study. You can make an appointment by stopping by the Advising office in BE 1102D or calling us at 206-934-4068. *(If you are an international student, please stop by International Education Programs in BE 1113).*
- Attend Transfer Fairs and Career & Networking Fairs hosted by our office throughout the year.
- Explore the professional organizations in your area of interest for more information about education and career options.

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