

Health Professions Post-Baccalaureate Program



UCDAVIS



Secure Your Future as a Health Professional

OUR PROGRAM PREPARES YOU for all aspects of applying to health professional schools—academic building, test taking and application preparation—while also training you for employment during your gap year. You’ll benefit from individualized, holistic academic advising; a comprehensive, in-house test preparation program; and an application strategy that aligns with your specific needs.

About Us

Developed in partnership with UC Davis’ Health Professions Advising Office and Division of Continuing and Professional Education, this academic-enhancing program is designed for individuals pursuing medicine, dentistry, veterinary medicine, nursing, physician assistant or other health professions.

Unlike other post-baccalaureate programs, our unique **12-month program** starts each January and ends in December, allowing you to take a full year’s worth of coursework, prepare for your test and develop skills to help you secure a full-time position during your application year.

Program Overview

The program includes:

- 12 rigorous science courses
- Year-long MCAT test preparation course or quarterly GRE/DAT prep
- Series of one-unit support seminars
- Summer learning experiences (clinical, research or health equity track)
- Application prep seminar

Students will work with an advisor to select upper-division courses each quarter. If needed, one quarter of chemistry, organic chemistry or physics can be repeated throughout the program.

For those needing only a few course requirements for programs, such as nursing or physician assistant programs, consider our single-quarter option and receive many of the same benefits of the full program while committing to one quarter at a time. As a single-quarter option student, you receive holistic academic advising but do not participate in skill-building seminars, test preparation seminars and are not eligible for the composite letter.

Skill-Building Seminars

These one-unit seminars are designed to help you succeed in the program, as well as in your future health profession.

LEARNING AND TEST-TAKING STRATEGIES

Learn strategies for the classroom and test preparation. Explore proven techniques to increase memory retention and recall.

MEDICAL TERMINOLOGY

Build the vocabulary you need to understand and participate in conversations centered on health.

NARRATIVE MEDICINE

Read and discuss concepts around social determinants of health, motivational interviewing, health equity and more, while learning to develop your own narrative.

APPLICATION PREPARATION

Learn all aspects of the application process while developing skills for personal statement and experience writing, creating personalized school lists and preparing for interviews.

SAMPLE PRE-MED SCHEDULE

Winter (Quarter 1)	Spring (Quarter 2)	Summer (Quarter 3)	Fall (Quarter 4)
3 Science Courses	3-4 Science Courses	Learning Experience: Choose Clinical Track (EMT), Research Track or Health Equity Track plus 1-2 science courses	3-4 Science Courses
MCAT Prep Seminar (1 unit each quarter)	MCAT Prep Seminar (1 unit each quarter)	MCAT Prep Seminar (1 unit each quarter)	MCAT Prep Seminar (1 unit each quarter)
Learning and Test-Taking Strategies Seminar (1 unit)	Medical Terminology Seminar (1 unit)	Narrative Medicine Seminar (1 unit)	Application Preparation Seminar (1 unit)
12-14 units	12-14 units	4-8 units	12-14 units

Capitalizing on the abundant resources that UC Davis and its Health Center provide, we employ application strategies that lead to successful matriculation into health profession schools.

One-on-One Advising

Our personal approach to advising means that we understand your goals, strengths and challenges. Through weekly seminars and check-ins, our advisors learn about your academic journey, providing assistance and resources as necessary. Your success in the program is essential, so we will make every effort in assisting you with acclimating to the environment and experience. Upon completion of the program, students will continue to receive wraparound advising and test prep services throughout the application process.

Personalized Composite Letter

As a post-bac student, you can utilize a Composite Letter Packet service, which many health professions schools prefer. Advisors will collect your letters of recommendation, write a cover letter and upload your Composite Letter Packet to your application system in June of your application year.

Test Preparation

Whether you're taking the MCAT, GRE or DAT, your success on that test is our top priority. Build test-taking skills and confidence through individualized plans and consistent practice. Pre-Medical students will be automatically enrolled in a one-unit, P/NP MCAT seminar each quarter. During this year-long preparation, they will participate in experiential learning opportunities to review content, learn and apply strategies for each test section, take 15 full-length practice tests, and build the confidence necessary to conquer the MCAT. Students taking the DAT or GRE will have a similar experience but for a shorter duration of time closer to their test date.

Mental Health and Wellbeing

UC Davis CPE has partnered with **TimelyMD**, the leading virtual health and well-being solution in higher education, to offer students free and equitable access to online mental health support through the TimelyCare platform. Students have access to 24/7 on-demand emotional support, scheduled counseling with a diverse provider network, health coaching and self-care content including yoga, meditation and community conversations.

For more information, visit us online: cpe.ucdavis.edu/postbac

Application Preparation

Throughout the program, your advisor will work closely with you to identify an application strategy that aligns with your needs. This strategy will be further honed and implemented during an application preparation seminar in your fourth quarter.

- Personal statement and experience writing
- Securing letters of recommendation
- Composite letter from the program director
- Creating a school list
- Centralized application review
- Interview preparation



Register for an Information Session

To learn more about this program, join us for an information session and be sure to bring your questions. Multiple sessions are available. Find the schedule of sessions and register online at hpa.ucdavis.edu/postbac

“Being able to work so closely with each student is my favorite part of this program. Our one-on-one advising sessions allow us to carefully craft their health profession application to showcase the unique value each post-bac student brings to the healthcare field.”

Bryelle McRay, director,
UC Davis Health Professions Post-Baccalaureate Program



Apply for the UC Davis Health Professions Post-Bac Program

We offer one cohort per year, beginning in January. Applications **open in April and close in July**. Apply online through the centralized application service, PostBacCAS. **Your application must be verified by deadline.** The application process is rolling, so applying early is highly recommended.

Tuition

\$30,000 for the 12-month program or
\$7,500 per quarter for the single-quarter option

Housing, food, transportation, books and health insurance are not included with tuition. Test preparation is not included for single-quarter students.

For program details regarding prerequisites, the application process, single-quarter option, fees, financial aid and more, visit us online:

cpe.ucdavis.edu/postbac

Contact Us

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**HEALTH PROFESSIONS
POST-BACCALAUREATE PROGRAM**