Health Professions
AT A GLANCE

Middlebury College
Center for Careers and Internships
Embarking on Your Health Professions Journey

There are many ways to serve humanity and live a purposeful life, and caring for the physical and emotional needs of others is one of the most selfless and honored traditions. Few careers require as much intellectual rigor and personal sacrifice as the practice of medicine, yet securing a place in one of the schools of medicine has never been more difficult. Today’s applicants must demonstrate, in addition to the excellent academic credentials, a set of experiences indicating strong interpersonal qualities, community engagement (local or international), knowledge of the proposed field of study, and the skills and knowledge that prepare one for effective practice in 21st-century medicine.

It’s important to approach the decision to pursue medicine thoughtfully. Take responsibility for learning about your field of interest and take time for careful self-examination to determine which medical credential will enable you to best realize your talents and potential. And take advantage of all that Middlebury has to offer. A part of the Center for Careers and Internships, the Health Professions Office has valuable resources and advising services that can help you throughout the exploration and application processes.

I look forward to getting to know our new health professions students and developing deeper ties with prospective professional school applicants.

Mary Lothrop
Director, Health Professions and STEM Advising Center for Careers and Internships

Health Professions advisors provide opportunities for students to explore and prepare for careers in any of the health professions or STEM (science, technology, engineering, and math) fields.

From first-years to seniors, interested students can meet individually with our team of advisors, attend our many workshops and programs and receive our biweekly electronic newsletter. With our support and guidance, students can identify the right path for them and then develop a cohesive plan to meet the requirements for the many different health professions programs, including medical, dental, veterinary, and nursing.

We also collaborate closely with other college programs and faculty and work to bring alumni, local practitioners, employers, and admissions representatives from a variety of programs to campus to raise student awareness of the many opportunities for combining their passion for health care and service.
Q&A

DO I NEED TO MAJOR IN SCIENCE TO BE PREHEALTH?
Not necessarily, but you need the following prerequisites to qualify for admission to medical, dental, and veterinary school:
• Biology (at least one year)
• Chemistry (two years, including biochemistry)
• Physics (one year)
• Math (calculus and statistics)
• Behavioral science

CAN I PREHEALTH AND STUDY ABROAD?
Yes. Plan your course sequences thoughtfully (particularly chemistry), and consider studying for one semester or summer rather than a year, or plan to complete additional course work through continuing education or a postbaccalaureate program.

CAN I PLAY SPORTS AND STILL BE PREHEALTH?
Absolutely. Many students balance both their academic and athletic pursuits. That is one benefit of a liberal arts experience.

CAN I APPLY AS AN ALUM AND STILL GET SUPPORT FROM MIDDLEBURY?
Yes. We support alums as well as current students in their pursuit of careers and graduate programs in the health professions field.

Know your Resources

ONLINE • go.middlebury.edu/hp

ON CAMPUS • Health Professions and STEM Advising Adirondack House • Academic Departments for the Sciences McCordell Bicentennial Hall • Center for Teaching, Learning, and Research Davis Library • Center for Community Engagement 20 Old Chapel Road

OFF CAMPUS • Porter Medical Center • The Open Door Clinic • Addison County Home Health & Hospice

STUDENT ORGS • Active Minds • Cases in Biomedical Ethics Club • GlobeMed • Unite for Sight • Middlebury College Emergency Medical Services • Premedical Society • Psychology Club

By the Numbers (data from 2016)

2016 SNAPSHOT

3.61
Average GPA of health professions students

31
Different majors represented in our prehealth cohort

87%
Average MCAT percentile

Top 10 school acceptances (for the last five years)

• Robert D. Larner College of Medicine at The University of Vermont
• Tufts University School of Medicine
• Geisel School of Medicine at Dartmouth
• Boston University School of Medicine
• University of Rochester School of Medicine and Dentistry
• New York University School of Medicine
• Lewis Katz School of Medicine at Temple University
• Albany Medical College
• Pennsylvania State University College of Medicine
• Frank H. Netter School of Medicine at Quinnipaic

OUR APPLICANTS

18%
Students who applied as seniors

43%
Students in athletics

73%
Students who applied as alumni

OUR APPLICATION RATES

81%
Applicants accepted to medical school

100%
Applicants accepted to dental school

100%
Applicants accepted to veterinary school
“One of the best decisions I made at Middlebury was signing up for the J-term EMT class held every winter. It was a solid month of stress and study, but it opened up a side of the medical world I’d never seen before. It was significant because I realized that I didn’t want to pursue that side of medicine. Emergency medicine is fascinating and exciting, but it’s not for me. It let me realize that I want more time to get to know each patient. I have such deep respect for all who choose that path, even more so because it’s not the future I see for myself.

Whenever I was facing a long morning/evening/night of studying, I’d go straight to BiHall and find one of the biology classrooms, third floor. I always felt most at home there, and loved having an entire room to myself most of the time. I’d spend hours covering every inch of a room’s chalkboard with my notes.”

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“Amity Calvin ’16

- Biology major with a minor in Spanish
- Trained as an EMT and Wilderness EMT
- Spent her junior fall semester in La Serena, Chile
- Rowed on the crew team
- Violinist in college orchestra
- Timber framer
- Octopus researcher
- Attending Oregon Health Sciences University

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“Yasmeen Byrnes ’17

- Math major
- Member of Midd Masti, Southeast Asian dance organization
- Worked at the Center for Careers and Internships as peer career advisor
- Went abroad for a semester to India
- Participated in the Porter Hospital winter term internship
- Conducted NIH research

“I did the J-term shadowing internship at Porter Hospital. I shadowed many departments, as well as health professionals such as nurses, EMTs, and hospital lab scientists. This allowed me to see what medical professionals’ daily lives look like and reaffirm that it was the right career choice for me.

As a first-year, I was pretty sure I wanted to major in math and at the time also thought I might go into medicine. I was mostly focused on exploring different fields and finding which one was best for me. Additional experiences outside of class informed my decision to major in math (so I could enjoy taking lots of math courses in college!) while taking all the premed requirements with the intention of applying to medical school.

My study abroad experience in India was a fantastic growth experience that further developed my already-existing interest in medicine. I’d certainly recommend premeds to go abroad—my experience changed me and helped me become more ready for medical school. I’m so glad I went!”
Student Profiles

Ann ’15 & Lydia ’15 Carpenter

• Both were biology majors and varsity swimmers  
• Came to Middlebury from Virginia (with their horse, Otis)  
• Spent a semester junior year at Virginia Tech’s agriculture school taking pre-vet courses  
• Both attend Virginia-Maryland College of Veterinary Medicine

ANN CARPENTER: “When I first came to Middlebury, I knew that I wanted to study biology. I have wanted to be a veterinarian for as long as I can remember, so a biology major seemed like an appropriate choice for my chosen career path. Middlebury is an amazing place for so many reasons, but the abundance of veterinary resources in the surrounding area is especially helpful. I found that the practicing veterinarians were incredibly helpful and, as a result, I really enjoyed completing my required clinical hours before applying to veterinary school.”

LYDIA CARPENTER: “While studying at Virginia Tech during my junior year, I was able to take classes in the Agriculture Department, join Dairy Club, and work in the laboratory of a Midd alum. This allowed me to get a better feel for vet school academics, meet professors, and confirm that vet school would be a good fit for me. There were enormous opportunities for research at Middlebury and the Biology Department was very encouraging of students undertaking research, either with professors or independently.”

Adam Glaser ’17

• Neuroscience major  
• Played varsity soccer for four years; was all-time leading scorer in Midd history; captain senior year; named NSCAA Scholar All-American  
• Early assurance applicant to Geisel Medical School at Dartmouth  
• Conducted NIH Research  
• Took multiple trips to Ethiopia to work with Dr. Rick Hodes ’75

“I’ve worked in an Ethiopian clinical setting for four summers, and each summer has resonated with me slightly differently. At first, I was struck by the importance of determination in medicine. However, my subsequent experiences have emphasized the roles of patience and careful human interactions. In my experience at NIH, I discovered how much my understanding of basic science informed patient interactions and treatments. These disparate aspects of medicine are what excites me about being a doctor.

Studying neuroscience was actually one of the main reasons I chose Middlebury. I knew I wanted a small school with rigorous academics where I could play soccer. I was also drawn to neuroscience, which really narrowed schools down.

I’ve been enjoying working in Professor Dash’s lab. It gives rise to a fuller professor-student interaction than is often available from course studies. It is also an entirely different way of studying a field. Rather than doing a survey of many topics, as is the case in courses, research requires expertise in one specific area.”
I shadowed a hematologist/oncologist in the Bone Marrow Transplant Unit of Mount Sinai Hospital in New York City. As I began to round with her, I began to understand the difficulties a physician faces each day, especially a hematologist/oncologist who treats terminally ill patients. I learned, above all, the necessity of compassion in medicine. Because I had studied Chinese intensively at Middlebury, I was able to translate for a Chinese patient, easing his anxiety during his stay at the hospital.

At Middlebury, I double majored in molecular biology and biochemistry, and Chinese language and literature. Chinese is an abstract language and reads similarly to poetry. By learning it, I expanded my creativity and accessed a part of my brain different from, yet complementary to, my scientific mind.

One of the unique aspects of Middlebury is the abundance of faculty members who are excited by the prospect of mentorship. If you connect with these professors early, they can help you navigate the set of complex decisions you will make for the next four years and beyond.”
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