You CAN do both!

Pre-Health & Study Abroad

Who we are

• Hannah Benz
• Stacey Thebodo
• Alessandra Capossela
• UR-STEM
Fun Fact:
In the past few years, roughly 34% of pre-med applicants have gone abroad, including J-Term and Summer programs.

Is Study Abroad Right for Me?

- What are my motivations for studying abroad? What goals do I have?
- How will my study abroad experience fit into my academic plan?
- How will I use my study abroad experience in the future (personally, academically, or professionally)?
Benefits of Studying Abroad

- Improved language skills (if studying in another language)
- Increased employability
- Increased intercultural & communication skills
- Increased flexibility, creativity, & problem-solving

Worried about grades? Our research shows that, on average, students do just as well abroad as they do here at Middlebury.

How Do I Choose a Program?

- English-speaking program vs. Second-language program
- Middlebury vs. Externally-sponsored
  - Middlebury has programs in: Argentina, Brazil, Cameroon, Chile, China, France, Germany, India, (Israel), Italy, Japan, Jordan, Morocco, Russia, Spain, UK, Uruguay
- University-based vs. Field-based
- Thematic options
  - Environmental Sustainability
  - Human Rights
  - Health & Pre-Med
- Year vs. Semester vs. Summer/Short-term
- Domestic vs. International
What Should I Consider When Selecting a Program?

- Academics
  - Major requirements
    - Can you transfer credits from abroad? Can you take a semester “off” from your major?
    - Timing of required pre-health courses
    - Medical schools require that pre-requisite coursework be taken in the United States
- Exams
  - Prep time
  - When are the exams offered?
  - Talk with Health Professions Advisors about timing
- The trajectory of the curriculum may vary
  - The curriculum for certain degrees abroad may be structured differently than they are in the U.S. (pre-requisites, etc.)
- The nature of lab courses may vary
  - Some universities split labs and lectures between two different semesters—taking a lab may not be an option

SAVE YOUR ELECTIVES!!!!

Other things to consider

- What types of courses do you want to take?
- Academic strengths of the programs you’re considering
- What is the format of the program? Does it match your learning style?
- What are your goals for your experience?
- How much independence do you want?
- What type of city are you looking for? What type of housing are you looking for?
- What are the program costs? Is financial aid a concern?

PICK THE PROGRAM THAT IS RIGHT FOR YOU (REGARDLESS OF HYPE)
A Note About financial aid...

- Study abroad costs: generally similar to or somewhat less than U.S. college costs; see International Programs for specifics.
- Study abroad fee of $1,750 per semester abroad
- **Financial Aid Information:**
  - *Federal financial aid (aid other than Middlebury grants or loans)* can usually be applied to study abroad expenses for any approved program.
  - *Middlebury grant and loan financial aid is available for:*
    - Middlebury C.V. Starr Schools Abroad
    - Pre-approved International and Global Studies or IP&E majors (focus in South Asian Studies or African Studies) in certain situations
    - Official exchange programs
  - *Middlebury grant and loan financial aid is not available for:*
    - Externally sponsored programs, unless a student is studying on an official exchange program
- **More information:**
  [www.middlebury.edu/offices/support/sfs/aid_apply/study_abroad](http://www.middlebury.edu/offices/support/sfs/aid_apply/study_abroad)

Examples of Popular Programs

- **Middlebury School Abroad in Chile**
- DIS—Study Abroad in Scandinavia (Denmark, Sweden)—medical policy and practice, public health, neuroscience, biomedicine
- **SIT Study Abroad (Kenya and South Africa)—global health, human rights, social policy**
- SIT/IHP (multi-country comparative studies programs)—health and community
- CIEE (Botswana and Thailand)—community public health
- **MANY universities in the UK, Ireland, Australia, New Zealand (e.g., King’s College London Health & Society Program)**
Online Resources
http://www.middlebury.edu/international/sa/programs/health

Next Steps

Deadline for 2019-20: February 1, 2019: www.middlebury.edu/study-abroad
Minimum Requirements: 2.67 GPA overall; 3.0 in major courses; 3.0 in language courses (if applicable)
Keep an eye out for fall events!
• Information Sessions
• Photo Contest
Talk with your academic advisor
Talk with returnees
Talk with Pre-Health Advisors
• Hannah Benz
• Mary Lethrop
• Nicole Veilleux
Make an appointment with International Programs
• Alessandra Capossela: Argentina, Chile, Italy, Uruguay
  Nicole Chance: Brazil, Cameroon, Germany, Spain
• Bill Mayers: China, India, (Israel), Jordan, Morocco
• Susan Parsons: France, Japan, MBS, Russia
• Stacey Thebodo: UK & Externally Sponsored Programs
Upcoming Info Sessions

• **Info Session: University of Otago (New Zealand)**
  Monday, October 29
  5:00-6:00pm
  Sunderland 130

• **Info Session: DIS—Study Abroad in Scandinavia (Denmark and Sweden)**
  Monday, November 12
  4:30-5:30pm
  Axinn 229

• **Info Session: SIT Study Abroad**
  Wednesday, November 14
  12:30-1:30pm (pizza lunch included!)
  HillCrest 200

Meet Our Returnees!

- Campbell Goldsmith (DIS Medical Policy & Practice Program, Fall 2017)
- Ariana Hernandez (Middlebury School in Spain, Spring 2018)
- Kian Waddell (Middlebury School in France, Fall 2017)
Questions

➤ How did you narrow down your options/choose a program?
➤ How did you manage to fit going abroad into your academic plans?
➤ Any Do’s or Don’t’s?