Middlebury College
Health Professions

AT A GLANCE
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 M 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 throughout the year, 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 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 • sites.middlebury.edu/healthprofessions

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 • Community Engagement 118 South Main Street

OFF CAMPUS • Porter Medical Center • The Open Door Clinic • Addison County Home Health and 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 2015)

2015 SNAPSHOT

3.57  Average undergrad-uate GPA of health professions students

31  Different majors represented in our prehealth cohort

32  Average MCAT score

Top 10 school acceptances (for the last five years)

- The University of Vermont College of Medicine
- Tufts University School of Medicine
- The Warren Alpert Medical School of Brown University
- Boston University School of Medicine
- Geisel School of Medicine at Dartmouth
- University of Rochester School of Medicine and Dentistry
- Columbia University College of Physicians and Surgeons
- Icahn School of Medicine at Mount Sinai
- New York University School of Medicine
- Pennsylvania State University College of Medicine

OUR APPLICANTS

20%  Students who applied as seniors

74%  Students who applied as alums

21%  Applicants who were athletes

OUR APPLICATION RATES

74%  Applicants accepted to medical school

100%  Applicants accepted to dental school

100%  Applicants accepted to veterinary school
“My decision to pursue premed was conditional on my ability to interface with health care firsthand. That’s a tall order from a young undergraduate student, but **acting as an EMT and lieutenant for Middlebury’s Emergency Medical Services proved to be a formative clinical experience.**

I had to use my judgment to weigh variables and choose the best course of action, all while treating the patient with integrity and compassion. I was also an independent research assistant and had to formulate hypotheses, test those hypotheses, and understand and synthesize results. This helped ground me in the very real nature of biomedical investigation, while also instilling a sense of inquiry that I hope will guide a lifetime of learning.”

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**Ryan Brewster ’14**

- Molecular biology and biochemistry major (with a talent for graphic design)
- Trained as an EMT
- Founded an apparel company
- Spent a summer in Rwanda with Gardens for Health International
- Worked as a researcher at Harvard Medical School
- Lives in Boston and plans to begin medical school in 2016
Ann Carpenter ’15

• Biology major
• Came to Middlebury from Virginia (with her horse)
• Spent junior year at Virginia Tech’s agriculture school taking prevet courses
• Will be attending Virginia-Maryland College of Veterinary Medicine as of fall ’16

“I came to Middlebury knowing I wanted to ultimately go to vet school, so majoring in biology was a natural choice. When many of my classmates were headed to study abroad during junior year, I went to Virginia Tech’s ag school to gain more hands-on knowledge and expand my perspective on the college experience.

I found the abundance of veterinary practices around Middlebury to be invaluable, with lots of opportunities for working with equine and large-animal veterinarians. There is definitely a lot to take advantage of when you look for the right opportunities!”
“As I watched Dr. Smith, my dentist since childhood, interact with every patient he saw throughout the day, greeting each with an upbeat attitude, I could not deny my own excitement for dentistry.

I noticed a form of art unique to dental care that lies directly at the crossroads of scientific knowledge, interpersonal relationships, and tangible skill.

I would encourage incoming prehealth students to shadow health-care professionals as much as possible. It is important to keep in mind why you want to be a premed or predental student, and having the inspiration helps cultivate a passion for the field.”
The humanities satisfied my desire to think more deeply about topics I felt would’ve been missing if I had majored in the sciences.

It wasn’t difficult for me to fit in my science requirements while pursuing my studies in religion and Arabic. I even found time to study abroad! Pursuing all of my interests gave my life at Middlebury balance, which I believe contributed to my success.

I had a pivotal clinical experience while participating in the Porter Hospital Internship. My physician mentor saw a range of patients in a small practice, and what struck me most was the amount of time he spent listening. He taught me the centrality of compassion in building relationships with patients and in achieving positive patient outcomes.”
“My senior year I did the Porter Hospital Internship, an amazing clinical experience that allowed me to engage with and shadow local doctors and assured me that being involved in the medical community was truly my life’s passion. I also participated in Professor Cluss’ laboratory, studying the causative agent of Lyme disease, *Borrelia burgdorferi*. The lessons learned in the lab, in addition to procedures, have been indispensable. You have to keep persevering through failures!

**Annabelle Jones ’15**

- Molecular biology and biochemistry major
- Played varsity ice hockey for four years—was star goalie
- Worked in a research lab
- Participated in the Porter Hospital Winter Term Internship
- Will be starting medical school in 2016

**Being a part of a competitive NCAA sports program and balancing the workload of being premed was demanding but also an important experience.** It forces time management, a skill that is something that is an essential asset for anyone entering the medical field.”
As an alum working with the Health Professions staff, I had a very positive experience. The committee members were supportive of my unusual situation and took the time to discuss my options and how my application process would be different from a more conventional path.

As an undergrad I came to Middlebury to study molecular biology and biochemistry, but I also wanted a liberal arts education. I spent a year and a half in Dr. Spatafora's lab and completed a senior thesis, which prepared me well for graduate school and also was influential in my decision to apply to medical school.”
Get in touch

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