



Tips from a Recent Grad: Navigating the Post-Bacc Program

About Me

What is a Post-Baccalaureate Program

The Process

My Experience

2021

The background of the slide features a close-up photograph of several green, heart-shaped leaves with prominent veins, likely from a plant like a peace lily. The leaves are scattered across the frame, with some in sharp focus and others blurred in the background.

Graduate of Clark University
(2021)

Currently enrolled in a post-
baccalaureate program at
California State East Bay

Emergency Medical Technician

The Diamono Project



Post-Baccalaureate Programs

In short, it's a program completed after you get your bachelor's degree

Oftentimes it is for pre-health students aiming to get into graduate schools.

There are other reasons people may take these programs (getting a second BA/BS, get specialized training in a subject, etc.)

Academic Enhancer
VS
Career Changer

Masters
VS
Certificates

Structured
VS
Unstructured



Academic Enhancer VS Career Changer

Academic Enhancer

- Intended for those who have done all or most of the pre-reqs required for your profession of choice
- Main goal is to improve GPA by retaking classes or taking more upper-division science courses
- Largely made up of people who recently graduated and have been on the pre-health track

Career Changer

- Intended for those who have not done pre-reqs for their profession of choice or who have done them 7+ years ago
- Main goal is to take the courses needed to apply for graduate schools
- Largely made up of people who decided to switch career paths either later in undergrad or years after it



Masters VS Certificate Programs

Masters

- A full degree
- Will not affect your undergraduate GPA!
- Typically takes 2 years
- Required to complete a set of courses determined by the college/university

Certificate

- Not a degree
- Gets factored into your undergraduate GPA
- Typically takes 1-2 years
- Required to take a certain number of courses to get certificate



Structured VS Unstructured

Structured

- May have specialized classes, advisors, therapists
- More selective and thorough admission process
- May offer other services such as: MCAT/DAT/GRE Prep, Committee Letters of Recommendation (cLORs)

Unstructured

- May have shared classes and advisors with undergraduates
- More informal admission process
- More flexible than a structured program



The Process

Finding
Programs

What to
Look For

The
Application

The background of the slide features a pattern of green leaves, possibly from a plant like a peace lily, scattered across a light-colored surface. The leaves are various shades of green, from pale to dark, and some have visible veins and stems.

Finding Programs

1. The AAMC Post-Bacc Database is a good starting point (and they're currently updating it!)
2. ALWAYS check the school's post-bacc pages for the most accurate information
3. Google is your friend

The background of the slide features a pattern of green leaves, likely from a plant like a pepper or similar, scattered across the white background. The leaves are in various shades of green and are partially cut off by the edges of the slide.

What to look for

- What type of program is this?
- Linkages
 - Some programs are affiliated with various professional schools
- Location
 - Cost of living
 - Transportation
- Tuition
 - \$5,000 - \$51,000 per/year
 - With many programs you cannot get help from FASFA
 - Some programs have merit scholarships available



The Application

- Some processes are much more formal than others
- You may be required to turn in a statement of purpose
- Ask for letters of recommendation **ahead of time** (typically 2)
- Some schools will have minimum GPA or MCAT score requirements
- Deadlines are not to be messed around with.
 - Get them from the school site, keep track of them in one place, and set reminders

Snap Shots

Snapshots

Find Program View Selected Programs Search by Program or Department

Showing results for: All Available Programs

App#	Program Name	Level	Start Term	Start Year	City	State	Duration	Program Type
4	Master of Science in Global Studies	Master's	Fall	2021	Durham	GA	18/24/24	Graduate Program and Academic Award/Evidence
4	Health Services Postdoctoral Health Program	Post Doctoral	Summer	2021	Durham	GA	18/24/24	Graduate Program and Academic Award/Evidence
4	Health Services Postdoctoral Leadership	Post Doctoral	Summer	2021	Durham	GA	18/24/24	Graduate Program Only
4	Health Services Postdoctoral Film Program	Post Doctoral	Summer	2021	Durham	GA	18/24/24	Graduate Program and Academic Award/Evidence

Review Your Program Selections

Below are the programs you have selected. Please go back to edit your application, add to the list or "Add Application" from the "Add Programs" link. You can add more programs at any time.

COLLEGE TOTAL: 0
 TOTAL COST: \$135.00
 Continue To My Application

Add to List
 Remove
 Add Program

Agree South College
 Postsecondary Postdoctoral Health Program - Start on 2/21/2021

POSTBACCAS

My Application Add Program Submit Application Check Status

My Application
 The information and application materials provided here is part of the application process and is subject to the application review process.

Check My Application
 Track My Application
 Add My Application
 View My Application

Personal Information
 Academic History
 Supporting Information
 Program Materials

My Application Add Program Submit Application Check Status

Personal Statement

Write about your statement of why you would like to be considered for the program you are applying to. See the [Application Statement](#) for more information.

Personal Statement
 Please write a statement of no more than 1,000 characters (250 words) on the following prompt:
 How has your experience contributed to your decision to pursue a career in healthcare?
 Note: This program may require additional essays or personal statements. Visit the [Application Statement](#) for more information.

Submit Statement
 Save and Continue

[Find Program](#) | [View Selected Programs](#)

Search for a Program or Organization [Filters](#)

Showing results for: Available Programs

Add	Program Name	Level	Start Term	Start Year	City	State	Deadline [?]	Program Type
AGNES SCOTT COLLEGE								
+	Master of Science in Medical Sciences	Masters	Fall	2022	Decatur	GA	04/01/2022	Career Changer and Academic Record-Enhancer
+	Post-Baccalaureate Pre-Allied Health Program	Non-Degree	Summer	2022	Decatur	GA	04/01/2022	Career Changer and Academic Record-Enhancer
+	Post-Baccalaureate Pre-Medical Certificate	Certificate	Summer	2022	Decatur	GA	04/01/2022	Career Changer Only
+	Post-Baccalaureate Pre-Medical Flex Program	Non-Degree	Summer	2022	Decatur	GA	04/01/2022	Career Changer and Academic Record-Enhancer

[← Add More Programs](#)

Review Your Program Selections

Below are the programs you have selected. If you are ready to start your application, click the Continue To My Application button below. Missing a Program? Click Add More Programs. You can add more programs at anytime.

APPLICATIONS READY FOR SUBMISSION

0

TOTAL FEE(S)

\$135.00

[Continue To My Application >](#)

Sort By

Deadline



Agnes Scott College

Term: Summer



Post-Baccalaureate Pre-Allied Health Program

Deadline 04/01/2022



My Application

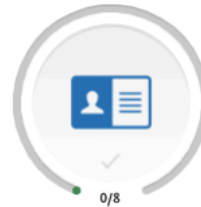
This dashboard is your application home providing access to each part of the application you need to complete and a high level overview of your progress.

Latest Notifications

- Your PostbacCAS application is ready for your review 3 days ago
- We're transferring your PostbacCAS information 3 days ago

[View My Notifications](#)

Personal Information



0/8
Sections Completed

Academic History



0/3
Sections Completed

Supporting Information



0/4
Sections Completed

Program Materials



0/1
Sections Completed



0/4

Sections Completed

Recommendations

Experiences



Achievements



Personal Statement

Personal Statement

Write a brief statement expressing why you would like to be considered for the programs you are applying to. Visit the [Applicant Help Center](#) for more information.

Once you submit your application, you cannot edit this section.

* Indicates required field

Personal Statement

* Please write an essay of no more than 5,300 characters (with spaces) on the following prompt:

How have your experiences contributed to your decision to pursue a career in healthcare?

Note, some programs may require an additional essay or personal statement. Visit the school(s) Program Materials page for further instruction.

0 word 0/5300



Save and Continue



My Experience

- Started Classes in the Fall and am on track to finish August 2022
- Structured program: 4 advisors, therapist, classes are only offered to post-bacc students, required seminar class, MCAT Prep, cLORs
- Extremely supportive environment
- Classes I'm taking **this semester**: Biochemistry 2, Parasitology, Biomedical Physiology, Biophysics, Biomedical Seminar
- Classes I'm taking **next semester**: Organic Chemistry 2, Human Anatomy and Physiology, Microbial Physiology and Metabolism, Biomedical Seminar

Advice!

Advice!

- When in doubt contact the school
- Ask lots of questions: can you get connected with a student, will the program count towards your undergraduate GPA, etc.
- This is a lot to keep track of, use Excel sheets, google docs, apps, etc to stay on top of things

Sorted by DEADLINE	Sorted by TUITION	Sorted by GPA	GPA
1 Oregon University New	28-Apr	San Francisco State University	2.5
2 Missouri State University	1-Apr	San Francisco State University	2.5
3 North Carolina State University	1-Apr	San Francisco State University	2.5
4 California State University	1-Apr	San Francisco State University	2.5
5 California State University	1-Apr	San Francisco State University	2.5
6 California State University	1-Apr	San Francisco State University	2.5
7 California State University	1-Apr	San Francisco State University	2.5
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18 California State University	1-Apr	San Francisco State University	2.5
19 California State University	1-Apr	San Francisco State University	2.5
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46 California State University	1-Apr	San Francisco State University	2.5
47 California State University	1-Apr	San Francisco State University	2.5
48 California State University	1-Apr	San Francisco State University	2.5
49 California State University	1-Apr	San Francisco State University	2.5
50 California State University	1-Apr	San Francisco State University	2.5

K1 Affiliations

	A	B	C	D	E	F	G	H	I	J	K
	School name	Name of Program	Location	Deadline	Status	GPA	Tuition	Application Requirements	Website	Extras	Affiliations
1	San Francisco State University	Pre-Health Professions AET Formal Post-Bac Program	San Francisco, CA	1-May	good	2.5	\$6,000	2 rec letters	https://prehealth.sfsu.edu/content/formal-post-bac	Most people take 3 courses per semester in consultation with an advisor	
2	Worcester State University	WSU Postbaccalaureate Pre-Medical Program	Worcester, MA	1-Apr	good	2.75	\$5,008	2 Letters of Recommendation	http://www.worcester.edu/PreMed	"Primarily evening courses for students who got a bachelors, but need to take or re-take courses"	
3	Cal State East Bay	Pre-professional Health Academic Program	Hayward, CA	1-Jun	good	2.8	\$6,900	Statement of purpose - academic history email phap@csueastbay.edu to ask if they need the full undergrad transcript	https://ce.csueastbay.edu/ce/programs/pre-professional-health/#	transcripts by July 15	
4	Elms College	Postbaccalaureate Premedical Studies Certificate Program	Chicopee, MA	Rolling	good	2.8	\$19,318	Personal Statement, 2 rec letters, transcripts, proof of earned bachelors	http://www.elms.edu/graduate-studies/postbaccalaureate-programs/postbaccalaureate-premedical-program/	Subsidized (50%) onsite MCAT prep course available, Mock Interviews, On-campus Housing	LECOM (Lake Erie College of Osteopathic Medicine)
5	Northeastern University	Post-Baccalaureate Pre-Medical	Boston, MA	1-Jun		3	\$12,800	Statement of purpose (500-1000 words explaining educational goals and expectations) - Resume- CALL 877-668-7727	https://cps.northeastern.edu/academics/program/post-baccalaureate-pre-medical	Really for retaking courses or taking additional courses (but mainly would be good for retaking) **potentially questionable phrasing on the site**	
6	Loyola University New Orleans	Pre-health Postbac	New Orleans, LA	28-Feb		3	\$14,400	1 rec letter - transcript	https://pacs.lovno.edu/prehealth		
7	UC Berkeley Extension	Post-Baccalaureate Health Professions Program	Berkeley, CA	Rolling		3	\$14,850	Resume - test scores - 3 rec letters - transcripts	https://extension.berkeley.edu/public/category/courseCategoryCertificateProfile.do?method=load&certificateId=17177&selectedProgramAreaId=15498&selectedProgramStreamId=15597		
8	Lewis University	B.S. Biomedical Sciences Program	Romeoville, IL	1-Jun		3	\$19,200	bachelors - transcripts - CALL 815-836-5250 to see if this is for academic record enhancer	https://www.lewisu.edu/academics/post-bac-pre-med/index.htm		
9	Meridith College	Pre-health certificate program	Raleigh, NC	1-Apr		3	\$20,295	personal statement - transcripts - resume - ACT or MCAT scores - 2 rec letters	https://www.meredith.edu/pre-health		
10	East Mennonite University	Gap Year Certificate	Harrisonburg, VA	15-Jul		3	\$18,500 - \$27,750	Degree, test scores,	https://emu.edu/ms-biomed/gap-year-certificate		
11											
12											
13											
14	Cooper Medical School of Rowan University	Advanced Premedical Studies Post baccalaureate Program	Camden, NJ	1-May		3	\$24,300	personal statement - 2 rec letters - resume	https://cmsru.rowan.edu/education/postbacc/		
15	Albion College	Post Baccalaureate Certificate in Premedical Studies	Albion, MI	Rolling		3	\$30,000	transcripts - resume - 2 rec letters - essay			
16	George Squared (Georgetown and George Mason)	GeorgeSquared Advanced Biomedical Sciences Graduate Certificate	Manassas, VA	15-Jul		3	\$32,848.40	transcript - statement of purpose - 3 rec letters - resume	https://science.gmu.edu/academics/departments-units/georgesquared		
17	George Washington University School of Medicine and Health Sciences	Graduate Certificate in Anatomical and Translational Sciences	Washington, DC	15-Jun		3	\$33,535	minimum 2 rec letters (see if you can get one for extracurriculars - unofficial transcripts - resume - statement of purpose	https://smhs.gwu.edu/anatomy/education/gcats	No thesis	
18	Hofstra University	Premedical Post-baccalaureate	Hempstead, NY	rolling		3	\$51,904	transcript - Additional: resume - personal	https://www.hofstra.edu/academics/colleges/hclas/		

	A	B	C	D	E	F	G	H
1	Sorted by DEADLINE			Sorted by TUITION			Sorted by GPA	GPA
2	Loyola University New Orleans	28-Feb		Worcester State University	\$5,008		San Francisco State University	2.5
3	Worcester State University	1-Apr		San Francisco State University	\$6,000		Worcester State University	2.75
4	Meridith College	1-Apr		Cal State East Bay	\$6,900		Cal State East Bay	2.8
5	California Northstate University	1-Apr		Johnson and Wales	\$7,920		Elms College	2.8
6	Cal State LA	15-Apr		Northeastern Unviersity	\$12,800		Loyola University New Orleans	3
7	San Francisco State University	1-May		Loyola University New Orleans	\$14,400		Meridith College	3
8	Cooper Medical School of Rowan University	1-May		UC Berkley Extension	\$14,850		Cooper Medical School of Rowan University	3
9	University of Connecticut	1-May		UCLA Extension	\$17,000		Northeastern Unviersity	3
10	Temple University	1-May		Washington University in St. Louis	\$18,110		Lewis University	3
11	Nova Southeastern	15-May		Lewis University	\$19,200		George Washington University School of Medicine and Health Sciences	3
12	Cal State East Bay	1-Jun		Elms College	\$19,318		George Squared (Georgetown and George Mason)	3
13	Northeastern Unviersity	1-Jun		Meridith College	\$20,295		East Mennonite University	3
14	Lewis University	1-Jun		Nova Southeastern	\$21,745		Albion College	3



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