Premedical Sciences Curriculum

The academic curriculum of the Postbaccalaureate Premedical Program is designed to fulfill the prerequisites required for medical school admission. There are some slight variations in these requirements from school to school and state to state. Therefore, the curriculum is prescribed for students in the Postbaccalaureate Premedical Program to prepare them to train and practice anywhere in the nation. For detailed information about the premedical sciences curriculum including required courses and program timetables, please consult the following website.


Non-Course Requirement: Clinical and Research Experience

Clinical and research experience helps Postbac Premed students decide whether a career in medicine is really the right choice for them. Many students also find volunteering helps them keep their ultimate goal in sight while their attention is fixed on the immediate demands of the premedical curriculum. Additionally, experience in a clinical setting will make a student a more competitive applicant for medical school and help demonstrate their commitment to healthcare and comfort with the “blood and guts” aspects of a career in medicine.

Requirement

In order to be eligible for Premedical Committee support, in the form of a letter of recommendation, the Postbac Premed Program requires that students 120 hours of volunteer work in a clinical or research setting by the end of May of the orgo/bio year. Ideally, students will complete as many hours of volunteer service as possible before the orgo/bio year in order to reduce other obligations during the most demanding phase of their studies. Students should spend at least 90 hours of their clinical and research work in settings where he or she is able to interact with or observe patients.

Website: [http://www.gs.columbia.edu/postbac/clinical-and-research-opportunities](http://www.gs.columbia.edu/postbac/clinical-and-research-opportunities)

Announcements about clinical and research opportunities are sent out on the premedical listserv.
Resources

Academic Resource Center
Support services such as tutoring and skill-building at no expense.
- Website: http://www.gs.columbia.edu/postbac/academic-resource-center
- Location: 308C Lewisohn Hall

Advising Hours
To schedule an appointment with your advisor or for walk-in hours, please consult the Postbac Premed website prior to calling for an appointment.
- Website: http://www.gs.columbia.edu/postbac/advisors-and-schedules
- Location: 403 Lewisohn Hall

Clinical and Research Experience
While not required for admission to medical schools, most if not all applicants to medical school have had some experience in and exposure to healthcare settings. Postbac Premed students are required to complete 120 volunteer hours of clinical and research work in fields such as endocrinology, genetic testing, oral surgery, and emergency medicine.
- Website: http://www.gs.columbia.edu/postbac/clinical-and-research-opportunities

Columbia University Identification Card (CUID)
Students must show a valid U.S. ID or passport to obtain a CUID.
- Website: http://www.columbia.edu/cu/id/docs/How_to_Obtain_a_Card/index.html
- Location: 204 Kent Hall

Committee Letter Support and Eligibility
The Premedical Committee provides individualized, institutional letters of support recommending students who are applying for studies at medical, dental, veterinary, and other allied health schools. Students should consult the following website for details on committee letter eligibility.
- Website: http://www.gs.columbia.edu/postbac/committee-letters-recommendation

Counseling and Psychological Services
Anne Goldfield, Ph. D. works specifically with School of General Studies students, although students are welcome to make an appointment with anyone at Counseling and Psychological Services.
- Website: http://www.health.columbia.edu/docs/about_us/cps.html
- Location: Alfred Lerner Hall, Eighth Floor

Course Offerings, Course Search and Directory of Classes
- Course Offerings Webpage: http://www.gs.columbia.edu/postbac/course-offerings
- Course Search Website: http://www.gs.columbia.edu/courses
- Directory of Classes Website: http://www.columbia.edu/cu/bulletin/uwb/

Curriculum, Premedical Sciences
The academic curriculum of the Postbaccalaureate Premedical Program is designed to fulfill the prerequisites required for medical school admission.
- Website: http://www.gs.columbia.edu/postbac/curriculum-and-courses
Disability Services
If you believe you may have a disability that may require accommodation, please contact the Office of Disability Services.

- Website: http://www.health.columbia.edu/docs/services/ods/index.html
- Location: Alfred Lerner Hall, Seventh Floor

Dodge Fitness Center
The Dodge Fitness Center includes a tri-level cardiovascular and strength training center with state-of-the-art exercise equipment. All GS students have full access to Dodge Physical Fitness facilities.

- Website: http://www.gocolumnialions.com/

Financial Aid
The School of General Studies has a limited scholarship program for Postbac Premed students. Priority is given to students in their second year.

- Website: http://www.gs.columbia.edu/postbac/financial-aid
- Location: Office of Educational Financing, 408 Lewisohn Hall

GS Lounge
Twenty-four-hour access; Columbia ID card required. Computers and printers are available.

- Website: http://www.gs.columbia.edu/postbac/student_life
- Location: Lewisohn Hall, Third Floor

Health Insurance
The University offers the Student Medical Insurance Plan at two levels of coverage: Basic and Comprehensive, in partnership with Aetna Student Health. Coverage is underwritten by Aetna Life Insurance Company.

- Website: http://health.columbia.edu/insurance/overview

Housing
University housing is available on a limited basis to students in the Postbaccalaureate Premedical Program. Student demand for this housing regularly exceeds the allotment. Priority is given to students moving from great distances, and only students who are pursuing the premedical program full-time (through a combination of 9 credits of coursework and medically related volunteer service or employment) are eligible for housing.

- Website: http://www.gs.columbia.edu/postbac/housing
- Location: 403 Lewisohn Hall

Student Life
Postbac Premed students' academic experience and success are enriched by the student community. The Premedical Association (PMA) is made up entirely of Postbac Premed students and works closely with premedical advisors to build a supportive community through professional, clinical, community service and fundraising projects, and social opportunities that enhance the student experience in the program.

- Website: http://www.gs.columbia.edu/postbac/student_life

Tuition and Fees
Tuition and fees information for the current academic year can be found at the following website.

- Website: http://www.gs.columbia.edu/postbac/costs
Mandatory New Student Orientation

**Date:** Monday, January 10, 2011, 10 a.m.-5 p.m.  
**Location:** Alfred Lerner Hall, Columbia University

**New Student Orientation is mandatory for all new students.** At Orientation you will meet the Postbac Premed Program deans, peer mentors, and others who will be important resources while you are in this program. You will also have an opportunity to get to know your new classmates throughout the day as well as currently enrolled students at a reception immediately following Orientation sponsored by the Premedical Student Association (PMA).

Orientation will provide you with critical information relevant to the academic standards and policies of Columbia as well as the expectations of the Postbac Premed Program. You will meet many new people and be laden with information, all aimed at welcoming you and acclimating you to this community of scholars.

If you have not already done so, please register at [http://www.gs.columbia.edu/postbac/orientation](http://www.gs.columbia.edu/postbac/orientation).
Placement Exams

Placement exams in mathematics and chemistry are required for some students to help determine what level of mathematics or chemistry he or she is prepared to take.

Do I need to take a placement exam?
To determine whether or not you need to take a placement exam for the aforementioned subjects, please visit http://www.gs.columbia.edu/postbac/placement-exams.

Exam Schedule
If you determine you need to sit for an exam, please register at http://www.gs.columbia.edu/postbac/placement-exam-schedule.
Columbia Email Account Set-up
A UNI grants a student access to many of Columbia’s resources and consists of a student’s initials and a number.

**Step One:** Students should verify their UNI (University Network ID) has been created by searching for their name at [https://directory.columbia.edu/people](https://directory.columbia.edu/people). If the student’s UNI has not been created, they should call 212-854-2772.

**Step Two:** Once the UNI has been created, students should activate their email address at [http://uni.columbia.edu](http://uni.columbia.edu). Students may have Columbia email forwarded to another email account, and set-up instructions are also available at [http://uni.columbia.edu](http://uni.columbia.edu).

Premedical Listserv
Upon matriculation all Postbac students are placed on the Postbac Premed (GNPREM) listserv. Students will remain on the listserv throughout their tenure in the Postbac Premed Program, including the glide/application year. Students may not opt out of the listserv.

The Postbac Premed Office communicates with students on the listserv twice a week through Postbac Premed News and Announcements emails to apprise them of academic deadlines, campus events, and clinical and research opportunities. Students are required to read all twice-weekly and are expected to be aware of the information contained therein.

Occasionally the Postbac Premed Program Office will send separate important and time-sensitive notices. These will bear a double asterisk in the subject line to indicate that the message is “mandatory reading.”

Communication with Postbac Advisors
When students email their Postbac Premed advisor, they should be sure to sign their full name. A student’s full name does not automatically appear in the “From” line or in the body of the email.

To contact an advisor and for appointments, students should consult the advising schedule available at [www.gs.columbia.edu/postbac/advisors-and-schedules](http://www.gs.columbia.edu/postbac/advisors-and-schedules).

Facebook, Twitter and RSS
Students who wish to be notified as news, events and announcements as they’re posted should subscribe to the program RSS feeds, follow the program on Twitter or find the program on Facebook.

**RSS:** [http://www.gs.columbia.edu/postbac/rss](http://www.gs.columbia.edu/postbac/rss)
**Twitter:** [http://twitter.com/ColumbiaPostbac](http://twitter.com/ColumbiaPostbac)
**Facebook:** [http://www.facebook.com/ColumbiaGS](http://www.facebook.com/ColumbiaGS)