

BA Biology Pre-Physician assistant advising sheets.

FRESHMAN YEAR

First year Fall semester	hrs.	First year Spring semester	hrs.
ID 208 Intro to health professions	1		
Biol 105 and 105L Gen Biol I + lab	4	Biol 106 and 106L Gen Biol II + lab	4
Chem 103 and 103L Gen Chem I + lab	4	Chem 104 and 104L Gen Chem II + lab	4
Chem 001 Chem tutorial			
*LA 101 Liberal arts	2		
Liberal arts core	3	Liberal arts core	6-9
Total hrs	14	Total hrs:	14-17

*Transfer students with more than 25 hrs take LA102. Honors students see honors advising sheets. Suggest testing for foreign language proficiency placement.

Extracurricular activities Freshman year:

Shadow, volunteer and/or work in healthcare. Keep a journal of meaningful experiences to use in your personal statement and applications. It is important to start early. Experience is the best way to show that you have a real desire to be in health care. If you delay any experience or shadowing opportunity until your junior or senior year, it looks like you are only checking the boxes for experience hours. Document the work/shadow experience in a way that can be verified if needed or requested by PA programs.

Read current events on healthcare topics—for example addressing disparity in health care in urban and rural parts of the country, court cases or laws that could affect healthcare workers, vaccine or mask mandates, abortion rights ect.

Begin to get involved in community service, leadership and/or research opportunities

Get to know faculty at Carson Newman

Freshman year summer:

Consider applying to summer internship programs like SHPEP and others. We keep a board of available programs, along with QR codes for quick reference, listed across from the main office. We also send out emails in the spring reminding students of programs available and their application dates.

Work or volunteer in a health care environment. Ideally, work in an office or clinic with physician assistants. Your goal is to gain exposure to the health care environment in general and to learn more about the work of physician assistants. Talk to practicing PAs, learn about the delivery of care, and find

out about the issues impacting the profession. Remote area medical or RAM clinics are a great way to volunteer and get experience. Stick with volunteer work for the long haul to show true commitment.

If you are planning on taking the PACAT, begin reviewing the basic sciences sections and continue review until you have taken the exam. Currently most programs require the GRE. Check with your program's requirements.

SOPHMORE YEAR

Second year Fall semester	hrs.	Second year Spring semester	hrs.
Chem 301 and 301L Organic Chem I + lab	4	*Chem 302 and 302L Organic Chem II +lab	4
Biol 301 and 301L Botany +lab	4	Biol 314 and 314L Genetics +lab	4
Biol 315 and 315L Ecology + lab	4		
Liberal arts core classes	3-6	Liberal arts core	6-9
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Total hrs:	15-18	Total hrs:	14-17

*Many PA programs require 2 semesters of organic chemistry. Some programs may not require 2 semesters of organic chemistry. If you plan on taking the PACAT, 2 semesters are recommended.

Extracurricular activities for sophomore year

Continue the suggestions for freshman year.

Begin studying for the PACAT or GRE. It is never too early to start test review. Most programs will require the GRE some are now requiring the PACAT. Check with your programs of interest to see which entrance exam you need to prepare to take. Most students will use a prep course for the PACAT or GRE. Many use Princeton review, Kahn Academy, or Kaplan. We have discounts available for Kaplan through the ACA.

You can take the GRE whenever you feel confident in your score and practice tests. The GRE is not based on upper-level knowledge of science or math so technically you can study, practice, and take the GRE at any time.

Review dates for PACAT or GRE registration. Plan registration and register early for your preferred test dates/locations. PA programs have varying start times and due dates for applications. Take into consideration the due dates for applications for the programs to which you plan on applying.

JUNIOR YEAR (APPLICATION YEAR)

Third year fall semester	hrs.	Third year Spring semester	hrs.
*Biol 207/207L Human anatomy ad phys+lab	4	Biol 208/208L Human anatomy and phys lab	4
Chem 311 and Chem 311L Biochemistry I +lab	4	*Biol 316 and 316L microbiology + lab	4
Liberal arts core	6-9	Liberal arts core	6-9
Total hrs:	14-17	Total hrs:	14-17

*You need 2 semesters of anatomy and physiology either as a combined course Biol 207/207L and Biol 208/208L or as separate courses Biol 404 and 404L Mammalian physiology and lab and Biol 402SL and 402L Gross anatomy and lab. If you opt for the separate courses, it is recommended to take those your senior year. Check with your programs of interest to determine if they have a preference. Biol 404/404L replaces Biol302/302L requirements for the biology major. **You need at least one semester of Biochem with lab for many PA programs. Some programs do not require it, but it is often highly recommended. *** You can opt to take Microbiology in the Fall of Junior year, your senior year (Fall or Spring) or Spring of Sophomore year instead of Spring Junior year.

Extracurricular activities Junior year:

Continue volunteering/ working with patients as suggested for freshman and sophomore years.

Choose the individual schools to which you intend to apply. Consider visiting those campuses. Know something about the programs to which you plan to apply. Their mission statements, the towns/cities, etc. Continue shadowing and volunteer work/ work with direct patient/personal contact.

Fall or Spring: plan on scheduling a mock interview with health professions advising committee. Check your email for dates and times each Fall and Spring. Distribute faculty recommendation forms and let faculty know when you plan on requesting a committee letter of recommendation. You will need to schedule and complete your mock interview before you request a letter of recommendation. To be eligible for the mock interview, we ask that you have a minimum of 40 hrs of health care related experience/shadowing/work, complete and pass two lab science courses with two different professors and have taken and passed the ID 208 Introduction to Health Professions course.

Most PA programs require either the GRE or the newer science based PACAT. Complete all chemistry and biology courses needed for the PACAT. Plan on taking the PACAT or GRE by early Spring of your Junior year (if they are required). Keep in mind dates for final exam week when picking dates to take the PACAT or GRE. Continue hard core preparation and practice for the PACAT or GRE (if they are required).

You can take the GRE whenever you feel confident in your score and practice tests. The GRE is not based on upper-level knowledge of science or math so technically you can study, practice, and take the GRE at any time. There are multiple due dates for PA programs with most having due dates for

applications occurring in the Fall. Know the due dates for your programs of interest and register for the GRE or PACAT with those dates in mind. Most students applying to programs with due dates in the fall take the GRE in early spring (February) of their junior year. CASPA opens for applications around April 1st. It takes about 2-3 weeks to receive GRE scores. If you want to apply early, make sure you are taking the GRE at least 3 weeks before the date you would like to submit your application. Plan on submitting your application by or before the end of May for programs that start in the fall. Early submission is relative to the start date for the PA program. For some programs, later in the summer is still considered early submission. Check with your programs of interest to plan application submissions.

If your program is one of the PA programs that require the PACAT, research the due dates for that program and pick a PACAT test date that will accommodate the application due date. PACAT covers topics related to gen Bio, Gen chemistry, A and P, microbiology, genetics, organic and biochemistry. Finishing those courses can help you prepare for the PACAT. There are also study guides and classes available for this exam.

Some PA programs require situational judgment tests like CASPER from Altus testing. Casper asks what you would do in a tough situation, and more importantly, why. This helps determine behavioral tendencies of applicants pursuing people-centered professions. You can use the Altus site to learn more about this type of test and find materials to help you prepare. Third party study materials are not suggested for this test as they do not result in a marked improvement in scores. You may also be asked to take the SnapShot portion of the Altus suite. SnapShot is a short, one-way video interview. It is made up of three interview-style questions, with two minutes to respond to each. It offers programs an additional piece of information about yourself to support informed decisions, while giving you an opportunity to bring your personal statement to life. You can find more information on SnapShot on the Altus testing site.

Most PA programs participate in CASPA, the centralized application service offered for PA programs. Look over the application and begin formulating your application information. Plan on submitting your application the spring/ early summer of junior year or application year (the summer before your senior year). The CASPA application cycle generally opens around the first week of April. An early application significantly enhances your chances of having your application reviewed early. Don't procrastinate and let application deadlines sneak up on you! Due dates for application vary by program. Check with the programs to which you plan to apply.

When you are filling out the primary application on CASPA do not forget to request official transcripts from every college which you have earned credit. Even if you have transferred that credit to CNU, you still must request **official** transcripts through the registrar's office or website of the college where you earned the credits. This includes dual enrollment from highschool. You must request the official transcripts for your work from the college (not the highschool). Transcripts are the number 1 cause of delay for applications to health professions programs.

Check for any secondary applications required by your programs of choice. Interviews for some programs (Jan start) can be as early as July (junior year). Other programs that have fall start dates may not interview students until September through spring/summer of senior year (the year after application year).

SENIOR YEAR

<u>Fourth year fall semester</u>	<u>hrs.</u>	<u>Fourth year spring semester</u>	<u>hrs.</u>
Biol 320 Molecular Cell Biol + lab	4 OR	*Biol 317 and 317L Natural history +Lab	4
Biol 408 and 408L Immunology +lab	4	**Biol 302 and 302L Zoology with lab	4
***Biol 305 Medical terminology I	2	Biol 306 Medical terminology II	2
Biol 410 Directed Readings (required)	1	Biol 411 Senior Seminar (required)	1
Liberal arts core classes	3-6	Liberal arts core classes	3-6
Total hrs.	14-17		13-16

*you could alternately take BIOL 319 and 319L Animal behavior in the Fall semester instead of Biol 317 and 317L in Spring to fulfill graduation requirements. ** you could alternatively take Biol 404 and 404L mammalian physiology and lab instead of Biol 302 and 302L to meet graduation requirements. ***Most PA programs require medical terminology. You may only need one medical terminology course. Always check with your program requirements or recommendations. Use your elective hours in your major and over all elective hours to fulfill all recommended or required courses.

Extracurricular activities senior year:

Fall and Spring: continue involvement in healthcare experiences and other extra-curricular activities. Submit secondary applications where required by programs. Finish course requirements for your PA programs of choice, and your degree.

Some PA programs will begin in January, most will begin in late summer.

Prepare for interviews by reviewing controversial topics, reviewing your application, and practicing with advisors or peers. If you have not participated in the mock interview with HPAC, schedule a mock interview for early Fall of your senior year.

Prepare to begin a PA program. Look into the financial aid application process as early as possible for the PA school you plan to attend. Work with the PA school's financial aid office.

Liberal arts core electives:

F/S offered fall and spring

F/S/S offered fall, spring and summer

REL 101 Intro to Old Testament 3 F/S

REL 102 Intro to New Testament 3 F/S

ENG 101 Writing and Literary Studies I 3 F/S

ENG 201 Writing and Literary Studies II 3 F/S/S

ENG 301 Writing and Literary Studies III 3 F/S/S

COMM 135 Speech Fundamentals 3 F/S

OR

COMM 230 Interpersonal Communication 3 F/S/S

MATH 201 Probability and Stats *
(Pre-req ACT 21 or SAT 530 or Math 120)

***(Check with your PA program some prefer other/additional math) 3 F/S/S**

PSY 102 Understand Human Behavior 3 F/S/S

***Some PA schools may ask for more PSY.**

*SOC 101 Intro to Sociology 3 F/S/S

*Sociology does not fill a graduation requirement if you have also taken PSY but some programs prefer students take both. Check with your programs of interest and carefully plan the use of any extra elective hours to take the courses that you need.

One of the following: PHIL 101 or 310sl, PSC 101 or 102, CS 135, HIST 201 or 202, ECON 204 or 210, Honors PSC 302 (honor students only**). 3

HIST 133, 134 or 135 3 F/S/S

One of the following: 3 F/S/S

ART 104, Art 210, Art 316, Art 317, FA 301, FILM 310, Music ensembles, MUS 133, or TH 110. **TN promise AA or AS** need to take one of the 100-200 level courses.

Language series. Take language placement test 6 hrs of a sequence (in one language) is required for BA.
<https://www.cn.edu/admissions-and-aid/accepted-students/>

Other requirements for graduation- Most of these are a concern for transfer students:

At least 36 hrs of upper level (300-400 or above) classes- transfer from a 2-year college will not count toward upper-level courses. For example BIOL 230 from a junior college may transfer as BIOL 316 but you will not be given the credit for upper level hours.

At least 12 hrs of course work for your major must be completed at Carson Newman.

At least 60 credit hours must come from a 4-year institution.

Other pre-requisites for PA programs.

Most PA programs have a min GPA typically 2.75-3.25. Some programs may have a min total GPA or science GPA. Keep in mind that schools will average all your grades. If you made a "F" then retook the class and made an "A," both grades would be included into your GPA. Carson Newman replaces the "F" with the "A", but health profession schools will include all earned grades in GPA calculations.

Experience hours required varies by program, but most will have a minimum of 250-500+ hrs. **Many PA programs require 1000-2000+ hours of experience! Do not wait until your junior or senior year to start shadowing/gaining experience hours in health care/hands on patient care. Do not wait until your junior or senior year to start serving the community. Look for these opportunities early and stick with them. Check with your program to determine the type of work/experience you need to satisfy program requirements. For example, some programs may not count paid hours as experience hours. Some programs want a specific number of experience hours working directly with PAs.**

Some PA programs may specifically require other upper level Biol and/or upper level PSY courses.

Some PA programs may require statistics and/or other math like college algebra or calculus. Check with the PA programs to which you plan to apply.

Always check with the specific admission requirements and recommendations of the programs to which you plan to apply.

****HONORS curriculum:**

See Honors advising sheets.