PRE-PHYSICIAN ASSISTANT

Competency Development: The Guiding Principle

Physician assistant (PA) schools are looking for well-rounded individuals who can demonstrate professional competencies!

Many of the experiences listed below will give you opportunities for growth in the areas discussed on the AAMC website: https://students-residents.staging.aamc.org/applying-medical-school/article/core-competencies/

Note that although this list is specific to pre-med, growing in these competencies will serve you well in your pre-PA journey.

High-Value Experiences

1. **Get involved**
   a. Involvement in Recognized Student Organizations (RSOs) or work as a teaching assistant, a lab / learning assistant, or a supplemental instructor can provide you with **leadership and communication** experience that PA schools are looking for.
   b. Developing quality relationships with off-campus, non-profit organizations and the people they serve will give you invaluable **community service** experience. PA schools are looking for people with a service orientation, so it is better to establish longer service relationships than one-time service events with multiple organizations can provide.

2. **Understand what this career entails**
   a. **Shadowing** is a crucial component in your discernment process regarding whether you should pursue this career. PA schools want to see that you have demonstrated sustained interest in this career and that you know what you are getting into. Shadow several PAs (and some nurse practitioners, if necessary) in multiple settings or specialties. Talk to your pre-health advisor for more info!
   b. **Paid patient-contact hours** can take a variety of forms, but the most common are working as a CNA, an EMT, or a patient care technician. Many PA schools expect that their applicants will have already accrued between 500 and 4000 paid patient-contact hours before they apply. Talk to a pre-health advisor about strategies for getting started with this requirement!
   c. PAs need to stay up-to-date about issues related to health care in the US and the world, including the way the media is discussing their profession. They also need to know what is going on in the world in general. Although pre-PA students are not expected to have all the answers, you can begin to **read and stay informed in the field** in order to maintain essential knowledge as you move forward in your journey.

3. **Develop a strong academic record.** Most individuals who are accepted to PA school have a GPA in the 3.3 to 3.5 range. PA schools also place high value on applicants’ math and science grades, so pay attention to this during your time here at UW. Talk to a pre-health advisor about how to keep track of your various GPAs. Typical prerequisite courses for PA school and GRE prep are listed on the next page.

4. **Develop relationships with professionals.** Physician assistants, faculty, and work/volunteer supervisors can help you open doors to exciting new experiences, but they will also hopefully get to know you well enough to speak to your competencies in letters of evaluation for your PA school application.

Meet Early and Often with a Pre-Health Advisor!

Pre-Health Advising Office     hsadvise@uwyo.edu     307-766-3878     Health Sciences Room 110
To schedule an appointment: http://www.uwyo.edu/preprof/schedule-an-appointment/index.html

Stay Informed! Sign up to join our Pre-Professional Health ListServ, so you can stay informed about various opportunities, workshops, and information that our office sends out! https://lists.uwyo.edu/mailman/listinfo/pre-prof

USEFUL TIP: Create an e-mail inbox rule to send our ListServ messages into a “pre-health” folder to read at regular intervals.

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Academic Preparation

WHICH MAJOR SHOULD I CHOOSE?
You can major in ANYTHING! PA schools do not care what you major in as long as you take their prerequisite courses. Most schools require completion of a bachelor’s degree before matriculation into their school.

WHAT COURSES ARE TYPICALLY REQUIRED or RECOMMENDED?
Note 1: Specific PA schools may or may not require all of these courses before application or matriculation. Schools may also require additional courses as entry requirements. You are responsible for making sure that you are on track to fulfill any specific school's requirements prior to application. Talk to a pre-health advisor about things to keep in mind for school selection.

MATH
MATH 1400 (College Algebra)
STAT 2050 OR STAT 2070 (Statistics)

SCIENCE
Biological Science courses
LIFE 1010 (General Biology)
MICR 2021 (Microbiology)*
KIN 2040 & 2041 (Human Anatomy)
ZOO 3115 (Human Systems Physiology)
* Some programs require both microbiology and another lower-level biology course. If so, LIFE 2022 (Animal Biology) would be a good option for the additional course.

Chemical Science courses
Inorganic Chemistry: CHEM 1020 & CHEM 1030 (or CHEM 1050 & CHEM 1060)
Organic Chemistry: CHEM 2300**
** Some programs require an organic chemistry course with a lab, so CHEM 2420 would be the best option. Certain PA programs are now expressing preference for the CHEM 2420 & CHEM 2440 sequence in organic chemistry.
Biochemistry: MOLB 3610 (or MOLB 4600 or CHEM 4400)

PSYCHOLOGY
PSYC 1000 (General Psychology)
PSYC 2300 (Developmental Psychology)
PSYC 2340 (Abnormal Psychology)

ADDITIONAL COURSEWORK TO PREPARE WELL FOR PA SCHOOL
Some schools require additional coursework, which may include the following:
PHYS 1050 (Concepts of Physics)
NURS 2240 (Medical Terminology)
SOC 1000 (Sociological Principles)

Students who take coursework in upper-division sciences tend to do better in the rigorous coursework they encounter at physician assistant school. Examples may include:

Cell Biology (LIFE 3600)  Genetics (LIFE 3050)  Immunology (MOLB 4400)

How do I prepare for the GRE?
High-level reading: Regularly read a variety of challenging material (beyond the material required in your courses).
Take any additional courses that require problem-solving or math.
Talk to a pre-health advisor for other ideas!

How do I prepare for the CASPer situational judgment test?
Take practice tests and learn more at https://takecasper.com/

Growth Mindset: Taking additional challenging courses that interest you will reinforce your knowledge. Selecting a course based on how “easy” it is will not result in the intellectual growth needed to become a PA.

Physician Assistant Education Association
About the profession: http://pafocus.org/what-is-a-pa/
Application service: http://pafocus.org/applying-to-pa-programs/
School information: http://directory.paeaonline.org/

Questions about funding PA school?
Find more information at our website: http://www.uwyo.edu/preprof/funding-your-professional-education/
Wyoming Resident? Check out WICHE PSEP at this site! http://www.uwyo.edu/preprof/funding-your-professional-education/wyoming-residents.html

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