Introductory Orientation for new Pre-Nursing students

Dr. Gregory Spillers
Director | Pre-Health Advising Center
About the Pre-Health Advising Center

- **Mission**: To assist UH students interested in healthcare careers.
  - This includes medicine, dentistry, nursing, or allied-health.

- We can provide guidance on:
  - Various healthcare career paths
  - Admission requirements
  - Application process and timelines

- We also offer various Pre-Health Events throughout the year.

- We are not a major/department and will not replace your major advisor.
About the Pre-Health Advising Center

- We are located on the 2nd floor of CBB (across from Writing Center)
  - Email: prehealth@uh.edu
  - Website: www.uh.edu/pre-health

- Appointments can be scheduled in Navigate.
  - Formal appointments are restricted to currently enrolled students. Prospective students and alumni may contact us at prehealth@uh.edu.

- We also offer walk-in sessions each week for quick questions.

- Please sign-up to the Pre-Health Email List to receive emails from our office
Pre-Health Advising Office Staff

- Dr. Gregory Spillers—Director
  - Dr. Spillers joined the Pre-Health Advising Center as Director in 2020. He previously served as the first full-time Director of Pre-Health Advising at the University of Georgia. In 2017, he became Associate Director of Academic Programs in the Department of Biomedical Engineering at the University of Houston.
  - Dr. Spillers received his B.A. from the University of North Carolina-Greensboro and both his M.S. and Ph.D. from the University of Georgia.

- Mr. Ricardo Garza—Health Professions Advisor
  - Mr. Ricardo Garza joined the Pre-Health Advising Center in 2021. Mr. Garza previously served as Health Professions Advisor at the University of Texas - Dallas. He has many years of experience assisting undergraduate students in Texas achieve their healthcare career goals.
  - Mr. Garza received his B.S. from Prairie View A&M University and his M.A. from Texas State University.
What does it mean to be “Pre-Nursing” at UH?

- **Pre-Nursing** is an application major.
  - Freshman accepted as Pre-Nursing will work directly with the College of Nursing advisors to prepare to enter the BSN program in their Junior Year.
  - You cannot change your major to Pre-Nursing once admitted.

- Even if you are not in a Pre-Nursing major, you can still prepare to apply for the BSN program at UH (or another nursing program).
  - Our office recommends pre-Nursing students do not remain in Exploratory Studies indefinitely.
  - Many students interested in nursing at UH major in Health, Nutrition Sciences, Exercise Science, Human Development & Family Science, or Psychology.
First Steps for New Pre-Nursing Students!

1. Join the Pre-Health mailing list to receive email updates from our office.
   - We send regular emails about upcoming events and pertinent application information.

2. Explore our website: www.uh.edu/pre-health
   - Includes information on various career paths, required courses for admission, resources for building a strong application, and other information.

3. Download the pre-Nursing Quick Facts Handout and 4-year Plan.
   - These 1-page guides provide detailed overview of course requirements, application components, and overall timeline to get you started.

4. Meet with UH College of Nursing Advisor to discuss admission requirements
   - For more information, contact Mr. Rigoberto Garcia at rgarci26@central.uh.edu or nursing@uh.edu.

5. Attend UH College of Nursing Information Sessions.
   - These sessions are held throughout each academic term, including Summer. You may register for an information session at the University of Houston College of Nursing website.
Who do I meet with to discuss applying to BSN programs?

- Pre-Nursing Major or primarily interested in UH Nursing programs?
  - UH College of Nursing Advisor: Rigoberto Garcia (rgarci26@central.uh.edu or nursing@uh.edu)

- Interested in nursing programs outside of the University of Houston?
  - Can meet with advisors within the Pre-Health Advising Center via Navigate.

- Before making an appointment with our office, please ensure you have first:
  - Met with your major advisor to discuss your degree plan and course enrollment schedule.
  - Reviewed the information found in this orientation as well as on our website.
  - Joined the Pre-Health email list.
  - Considered submitting quick questions to prehealth@uh.edu (usually much faster than scheduling an appointment).
Nursing Pathways at UH

- The UH College of Nursing currently offers two primary pathways to a BSN:

  - **Traditional BSN Program:**
    - Offered at UH-Katy Campus
    - 2-years (Junior/Senior Years)
    - Designed for Incoming Freshman
    - Transfer Students are ineligible (>15 credit-hours transferred)

  - **Second-Degree BSN Program:**
    - Offered at UH-Sugarland Campus
    - 1-year (Spring, Summer, Fall)
    - Designed for students who have already earned undergraduate degree

- Admission requirements for both Tracks are very similar (more details below).
- Both Tracks require completion of the TEAS exam for admission.
- Either Track will allow you to sit for the NCLEX and become an RN.
Nursing Programs in Texas

- BSN programs in Texas:
  - University of Houston
  - Sam Houston State University
  - Texas Tech University – Health Sciences Center
  - Texas A&M University
  - Texas Woman’s University
  - University of Texas Health – Houston
  - University of Texas Health – San Antonio
  - University of St. Thomas
  - University of Texas – Austin
  - University of Texas Medical Branch – Galveston
Traditional BSN Track at UH

- The Traditional BSN Track is designed for UH students who want to apply to the BSN beginning their Junior year to become a registered nurse (RN).
  - Applicants must have completed at least 45 credit hours in residence at UH.
  - Students with transfer credit in excess of 15 credit hours may be ineligible.
- Freshman/Sophomore years are at UH. Junior/Senior years are taught at UH-Katy.
- Deadline: April 1st for Fall start
- For more information, please visit the UH CON website and email nursing@uh.edu.
Traditional BSN at UH Admission Requirements

- **Anatomy & Physiology I and II**: BIOL 2301/2101 & BIOL 2302/2102
- **Chemistry**: CHEM 1305
- **College Algebra**: MATH 1314
- **English**: ENGL 1301 & ENGL 1302
- **Human Development**: HDFS 2317
- **Microbiology**: BIOL 2320/2120
- **Nutrition**: NUTR 2332
- **Psychology**: PSYC 2301
- **Sociology**: SOCI 1301
- **Statistics**: MATH 1342 or MATH 3339 or PSYC 2317
- **Core Requirements**: History, Political Science, Creative Arts, Language/Philosophy/Culture

It is important you double-check the specific course requirements of each nursing school in which you hope to apply, as they may vary.
Second Degree BSN Track at UH

- The Second-Degree BSN is a 1-year, full-time program for students that have already graduated with a bachelor’s or master’s degrees in other fields.
  - This accelerated track is designed to facilitate a career change to nursing.
  - Course requirements are comparable to Traditional BSN.
- The Second-Degree BSN track is offered face-to-face at UH-Sugar Land.
- Deadline: August 1st for Spring start
- For more information, please visit the UH CON website and email nursing@uh.edu.
Second Degree BSN at UH Admission Requirements

- Graduation from an accredited baccalaureate degree program
- Anatomy & Physiology I and II: BIOL 2301/2101 & BIOL 2302/2102
- Chemistry: CHEM 1305
- College Algebra: MATH 1314
- English: ENGL 1301 & ENGL 1302
- Human Development: HDFS 2317
- Microbiology: BIOL 2320/2120
- Nutrition: NUTR 2332
- Psychology: PSYC 2301
- Sociology: SOCI 1301
- Statistics: MATH 1342 or MATH 3339 or PSYC 2317

It is important you double-check the specific course requirements of each nursing school in which you hope to apply, as they may vary.
Is AP or IB credit accepted? Can I use transfer credit?

- Course credit earned by exams, such as AP or IB, can sometimes be used to satisfy pre-requisites for admission into nursing school.

- However, University of Houston College of Nursing guidelines require applicants to the Traditional BSN Track to have at least 45 of the total 60-credit hours required to apply be taken in residence at UH.

- If you are a Freshman or Transfer student with more than 15 credit-hours completed through transfer credit, you may not be eligible for the Traditional BSN Track and should consider the Second-Degree BSN or a BSN program at another institution.
So which BSN Track should I choose?

- You will choose the Traditional BSN track if:
  - You are an incoming Freshman or Sophomore with 15 or fewer credit hours from transfer credit.

- You will choose the Second-Degree BSN track if:
  - You enter UH with more than 15-credit hours of transfer credit.
  - You are a Junior/Senior about to graduate with a non-nursing degree.
  - You have already completed a non-nursing degree at UH or other institution.

- If you are unsure of which track you are eligible for, contact nursing@uh.edu for assistance.
What is the TEAS?

- The UH College of Nursing requires the TEAS exam for admission
- The TEAS:
  - is offered multiple times per month (register through ATI)
  - consists of four sections: Reading, Math, Science, and English
  - is scored from 60% - 100%.
- Applicants are limited to two attempts and must score >75th percentile.
- Competitive applicants will score at least 80-85%.
- It is recommended that you complete both Anatomy & Physiology courses before taking the TEAS.
What is the HESI?

- Many TX Nursing programs require the HESI exam
- The HESI:
  - is offered multiple times per month (register through HESI website)
  - Includes the following: Math, Reading, Vocabulary, Grammar, Biology, Physics, Anatomy/Physiology, Chemistry, and Personality/Learning Styles
  - is scored from 60% - 100%.
- Some programs will also limit the number of attempts and require a minimum score
- It is recommended that you complete both Anatomy & Physiology courses before taking the HESI.
What is Shadowing?

- Shadowing involves observing healthcare professionals in action.

- Most nursing programs do not require shadowing, but it is encouraged.
  - Shadowing allows you to investigate the field of nursing and feel confident in your decision to pursue nursing as a career.

- Start with your family healthcare providers.
  - Campus organizations are also a great way for connecting and networking with potential clinical opportunities.

- Do not engage in any activity that could be considered the practice of medicine.
  - This is especially important for medical mission trips abroad.
What is Volunteering?

- Volunteering involves doing good work and giving back to your community.
  - You want to be in healthcare to help people? Well, prove it!

- Importantly, volunteer experiences do not have to medical or clinical in nature

- No minimum hours, but strong applicants show consistent engagement.
  - Try to find activities where you are regularly involved, rather than one-offs.

- Keep a record of your experiences/activities (dates, locations, responsibilities).
  - This will make completing your eventual application much easier
What is Leadership?

• Get involved in student organizations and the community.
  • Admissions committees prefer applicants who take charge in the activities in which they are most passionate.

• Attending organization meetings is helpful but leading one is better!
  ▪ Who cares if you are a member of 10 clubs? Active involvement is what matters!
  ▪ You do not need to be President, but some executive or advisory role is helpful.

• Check out our website for a list of student organizations to get started.
Overall aspects to building a competitive application

**Academics**
- Strong performance in pre-requisite courses (C or better required; A or B preferred)
- Strong TEAS/HESI scores (> 80%)
- Limit withdrawals and number of courses taken outside of UH!

**Extracurricular activities**
- Shadowing (Exposure to “clinician-patient” interaction)
- Volunteering (Commitment to helping others and community involvement)
- Leadership (Extracurricular engagement)
Major Takeaways As You Get Started!

- You do not have to be an official Pre-Nursing major to pursue the BSN at UH.

- Interested in UH BSN Programs? Contact CON Advisors: nursing@uh.edu.

- Nursing programs are competitive—consider applying to multiple programs.

- It is important to decide what nursing pathway you wish to pursue as early as possible.

- Utilize the resources available in the Pre-Health Advising Center!
  - Join our Pre-Health listserv for email updates
  - Review our website: www.uh.edu/pre-health
  - Contact us with questions: prehealth@uh.edu.
Thank you!

Questions? Email prehealth@uh.edu

Visit our website at www.uh.edu/pre-health

Contact UH College of Nursing at nursing@uh.edu