

# UNM PRE-HEALTH RESOURCE GUIDE



Discover the many health degree programs offered at UNM Health and Health Sciences and learn how to navigate your pre-health journey.

## GREETINGS FROM THE UNM CROSS-CAMPUS PATHWAYS COMMITTEE

*Dear Pre-Health Student,*

*Welcome to your pre-health journey at the University of New Mexico, where your potential as a future leader of our state's healthcare workforce is boundless. We are thrilled to extend our support and commitment to you as you pursue a path towards a career in healthcare or other health-related field.*

*Whether your aspirations lie in medicine, nursing, pharmacy, population health, or other inter-disciplinary health careers, our dedicated staff and faculty are here to provide pathways, resources, and mentorship. Engage with advisors, utilize the Student Resource Centers, and explore health career pathway programs. Don't overlook research and training opportunities to innovate and address holistic community needs. Together, let's shape a healthier future for New Mexico. We eagerly anticipate your contribution to our healthcare family.*

*Warm regards,*

*Cross-Campus Pathways Committee*



### **Get the most out of this Guide by accessing Online!**

Scan the QR code to access this guide online, where you can click section headers and page numbers to navigate as well as [hyperlinks](#) and resource boxes to open web pages.

[goto.unm.edu/pre-health-guide](https://goto.unm.edu/pre-health-guide)

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## INTRODUCTION



Are you interested in pre-health?  
Do you want to pursue a career in the healthcare professions or other health-related field?  
Still exploring health career options?

**This guide is for you!**

This resource provides guidance on advising, admissions, financial aid and enrichment opportunities across UNM and UNM Health Science programs, with information tailored to where you are in your UNM academic journey and your chosen Health Sciences program. If you are currently in High School, you can use this information to help plan your pathway.

**For Transfer & Transition Students:** The information in this guide is important for you to review and understand as you plan for your transfer or transition to UNM Albuquerque/Main. You can receive more specific, individualized guidance by meeting with a UNM academic advisor.

To get started on your journey, you may use [LoboAchieve](#) to schedule an appointment to meet with an Undecided or Academic Advisor in your department, a Pre-Health Sciences Advisor, or Health Sciences Advisor as outlined on [page 9](#) and [page 11](#).

### **Need Assistance? Contact Us!**

Do you have any questions, concerns, or other comments regarding this guide, or do you have something to add to our list of programs and resources? Send us your thoughts!

Submit Feedback Here: [bit.ly/Pre-Health-Feedback](https://bit.ly/Pre-Health-Feedback)

Website: [hsc.unm.edu](https://hsc.unm.edu)

## USING THE GUIDE

This guide has information for students at all stages of their UNM pre-health degree pathway. General UNM resources, which are **typically open to all students**, are listed in white resource boxes throughout the guide:

**Clickable White Resource Boxes list general resources typically available to all UNM students, regardless of your intended specialty or program**

Some sections help you explore majors and navigate UNM. Subsequent sections help you move towards your chosen degree or specialty. As you move through each stage, the information becomes more specific to your needs as a prospective/incoming Health Science student.

**1) Major Exploration & Orienting to UNM**

**2) Choose a Specialty; Road to Application**

**3) Ready to Apply to Health Program**

Use the information below to determine which sections are most relevant to you, based on where **you** are in **your** journey. **Resources from prior sections may still be available to you.**

### PRE-HEALTH EXPLORATION

Are you interested in pre-health but just starting out on your UNM journey?

**The GREY sections** will help you explore health-related majors and careers while orienting you to UNM's many resources and degree programs.

### PRE-HEALTH PREPARATION

Are you decided on a certain health career or UNM Health Sciences degree program but are unsure what to do next?

**The CHERRY sections** will help you prepare for your chosen health program or specialty, with information specific to opportunities in your major or degree.

### HEALTH PROGRAM ADMISSION

Are you currently working on your application or ready to apply to a UNM health degree program?

**The TEAL sections** will be relevant to students in the process of applying or reapplying to a UNM Health Sciences degree program, providing more specific career, program, and advisement information.

## ONE-STOP SITES FOR STUDENT RESOURCES

UNM has several websites and centers that provide various services to students, with many serving as a one-stop-shop where students can get their needs met all in one place!

<p><b>Student Guide</b></p>	<p>Here are some recommended <b>next steps on your journey as a Lobo</b>, including resources on UNM Orientation, Academic Guidance &amp; Support, Financial Aid &amp; Bursar, Advisors, Classes &amp; Major, Housing, and more!</p> <p><a href="http://goweb.unm.edu/studentguide">goweb.unm.edu/studentguide</a></p>
<p><b>UNM Degrees</b></p>	<p><b>Explore Majors. Get help planning your degree path.</b> UNM's degree planning website can help you explore options and degree requirements.</p> <p><a href="http://degrees.unm.edu">degrees.unm.edu</a></p>
<p><b>UNM 5 Essential Skills</b></p>	<p><b>Get Skills. Get Hired.</b> These UNM 5 essential skills will prepare you for a successful transition into the workplace.</p> <p><a href="http://unm5.unm.edu">unm5.unm.edu</a></p>
<p><b>Office for Pre-Health Professions</b></p>	<p>The UNM Office of Pre-Health Professions Student Development helps students interested in careers in the health professions <b>explore career options</b> as well as better understand <b>how to submit a successful application</b> to a health profession program.</p> <p><a href="http://prehealthprofessions.unm.edu">prehealthprofessions.unm.edu</a></p>
<p><b>UNM Health Sciences Office for Diversity &amp; Inclusion; Communities to Careers</b></p>	<p><b>Experience health care careers.</b> Reflect on your identity, strengths and goals. Build your network. Give back to your community. Prepare to enter and graduate from a health education track by participating in programs from Communities to Careers.</p> <p><a href="http://goto.unm.edu/diversity-programs">goto.unm.edu/diversity-programs</a></p>
<p><b>Student Resource Centers</b></p>	<p>Each of UNM's Student Resource Centers is an excellent place to <b>find a home on campus, get support, and access resources</b> like advisement, scholarships, and social groups. Get assistance related to your personal identity and needs.</p> <p><a href="http://students.unm.edu/find-your-pack">students.unm.edu/find-your-pack</a></p>
<p><b>College Enrichment Program</b></p>	<p>CEP provides <b>comprehensive student support services</b> to support students' transition to higher education and attaining collegiate success. Programs focus on students who are 1st Generation, Low Income, and/or from Rural Areas.</p> <p><a href="http://cep.unm.edu">cep.unm.edu</a></p>
<p><b>Student Organizations</b></p>	<p><b>Get involved</b> in a student organization! Find a list of all chartered student organizations at UNM. You can also find a list of STEM &amp; health-related organizations on page 20.</p> <p><a href="http://sac.unm.edu/student-organizations">sac.unm.edu/student-organizations</a></p>
<p><b>Center for Native American Health</b></p>	<p>CNAH <b>supports Native students currently enrolled in health-related degree programs</b> at the UNM Health Sciences by providing individual support, mentorship, and related services.</p> <p><a href="http://hsc.unm.edu/cnah">hsc.unm.edu/cnah</a></p>

## GENERAL RESOURCES

Find a variety of UNM resources below, most of which are **available to all students**. This page also includes links to external resources that are not maintained by UNM.

### BASIC NEEDS RESOURCES

Find information on available services by visiting [basicneeds.unm.edu/resources](https://basicneeds.unm.edu/resources).

<b>UNM Basic Needs Project</b>	<b>Food Assistance</b>	<b>Healthcare Assistance</b>	<b>Housing Assistance</b>
<b>Indian Health Services</b>	<b>Resources for Veterans</b>	<b>Resources for Parents/Families</b>	<b>Wifi &amp; Internet Assistance</b>



**Get Connected:**

Submit a request for a variety of assistance services through the Dean of Students' **Care Connections Program**; find essential resources and get continued support. You can also submit a **Public Care Report** to get help for others, ranging from mental health to overall well-being concerns.

### HEALTH & MENTAL HEALTH RESOURCES

**If you are experiencing a medical or mental health emergency, please call 911**

<b>988 Crisis Line</b>	If you don't know where to turn, or are concerned for a loved one, 988 is here to listen and get you private one-on-one support. Call or text <b>988</b> , or chat online at <a href="https://www.988lifeline.org/chat">www.988lifeline.org/chat</a> .
<b>Student Health &amp; Counseling</b>	Student Health and Counseling (SHAC) provides quality health and counseling services to all UNM students, located on Main Campus north of Johnson Center and across the mall from (east of) the Student Union Building. Visit in person <b>or call (505) 277-3136</b> .
<b>Timely Care</b>	UNM students have FREE, 24/7 access to UNM's virtual health and wellbeing platform, TimelyCare. Insurance is not needed. Visit <a href="https://timelycare.com/unm">timelycare.com/unm</a> or download the app.
<b>AGORA Crisis Center</b>	Free, confidential, compassionate help for anyone in need of emotional support. Services include phone line, online chat, volunteer opportunities, and more. <b>Call (505) 277-3013</b> to speak to someone today.
<b>Mental Health Collaborative (MHC)</b>	Located at North Campus-Vassar House, MHC is a counseling internship program focused on serving UNM students at Women's Resource Center, El Centro de la Raza, and Accessibility Resource Center. Contact <a href="mailto:mhccounseling@unm.edu">mhccounseling@unm.edu</a> to learn more.



## ACADEMIC SUPPORT

Explore UNM's many available resources to support you on your academic journey.



### ENROLLMENT MANAGEMENT - ONE STOP

UNM's **One Stop** (located in Mesa Vista Hall or Student Support & Services Center: 1155 University SE), offers In-Person, Virtual, **Live Chat**, or Phone assistance (505-277-8900) for admissions, financial aid, and records & registration help.

### STUDENT HANDBOOK

The xPathfinder is UNM's **Student Handbook**, detailing Campus Services and Policies.

### CATALOG

The **UNM Catalog** is the single source of information related to UNM's academic programs & courses. You can also explore a list of **STEM Academic Programs** for interested students.

### UNM ACADEMIC SUPPORT CENTERS

#### Accessibility Resource Center

Need a reasonable accommodation for disabilities or other accessibility services? You should contact the center as soon as you are admitted to UNM. Visit [arc.unm.edu](http://arc.unm.edu)

#### Center for Academic Program Support

The Center for Academic Program Support (CAPS) offers **in person & virtual Tutoring** and **Workshops** as well as the **CAPS Writing & Language Center**. Visit [caps.unm.edu](http://caps.unm.edu).

#### Center for Native American Health

The Center for Native American Health supports Native students enrolled in health-related degree programs at UNM HSC. Visit [hsc.unm.edu/cnah](http://hsc.unm.edu/cnah) to learn more.

#### SSS TRIO Program

The Student Support Services (SSS) TRIO Program offers free services, including academic and career guidance, tutoring, peer coaching, scholarships, and more! Visit [sstriio.unm.edu](http://sstriio.unm.edu) today.

### TEST PREPARATION & TUTORING INFORMATION

#### Math & Reading Placement

Students who feel their LCP, SAT or ACT scores are not accurate may contact the UNM Testing Center to take the appropriate test.

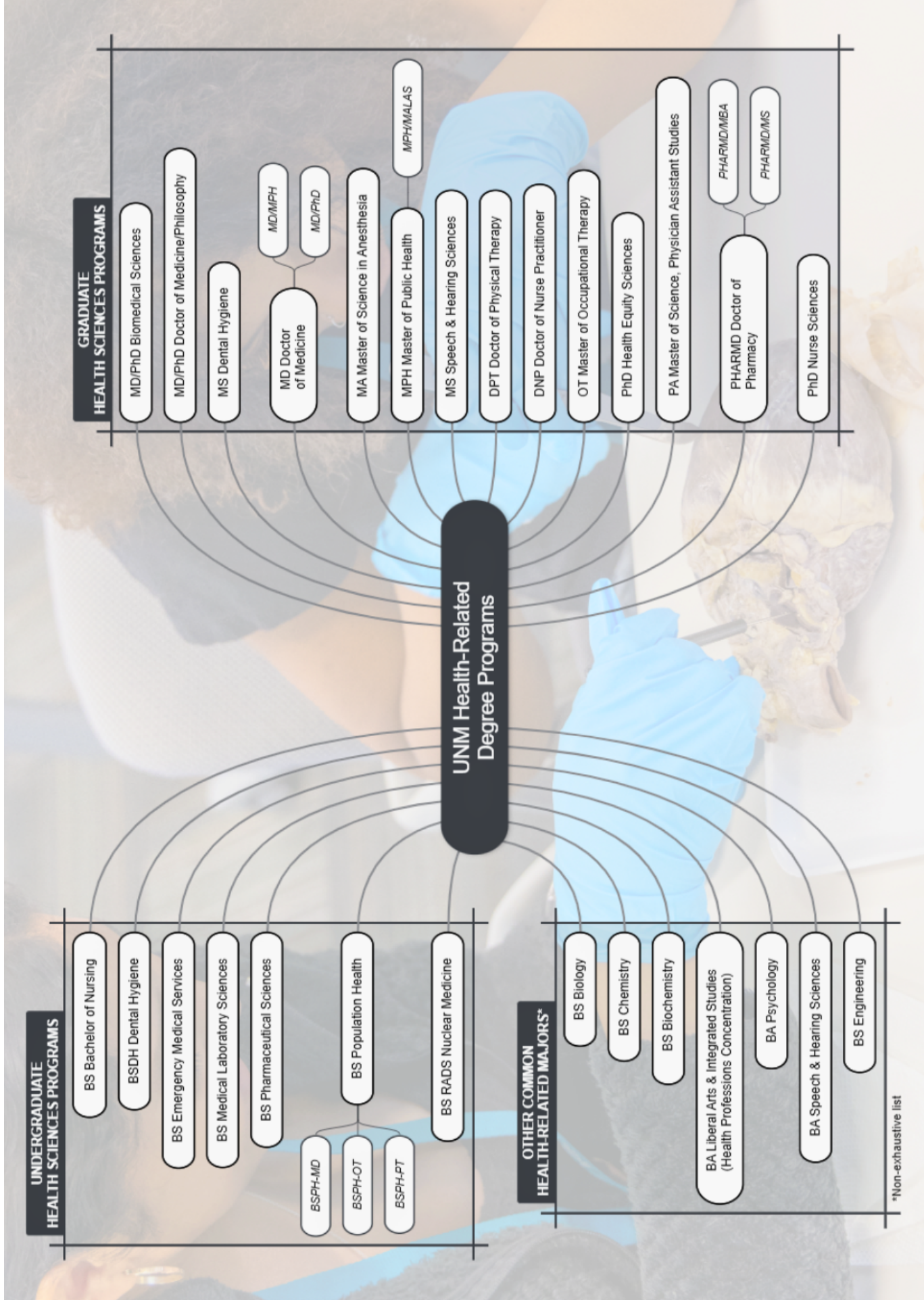
#### Math & Statistics Tutoring

The Mathematics and Statistics Tutoring Center offers help desks for several Math & Statistics courses.

#### Test Prep Program

Explore MCAT+, GRE+, DAT+ test prep programs through UNM Health Sciences Office for Diversity, Equity & Inclusion's Communities to Careers programs.

**Tip: Study for Placement Tests for FREE at [unm.edready.com](http://unm.edready.com) (Create an account; Use code Read23 or Math23)**



These programs represent the most common degrees/majors pursued at UNM for students interested in pre-health, health sciences, health professions, and other health-related industries or specialties. However, this is **not an exhaustive list of programs and majors** that can lead to a successful health-related career. In addition, you may pursue a **variety of minors** in your degree programs that will bolster your education and skills in a particular area of interest, such as the Health, Medicine, and Human Values minor, or various STEM-focused or language minors. Your advisor can help you choose the right major/minor for you!



## AVAILABLE UNM HEALTH SCIENCES PROGRAMS UNDERGRADUATE DEGREES

Are you interested in pursuing an **undergraduate** UNM Health Sciences degree program? Learn more about the options available to you and get help planning your undergraduate curriculum with your **University College advisor**. The following programs through the University College are not the only majors available to you. Be sure to explore other health-related degrees (in the College of Arts & Sciences, School of Engineering, etc.) that can set you up for success in a health-related career.

Those interested in pursuing a graduate degree or other health-related degree on the path to graduate school, such as Biology or Engineering, can find more information about programs and requirements on [page 11](#). **However, if you are enrolled in a Combined Dual Degree program, such as BA/MD, you will see the advisor for that program.**

### Available Undergraduate Programs:

- BSN Bachelor of Nursing
- BSDH Dental Hygiene
- BS Emergency Medical Services
- BS Medical Laboratory Sciences
- BS Pharmaceutical Sciences
- BS Population Health & BSPH Pathways
  - BSPH-MD, BSPH-OT, BSPH-PT
- BS RADS Nuclear Medicine

The admissions timelines for undergraduate UNM Health Sciences degree programs vary. Some allow for *direct entry* as a first year UNM applicant, and others require you to obtain college course hours and preparation prior to applying part-way through your undergraduate years.

If you are interested in pursuing any of the above **undergraduate** degree programs, please review the [Advising Information](#) on the next page, and reference the specific pathway information for your program.

### Recommended Starting Courses For UNM Health Sciences Undergraduate Majors

The below courses are commonly accepted or required for the undergraduate degree programs listed on this page and are therefore good courses to start your journey with. **However, always consult your specific degree requirements and regularly meet with your program or University College advisors** to ensure your planned coursework meets program requirements.

- CHEM 1215/1215L
- BIOL 1140/1140L
- PHYS 1230 or PHYS 1240
- MATH 1220, MATH 1350
- COMM 2120
- ENGL 1120
- PSYC 1110

## ADVISEMENT UNDERGRADUATE DEGREES

Students interested in UNM Health Sciences *undergraduate* majors (see list on prior page) should speak with a University College Advisor as early as possible in their journey. UNM Health Sciences Advisors can assist you once you are ready to apply for or are admitted to a specific UNM Health Sciences degree program. This page includes general information, but each program will guide you on when and how often to see your advisors.

### INTEGRATED ADVISEMENT

In addition to Academic and University College Advisors, *Integrated Advisors* in UNM's [resource centers](#) provide holistic and developmental advising **throughout your entire UNM journey.**

#### PRE-HEALTH EXPLORATION



### UNIVERSITY COLLEGE ADVISORS (EXPLORATORY)

If you are exploring majors but are interested in pre-health, you should see a [University College \(UC\) Academic Advisor](#) that advises undecided and exploratory students. Find your UC undecided advisor by your last name.

#### PRE-HEALTH PREPARATION



### UNIVERSITY COLLEGE ADVISORS (BY MAJOR)

If you decide on a major in University College, you will continue advisement through UC but you will now meet with the [UC Pre-Health Advisor](#) specializing in your program of interest. Find your UC advisor in [LoboAchieve](#) once your major has been updated, or on the UC Webpage.

#### HEALTH PROGRAM ADMISSION

Have you been admitted to a Health Sciences program via Direct Entry or a Combined degree program? If so, you will see your program-specific advisor as a 1st year student.

### HEALTH SCIENCES-SPECIFIC ADVISORS

When you are *ready to apply* for or are admitted to a Health Sciences degree program, you can then obtain additional support and information from program-specific Health Sciences Advisors. Find a full list of Health Sciences advisors on [page 13](#).

## AVAILABLE UNM HEALTH SCIENCES PROGRAMS GRADUATE DEGREES

If you are interested in pursuing a **graduate-level** degree from UNM Health Sciences, or are pursuing an undergraduate program **on the path to graduate school**, you should begin planning your degree path as early on in your undergraduate experience as possible.

It's essential to choose an undergraduate major that will best prepare you with the pre-requisites and skills necessary to apply for the graduate program of your choice. Explore undergraduate programs through University College (on [page 9](#)) as well as other certificate programs to prepare you, like the **Pre-Health Scholars Certificate Program**.

### Available Graduate-Level Programs:

- MD/PhD Biomedical Sciences
- MS Dental Hygiene
- MD Doctor of Medicine
  - MD/MPH, MD/PhD
- PHARMD Doctor of Pharmacy
  - PHARMD/MBA, PHARMD/MS
- DPT Doctor of Physical Therapy
- DNP Doctor of Nurse Practitioner
- PhD Health Equity Sciences
- MPH Master of Public Health
  - MPH/MALAS
- MSA Master of Science in Anesthesia
- MOT Master of Occupational Therapy
- PA Master of Science, Physician Assistant Studies
- PhD Nurse Sciences
- MS Speech & Hearing Sciences

If you intend to pursue any of the above graduate programs, regardless of chosen program for your undergraduate coursework, you should review the **[Advising Information](#)** on the next page and reference specific graduate pathway information for your intended program.

Review criteria for graduate admissions, to get a jump start on shadowing, volunteer, test preparation, and health care experiences that will make you a more competitive applicant.

### Recommended Starting Courses for UNM Health Sciences Graduate Programs

The below courses are commonly accepted or required for the degree programs listed on this page and are therefore good courses to start your journey with. **However, always consult your specific degree requirements and regularly meet with your program or University College advisors** to ensure your planned coursework meets program requirements.

- BIOCHEM 423
- BIOL 2210
- CHEM 1225/1225L
- PHYS 1230 or PHYS 1240
- MATH 1350
- ENGL 1120
- PSYC 1110
- SOCI 1110

## ADVISEMENT

### GRADUATE & OTHER HEALTH-RELATED DEGREES

All pre-health students, but particularly those *on the path to a [graduate program](#)* (see *list on prior page*), should speak with a University College Advisor early on in their journey. Additionally, students pursuing [other health-related degrees](#) like Biology or Engineering should see the Academic Advisor for that major/department. UNM Health Sciences Advisors assist you once you are ready to apply to a specific health degree program. Each program will have guidance on when and how often to see your advisors.

#### INTEGRATED ADVISEMENT

In addition to Academic and University College Advisors, *Integrated Advisors* in UNM's [resource centers](#) provide holistic and developmental advising **throughout your entire UNM journey.**

#### PRE-HEALTH EXPLORATION



#### UNIVERSITY COLLEGE ADVISORS (EXPLORATORY)

If you are exploring majors but are interested in pre-health, you should see a [University College \(UC\) Academic Advisor](#) that advises undecided and exploratory students. Find your UC undecided advisor by your last name.

#### PRE-HEALTH PREPARATION

#### ACADEMIC ADVISOR (BY MAJOR/DEPARTMENT)

Once you have selected your intended major, you should ensure that your major is declared in LoboAchieve and set up an appointment with your UNM Academic Advisor for your specific department/major using the [LoboAchieve](#) portal.

Interested in other health-related degrees (in the College of Arts & Sciences, School of Engineering, etc.)? Visit with the Academic Advisor in your Department to plan your degree path!

#### HEALTH PROGRAM ADMISSION

#### HEALTH SCIENCES-SPECIFIC ADVISORS

When you are *ready to apply* for or are admitted to a Health Sciences degree program, you can then obtain additional support and information from program-specific Health Sciences Advisors. Find a full list of departmental advisors on [page 13](#).

## UNM HEALTH SCIENCES DEPARTMENT-SPECIFIC ADVISORS

This page includes contact information for each UNM Health Sciences Department or program and the recommended first steps for contacting or engaging with that specialty.

<b>Anesthesiologist Assistant Program (Master's)</b>	<a href="mailto:MSAprogramAdvisor@salud.unm.edu">MSAprogramAdvisor@salud.unm.edu</a>	Attend an MSA Advisement Workshop.
<b>Biomedical Science (Graduate)</b>	<a href="mailto:SOMREO@salud.unm.edu">SOMREO@salud.unm.edu</a>	Review admissions checklist before emailing the program with questions.
<b>College of Nursing</b>	<a href="mailto:hsc-con-advising@salud.unm.edu">hsc-con-advising@salud.unm.edu</a>	Attend an Admissions Info Session to get started. Only contact advising once admitted to a CON Degree program.
<b>Dental Hygiene (Undergraduate &amp; Graduate)</b>	<a href="mailto:KZaragoza@salud.unm.edu">KZaragoza@salud.unm.edu</a> (Undergrad) <a href="mailto:CNathe@salud.unm.edu">CNathe@salud.unm.edu</a> (Graduate)	View Bachelor's Degree Advising Schedule <a href="#">here</a> . View Graduate Advising Session Schedule <a href="#">here</a> .
<b>Emergency Medical Services Academy (License, BS)</b>	<a href="mailto:hsc-emsa@salud.unm.edu">hsc-emsa@salud.unm.edu</a>	Review Pre-Admissions Information <a href="#">here</a> . Contact EMS Academy Advisors well in advance of applying.
<b>Medical Laboratory Sciences (BS)</b>	<a href="mailto:HSC-MLS@salud.unm.edu">HSC-MLS@salud.unm.edu</a> or <a href="mailto:MLS@salud.unm.edu">MLS@salud.unm.edu</a>	Complete a clinical lab tour with the Medical Lab Sciences Program Advisor prior to applying.
<b>Nuclear Medicine/Radiologic Sciences (BS)</b>	<a href="mailto:raddpt@unm.edu">raddpt@unm.edu</a> or <a href="mailto:stmcityre@salud.unm.edu">stmcityre@salud.unm.edu</a>	Set up an appointment for advising before applying and complete the application checklist <a href="#">here</a> .
<b>Occupational Therapy (Master's &amp; Doctorate)</b>	<a href="mailto:HSC-OccupationalTherapy@salud.unm.edu">HSC-OccupationalTherapy@salud.unm.edu</a>	Attend one of the group advisory sessions and review the application process and checklist online.
<b>Pharmacy/Pharmaceutical Sciences (BS &amp; PharmD)</b>	<a href="mailto:hsc-pharmacy@salud.unm.edu">hsc-pharmacy@salud.unm.edu</a>	Please contact the department directly for information on first steps.
<b>Physical Therapy (Doctorate)</b>	<a href="mailto:HSC-UNMPTProgram@salud.unm.edu">HSC-UNMPTProgram@salud.unm.edu</a>	Attend a formal group advisement session, held April through September. View schedule <a href="#">here</a> .
<b>Physician Assistant (Master's)</b>	<a href="mailto:HSC-PAProgram@salud.unm.edu">HSC-PAProgram@salud.unm.edu</a>	Attend a group advisement workshop and complete an advising worksheet. More information <a href="#">here</a> .
<b>Population Health (Certificate, BS, Master's, Doctorate)</b>	<a href="mailto:cophadvising@unm.edu">cophadvising@unm.edu</a>	Set up an appointment to talk to an advisor using LoboAchieve or via the provided email.
<b>School of Medicine (MD)</b>	<a href="mailto:somadmissions@salud.unm.edu">somadmissions@salud.unm.edu</a>	Find workshops and advisement walk in hours <a href="#">here</a> .



## ADDITIONAL ACADEMIC HEALTH OPPORTUNITIES

Explore additional academic opportunities and certificate programs at UNM to bolster your health education and experiences.

### PRE-HEALTH PREPARATION



#### COLLEGE OF NURSING DUAL DEGREE BSN PROGRAM

This Bachelor of Science in Nursing Dual Degree & BSN Option is designed for students who want to stay in the New Mexico community. You will be based at your local community college or branch campus and co-enrolled at UNM to earn a Bachelor of Science in Nursing degree.



#### COLLEGE OF PHARMACY EARLY ASSURANCE PROGRAM

This undergraduate pathway opportunity provides advising, networking with College of Pharmacy leaders, mentoring, and an assured spot pending interview in the UNM Health Sciences College of Pharmacy PharmD program.

## CERTIFICATE PROGRAMS



#### PRE-HEALTH SCHOLARS CERTIFICATE PROGRAM

Planning to apply to a graduate health program? Whether you are a post-baccalaureate or an advanced undergraduate, this 15-credit hour undergraduate/graduate certificate focuses on strengthening the humanities-side of your application. Designed with input from HSC programs, this one-of-a-kind certificate addresses common areas of weakness.



#### MATERNAL & CHILD HEALTH (MCH) CERTIFICATE

This online, multidisciplinary program is provided by the College of Population Health. Participants gain information and skills related to the health and well-being of women, children, and families through the MCH certificate with a focus on MCH leadership.



#### SOCIAL DETERMINANTS OF HEALTH CERTIFICATE

Online, free course consisting of six, one hour modules to provide essential information about social determinants of health for current and future health care providers. Offered by UNM Office for Community Health.

## HEALTH PROGRAM ADMISSIONS INFORMATION

Find information on how to apply to the health degree program of your choosing. Contact each department for more specific admissions information.

### HEALTH PROGRAM ADMISSION



#### COLLEGE OF NURSING

Ready to become a Lobo Nurse? The [UNM College of Nursing](#) is here to support you. Have questions about our programs? Unsure about how to apply? Wondering how to pay for your education? Reach out to get started.



#### COLLEGE OF PHARMACY

Are you ready to become a compassionate, expert pharmacy leader? Do you aspire to improve the lives of your community members? The [UNM College of Pharmacy](#) is here to help.



#### COLLEGE OF POPULATION HEALTH

Public Health is the science of improving health through education, awareness, and research for disease and injury prevention. To achieve healthier, safer communities, we need innovative change agents and champions, like you. Contact the [UNM College of Population Health](#) to learn more or view the [student success resources](#) prior to admission.



#### SCHOOL OF MEDICINE HEALTH PROFESSIONS

The [UNM School of Medicine](#) offers a number of paramedical health professional training and educational programs in the Health Professions ranging from certifications to master's degrees.

*Contact each individual program for Admissions requirements and support.*



#### SCHOOL OF MEDICINE MD PROGRAM

The [UNM School of Medicine MD Program](#) offers a nationally ranked educational experience. No matter what point you are at in the process, the UNM SOM Office of Admissions looks forward to assisting you.

## FINANCIAL AID RESOURCES

Nearly all students start their journey with the UNM Financial Aid Office and can find many ***general resources available to all students*** listed below.

Students who are admitted to a Health Sciences degree program and are in the Health Program Admissions stage of their journey also have access to additional resources through the HSC Financial Aid Office (also listed below).



### UNM FINANCIAL AID OFFICE

All pre-health students must work with the [UNM Financial Aid Office](#) and meet UNM Financial Aid deadlines. New and entering students should meet with the office early on for help with their higher education financial needs, including cost of attendance, federal and state aid packages and eligibility, and other financial assistance resources, like the [Free Application for Federal Student Aid \(FAFSA\)](#).



### CENTER FOR FINANCIAL CAPABILITY

In addition, to UNM's Financial Aid Office, [the Center for Financial Capability](#) provides one-on-one financial consultations, workshops on financial literacy topics, tax assistance, budget sheet templates, and more. The center will continue to assist Health Sciences students once admitted.

## HEALTH PROGRAM ADMISSION



### HEALTH SCIENCES FINANCIAL AID OFFICE

All students must continue to meet UNM Financial Aid deadlines, but once admitted to HSC, the [Health Sciences Financial Aid Office](#) will assist you. HSC programs with institutional scholarships will have specific dates and applications. The HSC Financial Aid Office provides in-person and virtual visits and administers the MD Scholarship program.

## FINANCIAL AID RESOURCES SCHOLARSHIPS

These resources are **applicable to all students** but certain scholarships may have eligibility criteria based on specialty or degree program. Be sure to check eligibility requirements.



### Get Help Paying for College!

There are many opportunities for new students through the [UNM Scholarship Office](#) — over 147 million dollars in scholarships were awarded in the 2023-2024 year at UNM. Scholarships are merit-based and awards are competitive.

American Indian Student Services Scholarships	ARMY Health Professions Scholarship	Chemistry Scholarships	College Assistance Migrant Program (CAMP)
College of Population Health	College of Arts & Sciences Scholarships	Graduate Biology Scholarships	
IHS Scholarships	Native American Indian Nurses Association	Undergrad Biology Scholarships	UNM Scholarship Office

### HEALTH PROGRAM ADMISSION

## LOAN REPAYMENT PROGRAMS

Find information on the loan repayment programs available to Health Sciences students.



### COLLEGE OF NURSING LOAN REPAYMENT PROGRAMS

Explore a variety of loan repayment options available through the College of Nursing and those targeted for nursing professionals.



### INDIAN HEALTH SERVICE LOAN REPAYMENT

The program repays eligible health profession education loans—up to \$50,000—in exchange for an initial two-year service commitment.

## FINANCIAL AID RESOURCES LOAN REPAYMENT PROGRAMS CONT.

### HEALTH PROGRAM ADMISSION

#### NM HIGHER EDUCATION DEPARTMENT



#### HEALTH PROFESSIONAL LOAN REPAYMENT PROGRAM

Health Professional Loan Repayment Program (HPLRP) is to provide repayment for outstanding student loans of practicing health professionals. *Eligible for Allied health fields, dental, medical & nursing, and mental health fields.*



#### LOAN FOR SERVICE PROGRAMS

Loan For Service is a competitive program to provide students with financial assistance in high-need workforce areas in health care and teaching in exchange for 3 years of service.

Medical Loan for Service Program

Allied Loan-for-Service Program

Western Interstate Commission on Higher Education Program

#### NM DEPARTMENT OF HEALTH PROGRAMS



#### NEW MEXICO HEALTH SERVICE CORPS

This state program recruits, places & offers financial assistance to health professionals in rural and medically underserved areas in New Mexico.



#### RURAL HEALTH CARE PRACTITIONER TAX CREDIT PROGRAM

Allows for certain rural healthcare providers to be eligible for an income tax credit of \$3,000 or \$5,000.



## FINANCIAL AID RESOURCES LOAN REPAYMENT PROGRAMS CONT.

### HEALTH PROGRAM ADMISSION

#### BUREAU OF HEALTH WORKFORCE PROGRAMS



Eligible professionals include allopathic or osteopathic physicians, primary care nurse practitioner, certified nurse-midwife, primary care physician assistant, dentist, dental hygienist, health service psychologist, clinical social worker, psychiatric nurse specialist, marriage and family therapist, and licensed professional counselor.

#### NATIONAL HEALTH SERVICE CORPS LOAN REPAYMENT

**NHSC LRP**

**SUD Workforce LRP**

**Rural Community LRP**

**Students to Service LRP**

#### HRSA HEALTH WORKFORCE LOAN REPAYMENT

The Health Resources & Services Administration (HRSA) Health Workforce Loan Repayment programs, as part of the Bureau of Health Workforce, include several loan repayment programs by specialty or profession:

**Nurse Corps.**

Pays up to 85% of unpaid nursing education debt in exchange for two years of services in a Critical Shortage Facility (CSF) or an eligible school of nursing.

**Substance Use Disorder Treatment & Recovery (STAR)**

Repays eligible educational loans in exchange for working full time for six years at an approved SUD treatment facility.

**Pediatric Specialty**

Repays eligible educational loans in exchange for working full-time for three years at a Pediatric Specialty approved facility.

**Faculty Member Loan Repayment**

Repays a portion of your health professional student loan debt (\$40,000 max over two years) for faculty members who serve at an eligible health professions school.

## BUILDING COMMUNITY & ACCESSING VALUABLE RESOURCES

### UNM STUDENT ORGANIZATIONS

Building community and accessing valuable resources are essential components of the college experience that contribute to academic success, personal growth, and well-being.



#### Get Involved Today!

Student organizations provide students with opportunities to learn and build community. Explore the list of [All Student Organizations](#) UNM has to offer, including a variety of [STEM-Focused Student Organizations](#).

### PRE-HEALTH PREPARATION

#### PRE-HEALTH STUDENT ORGANIZATIONS

There are many student organizations at UNM available specifically for pre-health majors; Contact a student organization today!

Pre-Occupational  
Therapy Club

Pre-Dental  
Society

Pre-Medical  
Society

Nutrition Club

American Medical Student  
Association - UNM  
Pre-Medicine

American Dental  
Hygienist's Association

Public Health  
Student Association

Pre-Pharmacy  
Society

Pre-Physical  
Therapy Society

Population Health  
Undergrad Network

Radiology Interest  
Group

### HEALTH PROGRAM ADMISSION

#### STUDENT NURSING ORGANIZATIONS

Be a part of the many student nursing organizations and honor societies at UNM's College of Nursing. Organizations are available for both graduate and undergraduate students.

Student Nurses  
Association (SNA)

Graduate Student Nurses  
Association (GSNA)

Sigma Theta Tau  
Honor Society

# BUILDING COMMUNITY & ACCESSING VALUABLE RESOURCES

## UNM RESOURCE CENTERS

### RESOURCE CENTERS

UNM students have access to a variety of student resource centers focused on your specific needs. Resource centers offer general resources as well as specialized programming to help you succeed.



#### Find your Pack!

Find a home on campus, get support and access to resources like integrated advisement, scholarships, and social groups at a [Student Resource Center](#). Nearly everyone on campus can find a resource center for them!

Accessibility Resource Center	African American Student Services	American Indian Student Services
Asian American Pacific Islander Resource Center	Center for Native American Health	College Enrichment Programs
El Centro de la Raza	LoboRESPECT Advocacy Center	LGBTQ Resource Center
Graduate Resource Center	Veteran & Military Resource Center	Women's Resource Center

### Get the Support you Need to Succeed

"With the UNM Student Resource Centers, I've experienced the true meaning of *'Everyone is a Lobo,'* as they have provided the guidance and community essential for my pre-med success."

-Audrey Lee, Pre-Med Student, Chemical & Biological Engineering (Class of 2027)



## BUILDING COMMUNITY & ACCESSING VALUABLE RESOURCES

### UNM DEPARTMENTAL PROGRAMS & RESOURCES

UNM students have a wide variety of majors that can be undertaken on the path to a health career. Below are departments with common majors for pre-health students. This is not an exhaustive list, and you should meet with your advisor before declaring a major.

#### PRE-HEALTH PREPARATION



### BIOCHEMISTRY & MOLECULAR BIOLOGY

Find information about the UNM Department of Biochemistry and Molecular Biology, read the department's most recent [newsletter](#), and more!



### BIOLOGY

The UNM Biology Department provides student resources and maintains the [Slice of Bio Website](#), [Instagram](#), and [Facebook](#) page to keep students in the know.



### CHEMISTRY & CHEMICAL BIOLOGY

The UNM Department of Chemistry & Chemical Biology provides many resources; Find [Chemistry Course FAQ](#), [placement info](#), [seminars](#), and other [research resources](#).



### ENGINEERING

The UNM College of Engineering maintain the [Engineering Student Success Center](#), providing assistance to students through a holistic co-curricular experience.



### PHYSICS & ASTRONOMY

Find information about the UNM Department of Physics, including information about [undergraduate programs](#).



### PSYCHOLOGY

The UNM Department of Psychology sees many pre-health students. Find information about programs and degree paths, including [departmental resources](#).

#### Tips from Upper Level Undergraduate & Graduate Students:

Ever wonder "why didn't anyone tell me about this?" Explore [this resource](#) with words of wisdom from those who have gone before you and learn tips and strategies for surviving your UNM journey.

## CAREER SERVICES

Find career building and career exploration services for students. This section includes general resources and resources specific to your STEM or medical sciences major.



### UNM CAREER SERVICES

Get assistance with career choices, resumes/CVs, letters of intent, and mock interviews at [UNM's Office of Career Services](#). Services are open to all students.

#### Handshake

UNM's Office of Career Services utilizes an online job and internship database, Handshake, for external job postings and internships. Visit [unm.joinhandshake.com/login](https://unm.joinhandshake.com/login)

#### Student Jobs at UNM

Want to work at UNM? Search the existing list of job opportunities for students at [unmjobs.unm.edu](https://unmjobs.unm.edu)

#### UNM Career Fairs

Find information about UNM's various career fairs, including career fairs specifically [for STEM majors](#). Events held on rotating basis.

#### Boomerang

Boomerang New Mexico is an online platform that helps connect STEM graduates with STEM careers. Visit [stemboomerang.org](https://stemboomerang.org)

## PRE-HEALTH EXPLORATION



### EXPLORE HEALTH MAJORS & CAREERS

Not sure which career you want to pursue? Review different majors and explore the employment outlook, earnings, and potential careers for the various [health science majors at UNM](#). Additionally, [unmhealth.org/careers](https://unmhealth.org/careers) has more information on careers in the UNM Health System.

## PRE-HEALTH PREPARATION



### JOBS AT UNM HOSPITAL

Explore employment opportunities at [UNM Hospital](#) as you begin to complete program requirements for your intended specialty or program. Find jobs, internships, and other clinical opportunities. Additionally, explore [Nursing Intern & Extern Programs](#) through UNM Hospital.



## HEALTH CAREER-BUILDING OPPORTUNITIES

Find career services specific to students in a particular major or specialty in the health sciences. Gain clinical experience, engage in test preparation, or participate in a health-focused symposium or event to get connected to professionals in your degree area.



### EVENTS

The [\*HSC Calendar\*](#) includes annual events like the **Health Professions Symposium**. Opportunities to help plan this annual event exist. Visit [hps.unm.edu](https://hps.unm.edu) for more information.



### AREA HEALTH EDUCATION CENTER SCHOLARS

The two-year [\*Area Health Education Center \(AHEC\) Scholars' Program\*](#) is a federally funded, nationwide initiative to address shortages in health professionals, particularly for rural communities.



### COMMUNITIES TO CAREERS PROGRAMS

UNM Health Science Office of Diversity and Inclusion [\*Communities to Careers\*](#) programs (listed below) are designed to support you through academic enrichment, identity development, cultural humility training, and community engagement. These programs are free and provide a stipend for participation.

#### PRE-HEALTH EXPLORATION

##### Undergraduate Health Sciences Enrichment Program

Undergraduate Health Sciences Enrichment Program (UHSEP) is a multi-week residential summer program at UNM for entering first-year college students. Jumpstart your pre-health journey with community-building, college navigation skills, and shadowing.

#### PRE-HEALTH PREPARATION

##### Undergraduate Student Scholars Program

Cohort program providing support for health professions pathway attainment through mentoring, personal and professional support, and DEI related workshops.

##### NM Clinical Education Program

Gain clinical experience working with rural and/or underserved populations as you prepare to apply to the University of New Mexico Health Sciences health professions programs.

# HEALTH CAREER-BUILDING OPPORTUNITIES

Volunteering and training are crucial for pre-health and health science students, providing invaluable hands-on experience, exposure to medical environments, and opportunities to develop essential skills. This section may include external links not maintained by UNM.

## TRAINING OPPORTUNITIES

- American Red Cross First Aid Training
- UNM CPR Training



## VOLUNTEER OPPORTUNITIES



**Get involved and build your skills!**

Start by exploring volunteer opportunities with [UNM Hospital](#), or use the [Volunteer Match Search Engine \(volunteermatch.org\)](http://volunteermatch.org) to connect you with local opportunities.

- UNM Hospitals
- American Cancer Society
- Amigos (Amigos de las Americas) Healthcare Abroad Opportunity
- Casa de Salud
- Child Hospice Volunteer Programs UNM Children’s Hospital
- Community Health Ambassadors
- Habitat for Humanity
- Lovelace Hospitals
- NM Veterans Health Care System
- National Alliance of Mental Illness
- National Association of Free and Charitable Clinics
- Presbyterian Hospitals
- Public Health Volunteering
- Red Cross
- American Heart Association
- Alzheimer’s Association

**Volunteer Tips:**  
 Seek volunteer opportunities early in your journey. Volunteer opportunities exist for a variety of medical and health science fields, allowing you to learn about different professions and the day-to-day work in your intended field of study. Be sure to keep track of your volunteering and shadowing hours, including reflection on how these experiences influence your perspectives and decision regarding health careers.

## HEALTH CAREER-BUILDING OPPORTUNITIES

Volunteering and training are crucial for pre-health and health science students, providing invaluable hands-on experience, exposure to medical environments, and opportunities to develop essential skills.

### PRE-HEALTH PREPARATION

#### SHADOWING OPPORTUNITIES



#### Observe Real Health Care Professionals!

Like volunteering, [\*shadowing\*](#) allows students to gain firsthand insight into the daily life of medical professionals. By observing professionals in various specialties, you will gain a realistic understanding of different medical practices, patient interactions, and healthcare settings.

#### UNM Hospital Volunteer Office

Contact the office to complete required shadowing paperwork. Students are responsible for identifying a provider/preceptor to shadow *before* contacting the office.

#### UNM Clinical Education Summer Immersion Program

This 6-week summer program provides 20 hrs per week of clinical shadowing and community immersion for pre-med, pre-nursing, and pre-pharmacy students through the UNM Health Sciences Office for Diversity Equity & Inclusion’s Communities to Careers programs.

#### UNM Certified Anesthetist Assistant Shadowing

This experience offers invaluable insights into the dynamic world of anesthesiology, providing firsthand knowledge of the responsibilities and challenges faced by anesthesia professionals.

#### Virtual Shadowing

Explore free virtual clinical shadowing experiences, including through the Red Cross, Grow Movement, BookShare.org, Translators without Borders, CricketTogether, and Crisis Commons/CrisisCamp.

#### Presbyterian Shadowing

Find more information about shadowing opportunities at Presbyterian Hospital.

#### Shadowing Tips:

Shadowing may be an admissions requirement for some health professions programs, or may strengthen your application, but may be difficult to secure. Shadowing is a great way to identify mentors in your field of interest for your health career pathway. When shadowing, students are asked to observe only. Be sure to keep track of your volunteering and shadowing hours, including reflection on how these experiences influence your perspectives and decision regarding health careers.

## RESEARCH OPPORTUNITIES

Explore your interests, gain valuable research and analysis skills, and get connected to research partners and funders in your area of interest.

Opportunities listed below are updated on an annual basis but may not encompass all available programs. Some programs may be offered only on a rotating basis, so check with each individual program for the most up to date program and application information.

### UNM RESEARCH OPPORTUNITIES



**There is a UNM Research Opportunity for Nearly Everyone!**

Explore opportunities to do [Undergraduate](#) or [Graduate](#) research at UNM, find internships, experiential learning opportunities, and more by connecting to UNM’s many research offices and organizations. Contact each office for more specific guidance on how to get involved.

<b>UNM Research</b>	<b>List of External Research Internships</b>	<b>Arts &amp; Sciences Research (ASSURE)</b>
<b>Research Experiences for Undergraduates (REU)</b>	<b>Undergraduate Research, Arts &amp; Design Network (URAD)</b>	
<b>McNair Scholars &amp; Research Opportunity Program*</b>	<b>Mellon Mays Undergraduate Fellowship*</b>	<b>Undergrad Research Training Initiative for Student Enhancement (URISE)*</b>

*\*Geared toward students intending to earn a PhD*

### AFFINITY-BASED RESEARCH OPPORTUNITIES

<b>Ubuntu Research Program</b>	The Ubuntu Research Program is a cohort-based research initiative sponsored by the University of New Mexico’s (UNM) African American Student Services (AASS).
<b>El Puente Research Fellowship</b>	The El Puente Research Fellowship through the UNM’s El Centro de la Raza, supports and promotes undergraduate research in multiple academic areas, providing mentorship and research experience.

## RESEARCH OPPORTUNITIES

### HEALTH & CANCER RESEARCH OPPORTUNITIES

The opportunities below are geared toward a particular specialty or interest, and there are likely other opportunities not listed, so check with your department for more information.

#### PRE-HEALTH PREPARATION

##### Undergraduate Pipeline Network (UPN)

The Undergraduate Pipeline Network summer research experience seeks to cultivate students' interest in research while helping them attain skills needed to apply for and succeed in post-baccalaureate education, including the [\*American Heart Association Summer Undergraduate Research Experience\*](#).

##### CURE Program

Explore this cancer research program for high school and undergraduate students. Participants get paired with research mentors and gain valuable research experience.

##### Diversity in Cancer Research (DIRC) Program

The Diversity in Cancer Research (DIRC) program for undergraduates provides training and support to students from groups that are underrepresented in the science and health professions.

##### Clinical & Translational Research Experience (CT-REx)

CT-REx is a career preparation program for undergraduate students designed to cultivate interest in careers in health research and prepare trainees to enter the research workforce by exposing trainees to research careers, developing basic research skills, and preparing them to pursue jobs or further research education.

#### HEALTH PROGRAM ADMISSION

##### HSC Research

Explore research opportunities through UNM Health Sciences. Through our research, HSC seeks solutions to problems large and small—because everyone deserves exceptional education and care.

##### UNM Cancer Post-Bacc. Research & Education Program (Cancer-PREP)

The two-year Cancer-PREP program is for post-baccalaureate students and aims to prepare them for a career in cancer prevention, basic cancer or translational research.

##### Cancer Research - Scholarship & Training in Population Sciences (C-STEPS)

This program provides a cancer-focused research experience, career mentorship, interactive seminars, and team building that culminate in a Capstone project at the end of 10 weeks.

##### School of Medicine Research Education Office (SOMREO)

SOMREO offers an integrated and multidisciplinary approach to research education and training for undergraduate and graduate students, Postdoctoral Fellows and Junior Faculty.

# ACKNOWLEDGMENTS

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