

UNIVERSITY of **HOUSTON**

PRE-HEALTH ADVISING CENTER

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?

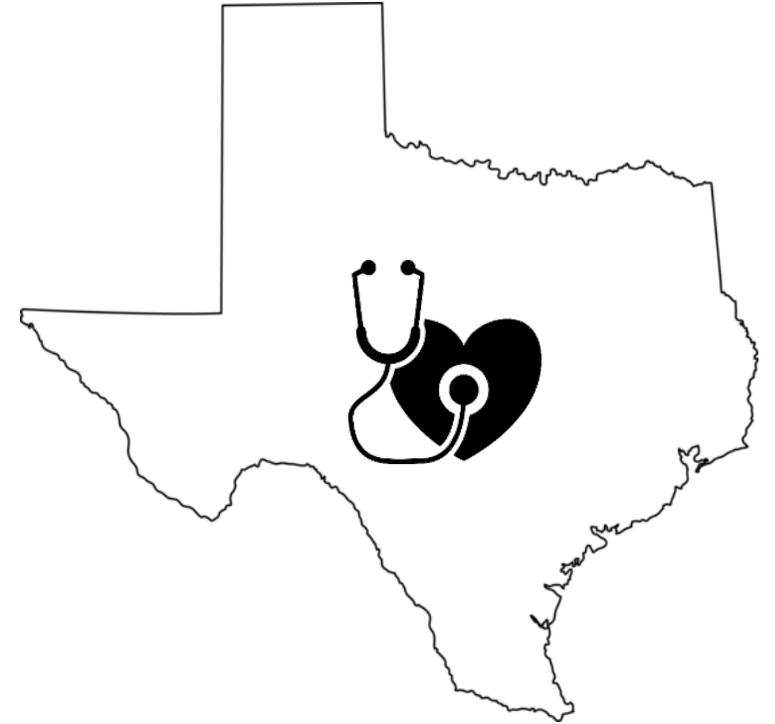
- Pre-Nursing Major or primarily interested in UH Nursing programs?
 - UH College of Nursing Advisor: Rigoberto Garcia (rgarci26@central.uh.edu or nursing@uh.edu)
- Interested in nursing programs outside of the University of Houston?
 - Can meet with advisors within the Pre-Health Advising Center via 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 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
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- 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 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 be 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**

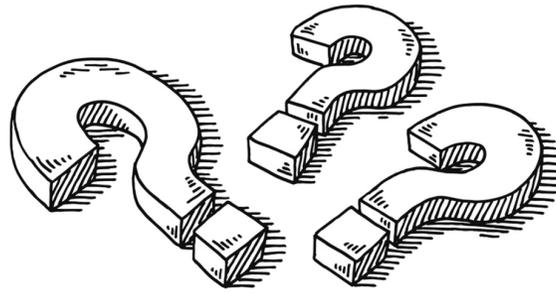
- Strong performance in pre-requisite courses (C or better required; A or B preferred)
- Strong TEAS/HESI scores (> 80%)
- Limit withdrawals and number of courses taken outside of UH!

■ **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