

UNIVERSITY of
HOUSTON

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 made in a [Navigate](#).
- Please sign up for our [Pre-Health Student Listserv](#) to receive emails.

Pre-Health Advising Office Staff

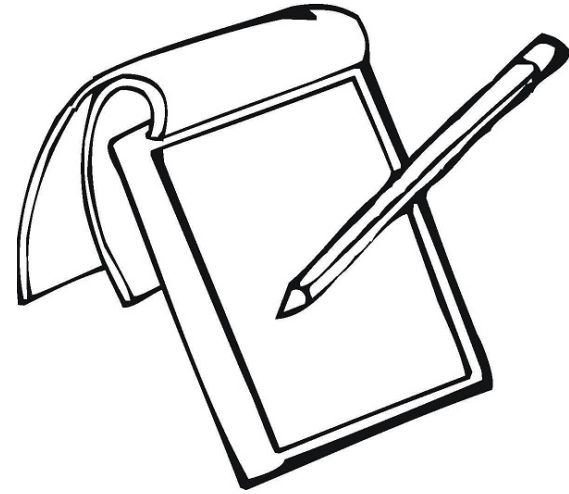
- **Dr. Gregory Spillers—Director**
 - Dr. Spillers joined the Pre-Health Advising Center as Director in 2020. He previously served as the first full-time Director of Pre-Health Advising at the University of Georgia. In 2017, he became Associate Director of Academic Programs in the Department of Biomedical Engineering at UH.
 - 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.
- **Ms. Melissa Yeung—Health Professions Advisor**
 - Ms. Yeung joined the Pre-Health Advising Center in 2020. She previously worked as an admissions coordinator at the Doctor of Physical Therapy Program at Virginia Commonwealth University and worked with recruiting students from underrepresented backgrounds to various health programs across VCU.
 - Ms. Yeung received her M.S in Higher Education Administration from Texas A&M University. She is currently completing her Ph.D. in Educational Leadership, Policy and Justice.

When should you meet with our office?

- Before making an appointment, we encourage students to review the information found in this orientation as well as on our website.
- Specific questions may also be submitted to prehealth@uh.edu.
- Currently enrolled UH students can make an appointment in Navigate:
 1. Select Academic Advising
 2. Select Pre-Health Advising Center
 3. Select a “service” or reason for appointment
 5. Select available appointment date
- Official pre-Nursing majors should make an appointment with the College of Nursing. For more information, contact nursing@uh.edu.

Orientation Outline

- What does it mean to be Pre-Nursing at UH?
- Pathways to a BSN at UH
- Nursing Programs in Texas
- Admission Requirements
- TEAS & HESI Exams



What does it mean to be “Pre-Nursing” at UH?

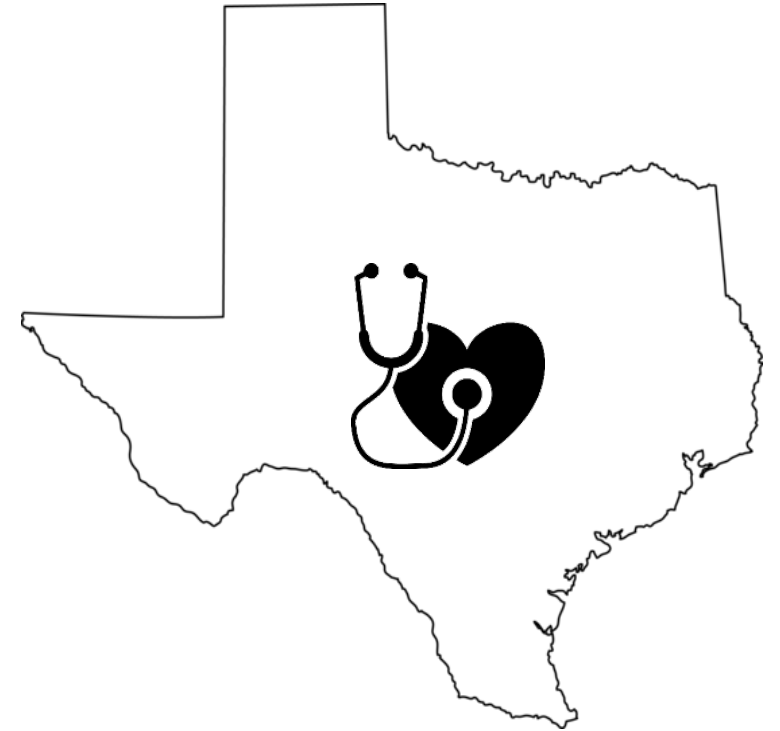
- Beginning 2020, incoming Freshman may be accepted into the official Pre-Nursing major.
 - Students accepted as Pre-Nursing will work directly with the College of Nursing advisors to prepare to enter the BSN program in their Junior Year.
- Even if you are not in a Pre-Nursing major, you can still prepare 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, or Psychology.

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

- There are 8 BSN programs in Texas:
 - University of Houston
 - Texas A&M
 - 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 hours in residence
 - Students with AP/IB or 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

- **Core Courses:** English, History, Political Science, Creative Arts, Language/Philosophy/Culture
- **Anatomy & Physiology I and II:** BIOL 1334/1134 & BIOL 1344/1144
- **Chemistry:** CHEM 1301
- **College Algebra:** MATH 1310
- **Human Development:** HDFS 2317
- **Microbiology:** BIOL 1353/1152
- **Nutrition:** NUTR 2332
- **Psychology:** PSYC 1300
- **Sociology:** SOCI 1300
- **Statistics:** MATH 2311 or MATH 3339 or BIOL 4310

- 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 twelve-months long, intensive and full-time for people holding bachelor's or master's degrees in other fields who want to become RNs.
 - This accelerated track is designed to facilitate a career change for the more mature and experienced student.
 - Course requirements are comparable to Traditional BSN.
- The Second-Degree BSN track is offered face-to-face at UH-Sugar Land.
- Deadline: August 15th 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 1334/1134 & BIOL 1344/1144
- Chemistry: CHEM 1301
- College Algebra: MATH 1310
- Human Development: HDFS 2317
- Microbiology: BIOL 1353/1152
- Nutrition: NUTR 2332
- Psychology: PSYC 1300
- Sociology: SOCI 1300
- Statistics: MATH 2311 or MATH 3339 or BIOL 4310

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

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 AP/IB or transfer credit
- You will choose the Second-Degree BSN track if:
 - You enter UH with more than 15-credit hours of AP/IB or 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.

UH College of Nursing Information Sessions

- If you are interested in the BSN program at the University of Houston College of Nursing, our office strongly encourages you to attend one of their [information sessions](#).
- Due to COVID-19, these sessions are now offered online using ZOOM. These sessions are held throughout each academic term, including Summer.



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 test or 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.

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 also 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

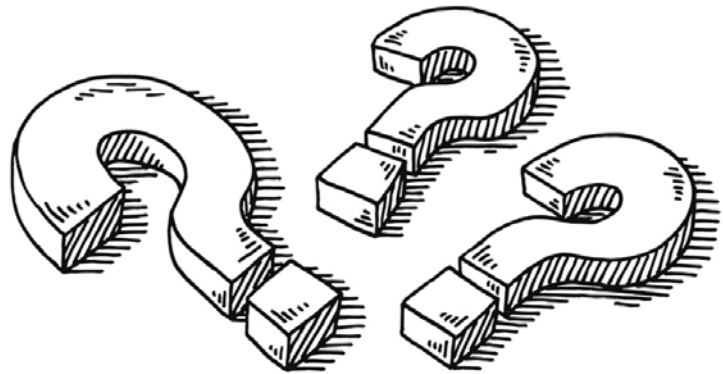
- Pre-requisite courses (C or better required)
- Strong TEAS/HESI scores (> 80%)
- Limit withdrawals and number of courses taken outside of UH!
- Challenge yourself! (>12 hours/semester)
- Not all about 4.0

■ Extracurricular activities

- Shadowing (Exposure to “doctor-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.
- 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?

Feel free to contact our office at prehealth@uh.edu

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