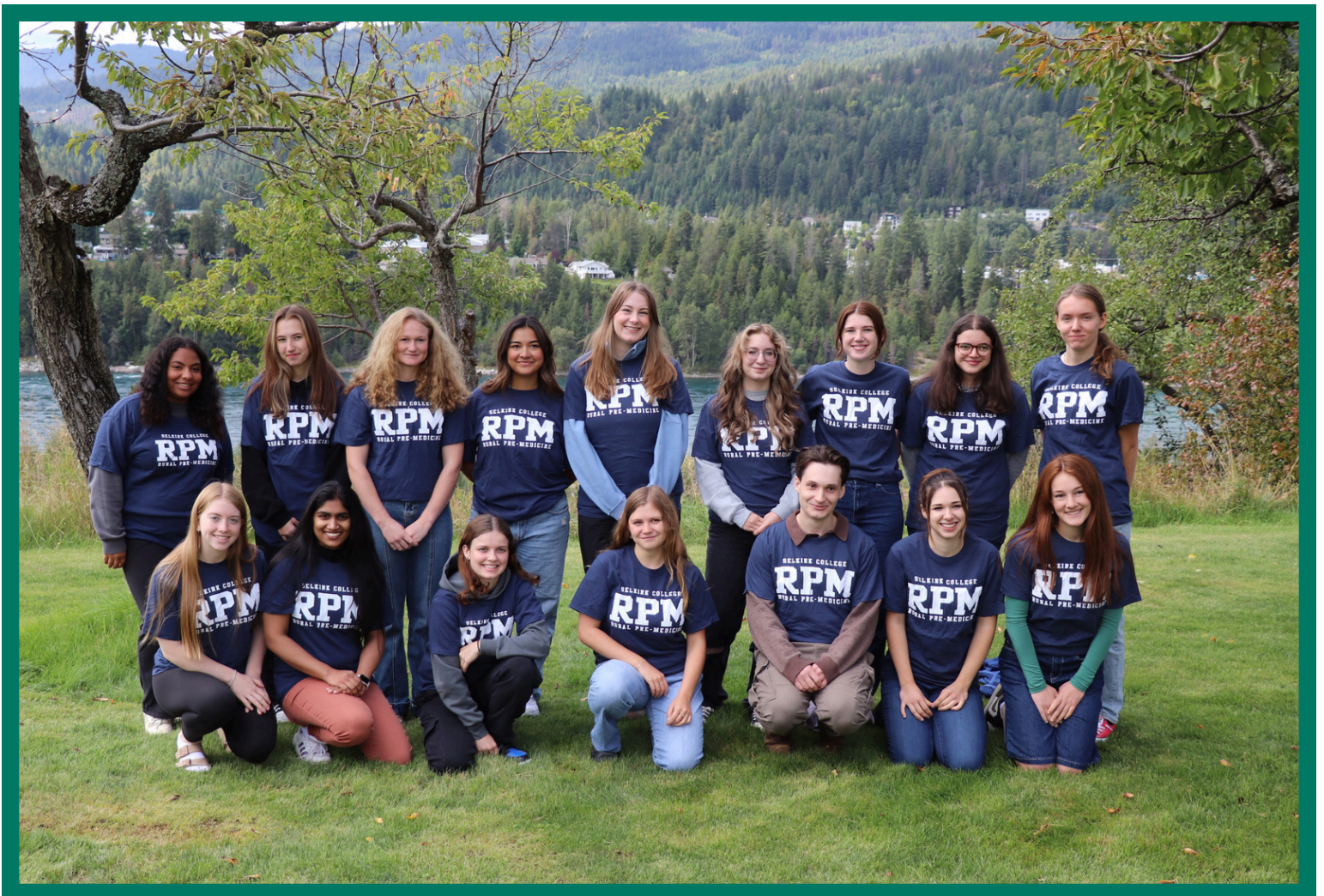




Rural Pre-Medicine

YOUR CAREER AS A HEALTH PROFESSIONAL BEGINS HERE



Our health care system needs professionals who want to practice in a rural setting, and health care programs are looking for students with rural backgrounds. Immersed in a spectacular landscape, our comprehensive program provides a rigorous academic foundation in the life sciences and is designed as a pathway to medicine, pharmacy, optometry, dentistry, physical therapy, midwifery, veterinary medicine, naturopathy, public health, biomedical research and more.

STUDY & LIVE RURAL

You will join a cohort of students to learn together, exploring rural health care and building a strong academic foundation for future studies. Dedicated instructors and mentors will support you throughout the program.

ARE YOU ...

motivated, responsible, creative, empathetic, resilient, and collaborative?

DO YOU ENJOY ...

working with people, learning through hands-on experience, and engaging in life-long learning?

IF SO ...

rural health care may be for you!



WHAT MAKES OUR RURAL PRE-MEDICINE PROGRAM UNIQUE?

Volunteer Experiences & Mentorship

- Connections with local non-profit organizations
- Presentations from local health care providers
- Mentorship from medical school students
- Leadership and mentoring opportunities

Supplemental Training & Skill Development

- Cultural safety and humility training
- Annual non-academic courses (e.g. Mental Health First Aid)
- Equity, diversity and inclusion training
- Group work, team-building and leadership training
- Multiple Mini Interview (MMI) preparation

Core Curriculum

- 90 credits (three years) required for application to the University of British Columbia (UBC) Faculty of Medicine
- Rural Health Issues
- Indigenous Health and Healing
- Community-based Rural Health Research Project



As a practicing rural health professional, you can:

- Become part of the community you serve.
- Building meaningful, long-term relationships with patients.
- Practice broad and varied patient care.
- Help improve access to health care in rural communities.

TERM 1

- BIOL 104 - Biology I
- CHEM 110 or 122 - Fundamentals or General Chemistry I
- ENGL 110 - College Composition
- MATH 100 - Calculus I
- PSYC 100 - Introductory Psychology I
- RPM 120 - Rural Health Issues I

TERM 2

- BIOL 106 - Biology II
- CHEM 125 - Foundations of Chemistry II
- ENGL 111 - Introduction to Literature
- MATH 101 - Calculus II
- PSYC 101 - Introductory Psychology II
- RPM 121 - Rural Health Issues II

TERM 3

- BIOL 204 - Cell Biology
- CHEM 212 Organic Chemistry I
- INDG 101 - Indigenous People's Relationships
- PHYS 102 or 104 - Basic or Fundamental Physics I
- RPM 220 Rural Health Issues III
- STAT 206 - Statistics

TERM 4

- BIOL 206 - Introductory Biochemistry
- BIOL 212 - Microbiology
- CHEM 213 - Organic Chemistry II
- PHYS 103 or 105 - Basic or Fundamental Physics II
- RPM 221 - Rural Health ISSUES IV
- UAS humanities or social sciences elective (200-level)

TERM 5

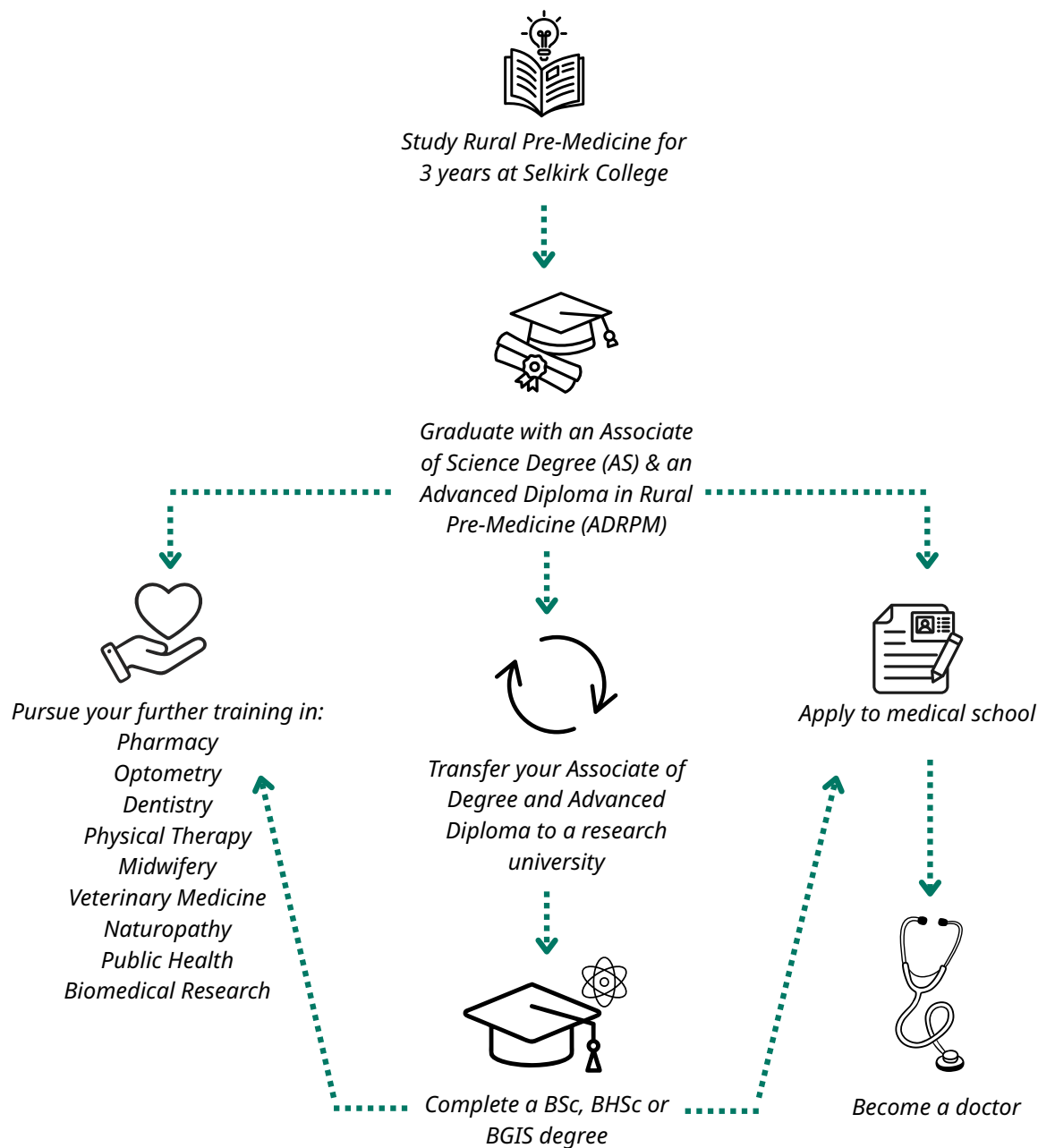
- BIOL 164 - Human Anatomy and Physiology I or Elective
- BIOG 302 - General Biochemistry
- PHIL 210 - Biomedical Ethics
- PSYC 202 - Research Methods or SOC 205 - Introduction to Social Research
- RPM 320 Rural Health Issues V
- UAS Elective - 200 level

TERM 6

- BIOL 165 Human Anatomy and Physiology II or Elective
- BIOL 202 Principles of Genetics
- CHEM 225 - Physical Chemistry for Biosciences
- INDG 302 - Indigenous Health and Healing
- RPM 321 Rural Health Applied Research Project

The Rural Pre-Medicine Program is designed for students with a wide variety of backgrounds. We welcome applications from Grade 12 students and from individuals with post-secondary experience. If your goal is a career in health care, you can begin here.

PATHWAYS



What prerequisites do I need?

All prerequisites are a minimum of 67%:

- Pre-calculus 12
- Chemistry 11
- Two other Grade 12 courses, one of which must be a science course
- English Studies 12 or English First Peoples 12 or IELTS 6.5

Don't have these? Contact us!



Note: Anatomy and Physiology 12/Biology 12 and Chemistry 12 are strongly recommended

THE PROGRAM WORKS!

- 28 students have been accepted into Medical School/MD Programs.
- 12 of those students have already finished Medical School and have gone on to residency programs. 5 of those entered the local Kootenay Boundary Family Practice Residency Program.
- 1 students have gone on to Doctor of Pharmacy Programs and of the 4 who finished, 3 are now practicing Pharmacists in our region.
- RPM Alumni have also gone on to Physical Therapy, Optometry, Midwifery, Medical Laboratory Science, Naturopathic Medicine, Graduate School and Law School in programs across the country and abroad.



"When I received my acceptance letter to UBC medicine, some of the first people I reached out to were the RPM faculty at Selkirk College. This was because, unlike anywhere else, I knew they were genuinely invested in my journey and cared about me as a student and future physician. The RPM program provided me with the academic and real-world skills needed to be a successful applicant. From MCAT and interview prep to the most skilled and caring professors I have ever had, this program is a unique and vital tool for making a career in medicine a reality for rural students."

Sam Keefer, RPM Class of 2020



"The RPM program gave me a unique, individualized experience of post-secondary education. The teachers truly care about students, this and the small class sizes contributed to an excellent academic experience. The non-academic opportunities, including help with applications, volunteering, and program electives, all contributed to making me a strong and competitive applicant for medical school. My favorite part about this program were the relationships that I developed; everyone is working on a team to help you succeed!"

Kira Stoochnoff, MD, RPM Class of 2021



MYTHS & FACTS

1

MYTH:

I have to go to an urban university (e.g. UBC or SFU) right after high school to get into medical school.

FACT:

Every year, medical schools accept students who started their education in college.

2

MYTH:

I don't have a 95% average in high school, so I won't be able to get into medical school.

FACT:

High school grades don't matter for medicine. And some people just do better in post-secondary! Many students worked after high school and returned later to do their science prerequisites and fulfill credit requirements.

3

MYTH:

I have to finish my bachelor's degree before I can apply to medical school.

FACT:

Students can apply to the UBC and University of Calgary medical schools in their third year of study.

THE SELKIRK COLLEGE EXPERIENCE



91%

of students were satisfied
with their education at
Selkirk College



95%

of students reported a
high quality of instruction



**Selkirk
College**

**Land, Learning &
Legacy: Our Path to
2040**

**Together, we're working
toward a bold future that
honours our deep
connections to the land
and the people of the
West Kootenay and
Boundary regions and is
grounded in
environmental, social and
economic resiliency.**



Rural Pre-Medicine

DEVELOPED IN COLLABORATION AND CONSULTATION WITH:

BC Ministry of Health

Doctors of BC

Columbia Basin Trust (CBT)

First Nations Health Authority (FNHA)

Interior Health Authority (IHA)

Local Physicians and Health Care Providers

Rural Coordination Centre of BC (RCCbc)

Rural Development Institute (RDI) at Selkirk College

UBC Faculty of Medicine

FOR MORE INFORMATION, CONTACT PROGRAM COORDINATORS:

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