

# POSTBACCALAUREATE OPTIONS

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**Formal undergraduate postbaccalaureate programs:** Taking more courses once you have completed college can be a good idea if you need to take prerequisite science classes not finished in college or need to show that you can perform better in advanced science courses you struggled with as an undergrad. However, you should be realistic. If you need to retake all of your previous science coursework or have incredibly bad grades in key classes such as organic chemistry and genetics, you may spend a significant amount of time and money and still not make yourself a viable candidate for medical or dental school! Why? All of your previous courses will need to be reported and included in your GPA. So this is not a fresh start! It is a chance to give schools a better sense of your ability to do well in the sciences.

Formal programs provide you with advisement, committee letters, and usually you are in class with other postbacc students. Informal programs may provide some, if not all of these qualities. When you look at programs be sure to ask what they are going to provide you!

**Special master's degree programs:** This option suits students who took all of their required science courses but did not do so well that they feel confident in applying. This option not only provides you a chance to improve your GPA, but many of these programs are designed ensure interviews and acceptances at their respective medical school. This option is for students whose GPA is close to the acceptable range---not for students with grades in the B- or lower area.

Students interested in either option can find a very comprehensive, though not exhaustive, list of postbacc programs at: <https://students-residents.aamc.org/applying-medical-school/preparing-med-school/post-baccalaureate-programs/>