

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

As part of a cohort of 24 students, you will gain exposure to the field of rural health care. Dedicated instructors and mentors will support you in building a strong foundation of experience and knowledge.

ARE YOU...

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

DO YOU ENJOY...

interacting with people, hands-on activities, life-long learning and challenging yet rewarding work?

IF YES...

rural health care may be for you.



Photo: Destination Castlegar

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 & SOFT 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 WILL:**

- Be an integral member of the community.**
- Help address health inequities.**
- Have access to rural bonuses and stipends.**
- Work wherever you want.**
- Practice a broad range of patient care.**

“Selkirk College set a very good foundation, it is designed very well with not only the sciences but the social sciences as well.”

–Svetlana Hadikin,
Rural Pre-Medicine Alumna



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 Elective

TERM 5

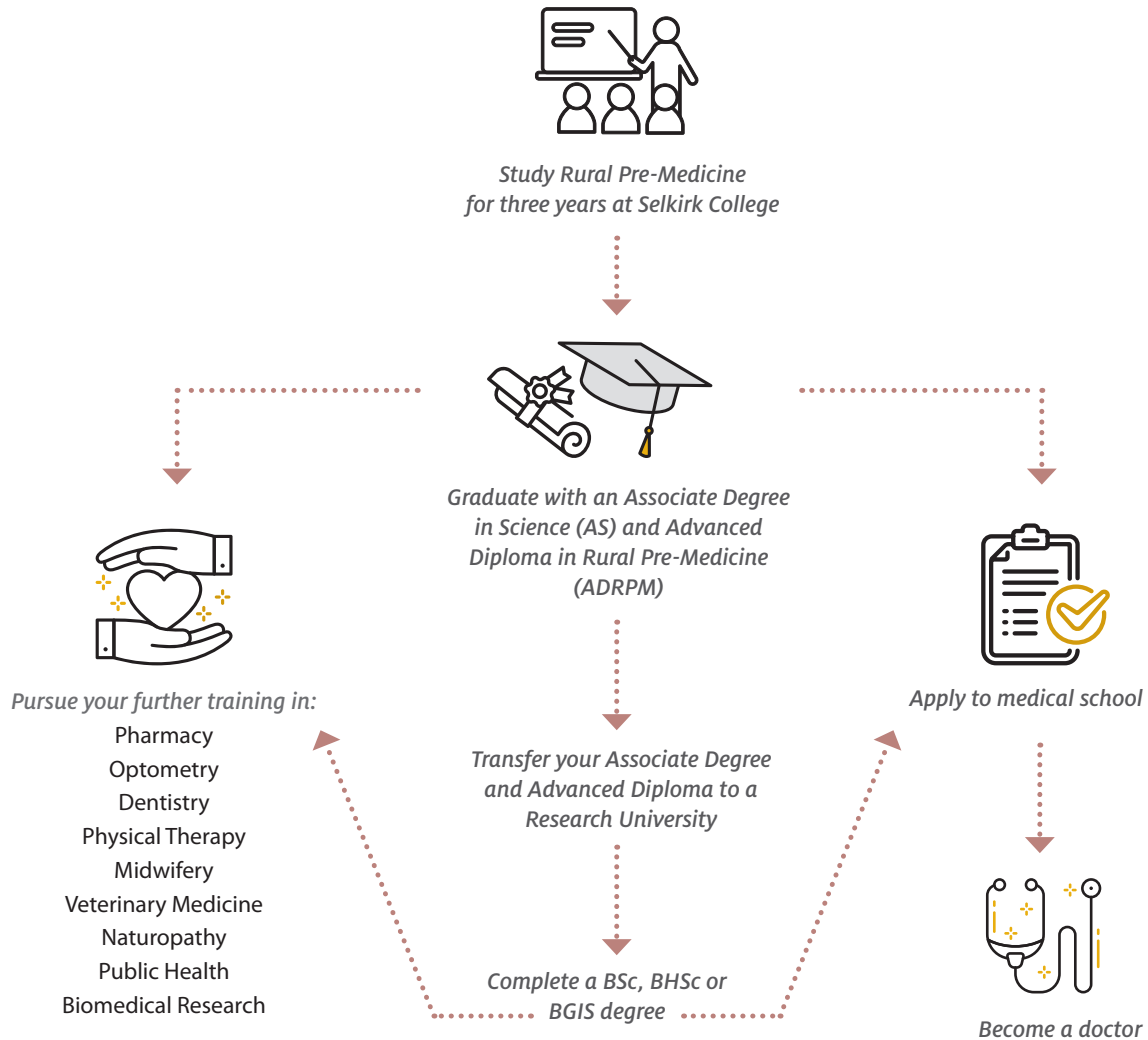
BIOL 164 – Human Anatomy and Physiology I or Elective
BIOC 302 – General Biochemistry
CHEM 225 – Physical Chemistry for Biosciences
PHIL 210 – Biomedical Ethics
PSYC 202 – Research Methods or SOC 205 – Introduction to Social Research
RPM 320 – Rural Health Issues V

TERM 6

BIOL 165 – Human Anatomy and Physiology II or Elective
BIO 202 – Principles of Genetics
INDG 302 – Indigenous Health and Healing
RPM 321 – Rural Health Applied Research Project
UAS Elective

PATHWAYS

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



WHAT PREREQUISITES DO I NEED?

All prerequisites are a minimum 67%:

- Pre-calculus 12
- Chemistry 11
- Physics 11
- Two other Grade 12 courses, including at least one of Biology 12, Chemistry 12, Geography 12, Geology 12 or Physics 12
- English Studies 12 or English First Peoples 12 or IELTS 6.5

 *NOTE: Biology 12 and Chemistry 12 are strongly recommended.*

DON'T HAVE THESE? CONTACT US!

1.888.953.1133 or 250.365.1233 | rpm@selkirk.ca

THE SELKIRK COLLEGE EXPERIENCE



UNIVERSITY ARTS & SCIENCES OFFER A DIVERSE RANGE OF COURSES THAT COULD LEAD YOU TO A CAREER IN THE FOLLOWING AREAS:

Aerospace

Advocacy

Applied Research

Archaeology

Chinese Medicine

Communications

Counselling

Data Analysis

Engineering

Forensics

Health Services

Marketing

Medicine

Human Resources

Information Technology

Law

Policy Development

Politics

Public Relations

Publishing

Social Work

Statistical Analysis

Teaching and Education

Writing and Editing



SMALL CLASS SIZES

Enjoy more individual support and more meaningful interactions.



SAVE ON TUITION

Tuition is a fraction of the cost of university.



80-PLUS PROGRAMS

With over 80 nationally recognized programs, we have something for everyone.



TRANSFER COURSE CREDITS

Start your journey at Selkirk College and easily transfer to another institution.



EXPERIENTIAL LEARNING

Get hands-on experience. Apply your learning in the real world.

Students come first at Selkirk College. We are dedicated to ensuring you have the information, tools and support you need.

EDUCATION THAT'S AFFORDABLE

Figuring out how to fund your post-secondary education can be overwhelming, but our counsellors are here to help. They can guide you through the many scholarships, bursaries and awards on offer. Financial support is available from the moment you apply to Selkirk College to the moment you complete your program or transfer to another post-secondary institution to complete your degree.

Questions?

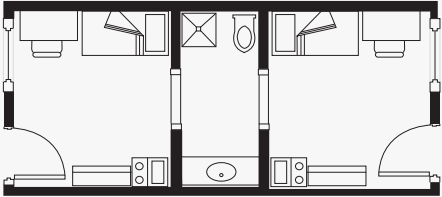
Get in touch with our financial aid team at financialaid@selkirk.ca or check out StudentAidBC.ca to find out about student loans, grants and scholarships.

| | | |
|---|---|---|
| <p>\$5,795</p>  <p>UNIVERSITIES (BC)</p> | <p>\$3,019</p>  <p>SELKIRK COLLEGE</p> | <p>START AT COLLEGE AND CONTINUE TO UNIVERSITY</p> <p>ANNUAL TUITION EXAMPLE</p> <p><i>Source: Comparisons are based on data collected by the Ministry of Advanced Education, 2021-22 Tuition for BC Public Post-Secondary Institutions.</i></p> |
|---|---|---|

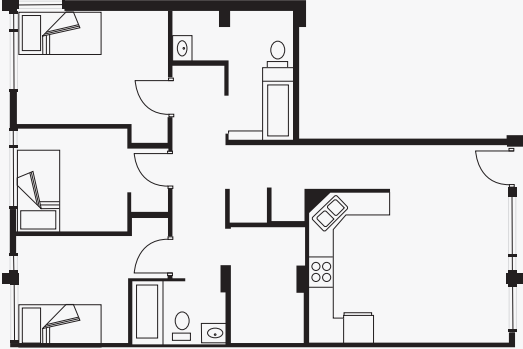
LIVE ON CAMPUS

Create a home away from home in student housing, located just steps away from the Castlegar Campus and the Tenth Street Campus in Nelson. Be part of a thriving community with students from all over the world.

For more information or to apply for student housing, visit selkirk.ca/student-housing.



KEKULI HOUSE*



TENTH STREET STUDENT HOUSING*

* Sample layout. Not all rooms will feature the same configuration

A COMMUNITY OF CARE

Selkirk College is for everyone. We strive to create a culture of compassion that considers physical health and wellness, mental health, acceptance, social justice and belonging. We're here to support you and help you succeed—in and out of the classroom.



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. It's a time to start fresh. 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.

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

This project was supported by a Columbia Basin Trust (CBT) Development Grant and has received major funding through the Joint Standing Committee on Rural Issues, a partnership between the government of British Columbia and the Doctors of BC.

FOR MORE INFORMATION, CONTACT PROGRAM COORDINATORS:

Jonathan Vanderhoek, PhD

Direct: 250.304.6510

Tel: 1.888.953.1133 Ext 21488

jvanderhoek@selkirk.ca

Takaia Larsen, MA

Direct: 250.365.1358

Toll free: 1.888.953.1133 Ext 21358

tlarsen@selkirk.ca

