



Health Science Students

Whether your goal is admission to Medicine, Dentistry, Pharmacy, Nursing, or another health science program, these are classes offered by St. Thomas More College that will help you build a strong educational foundation.

Humanities- Recommended Electives

ENGLISH

(Choose 3 – 6 credits of 100 level ENG)

Working in a health care profession can involve interacting with people under difficult circumstances. Studying literature will improve your reading comprehension and writing capabilities, which is helpful when applying for admission to professional colleges. The added benefit is it also helps to develop empathy. Being able to understand and appreciate your patients' feelings and experiences will improve your practice.

ENG 110.6 Literature and Composition

ENG 111.3 Literature and Composition Reading Poetry

ENG 112.3 Literature and Composition Reading Drama

ENG 113.3 Literature and Composition Reading Narrative

ENG 114.3 Literature and Composition Reading Culture

LANGUAGES

Learning an additional language has the ability to improve your memory, and multitasking skills. You will also have the benefit of being able to communicate with your patients in more than one language, improving your overall patient care. For help choosing the right language and course level contact STM Student Services.

PHILOSOPHY

Philosophy courses help to develop critical and logical thinking skills, as well as your writing skills. They will help you think about ethical issues in relation to health, illness, and being a reasonable human being. We recommend you take at least one 100-level philosophy course in the first year before taking PHIL 234 in the second or third year.

PHIL 133.3 Introduction to Ethics and Values

PHIL 234.3 Biomedical Ethics

RELIGIOUS STUDIES

Over 80% of the world's population identifies as religious. Studying religion and culture will give you insight into your patients' lived experiences. In addition, these courses help develop intellectual and practical skills including writing, critical and creative thinking, inquiry and analysis.

RLST 111.3 Asian Religions

RLST 112.3 Western Religions in Society and Culture

RLST 113.3 Islamic Civilization and Culture

Social Sciences- Recommended Electives

PSYCHOLOGY

PSY 120 gives an introduction to neuroscience, memory, and an understanding of the brain. PSY 121 includes an introduction to psychological disorders, treatment, mental health, stress, and coping. PSY 121 is a prerequisite for PSY 207.3 Psychology of Death and Dying, PSY 213.3 Child Development, PSY 223.3 Abnormal Psychology, and many other upper-year courses that may interest pre-med students. Students who are interested in a Health Studies major are required to take both PSY 120 and PSY 121.

PSY 120.3 Biological and Cognitive Bases of Psychology

PSY 121.3 Social Clinical Cultural & Devel. Bases of Psychology

SOCIOLOGY

Sociology is the study of modern society. These courses will help you develop research skills, critical thinking skills, and writing skills which are very important for admission tests (e.g. MCAT, DAT, Pharmacy Critical Skills Essay, etc.). These two 100-level courses are also prerequisites for the upper-year health-related courses you may wish to take. We recommend that students take one of these classes in each term of first year.

SOC 111.3 Fdtn. in Soc. Society Structure Process

SOC 112.3 Fdtn. in Soc. Social Construction of Everyday Life