



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 should be considered for your program.

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 English 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

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 first year before taking PHIL 234 in second or third year.

PHIL 133.3 Introduction to Ethics and Values

PHIL 234.3 Biomedical Ethics

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.

Social Sciences- Recommended Electives

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. of Soc. Society Structure Process

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

PSYCHOLOGY

PSY 120 gives an introduction to neuroscience, memory, and understanding the brain. While, 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

ANTHROPOLOGY

Anthropology is about studying human cultures in a comparative framework. When dealing with patients, you will find that having insight into cultural diversity will help you communicate better with people from diverse backgrounds. This course helps you develop critical thinking skills as well as your writing skills which is important for the MCAT and Pharmacy Critical Skills Essay. It is also a prerequisite for ANTH 231.3 Cross Cultural Perspectives on Health and Illness.

ANTH 111.3 One World Many Peoples: Intro to Cultural Anthr