



PRE-NATUROPATHIC MEDICINE
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Naturopathic medicine, a distinct system of primary health care, is built on six principles of healing: (1) the body has the inherent ability – the vitality – not only to heal itself and restore health, but also to ward off disease, (2) the harmonious functioning of all aspects of the individual, physical, mental, emotional, genetic, spiritual, environmental, social, is essential to health, (3) respecting the inherent ability of the organism to heal itself, the physician must be ever-mindful of the consequences or side effects of treatment, (4) identify and treat the cause, which is often found in the patient's lifestyle, diets, habits, or emotional state, of the illness, (5) prevention is the best cure, and (6) one of a physician's principal responsibilities is to educate the patient and encourage self-responsibility for health. Naturopathic physicians (N.D.) are primary health care practitioners and are trained in the conventional tools of diagnosis and in the use of natural therapeutics. Their use of prescription drugs and performance of surgery is limited.

Naturopathic schools of medicine require that applicants complete a specific set of prerequisite courses prior to enrollment. They also commonly require that students earn a baccalaureate degree before starting naturopathic school. Portland State offers a pre-naturopathic program whereby students complete their prerequisite coursework, earn a baccalaureate degree, and obtain assistance with the preparation and application process.

Prerequisite Courses Required by Most Naturopathic Schools:

- General Chemistry
- Organic Chemistry
- Biology
- Physics
- Math
- Psychology courses

NOTE: Schools usually require that the above science courses be those designed for science majors.

Additional Prerequisite Courses Strongly Recommended by Some Naturopathic Schools:

- Anatomy
- Physiology
- Biochemistry
- Botany
- Developmental Psychology

The above lists are not exhaustive. Check individual schools for requirements. Note that most professional schools require that an **A, B, or C** be earned in all required preparatory courses. Admission to naturopathic school is competitive.

Most Portland State University pre-naturopathic medicine students are preparing to apply to the naturopathic medicine programs at the **National College of Natural Medicine (NCNM) in Portland, Oregon, and/or Bastyr University, Kenmore, Washington**. However, there are also accredited programs in Canada and at Southwest College of Naturopathic Medicine & Health Sciences (SCNM), Tempe, Arizona, and University of Bridgeport College of Naturopathic Medicine (UBCNM), Bridgeport, Conn.

(Over)

Requirements for Admission to NCNM and Bastyr

Completion of the following courses prepares students for consideration for admission at both NCNM and Bastyr University. Students should research the admissions requirements of additional naturopathic medical schools at http://www.aanmc.org/adm_lic/index.php and plan accordingly to fulfill any additional course requirements.

MATH & SCIENCE
College-level Algebra, Pre-Calculus, or Calculus: One Course
<ul style="list-style-type: none"> • MTH 111 (4) Introductory College Mathematics I (Algebra) <i>or</i> • MTH 112 (4) Introductory College Mathematics II (Pre-Calculus) <i>or</i> • MTH 251 (4) Calculus I or a higher Calculus course
General Chemistry with Lab: One Year
<ul style="list-style-type: none"> • CH 221 (4), CH 222 (4), and CH 223 (4) General Chemistry <i>and</i> • CH 227 (1), CH 228 (1), and CH 229 (1) General Chemistry Lab <p><i>Note:</i> Both NCNM and Bastyr require labs with General Chemistry. In addition, although NCNM technically only requires the first two terms of general chemistry, one should not move on to Organic Chemistry at PSU without first completing all three terms of chemistry. Thus, PSU students must complete all three terms.</p>
Organic Chemistry: Minimum Two Sequential Courses
<ul style="list-style-type: none"> • CH 331 (4) and CH 332 (4) Elements of Organic Chemistry* (offered summer term only) <i>or</i> • CH 334 (4), 335 (4), and 336 (4) Organic Chemistry* <p><i>Note:</i> NCNM and Bastyr technically require only two sequential terms of Organic Chemistry. If you only want to complete two terms of Organic Chemistry, take CH 331 and 332 (not CH 334 and 335). This is because you will be missing information if you take only CH 334 and 335. So either take CH 331 and CH 332 or the entire CH 334/335/336 sequence.</p> <p>* NCNM does not require labs with Organic Chemistry (although they are recommended). In contrast, Bastyr does require Organic Chemistry Labs. The labs for CH 331 and 332 are CH 327 (2) and CH 328 (2). The labs for CH 335 and 336 are CH 337 (2) and 338 (2). There is no lab for CH 334.</p>
General Biology: One Year with Lab
<ul style="list-style-type: none"> • BI 251 (5), BI 252 (5), and BI 253 (5) Principles of Biology <i>and</i> • BI 251L (0), BI 252L (0), BI 253L (0) Principles of Biology Lab <p><i>Note:</i> Both NCNM and Bastyr require labs with biology. However, NCNM technically only requires the first two terms of PSU's biology sequence (BI 251 and 252). We recommend that you take all three terms of biology, though, as Bastyr and many other professional health programs require a full year of biology.</p>
General Physics: Minimum Two Courses
<ul style="list-style-type: none"> • PH 101 (4) and PH 102 (4) Essentials of Physics (NCNM and Bastyr) <i>or</i> • PH 201/214 (5) and PH 202/215 (5) General Physics with Lab (NCNM only) <i>or</i> • PH 201/214 (5), PH 202/215 (5), and PH 203/216 (5) General Physics with Lab (Bastyr or NCNM) <p><i>Note:</i> Although both NCNM and Bastyr technically only require one physics course, you must take more than one term, as not all required concepts are covered in the first term of physics at PSU. Neither NCNM nor Bastyr require labs with physics, but note that at PSU, students taking 200-level physics *must* take the physics lab with it.</p>

Requirements for Admission to NCNM and Bastyr (Continued)

HUMANITIES AND SOCIAL SCIENCE
Psychology: One Course, Intro or Human
<ul style="list-style-type: none"> • PSY 200 Psychology as a Natural Science (4) <i>or</i> • PSY 204 Psychology as a Social Science (4) <i>or</i> • PSY 311 Human Development (4)
Additional Social Science: One Course
<ul style="list-style-type: none"> • Choose a course from the following departments: Anthropology (ANTH), Economics (EC), Geography (GEOG), History (HIST), International Studies (INTL), Political Science (PS), Psychology (PSY), Sociology, (SOC), Women's Studies (WS) <p><i>Note:</i> If you choose to take a course in psychology, it cannot be the same one that you used to fulfill the psychology requirement referenced above.</p>
English Composition: One Course*
<ul style="list-style-type: none"> • WR 121 (4) College Writing <i>or</i> WR 222 (4) Writing Research Papers <i>or</i> WR 323 (4) Writing as Critical Inquiry <p>*Bastyr requires two composition courses, so if you wish to apply there, you must also choose a second writing course.</p>
Additional Humanities: One Course*
<ul style="list-style-type: none"> • Choose a course from the following departments: Art (ART), English (ENG), Foreign Languages & Literature (FLL), Music (MUS), Philosophy (PHL), Theatre Arts (TA), Writing (WR). <p><i>Note:</i> If you choose to take Writing to fulfill this requirement, it must be in addition to the Writing you've taken to fulfill the above English Composition requirement.</p> <p>*Bastyr requires a second humanities course, so if you wish to apply there, you must also choose a second humanities course.</p>
Suggested Additional Preparation (Recommended, Not Required)
<ul style="list-style-type: none"> • CH 350 (4) Biochemistry (4) <i>*or*</i> CH 490, CH 491, CH 492 Advanced Biochemistry • BI 336 (5) Cell Biology • BI 301 (4), BI 302 (4), BI 303 (4) Human Anatomy and Physiology • BI 330 (4) Introduction to Plant Biology • BI 480 (4) Microbiology • STAT 243 (4), STAT 244 (4) Introduction to Probability and Statistics I & II • PHL 481 (4), 482 (4), 483 (4) Biomedical Ethics • SP 220 (4) Public Speaking • PHE *** (4) – choose Public Health Education courses that are interesting to you

Additional Criteria:

The Association of Accredited Naturopathic Medical Colleges (<http://www.aanmc.org/>) suggests that prospective naturopathic students should:

- Want to be challenged academically yet feel comfortable relying on their own intuition and creativity.
- Be high-level critical thinkers who are flexible enough to deal with the challenge of formulating personalized treatment plans.
- Demonstrate that they possess the internal qualities essential to becoming naturopathic physicians, including concern for others, integrity, curiosity, motivation and a strong belief in the efficacy of natural medicine.
- Demonstrate appropriate observational and communication skills, motor function, intellectual-conceptual abilities, integrative and quantitative abilities, and behavioral and social maturity.

Additional Admissions & Application Information:

- **Age of course:** Prerequisite courses taken more than seven years prior to matriculation into the program are subject to review. Additional coursework may be required.
- **International applicants:** See NCNM and Bastyr Web sites to learn about additional requirements you must meet.
- **Credits earned:** Completion of a Bachelor's degree is expected.
- **Grades in prerequisite coursework:** Grades of C or better are required in all prerequisite coursework.
- **Minimum GPA:** No minimum GPA. However, NCNM recommends above a 3.0 cumulative GPA and Bastyr reports that in recent years, entering students have exceed a 3.3 GPA.
- **NCNM application deadline:** For Fall 2008 entry, the Early Decision deadline is **November 1, 2007**. The Priority Decision deadline is **February 1, 2008**. NCNM give initial consideration to candidates who apply by these dates, although NCNM continues to consider applicants on a space-available basis thereafter.
- **Bastyr application deadline:** For Fall 2008 entry, the deadline is **February 1, 2008**.
- **Additional application requirements:** Personal statement, letters of reference, resumes and in-person interviews. See NCNM and Bastyr Web sites for more information.

Tips & Recommendations

- **Personally read the admission brochure and Web site** of each of the naturopathic schools to which you plan to apply to obtain information on admissions requirements and deadlines and to determine if the school is a good fit for you.
- **Attend "Student for a Day" at NCNM.** Tour the campus and the teaching clinic; meet current students; find out more about the professions, their history, and their futures; and explore admission criteria and the selection process. **Go to www.ncnm.edu to learn more and register.**
- **Visit Bastyr for open houses and other events.** To view upcoming schedule of events, visit <http://www.bastyr.edu/admissions/recruit.asp>.
- **Participate in paid, volunteer, and/or shadowing experience** in health care and in the community at large early on in your college experience. **Contact Carrie Jones, N.D.** and Alumni Representative at NCNM to learn about shadowing opportunities at NCNM's community clinics. Reach Carrie at 503-552-1662 or cjones@ncnm.edu.
- **Seek out clinical and/or research opportunities** with faculty.
- **Get involved with other pre-health students on campus** – joining the Portland Pre-Health Society (<http://www.pps.pdx.edu/>) is a great way to start.
- **Check periodically with the adviser** for recent changes, remaining requirements to meet and application procedures.
- **Prepare for the application process early** and submit your application by priority deadlines.
- **Utilize free university resources** such as the pre-naturopathic medicine adviser, Writing Center, Skills Enhancement & Tutoring Center, and Career Center for help with your personal statement(s) and interview preparation.
- **Begin completing financial aid forms in January; the priority filing deadline is March 1.**

Naturopathic Medicine Program Contacts:

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