

**DISCOVER
YOUR STORY IN
MEDICINE AND
HEALTH CARE**

UNIVERSITY OF
WATERLOO



#1 IN CANADA FOR INNOVATION
among comprehensive universities
(2022 Maclean's University Rankings)

YOU+ WATERLOO

uwaterloo.ca/future/careers-health

Health,
the greatest
wealth.

If you're considering a health or medical profession – like medicine, rehabilitation, optometry, or pharmacy – the University of Waterloo is a great place to start your journey. At Canada's innovation university, world-renowned for our research and experiential education, you'll learn from top professors and lay the foundation for your career success.

Let's explore your story in medicine and health care at Waterloo.

53% OF HEALTH SCIENCES
AND KINESIOLOGY GRADS
go on to professional or graduate school

EARN TWO WATERLOO DEGREES

when you pursue your Science BSc at Waterloo and graduate from our Doctor of Pharmacy or Doctor of Optometry program

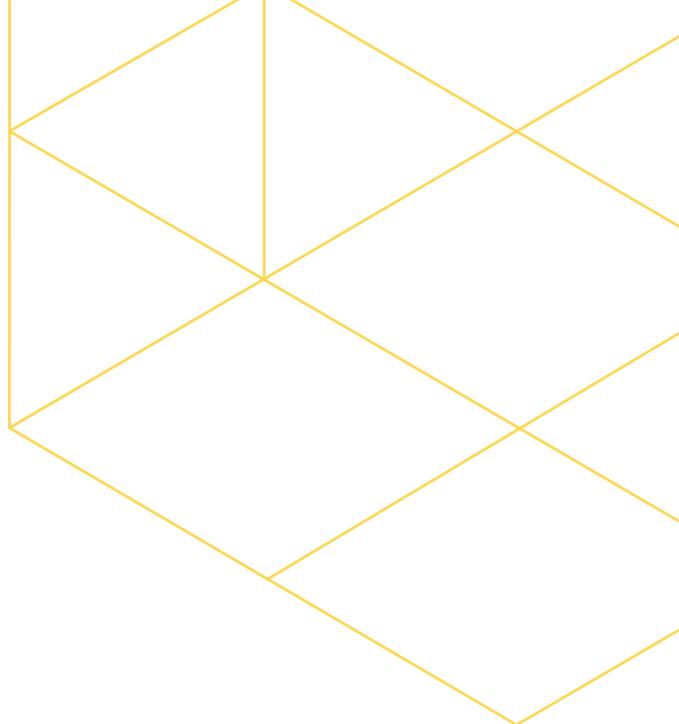


DAVID
BSC BIOMEDICAL SCIENCES
MD CANDIDATE

“The courses and labs I took at Waterloo really prepared me for the MCAT and my studies in medical school.”

LAAVANYA
BSC HEALTH STUDIES
MD CANDIDATE

“Choose a program that will not only interest you as a learner but will inspire you as a leader.”



SUPPORTING YOUR JOURNEY

At Waterloo, we offer a wealth of resources to help you succeed in reaching your goals. Clubs like Pre-Med, Pre-Optometry, or Pre-Pharmacy help you connect with students going through the same process as you – providing tips and tricks to keep you on track. Our award-winning professional-school advisors provide workshops and seminars to help you understand the options available to you and how to make your applications stand out.

MORE TO EXPLORE

Meet us online for more tips and stories:

 [UofWaterloo](#)

 [University.Waterloo](#)

 [experiencewaterloo](#)

PREPARATION IS KEY

CAREERS IN MEDICINE AND HEALTH CARE

Health care and medicine are amongst the largest career fields in the world, and growth in this sector is continuing to expand. We've listed a few of the professions you might consider – but know there are many other careers and specializations that exist.

- › Medical doctor
- › Physiotherapist
- › Optometrist
- › Pharmacist
- › Nurse
- › Chiropractor
- › Occupational therapist
- › Midwife
- › Dentist
- › Audiologist
- › Ophthalmologist
- › Radiation therapist
- › Surgeon
- › Respiratory therapist
- › Psychiatrist

Many health-profession programs require that you complete university studies first. This is called undergraduate studies and it's how you'll complete required courses, prep for health-profession program entrance exams (like the MCAT), and gain relevant experience. Here are a few ways you can prepare for your undergraduate studies.

TAKE COURSES IN SCIENCE AND MATHEMATICS

Many undergraduate programs that lead to health-care professions require science and mathematics. If you can, take a variety of these in high school to discover if there's a specific field that you're most interested in.

VOLUNTEER OR WORK IN A MEDICAL OR CLINICAL SETTING

Helping in a medical or clinical setting may expose you to new and exciting aspects of health-care professions. You can also discover what you enjoy and don't enjoy in terms of jobs, schedules, and administrative duties.

CONSIDER THE WHOLE UNIVERSITY PICTURE

Institutions offer many similar undergraduate programs that'll help you meet your career goals, but often it's the community, professors, opportunities, and campus that helps you determine which institution is right for you. Ensure your top choices can meet or exceed your expectations.

RESEARCH THE VARIETY OF CAREERS IN HEALTH CARE AND MEDICINE

It's possible you know exactly what you want to become, but you may still be searching for something that sparks your interest. Talk to professionals around you about their experiences and the roles associated with their field. Or search career sites to help narrow down your choices.



STEPS TO PROFESSIONAL SCHOOLS

1. REVIEW PROFESSIONAL PROGRAMS

Research your health-profession schools of choice to confirm the field you'd like to study in and find the program that's the right fit.

A COUPLE OF PLACES TO START:

- › Ontario Medical School Application Service
ouac.on.ca/omsas
- › Ontario Rehabilitation Sciences Programs Application Service
ouac.on.ca/orpas

2. UNDERSTAND THE REQUIREMENTS

Once you determine the professional schools you're interested in, learn about the admission requirements. Each school has its own set of criteria – often both academic and non-academic – that you must meet to be considered for admission. For example, you may need to take specific courses and labs. You may also want to take courses to prepare yourself for entrance exams (such as the MCAT or OAT).

3. CONSIDER THE POSSIBILITIES

Now that you know the criteria for admission, find undergraduate programs that align with your interests and will enable you to complete the prerequisites you'll need. Make note of programs that may help you meet the requirements faster than others and how you can use electives to complete the necessary courses. Some programs/majors have built-in flexibility, while others are more structured. Find the programs that align with your goals and desired timeframes.

4. STUDY WHAT YOU LOVE

Choose an undergraduate program that enables you to study your passion. Over time, you'll refine your interests and learn about the many career options available in health-related fields – some may even be brand new to you.

YOUR STRONG FOUNDATION

There's no one best undergraduate program to prepare you for professional school. To set yourself up for success, consider one of the many Waterloo programs that offer a great pathway toward a career in medicine or health. All of these programs start to specialize in first year – giving you higher confidence in that specific field sooner.

FACULTY OF HEALTH

HEALTH SCIENCES

Learn how to promote healthy lifestyles, improve health-care systems, and bring together the science and social aspects of health.

> Co-op available

KINESIOLOGY

Learn to assess, prevent, and treat movement-related illness and injury by focusing on anatomy, nutrition, biomechanics, physiology, and neuroscience.

> Co-op available

THERAPEUTIC RECREATION

Develop expertise to enhance the overall quality of life for individuals, communities, and specific populations.

> Co-op available

uwaterloo.ca/future/health

FACULTY OF SCIENCE

BIOCHEMISTRY

Create compounds, analyze genes, and explore the fundamentals of metabolism while learning about the chemical systems that allow life to exist.

> Co-op available

BIOLOGY

Study life in all its diversity and complexity. Learn about genetics, microbiology, and biotechnology, as well as animal and environmental biology.

> Co-op available

BIOLOGICAL AND MEDICAL PHYSICS

Explore human systems and physiology while understanding how physics can revolutionize the way we assess, monitor, and treat disease.

> Co-op available

BIOMEDICAL SCIENCES

In courses like physiology, biology, organic chemistry, and physics, you'll study life systems and their functions related to health, disease, and the healing process.

> Regular system of study only

HONOURS SCIENCE

Study the science you want or need while having maximum flexibility to take courses in nearly any other subject offered at the university.

> Regular system of study only

PSYCHOLOGY

Learn about human behaviour and mental functions and make connections between the physiological and biological processes that underlie neuroscience.

> Co-op available

uwaterloo.ca/future/science

EXPERIENTIAL EDUCATION

EXPERIENCE IS EVERYTHING

uwaterloo.ca/future/co-op

Waterloo is world-famous for its co-op program – where you alternate course terms with work terms throughout your degree. It enables you to gain real-world job experience in fields often related to your major, giving you a direct advantage before you graduate.

Work in settings like hospitals, clinics, research firms, and government – all areas that'll help you determine if you're on the right track to a career you'll love.

Many students appreciate taking co-op to help them pay for their studies, test jobs, gain skills, and understand more fully the profession they are pursuing.

Not sure if co-op is right for you or if it might interfere with your desired timelines? Connect with our recruitment co-ordinators to talk about the best fit for your goals.

health@uwaterloo.ca

science@uwaterloo.ca



CO-OP AND REGULAR STUDY/WORK SEQUENCES*

YEAR	TERM	CO-OP	REGULAR
1	Fall	Study	Study
	Winter	Study	Study
	Spring	Off	Off
2	Fall	Study	Study
	Winter	Work	Study
	Spring	Study	Off
3	Fall	Work	Study
	Winter	Study	Study
	Spring	Work	Off
4	Fall	Study	Study
	Winter	Work	Study
	Spring	Work	Off
5	Fall	Study	
	Winter	Study	

*If you're in a co-op program, the order of study and work terms depends on your major. This chart illustrates our most common co-op/work sequence.

GET YOUR EDGE

If you find co-op isn't for you, or isn't available for your program, we still have supports ready for you with our experiential education (EDGE) certificate program, available to students who are in the regular system of study. Develop key professional skills, explore your career options, and create an action plan that'll help you achieve your goals.

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among comprehensive universities
(2022 Maclean's Student Voices Survey)

ACKNOWLEDGEMENT OF TRADITIONAL TERRITORY

The University of Waterloo acknowledges that much of our work takes place on the traditional territory of the Neutral, Anishinaabeg, and Haudenosaunee peoples. Our main campus is situated on the Haldimand Tract, the land granted to the Six Nations that includes six miles on each side of the Grand River.



Our greatest impact happens together

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