

HAMPDEN- SYDNEY COLLEGE

Tiger Tracks

Medical studies and
health-sciences career options
for Hampden-Sydney students

*As the birthplace
of VCU School
of Medicine,
Hampden-Sydney
has been educating
future medical
professionals
for nearly
175 years.*

HAMPDEN-SYDNEY OFFERS
GUARANTEED ADMISSIONS
PROGRAMS WITH

VCU Medical Center
Every Day, A New Discovery.



EVMS
Eastern Virginia Medical School

PREPARING FOR A CAREER IN

Medicine and Health Sciences

MINDSET

- You will need a tireless work ethic, sharp academic background, and strong interpersonal skills to provide treatment to patients.
- You must understand that practicing medicine is as much a lifestyle as it is a career; practicing medicine calls for around the clock availability and a commitment to life-long learning.

COURSES

- According to the Association of American Medical Colleges, although exact course requirements will vary by school, nearly all medical schools require that students have taken one year of Biology, one year of Physics, and two years of Chemistry - including one year of Organic Chemistry. Each course must include a corresponding lab.
- In addition to these core courses, as of 2015 the Medical College Admission Test will also emphasize Biochemistry as well as Psychology/Sociology, and students are encouraged to take courses in these areas to assist with their preparation.
- Completion of other higher-level classes in the natural sciences, such as Microbiology, Immunology, Virology, Anatomy, Physiology, Cell Biology, and Genetics is also encouraged by many medical schools. While it is not expected that all of these courses will be completed prior to entering medical school, admissions representatives from several medical programs frequently stress that the most successful medical students are those who have solid backgrounds in many of these advanced areas of coursework. At the same time, these courses have not been made strict prerequisites for admission to medical school so that students are still able to pursue other passions.
- Students will find Classics 201, English Etymology, useful for understanding medical terms. Hampden-Sydney's Economics and Business department and Wilson Center for Leadership also endow aspiring doctors with financial acumen and leadership skills necessary to open and run an entrepreneurial medical practice.

PROGRAMS AND EXTRACURRICULAR ACTIVITIES

- The Pre-Health Society encourages students to begin developing knowledge of pertinent issues and ethical quandaries in the medical industry while also building a professional network through exposure to practitioners on trips and through speaking engagements.
- The Hampden-Sydney Volunteer Fire Department, in coordination with Prince Edward County, offers an opportunity to receive training as an emergency medical technician and to practice as a first-response healthcare provider.
- Southside Community Hospital in nearby Farmville regularly seeks volunteers from Hampden-Sydney College to assist with clerical responsibilities and to shadow physicians as they attend to their patients.
- The H-SC/Centra Pre-Health Rotational Shadowing Program was established in 2015 to provide pre-health students with an opportunity to obtain substantial shadowing experience during the academic year in a variety of departments at the local Centra Southside Community Hospital. Students may apply each year to participate in this program, which will provide significant healthcare exposure in several departments that include Family Medicine, General Surgery, Cardiovascular Group, the ER, ICU, Gastroenterology, OB/GYN, Radiology, and Pharmacy.
- The Wellness Center hires student workers and provides them direct exposure to a family medicine while simultaneously engaging them in the confidential patient-doctor relationship.

GRADUATE STUDY

Hampden-Sydney College's Pre-Medicine students have a unique opportunity to apply to three non-binding early-acceptance medical programs at: Virginia Commonwealth University School of Medicine (formerly known as "MCV," the Medical College of Virginia), The George Washington School of Medicine, and Eastern Virginia Medical School.

After graduating from Hampden-Sydney, students attend a four-year medical school program. Medical students spend their first two years of medical school in basic sciences and the final two years in clinical rotations. By the end of their third year, medical students select a specialty and apply to residency programs. Typical residency programs and their duration include Internal Medicine (three years), Family Medicine (three years), Pediatrics (three years), Emergency Medicine (three years), Anesthesiology (four years), Obstetrics and Gynecology (four years), Diagnostic Radiology (five years), and General Surgery (five years).

Students who are interested in Physical Therapy are eligible for two positions into Lynchburg College's Doctor of Physical Therapy (DPT) program. They must meet certain GPA and curricular requirements and work with the College's Health Sciences Committee just as if they were applying to med school.

HAMPDEN- SYDNEY COLLEGE

A well-rounded Hampden-Sydney education teaches men more than just medicine: they learn how to lead a practice as an entrepreneurial business.



RANDOLPH CHITWOOD '72
Pioneering surgeon and director of the East Carolina Heart Institute

Dr. W. Randolph Chitwood, Jr. 1968 is an internationally recognized cardiothoracic surgeon. In addition to pioneering minimally-invasive conventional surgical techniques, he was instrumental in the development of the DaVinci robotic surgery apparatus and in 2000 was the first surgeon in North America to perform a robot-assisted heart-valve operation.

Of Hampden-Sydney, Chitwood says, "This College has helped many of us prevail, not just survive."

After graduating from the University of Virginia Medical School, he went to East Carolina University, where he would eventually found the medical school's cardiac surgery program and chairman of the Department of Surgery. More recently his success in developing innovative techniques and treatments has resulted in his founding another major medical center, the East Carolina Heart Institute, which he directs.

MALCOLM SYDNOR '94

Professor and program director, VCU School of Medicine

Malcolm, a biology major, was president of Kappa Alpha fraternity and a member of the golf team. After graduating Phi Beta Kappa, he attended Virginia Commonwealth University School of Medicine, completing his residency there as the Chief Resident. Malcolm also completed a fellowship at the University of Virginia to study Interventional Radiology before returning to VCU where he has worked as a professor of radiology, surgery, chief of vascular and interventional radiology, and associate radiology residency program director.



MATT RANNALS '03

Fellow, Lieber Institute for Brain Development, Johns Hopkins Medical Campus

Matt was a senior on the 2003 basketball team that went to the D-III Final Four and a brother in the Alpha Chi Sigma fraternity. He graduated *summa cum laude* in Physics and started graduate school at the University of Virginia studying Aerospace Engineering before moving into the field of Neuroscience. He was President of the graduate student council at UVA and completed a Ph.D. dissertation in Neuroscience at UVA. He studied changes that take place in neurons during brain activity, working in a lab that focused on developing better treatments for seizures that afflict patients with epilepsy. Matt currently has a position as a fellow at the Lieber Institute for Brain Development at the Johns Hopkins Medical Campus. He works on research aimed at understanding the role of genes in schizophrenia, autism, and other mental health disorders.

HILLMAN TERZIAN '08

General Surgery Resident, St. Luke's University Health Network, Bethlehem, PA

Hillman graduated from Hampden-Sydney *magna cum laude* with honors in biology. At Hampden-Sydney he was a member of Phi Beta Kappa and Omicron Delta Kappa. He was President of the Pre-Health Society, Phi Gamma Delta, the Union-Philanthropic Society, and Chi Beta Phi (Science honor society). He attended Eastern Virginia Medical School with several other Hampden-Sydney graduates. He appreciates the well-rounded education Hampden-Sydney provided him.



JAMES POWELL '95

Primary care physician and professor, ECU School of Medicine

James played football and majored in biology at Hampden-Sydney. He graduated *summa cum laude* and Phi Beta Kappa before studying medicine at Eastern Virginia Medical School and completing a residency in Internal Medicine at the Pitt County Memorial Hospital in Greenville, NC, where he was named Co-Chief Resident. After practicing in Ahoskie, NC, for five years, he has returned to Greenville to the ECU Brody School of Medicine, where he is Chief of General Internal Medicine. When he isn't seeing patients, training students and residents, doing clinical research, or giving educational presentations to the community, James hunts, fishes, and spends time with his family.

JAMES WORTHEN '98

Orthopedic surgeon, Birmingham, Alabama

On the Tiger lacrosse team, Jamie was team Captain for two years in a row, National Defenseman of the Year in 1998, and a first-team All-American. Jamie also was awarded the Gammon Cup, as student athlete of the year at Hampden-Sydney. He attended the University of Alabama at Birmingham Medical School, where he served as Class President. He was named outstanding resident during a residency in orthopedic surgery. After a one-year fellowship in sports medicine at the Taos Orthopedic Institute in New Mexico, Jamie moved to St. Vincent's Orthopedic Group in Birmingham, Alabama, where he practices today, specializing in shoulder and knee surgery.



S. CRAIG VRANIAN '81

Interventional Cardiologist, Richmond, Virginia

Craig graduated *magna cum laude* in biology and Phi Beta Kappa. He earned an MD from the Medical College of Virginia and did an internal medicine residency and a cardiology fellowship at the Medical University of South Carolina. He has served Virginia Cardiovascular Specialists for 20 years in the field of general and interventional cardiology. In his spare time he dabbles in golf and enjoys interesting cars. Craig and his wife Susan have two teenage sons, Steven and Evan.