



WE DO IT
DIFFERENTLY
TO DO IT
BETTER



UNIVERSITY OF MINNESOTA ROCHESTER
Driven to DiscoverSM

in educational collaboration with Mayo Clinic School of Health Sciences

THE UMR ADVANTAGE

A SINGULAR FOCUS.

A place where students, faculty and staff all share a singular focus on preparing students for careers in health care with the power to change the world.



UMR gave me the opportunity to succeed and grow in all aspects of my life."

— Darian, Alumnus

IT'S WHO YOU KNOW.

University of Minnesota Rochester (UMR) is located **in the heart of the medical world**, just minutes from the globally respected Mayo Clinic. That's where our students complete clinical rotations alongside some of today's foremost practitioners and leaders in health care research.

Our campus in thriving Rochester is fueled by unrelenting curiosity and a profound desire to make the world a healthier place. The undergraduate experience at UMR inspires and empowers students to solve 21st-century health care challenges.



MAYO CLINIC

Flipped classrooms are the norm

VIBRANT IDEAS & SOLUTIONS

As a premier health sciences university, we strive to give our students every advantage. The tools of that mission include...

- **Curriculum** designed and delivered by today's leaders in innovative learning.
- Experienced **full-time faculty** who are active in their fields — no classes led by TAs here.
- **Hands-on learning opportunities** with pathways to career application.
- **Student Success Coaches** who offer guidance throughout the academic journey.

ACADEMICS & ADMISSIONS

THE STUDY OF IMPROVING LIVES

Two paths to change the world.

1. Bachelor of Science in Health Sciences (BSHS)
2. Bachelor of Science in Health Professions (BSHP)

UMR

Founded: **2006**

Average freshman GPA: **3.6**

Average class size: **21**

Student-faculty ratio: **11:1**

Median ACT score: **22-27**

First graduating class: **2013**

BSHS OVERVIEW

TAPESTRY LEARNING & THE BEAUTY OF INTERSECTION

In the fast-paced study of health sciences, overlap is constant, rhythm is vital and change is inevitable.

That's why, similar to how intricate tapestries are created, UMR's Bachelor of Science in Health Sciences starts with foundational academic threads — natural and social sciences, mathematics, arts, humanities — weaving them across a loom of optimal health.

This cross-disciplinary approach takes place in innovative Learning Lab environments and will prepare you for an **advanced degree** or **immediate career**.

In the first few years, students share common curriculum. In their final year, students tailor their experience to

individual career/academic goals through their Capstone experience.

BSHS Faculty are deeply rooted in the health sciences and committed to developing an integrated curriculum. They collaborate to deliver truly life-altering education.



Faculty contemplate our curriculum as a cohesive and a whole learning experience. Courses must complement and reinforce each other to optimize not only retention, but increase the cognitive connection that students make among apparently disparate subjects. The integration of courses at UMR tries to reflect problem-solving in our complex world."

— Xavier Prat-Resina, Associate Professor, Chemistry

CAREER PATHWAYS

UMR's innovative degree programs and integrated curriculum provide students with a foundational undergraduate education that allows them to pursue a wide range of health careers.



HEALTH CARE RESEARCH AND DISCOVERY

Passionate about research, investigation and analysis?

Careers in this Pathway include:

- biochemistry
- epidemiology
- genomics
- kinesiology
- regenerative medicine



THE BUSINESS AND LEADERSHIP OF HEALTH CARE

Interested in leadership and management of the delivery of medical services?

Careers in this Pathway lead to:

- entrepreneurship
- health care management
- industry leadership



PATIENT CARE

Interested in offering hands-on quality care?

Careers in this Pathway include:

- advanced nursing practice
- athletic trainers
- chiropractors
- dentists
- nuclear medicine technologists
- occupational therapists
- ophthalmologists
- pharmacists
- physical therapists
- physician assistants
- physicians
- surgical first assistants



RESILIENCE, WELL-BEING AND MENTAL HEALTH

Interested in helping others live a robust and productive life?

Careers in this Pathway include:

- addiction and recovery counselors
- child life specialists
- health and wellness coaches
- integrative medicine practitioners
- psychologists
- social workers



PUBLIC POLICY AND GLOBAL HEALTH

Interested in societal concerns and policy creation?

Careers in this Pathway include:

- community health workers
- education specialists at health care companies
- global health educators
- health care policy reform advocates
- service as elected officials
- service in the Peace Corps



EMERGING HEALTH TECHNOLOGIES

Interested in innovative technologies that solve health problems?

Careers in this Pathway include:

- artificial intelligence in medicine
- bioinformatics
- data science
- electronic medical records industry
- medical device innovation
- medical lab science
- prosthetists/orthotists

students, faculty and staff all share a singular focus on preparing for careers in health care



I chose the Nursing Guarantee Option because I've always had a passion for helping people. Nurses do so much from hands-on care to giving healthy lifestyle tips, and I want to be part of that."

— Chelsey, Current Nursing Guarantee Option student

PRE-PHYSICIAN ASSISTANT PROGRAM

The University of Minnesota Rochester offers a (3+2) Physician Assistant (PA) Master's degree program in collaboration with Mayo Clinic School of Health Sciences (MCSHS).

PROGRAM OVERVIEW:

- Students apply as incoming first-year students for admission to UMR's undergraduate BSBS program and select the major Pre-Physician Assistant.
- Students complete the first three years of their coursework at UMR preparing them for the rigorous demands of the PA Master's program.
- In their fourth year, students take courses at MCSHS in the PA program to complete their BSBS degree at UMR.
- In year five, students complete their Master of Health Sciences in PA Studies at MCSHS.

NURSING GUARANTEE

Interested in obtaining a Bachelor of Science in Nursing (BSN) degree? UMR offers a Nursing Guarantee Option that guarantees first-year students at UMR entry into the University of Minnesota-Twin Cities nursing program beginning their sophomore year.

PROGRAM OVERVIEW:

- Students apply as incoming first-year students for admission to UMR's undergraduate BSBS program and select the major Nursing Guarantee.
- Students complete all four years of their collegiate experience on UMR's campus.
- Required nursing practicum experiences are at the world-renowned Mayo Clinic.

IMPORTANT APPLICATION INFORMATION

The deadline for these two limited access programs is **December 1**.

community-based learning is valued and required



ADMISSION REQUIREMENTS/ APPLICATION CHECKLIST

 z.umn.edu/umrapply

APPLICATION CHECKLIST

- Complete the online application at r.umn.edu/apply.
- Pay the non-refundable application fee of \$30.
- Submit official ACT and/or SAT Reasoning scores.
 - UMR ACT code: **2154**
 - UMR SAT code: **5877**
 - Test scores appearing on the high school transcript will also be accepted as official.
 - ACT/SAT writing sections are not required.
- Submit official transcripts.
 - Send official high school transcripts. Official college transcripts must be submitted for any PSEO and/or CIS work.

- Complete your passion for health care short answer question (required for scholarship consideration).
- Teacher evaluation and/or letter of recommendation, Math or Science teachers preferred (optional).
- UMR prides itself on reviewing applicants holistically and admits students we believe have a true passion for a career in health care and are academically ready for the rigor of UMR.



APPLY TO **BSHS!**

Note: A UMR application and all required materials must be completed by **December 1** to be considered for UMR scholarships.



REQUIRED: A STRONG PASSION FOR HEALTH CARE.



YES



NO

BSHP OVERVIEW

OUR FOCUS,
YOUR FUTURE

The BSHP is so much more than a program — it's a career. Everything we do in the junior-admitting Bachelor of Science in Health Professions program is in educational collaboration with Mayo Clinic School of Health Sciences (MCSHS) and has one singular focus: to prepare you for a successful and fulfilling career.

MAYO CLINIC CLASSES

Clinical rotations at Mayo Clinic enhance students' mastery of the curriculum. BSHP students have access to *select* Mayo Clinic medical conferences, resource centers and simulation classrooms.



JUNIOR ADMITTING

STUDENTS CAN COMPLETE LOWER-DIVISION (FIRST YEAR - SECOND YEAR) COURSES AT UMR OR AT ANOTHER REGIONALLY ACCREDITED UNIVERSITY OR COLLEGE.

 **APPLY**
z.umn.edu/umrapply

2 YEAR PROGRAM







REQUIRED SUMMER SESSION BETWEEN YEARS 3 & 4



ACADEMIC COURSEWORK IS OFFERED AT UMR OR MCSHS AND IS COORDINATED WITH CLINICAL ROTATIONS AT MAYO CLINIC TO OPTIMIZE THE LEARNING EXPERIENCE.

ADMITTED INTO ONE OF FOUR TRACKS:

-  **ECHOCARDIOGRAPHY**
-  **RADIOGRAPHY**
-  **RESPIRATORY CARE**
-  **SONOGRAPHY**



*in educational collaboration
with Mayo Clinic School of Health Sciences*


UPPER-DIVISION CURRICULUM

COURSEWORK IS DELIVERED IN A BLENDED ELECTRONIC AND CLASSROOM FORMAT.

 BACHELORS DEGREE & CERTIFICATE **AWARDED**

BSHP CAREERS

The challenging, highly rigorous BSHP curriculum prepares graduates to become respected practitioners of:



ECHOCARDIOGRAPHY

Using ultrasound technology to assess cardiovascular anatomy and function.



RADIOGRAPHY

Employing medical imaging to assess and assist in the treatment of injury and disease.



RESPIRATORY CARE

Assessing cardiopulmonary systems to treat and monitor heart and lung problems.



SONOGRAPHY

Using ultrasound technology to diagnose, monitor and treat a variety of medical conditions.



z.umn.edu/umrapplly

collaborative teaching teams enhance student learning and development



The Respiratory Care Program is rigorous and challenging, but the clinical experience is second to none! I was exposed to a wide variety of patients ranging in age from premature babies to the elderly — working side-by-side with renowned clinicians. Each day presented a new scenario or opportunity to learn and grow as a therapist. I was pushed to excellence by the hours of labs, hospital time and simulations.

— Kari Kalthoff, UMR Alumna, R.R.T., C.R.T.



students gain unparalleled experiences at Mayo Clinic

ADMISSIONS/IMPORTANT DEADLINES

PROGRAM REQUIREMENTS

In addition to degree-completion guidelines set forth by the University of Minnesota, BSHP candidates must complete two years of coursework including:

- Chemistry (with lab)
- College Algebra
- English Composition
- Ethics or Medical Ethics
- General Psychology
- Human Anatomy or Anatomy & Physiology I (with lab)
- Human Physiology or Anatomy & Physiology II (with lab)
- Medical Terminology (minimum of 2 credits)
- Microbiology (with lab)
- Physics (with lab)
- Public Speaking
- Statistics

Echocardiography and Sonography require coursework and/or certification (CNA, EMT).

ACADEMIC REQUIREMENTS

- Cumulative GPA of 2.75 or higher
- Grade of C- or better in all science prerequisite courses
- Patient care experience (varies with chosen track)
- Liberal Education (LE) requirements must be completed. The Minnesota Transfer Curriculum (MnTC), Associates of Arts, or Bachelor's Degree may be accepted as fulfilling LE requirements.



APPLY TO BSHP!

z.umn.edu/bshp
umrbshp@r.umn.edu
 1.877.280.4699

IMPORTANT APPLICATION INFORMATION

Candidates must submit all application materials no later than **January 15**.

- Completed application and non-refundable \$30 fee | z.umn.edu/umrapply
- Official transcripts from all institutions attended
- 300 to 500-word personal essay
- Resumé and references (required numbers vary by track)

STUDENT LIFE AT UMR

A CELEBRATION OF YOU

At UMR, we want you to be the healthiest, most well-rounded version of you, and we work to help you achieve this.

In addition to studying at UMR, we hope that during your time here, you make your forever friends, have fun, create memories outside of the

classroom and build a network that will help you succeed as a student while at UMR and later as a college graduate.

Though different from the traditional university campus, UMR has a vibrant student life. You can choose to participate in over 30 student clubs and organizations dedicated to health sciences and social and civic engagement. UMR students are

leaders who are making a difference on our campus and in our community. Our students have access to the local YMCA for fitness and recreation, and our student government, the Rochester Student Association and the residential-based 318 Community Council, utilize the USquare and 318 Commons lounges and various spaces in Rochester to keep our students engaged outside the classroom.



The residence halls at 318 Commons is my second home. There is an amazing community that I can rely on when it comes to socializing, homework and food."

— Gao Xia, Junior



UMR was designed with physical structures, systems and staff patterns that emphasize safety and convenience. Monitored and lighted skyways create safe passage to and from USquare and 318 Commons. Access to 318 Commons is limited via fob-controlled elevators. Staff perform nightly rounds, and a security team is on standby 24/7."

— Will Harmon,
UMR Residential Life
Director

COME HOME TO 318 COMMONS

318 COMMONS provides a high-quality living experience with all the amenities of home and security measures designed for safety and comfortability.

APARTMENT AMENITIES

- Furnished bedroom and living room
- In-unit washer and dryer
- Fully furnished kitchen (stove, oven, microwave, refrigerator, dishwasher, and plenty of cabinet space)
- Cable TV and wireless internet
- On-floor garbage chute
- All utilities included

SAFETY

- Fob access to residential floors
- Skyways and public areas with cameras and staff monitoring

ADDITIONAL BENEFITS

- Proximity to downtown Rochester and shuttles
- Front Desk services for deliveries, item check out and assistance
- Social events and programming
- Contracted resident parking



A PLACE TO CALL HOME

Living at 318 Commons gives you the unique chance to be surrounded by 250+ peers, friends and people who have been where you are going. An off-beat mix of activities at 318 Commons helps you make connections and build your neighborhood.



I have thoroughly enjoyed my experience living at 318 Commons. I love how close the classrooms are and how the tutoring centers are right below where I am living. I also love the privacy, while also appreciating the strong sense of community and warmth here."

— Erika, Junior

MINNEAPOLIS
ST. PAUL

RED WING

ROCHESTER

OWATONNA

WINONA

PRESTON



live and learn with health sciences students who share your passion

LEARNING FOR LIFE

Three vibrant **Living Learning Communities** at UMR offer a revolutionary way to experience health education. Learn more at z.umn.edu/umrlc.

GLOBAL CONNECTIONS COMMUNITY

EMPHASIS: Global citizenship.
WHO SHOULD APPLY? Students interested in global health.
FEATURES: Support the success of international and domestic UMR students who will infuse the health care field with intercultural competence and commitment to problem solving.

HEALTH CORE (COMMUNITY OF RESPECT AND EMPOWERMENT)

EMPHASIS: Reducing disparities in health science.
WHO SHOULD APPLY? Students from underrepresented populations committed to equitable health care.
FEATURES: Helping to close the health care disparity gap for underrepresented UMR students, providing exposure to health care professionals from diverse backgrounds, enhancing student-faculty interactions and access to summer and winter Bridge programs.

HEALTHY LIVING & ROC! (RECOVERY ON CAMPUS)

EMPHASIS: Maintaining and encouraging peers toward optimal health.
WHO SHOULD APPLY? Students interested in creating an environment that celebrates clean living.
FEATURES: Understanding and participating in healthy lifestyle practices through informative literature, programming, dialogue, wellness opportunities, mentorship and peer group collaboration.



With more than 30 clubs focused on service, recreation, academic, cultural, faith-based, leadership and special interest, students have a strong desire to give back.



WE ARE



HEALTH GIVERS



PUBLIC SERVANTS



OUTLOOK CHANGERS



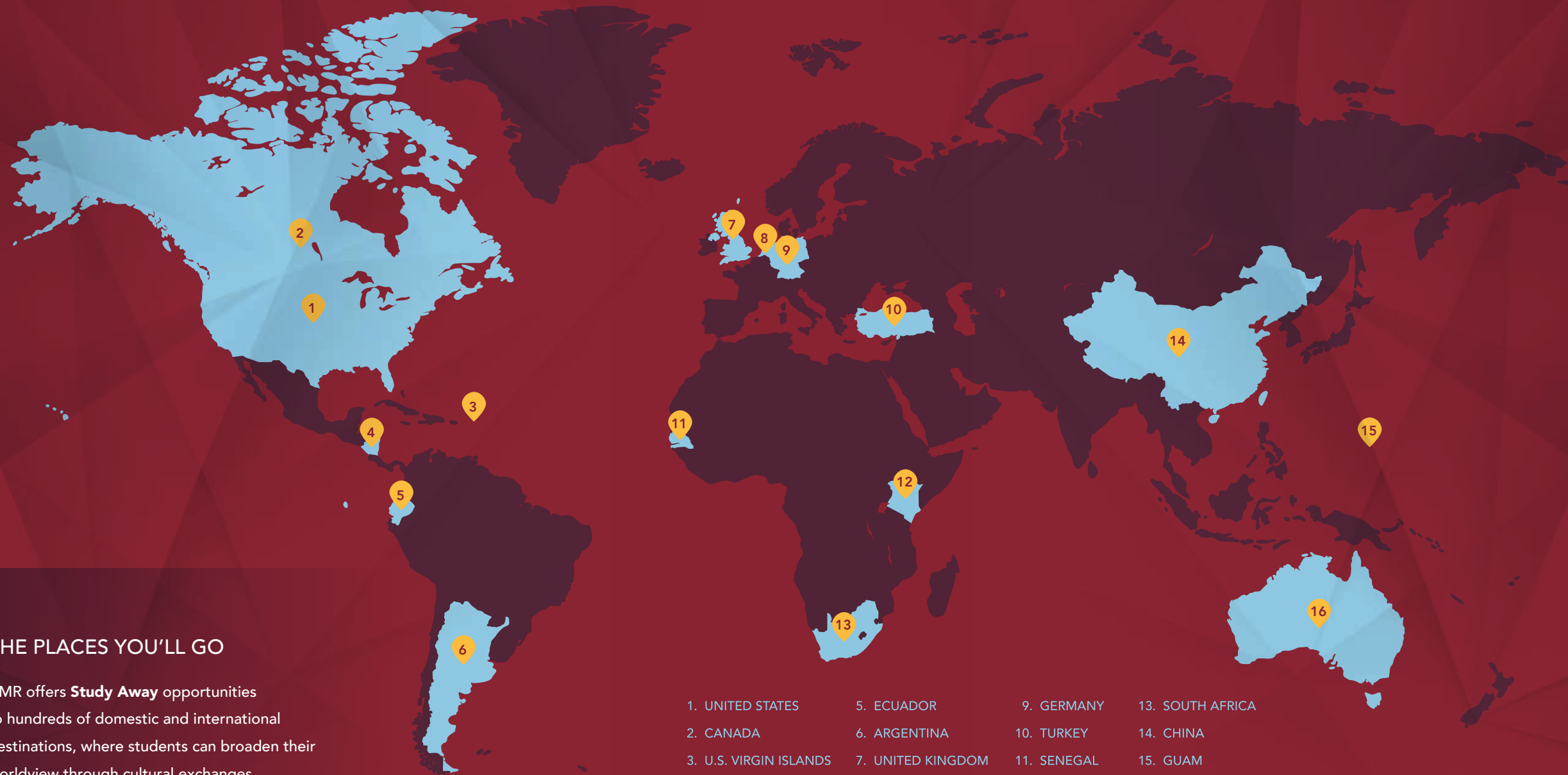
You won't know the meaning of life-changing until you study abroad. And honestly, when are you going to have the opportunity again?"

— Michael, UMR Alumnus
(Studied away in Denmark)

study within the U.S. or study around the globe

THE PLACES YOU'LL GO

UMR offers **Study Away** opportunities to hundreds of domestic and international destinations, where students can broaden their worldview through cultural exchanges.



- | | | | |
|------------------------|-------------------|-------------|------------------|
| 1. UNITED STATES | 5. ECUADOR | 9. GERMANY | 13. SOUTH AFRICA |
| 2. CANADA | 6. ARGENTINA | 10. TURKEY | 14. CHINA |
| 3. U.S. VIRGIN ISLANDS | 7. UNITED KINGDOM | 11. SENEGAL | 15. GUAM |
| 4. NICARAGUA | 8. NETHERLANDS | 12. KENYA | 16. AUSTRALIA |

* Map represents a sampling of places that have been visited by UMR students.

THE BIG COLLEGE QUESTION

The cost of college is on the rise, prompting many families to wonder: Can it really be worth the cost? Will I see ROI from this investment? Will earning a degree guarantee a high-paying job?

The good news is, demand for qualified health care professionals has never been higher — and that's not expected to change any time soon.

UMR SCHOLARSHIPS

UMR strives to make quality health care education affordable through UMR's Health Care Scholars Day, an opportunity for invited attendees to compete for valuable scholarship dollars.

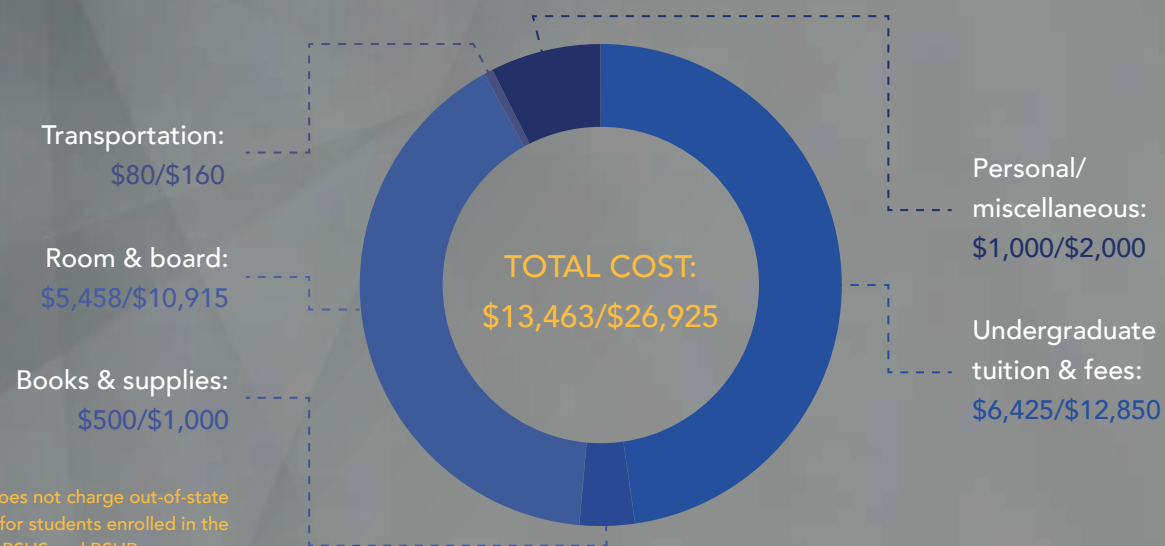
HEALTH CARE SCHOLARS DAY:

- Scholarship competition by invitation.
- Scholarships are awarded in the amounts of \$2,500-\$5,000.
- Some scholarships are recurring.

- To be considered, submit all required application materials by **December 1**.
- To learn more, visit z.umn.edu/umrscholarsday.

COST OF ATTENDANCE: 2019-20 ACADEMIC YEAR*

(per semester/year)



* UMR does not charge out-of-state tuition for students enrolled in the BSHS and BSHP programs.

THE FUTURE OF HEALTH CARE JOBS:

(Source: U.S. News & World Report's)



grand challenges of 21st-century health care

frame student learning and development in and out of the classroom



100%

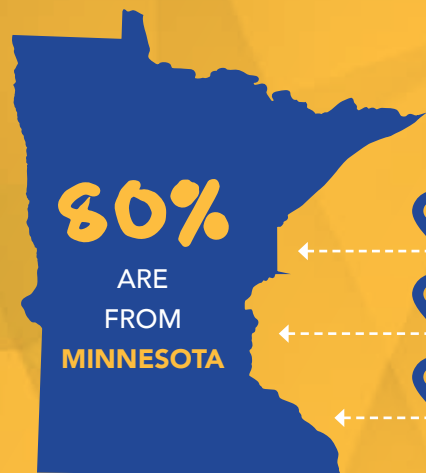
OF UMR STUDENTS
HAVE A PASSION FOR
HEALTH CARE



CAMPUS IN
DOWNTOWN
ROCHESTER



2019 GRADUATES:



80%
ARE
FROM
MINNESOTA



20%

ARE
FROM
OUT-OF-STATE



81%

OF CLASSES
HAVE FEWER THAN

<30

STUDENTS



44% EMPLOYED
IN A HEALTH PROFESSION
AFTER GRADUATION



92% RECEIVED FINANCIAL AID
IN 2018

100%

OF CLASSES ARE
TAUGHT BY FACULTY



56%

GO ON TO
GRADUATE OR
PROFESSIONAL SCHOOL



no teaching assistants, no lecture halls



WORDS OF WISDOM



I recently was accepted at the University of Minnesota Duluth Family Medicine Residency program. My educational experience at UMR far exceeded my expectations. The thing I valued most is the professional development I received and the close interactions with UMR faculty that have allowed me to feel comfortable speaking with patients and their families. This professionalism stems from a solid foundation that was integrated throughout the UMR curriculum."

— Hannah Salk, M.D., UMR Alumna

CONNECT WITH UMR THREE WAYS

- 1 Explore** what it means to earn your degree in the heart of the medical world, mere steps from world-renowned Mayo Clinic.
z.umn.edu/rochester
- 2 Join us** for a Campus Visit Day, where you can walk around, meet current students, learn about our programs and decide if UMR is right for you.
z.umn.edu/umrvisit
- 3 Apply** if you know you're UMR material!
z.umn.edu/umrapply

UMR

z.umn.edu/umrapply

applyUMR@r.umn.edu

1.877.280.4699

