WE DO IT
DIFFERENTLY
TO DO IT
BETTER

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.

WORLD-RENOWNED COLLABORATORS

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.

z.umn.edu/rochester
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 strive to reflect problem-solving in our complex world.

* — Xavier Prat-Resina, Associate Professor, Chemistry

郑浩然

Two paths to change the world:

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

Founded: 2006
First graduating class: 2013
Average freshman GPA: 3.6
Median ACT score: 22-27
Student-faculty ratio: 11:1
Average class size: 21
UMR

ACADEMICS & ADMISSIONS

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 strive to reflect problem-solving in our complex world.

— Xavier Prat-Resina, Associate Professor, Chemistry

"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 strive 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

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

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

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
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 BSHS 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 BSHS 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 BSHS 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.
ADMISSION REQUIREMENTS/APPLICATION CHECKLIST

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.
  o UMR ACT code: 2154
  o UMR SAT code: 5877
  o Test scores appearing on the high school transcript will also be accepted as official.
  o ACT/SAT writing sections are not required.
• Submit official transcripts.
  o 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.
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

Admitted into one of four tracks:

- Echocardiography
- Radiography
- Respiratory Care
- Sonography

2023 SUMMER SESSION BETWEEN YEARS 3 & 4

Admitted into one of four tracks:

- Echocardiography
- Radiography
- Respiratory Care
- Sonography

Academic coursework is offered at UMR or MCSHS and is coordinated with clinical rotations at Mayo Clinic to optimize the learning experience.

Bachelor’s degree & certificate awarded

Upper-division curriculum

Coursework is delivered in a blended electronic and classroom format.

Clinical experience starts in the first semester.

in educational collaboration with Mayo Clinic School of Health Sciences
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.

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.
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.

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).

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)
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 residence-based 318 Community Council, utilize the USquare and 318 Commons lounges and various spaces in Rochester to keep our students engaged outside the classroom.

STUDENT LIFE AT UMR

“A 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
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.

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

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

z.umn.edu/umrhousing

STUDENT LIFE/CAMPUS/ACTIVITIES

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

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.
LEARNING FOR LIFE

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

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.
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)

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

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

COST OF ATTENDANCE: 2019-20 ACADEMIC YEAR*
(Per semester/year)
- Transportation: $80/$160
- Room & board: $5,458/$10,915
- Books & supplies: $500/$1,000
- Undergraduate tuition & fees: $6,425/$12,850
- Personal/miscellaneous: $1,000/$2,000

TOTAL COST: $13,463/$26,925

HEALTH CARE SCHOLARS DAY:
- Scholarship competition by invitation.
- Scholarships are awarded in the amounts of $2,500-$5,000.
- Some scholarships are recurring.

THE FUTURE OF HEALTH CARE JOBS:
(Source: U.S. News & World Report(s))
- **22,900** Projected Jobs
  CLINICAL LABORATORY TECHNICIAN
  $51,770 Median Salary
- **25,700** Projected Jobs
  SCHOOL PSYCHOLOGIST
  $151,400 Median Salary
- **67,100** Projected Jobs
  PHYSICIAN
  $192,930 Median Salary
- **7,300** Projected Jobs
  PHYSICIAN ASSISTANT
  $104,860 Median Salary
- **72,100** Projected Jobs
  MEDICAL AND HEALTH SERVICES MANAGER
  $151,400 Median Salary
- **31,300** Projected Jobs
  SCHOOL PSYCHOLOGIST
  $98,350 Median Salary
- **39,400** Projected Jobs
  MEDICAL AND HEALTH SERVICES MANAGER
  $98,350 Median Salary
- **67,100** Projected Jobs
  PHYSICAL THERAPIST
  $86,850 Median Salary

- **67,100** Projected Jobs
  MEDICAL AND HEALTH SERVICES MANAGER
  $98,350 Median Salary
- **31,300** Projected Jobs
  SCHOOL PSYCHOLOGIST
  $98,350 Median Salary
- **39,400** Projected Jobs
  MEDICAL AND HEALTH SERVICES MANAGER
  $98,350 Median Salary
- **67,100** Projected Jobs
  PHYSICAL THERAPIST
  $86,850 Median Salary

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.

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:

44% employed in a health profession after graduation

56% go on to graduate or professional school

81% of classes have fewer than <30 students

20% are from out-of-state

60% are from Minnesota

92% received financial aid in 2018

100% of classes are taught by faculty

2018

80% received financial aid

20% are from out-of-state

2018
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