

Pre-Medical and Pre-Dental Advising Office

Fall 2020 Group Advising



Agenda

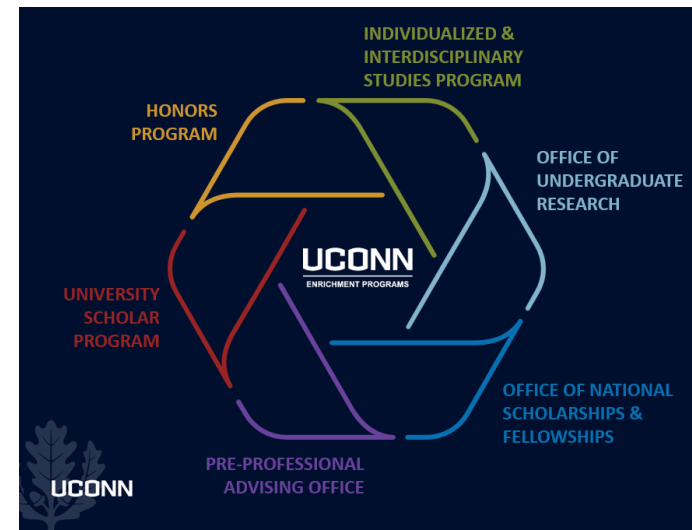
- I. Who we are, what we do, housekeeping**
- II. Academic metrics**
- III. Experiential components**
- IV. Core competencies**
- V. Resources**
 - ❖ premed.uconn.edu
 - ❖ premed_predental@uconn.edu
 - ❖ Instagram: [uconn_premed_predental](#)
 - ❖ Rowe Building, 4th floor

Enrichment Programs

► Enrichment Programs Department

- Honors Program
- Individualized and Interdisciplinary Studies Program
- Office of National Scholarships and Fellowships
- Office of Pre-Professional Advising
 - Pre-Law Advising Office
 - Pre-Medical and Pre-Dental Advising Office
- Office of Undergraduate Research
- University Scholar Program

► <https://enrichment.uconn.edu/>



Maximizing opportunities

Akshayaa Chittibabu '19



- STEM Scholar in the Honors Program
- 2016 Holster Scholar
- Individualized Major: Health, Policy, and Social Medicine
- Health Research Program participant
- 2018 Truman Scholar
- 2019 Marshall Scholar
- Plans a career in public service as a physician and policymaker

Advisors

► Director of Pre-Professional Advising

- Erin Ciarimboli, PhD



► Pre-Medical

- Keat Sanford, PhD
- Khalilah Arrington, PhD student



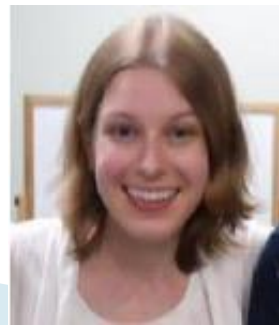
► Pre-Dental

- Thomas Abbott, PhD



► Staff

- Krista Rogers, MA
- Susan Ruggiero, MS



Becoming Pre-XX

- ▶ There is no application or formal sign-up
- ▶ Any current student or alumni interested in one of these pre-health professional tracks has access to our office advising and resources
- ▶ Information is provided via our listserv and website
- ▶ To sign up for the listserv, please email premed_predental@uconn.edu from your UConn email address

Advising

► First month through post-graduation

- Post-Bacc Program

► Advising formats

- Group advising and one-on-one appts
- Workshops for upcoming cycle applicants:
 - ◆ Application Orientation
 - ◆ Personal Statements
 - ◆ Secondary Applications
 - ◆ Selecting Schools to Apply to
 - ◆ Navigating the Healthcare Admissions Interview

► Composite (aka Committee) letters

Making appts

- ▶ Pre-Medical: request an appt at <https://premed.uconn.edu/advising-appointments/>
- ▶ Pre-Dental: request an appt with Dr. Thomas Abbott at nexus.uconn.edu

Please note that all Fall 2020 appointments will be conducted virtually via WebEx.

When the office opens again, swing by to grab a pen, stress ball, and highlighter!

PRE-PROFESSIONAL ADVISING

Myths & Facts

UConn

Pre-med and pre-law
are majors.



- Pre-professional preparation can be pursued in **any major**
- Preparation involves developing a set of **skills and interests**, not pursuing a specific area of study

UConn



If you don't start in your
first year, it's too late.

- Many students **develop** their pre-professional aspirations **during or after college**
- Undergraduate focus should be
 - Exploration to refine goals & interests
 - Seeking experiences to try out interests

UConn

Professional school admission
is all about GPA & test scores.



- GPA and test scores are just two of **multiple metrics** considered in holistic admissions processes
- Factors such as **motivation** to pursue the career path and efforts made to gain **relevant experience** are highly valued by admissions committees

UConn

Holistic admissions

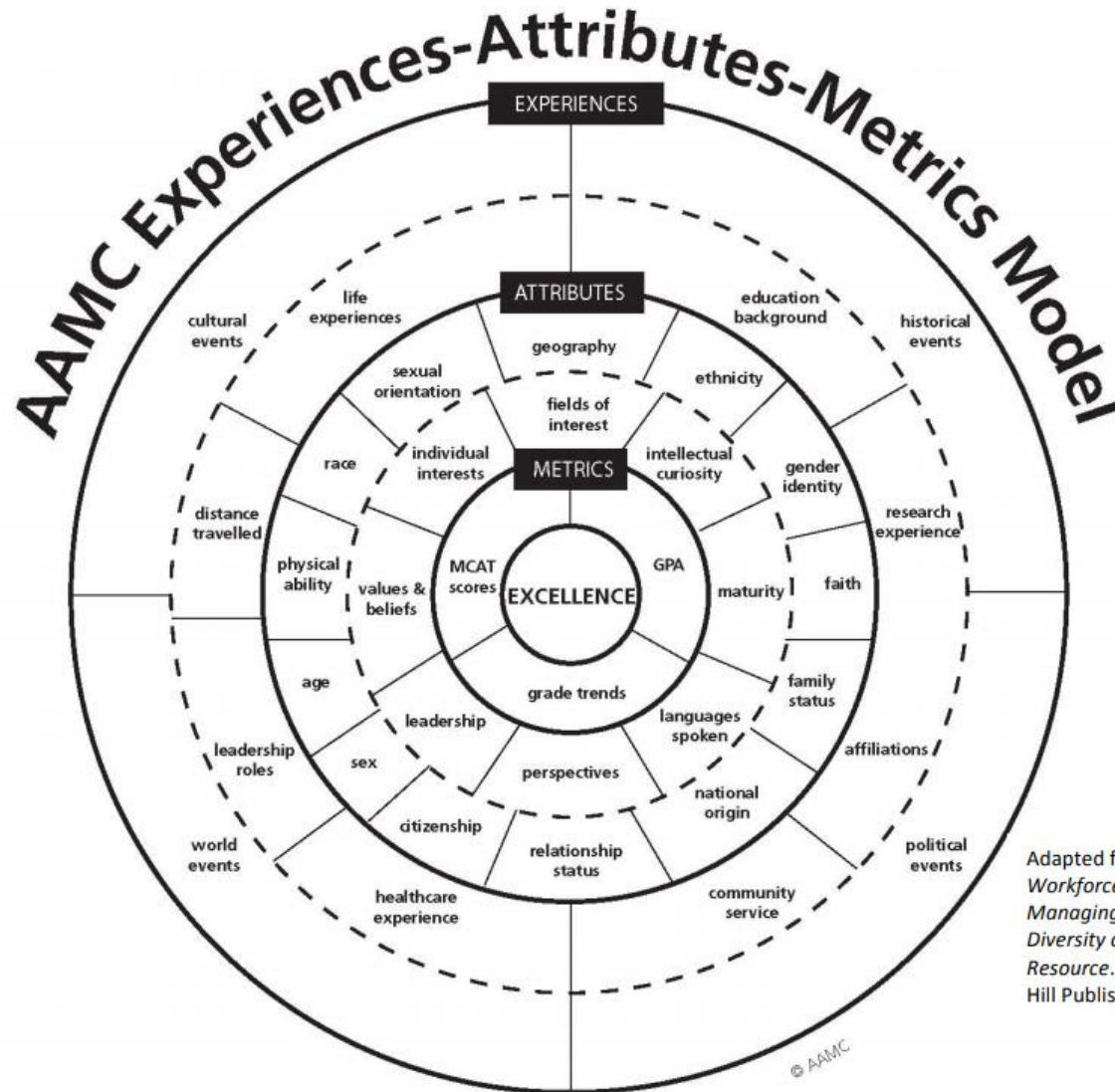
“Holistic review is an admissions process that considers each applicant individually by balancing their academic metrics with experiences and attributes.” (AAMC)

“Holistic review—a flexible, individualized applicant assessment tool—provides admissions committees a balanced means of considering candidates’ personal experiences, attributes and academic credentials, along with qualities and characteristics that would prove valuable in both dental school and the oral health profession.” (ADEA)

- ▶ Academic metrics
- ▶ Experiential components
- ▶ Core competencies



AAMC's E-A-M Model



Academic Preparation

► Majors

- Can be anything as long as prerequisite coursework is met
- Fall 2018 appt data: 56% CLAS (pre-medical), 73% CLAS (pre-dental)
- Most popular majors: Biological Sciences, Molecular and Cell Biology, Physiology and Neurobiology
- Allied Health Sciences, Biomedical Engineering, Business, Chemical Engineering, Chemistry, English, Exercise Science, History, Individualized Major, Latino and Latin American Studies, Math, Nutritional Sciences, Pathobiology, Psychology, Sociology...

Coursework

► Keywords: Breadth / Depth / Rigor

Minimal Requirements for Medical School

Biology: BIOL 1107/1108

Chemistry: CHEM 1124/1125/1126 or 1127/1128

Organic Chemistry: CHEM 2443/2444/2445

Physics: PHYS 1201/1202 or 1401/1402 or 1501/1502

English: A year of English classes

Biochemistry: MCB 2000

Strongly suggested: MCB 2400 or 2410 (genetics), 2210 (cell biology), 2610 (microbiology)

**The math requirements vary. Additional requirements for behavioral and social science vary by school. Students are advised to take psychology, sociology, and statistics.*

Minimal Requirements for Dental School

Biology: BIOL 1107/1108

Chemistry: CHEM 1124/1125/1126 or 1127/1128

Organic Chemistry: CHEM 2443/2444/2445

Physics: PHYS 1201/1202 or 1401/1402 or 1501/1502

Biochemistry: Most schools are moving to require biochemistry

English: A year of English classes

Strongly suggested: MCB 2400 or 2410 (genetics), 2210 (cell biology), 2610 (microbiology)

** The DAT exam includes basic algebra and some dental schools require a year of calculus.*

Coursework

► Bringing in AP credit

- Factors to consider:
 1. Bio vs. Chem vs. Physics
 2. Score of 4 or 5
 3. Junior or senior year
 4. SAT II subject test
 5. Strength of high school lab

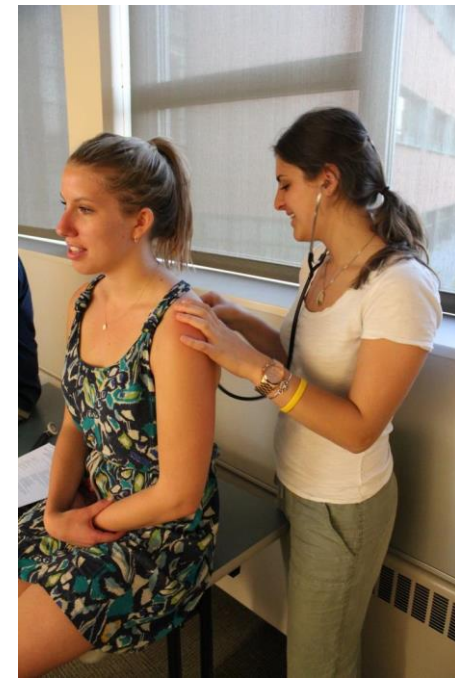
► Bringing in ECE credit

- Generally safer than AP credit
- B+ or above

Special offerings

► Coursework

- PNB 3278: Patient and the Healer
- UNIV 3784: Intro to Physical Examination
- UNIV 3784: Health of Communities
- AH 4092: EMT Training (AHS & Hartford Hospital)
- MCAT Review Course



Experiential Preparation

► Clinical experiences

- Shadowing (50–75 hours)
- Direct patient care experience (minimum 100 hours)
(EMT, CNA, paramedic, Medical Assistant, ER Tech, Physical Therapy Aide, Medical Scribe, Personal Care Provider)
- UConn Health Leaders Program

► Research/independent scholarship

- Office of Undergraduate Research
- Health Research Program

► Extracurricular activities

- Student organizations
- UConn Community Outreach

Ideas to do during the pandemic



Student Organizations

- ▶ Informative and supportive
- ▶ Community service, alternative breaks
- ▶ Leadership roles
- ▶ Meet students with common interests



Student Orgs–Storrs

<https://uconntact.uconn.edu/>

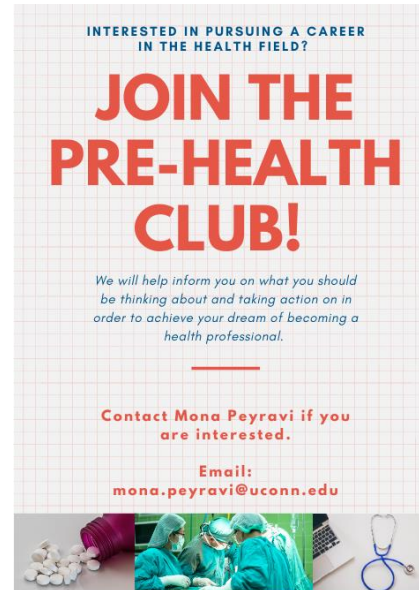
- ▶ Pre-Med Society
 - ▶ Pre-Dental Society
 - ▶ Pre-Physician Assistant Patient Care Alliance
 - ▶ Minority Association of Pre-Medical Students
 - ▶ Kidney Disease Screening and Awareness Program
 - ▶ UConn Rescue
 - ▶ Global Brigades
 - ▶ MEDLIFE
 - ▶ Red Cross Club
 - ▶ Global Health Symposium
- ...and many more!



Student Orgs–Regionals

<https://uconntact.uconn.edu/>

- ▶ **Avery Point**
 - Pre-Health Club
 - ▶ **Hartford**
 - Alternative Medicine Club
 - Pre-Health Society
 - ▶ **Stamford**
 - Biology Club
 - ▶ **Waterbury**
 - Collegiate Health Services (College Health Service Corps)
- ...and many more!



Core Competencies

- The Core Competencies for Entering Medical Students
- Real Stories Demonstrating Core Competencies
- Interpersonal competencies
- Intrapersonal competencies
- Thinking and reasoning competencies
- Scientific competencies

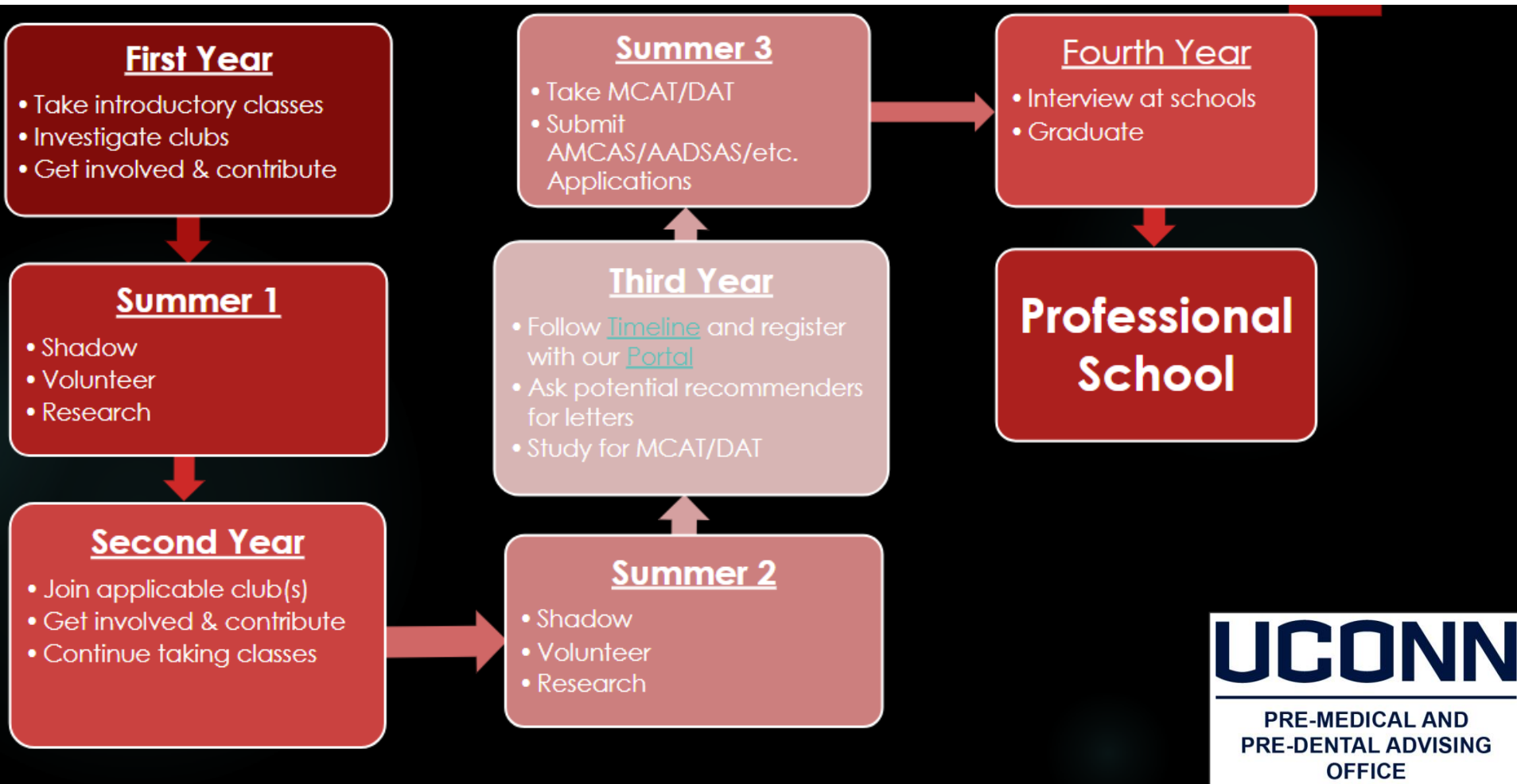


15 Core Competency Areas

- ▶ Service orientation
- ▶ Social skills
- ▶ Cultural competence
- ▶ Teamwork
- ▶ Oral communication
- ▶ Ethical responsibility to self and others
- ▶ Reliability and dependability
- ▶ Resilience and adaptability
- ▶ Capacity for improvement
- ▶ Critical thinking
- ▶ Quantitative reasoning
- ▶ Scientific inquiry
- ▶ Written communication
- ▶ Living systems
- ▶ Human behavior

“Successful medical school applicants are able to demonstrate skills, knowledge, and abilities in these areas. One experience can illustrate proficiency across multiple competencies.” (AAMC)

Sample Timeline



AAMC & ADEA Resources

- ▶ [Explore Health Careers.org](#)

- ▶ [AAMC] [Preparing for Medical School](#)
 - [Timeline for Application and Admission to Medical School](#)
 - [Getting into Medical School](#)

- ▶ [ADEA] [Preparing for Dental School](#)
 - [Timeline to Apply](#)



UConn Resources

- ▶ Quantitative Learning Center (Q Center)
- ▶ Writing Center (W Center)
- ▶ Center for Career Development (CCD)
- ▶ Academic Achievement Center (AAC)



Q & A

► Thank you for attending! We're happy to answer your questions now.

