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 and/or advisors
  ◦ Krista Rogers, MA
  ◦ Susan Ruggiero, MS
  ◦ Emma Belliveau, BS
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
  ◦ Application process coaching & support
  ◦ Workshops for upcoming cycle applicants:
    ♦ Application Orientation
    ♦ Personal Statements
    ♦ Secondary Applications
    ♦ Selecting Schools to Apply to
    ♦ Navigating the Healthcare Admissions Interview
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 Spring 2021 appointments will be conducted virtually via WebEx.

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

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

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.
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

Majors
- Can be anything as long as prerequisite coursework is met
- For pre-dental advising appointments from Fall 2018 to present, 67.0% (or 231 of 345 individuals) were students with at least one CLAS major.
- For pre-medical advising appointments in Fall 2019, 82.6% (or 152 of 184 individuals) were students with at least one CLAS major.
- For pre-medical applicants applying for the 2021 application cycle, 80.1% (or 250 out of 312 individuals) were applicants with at least one CLAS major.
Academic Preparation

Majors

- 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

<table>
<thead>
<tr>
<th>Subject</th>
<th>Courses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biology</td>
<td>BIOL 1107/1108</td>
</tr>
<tr>
<td>Chemistry</td>
<td>CHEM 1124/1125/1126 or 1127/1128</td>
</tr>
<tr>
<td>Organic Chemistry</td>
<td>CHEM 2443/2444/2445</td>
</tr>
<tr>
<td>Physics</td>
<td>PHYS 1201/1202 or 1401/1402 or 1501/1502</td>
</tr>
<tr>
<td>English</td>
<td>A year of English classes</td>
</tr>
<tr>
<td>Biochemistry</td>
<td>MCB 2000</td>
</tr>
<tr>
<td><strong>Strongly suggested:</strong></td>
<td>MCB 2400 or 2410 (genetics), 2210 (cell biology), 2610 (microbiology)</td>
</tr>
</tbody>
</table>

*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

<table>
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<tr>
<td>Biochemistry</td>
<td>Most schools are moving to require biochemistry</td>
</tr>
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<td>English</td>
<td>A year of English classes</td>
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*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

First Year
- Take introductory classes
- Investigate clubs
- Get involved & contribute

Summer 1
- Shadow
- Volunteer
- Research

Second Year
- Join applicable club(s)
- Get involved & contribute
- Continue taking classes

Summer 2
- Shadow
- Volunteer
- Research

Third Year
- Follow Timeline and register with our Portal
- Ask potential recommenders for letters
- Study for MCAT/DAT

Summer 3
- Take MCAT/DAT
- Submit AMCAS/AADSAS/etc.
- Applications

Fourth Year
- Interview at schools
- Graduate

Professional School
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.