

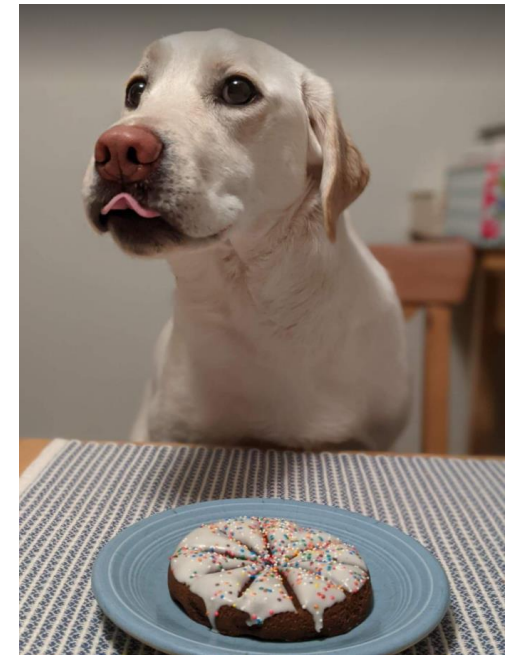
Pre-Medical and Pre-Dental Advising Office

Spring 2021 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](https://www.instagram.com/uconn_premed_predental)
 - ❖ Rowe Building, 4th floor

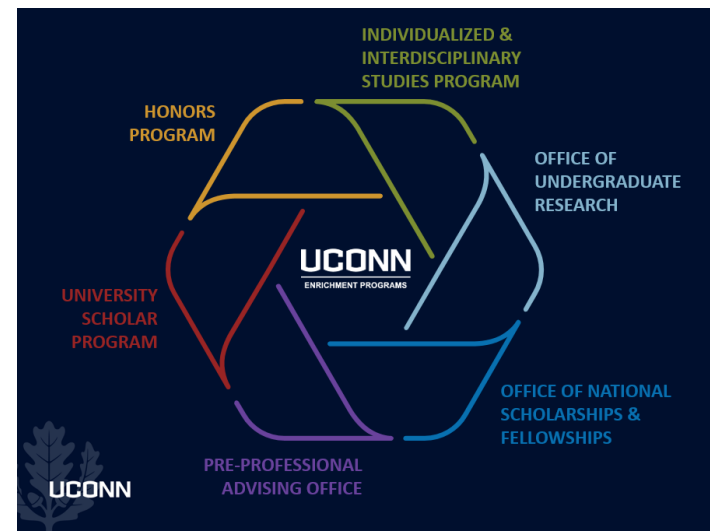


Enrichment Programs

► 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

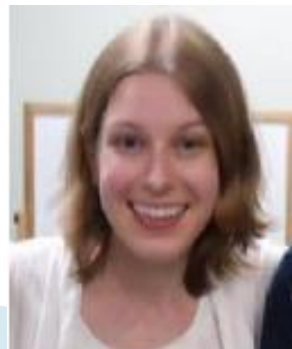


▶ Pre-Dental

- 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

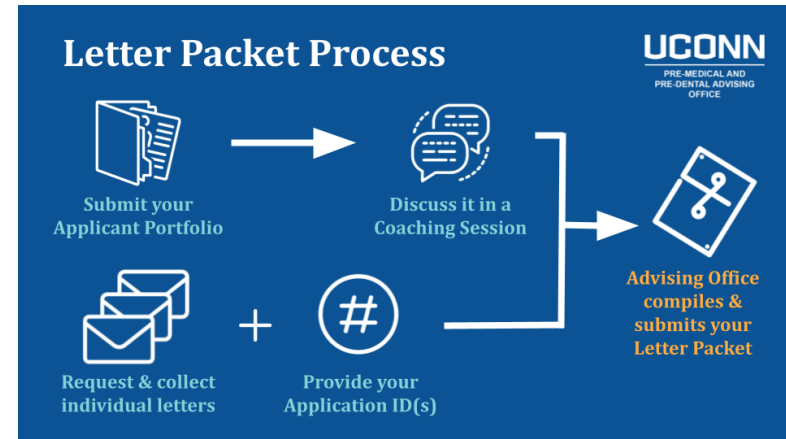
- [Post-Bacc Program](#)

▶ Advising formats

- [Group advising](#) and one-on-one appts

▶ Applicant support

- [2022 Application Cycle Timelines](#)
- Health Professions Applicant Portfolio
- Health Professions Letter Packet
- Applicant Coaching Sessions



Spring 2021

UConn

PRE-MEDICAL AND
PRE-DENTAL ADVISING
OFFICE



**2022 MED/DENT APPLICATION CYCLE
SPRING WORKSHOP SERIES**

UConn
PRE-MEDICAL AND
PRE-DENTAL ADVISING
OFFICE

- Monday, February 8 / 2-3 pm / Letters of Recommendation:
Who and How to Ask (with OUR) / Link at
ugradresearch.uconn.edu/workshops
- Wednesday, February 10 / 6-7:30 pm / 2022 Cycle
Application Orientation
- Monday, March 8 / 3-4 pm / Selecting Schools to Apply to
- Friday, March 19 / 1-2 pm / Personal Statements (with CCD)
- Tuesday, March 23 / 3-4 pm / Secondary Applications
- [TBD July/August] Navigating the Healthcare Admissions
Interview (with CCD)

ALL WORKSHOPS WILL TAKE PLACE AT
[UConnVTC.WEBEX.COM/MEET/PREADVIS](https://uconnvtc.webex.com/meet/preadv) UNLESS OTHERWISE NOTED.
ALL WORKSHOPS WILL BE RECORDED AND UPLOADED TO
[PREMED.UCONN.EDU/VIDEOSERIES/](https://premed.uconn.edu/videoseries/).

Spring 2021

Chat with Alumni

Pursuing Passions and Finding
your Purpose

Thursday, 3/18 6:30-7:30 pm

uconnvtc.webex.com/meet/preadv

Sahil Laul (UConn '19) is a multimedia project specialist at UConn's Human Rights Institute and an independent documentary filmmaker/consultant. He graduated from UConn in May 2019 with a dual-degree in Molecular & Cell Biology and Global Health (IMJR) and minors in Spanish and Anthropology. During his time at UConn he danced for Husky Bhangra, was actively involved with clinical research at Connecticut Children's Medical Center and Yale New Haven Hospital, worked for UConn's pre-med/pre-dental and honors and enrichment offices, and held positions as a founding member and Panel Coordinator for UConn's Global Health Spaces on Campus (GloHSOC) and Music Director for WHUS Radio. He currently marries his interests in the creative arts, sciences, and humanities to tell stories that drive change.



Yve Francois (UConn '20) is currently a graduate student at Columbia University School of Public Health and has co-founded The National B.L.A.C.K. Cooperative, a nonprofit that engages civil and public space to create tangible changes for communities. She graduated from UConn in May 2020 with an individualized major called Race, Gender, and Ethnicity in Healthcare. During her time at UConn she studied abroad in South Africa, discovered (not really) that she has two left feet at the Swing and Blues Club, was an RA for three years, and a part of Collegiate Health Service Corps. When not studying for an upcoming exam, you can find Yve discovering new music and engaging in passionate debates with friends.

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PRE-MEDICAL AND
PRE-DENTAL ADVISING
OFFICE



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-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

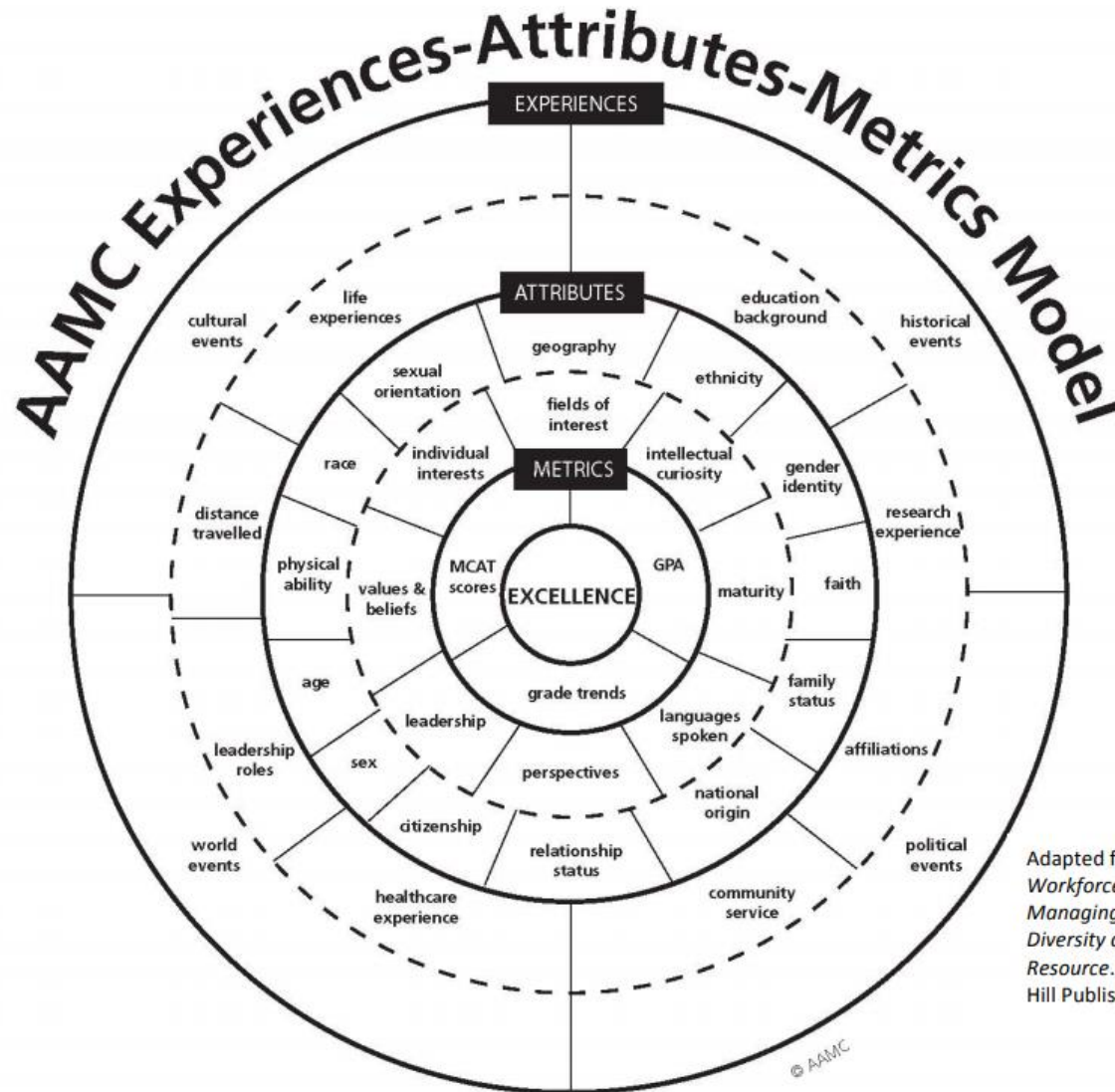
“Holistic review is an admissions process that considers each applicant individually by balancing their academic metrics with experiences and attributes.” (AAMC)

“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



Adapted from
*Workforce America:
Managing Employee
Diversity as a Vital
Resource*. McGraw
Hill Publishing, 1990.

Academic Preparation

► 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

Minimum Requirements for Medical and Dental School

- **Biology:** BIOL 1107 + 1108
- **Chemistry:** CHEM 1124 + 1125 + 1126 *or* CHEM 1127 + 1128
- **Organic Chemistry:** CHEM 2443 + 2444 +2445
- **Biochemistry:** MCB 2000 (*requirement varies for dental schools*)
- **Physics:** PHYS 1201 + 1202 (*w/ Algebra*) *or* PHYS 1401 + 1402 (*w/ Calculus*) *or* PHYS 1501 + 1502 (*for engineers*)
- **Math/Statistics:** *Math requirements vary*
 - the majority of medical schools will expect one year of Calculus *or* one semester of Calculus + one semester of Statistics
 - some dental schools require one year of Calculus; the DAT includes basic Algebra
- **English:** One year (two semesters) of English classes
- **Strongly suggested science courses:**
 - Genetics: MCB 2400/2410
 - Cell Biology: MCB 2210
 - Microbiology: MCB 2610 (*required by some dental schools*)
- **Suggested Behavioral and Social Sciences:**
 - Psychology: PSYC 1100 + 1101
 - Sociology/Anthropology

NOTE: The specific courses recommended by the Pre-Medical & Pre-Dental Advising Office will meet the admission requirements of the majority of the medical and dental colleges in the United States. If you are interested in a particular medical or dental school, consult its catalog and/or the [Medical School Admission Requirements](#)  (MSAR) or [ADEA Official Guide to Dental Schools](#)  to discover any course(s) specially required by that school.

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

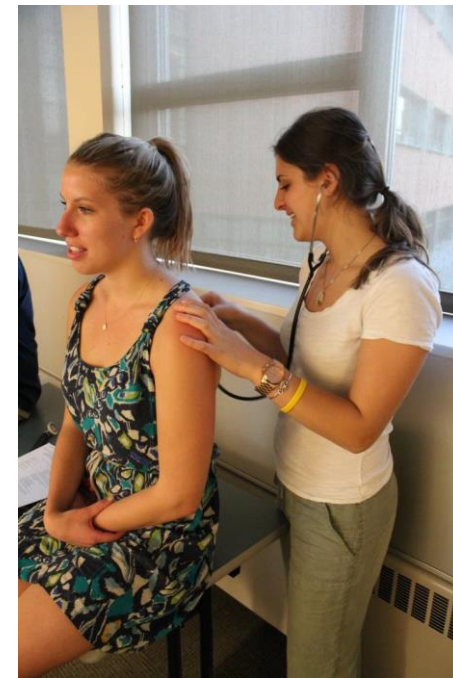
▶ **Bringing in ECE credit**

- 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

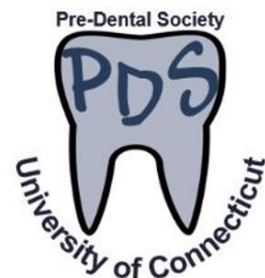
- Student organizations
- UConn Community Outreach

[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/>

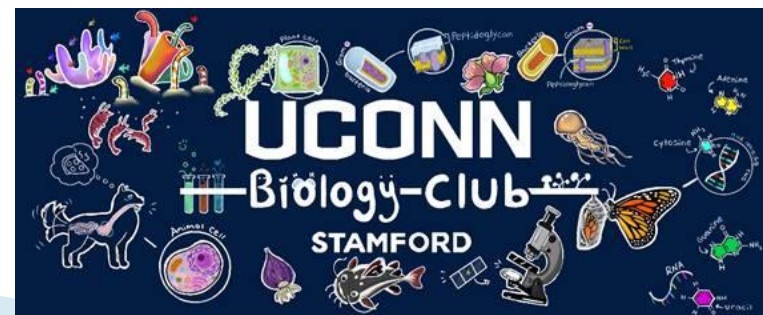
- ▶ Pre-Med Society
 - ▶ Pre-Dental Society
 - ▶ Pre-Physician Assistant Patient Care Alliance
 - ▶ Minority Association of Pre-Medical Students
 - ▶ Kidney Disease Screening and Awareness Program
 - ▶ UConn Rescue
 - ▶ Global Brigades
 - ▶ MEDLIFE
 - ▶ Red Cross Club
 - ▶ Global Health Symposium
- ...and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

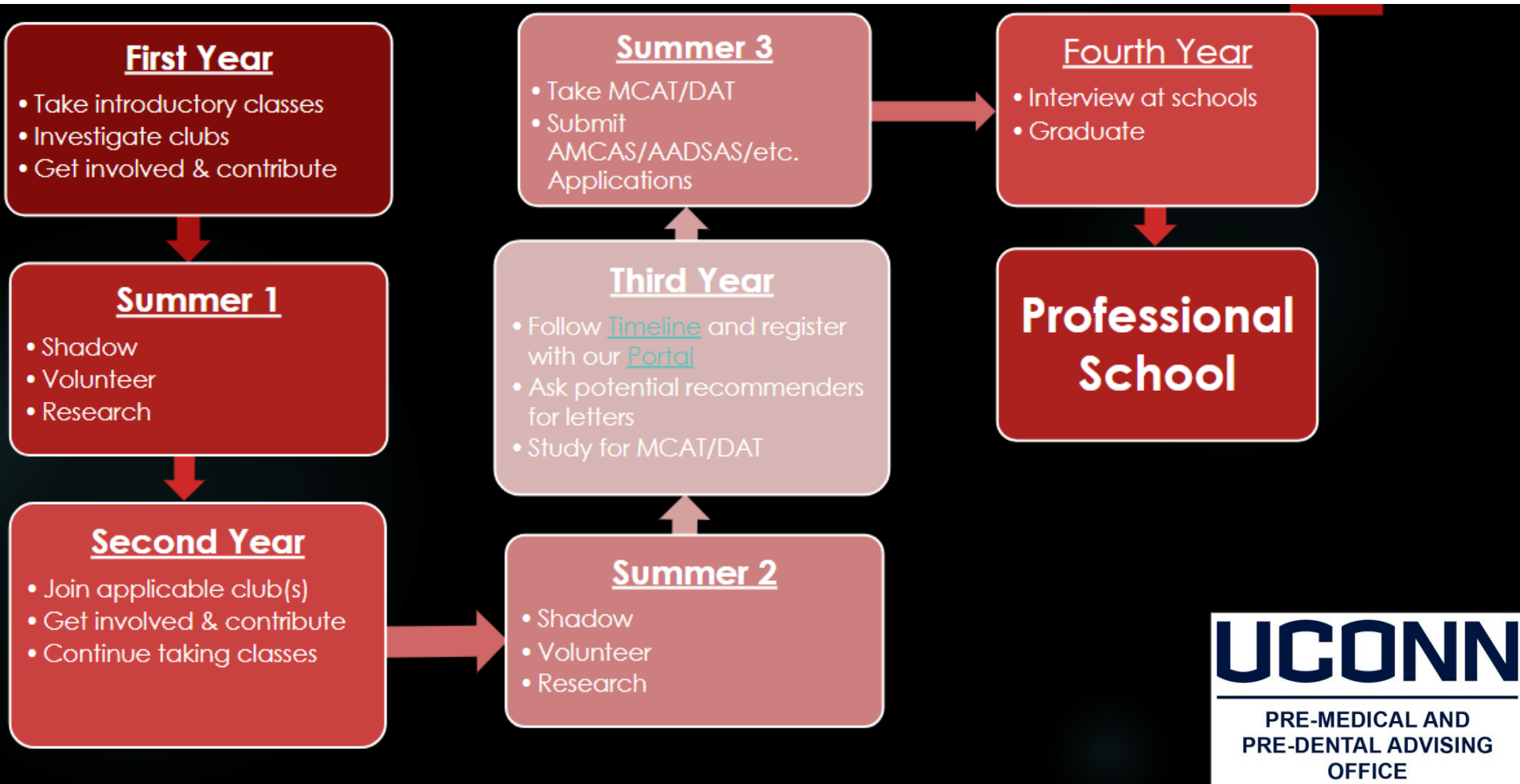


15 Core Competency Areas

- ▶ 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





College Freshman Year

1

Explore Your Options for Careers in Medicine

Visit Aspiring Docs website
Meet with an advisor
Attend prehealth meetings
Apply to summer programs
Explore financial aid options

Summer

2

Get Some Experience

Participate in enrichment programs
Volunteer or intern in the field

College Sophomore Year

Stay on Track for Medical School

3

5

Make a Game Plan With Your Advisor

College Junior Year

Get research or internship experience
Review AMCAS application process
Look into Fee Assistance Program
Review the MCAT registration process

4

Get More Experience and Look at Resources

Summer

Work with your prehealth advisor
Attend prehealth meetings
Volunteer/work in a medical-related field



Things to discuss with your advisor

6

Register for the MCAT Exam

Register early!
Use Medical School Admission Requirements to compare schools
Begin filling out AMCAS application

Summer

Finalize and submit your AMCAS application
Continue to volunteer/work

College Senior Year

7

Prepare for Medical School Interviews

Consult with your advisor
Get interview tips from Aspiring Docs website

Receive Letters of Acceptance or Rejection

8

9

Get Ready for Medical School

College Graduation

Buy books
Find a place to live
Attend orientation programs and matriculate

If waitlisted or rejected:
Talk with your advisor
Consider a gap year or post-bacc program
Explore at students-residents.aamc.org/postbacc

If accepted:
Decide which medical school you want to attend
Complete FAFSA and financial aid forms; visit FIRST at aamc.org/FIRST



This infographic represents a basic timeline of the steps toward medical school. Your advisor and AAMC resources can help you individualize the timeline and steps.

aamc.org/students

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.

