

**Fall 2021**

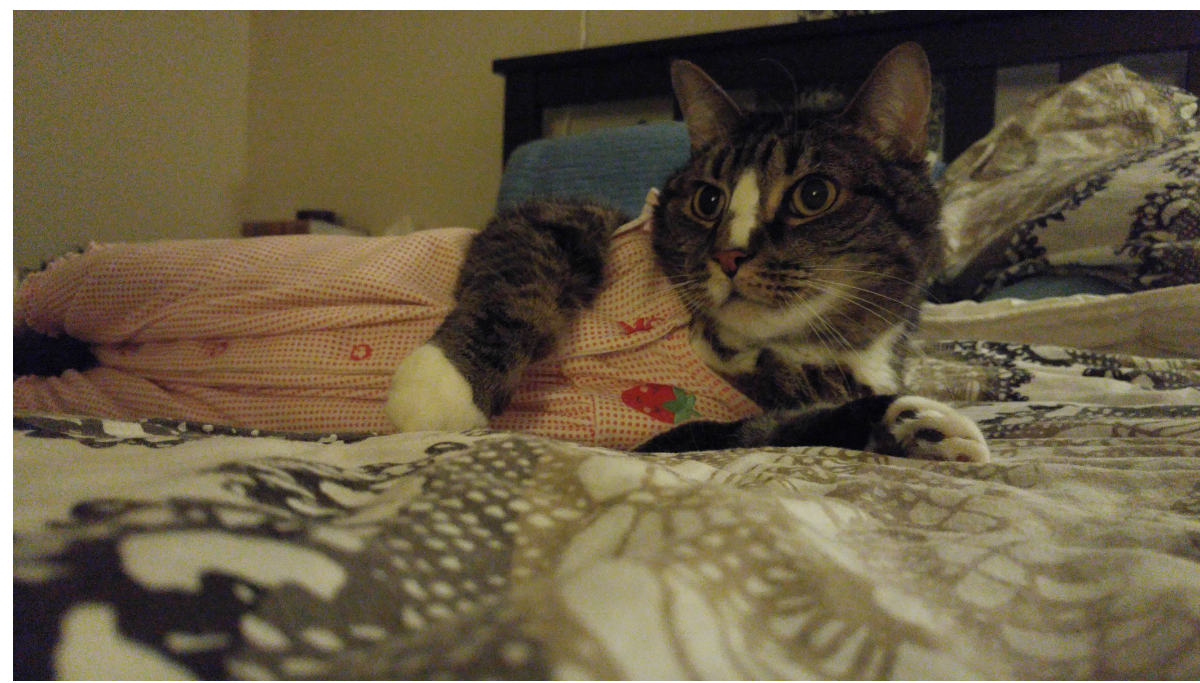
**Husky Health Foundations Workshops:  
Co-Curricular Engagement**





## Pet Policy

*If a pet enters the camera frame of a presenter during our orientation, we will "paws" our discussion for an introduction to that pet and admiration by all.*





# Agenda

## I. Holistic admissions

- Clinical experience
- Service
- Research
- Extracurriculars

## II. Student org reps!

[premed.uconn.edu](http://premed.uconn.edu)

[premed\\_predental@uconn.edu](mailto:premed_predental@uconn.edu)

Instagram: [uconn\\_premed\\_predental](https://www.instagram.com/uconn_premed_predental)

Rowe Building, 4th floor (M, Tu, Th)

*Make an appointment with an advisor to develop a plan!*

**Fall 2021 events**

**Weekly newsletter!**

## Fall 2021 Series

- **Group Advising**

- 9/13 (10-11:30 am)
- 10/14 (4-5:30 pm)
- 11/15 (12-1:30 pm)

- **Husky Health Foundation Workshops (Tu / 2 pm-3 pm)**

- 9/28: Co-curricular engagement
- 10/19: Understanding your values
- 11/9: Exploring health professions

- **Chat with Alumni (W / 7 pm-8 pm)**

- 10/6: First generation
- 10/27: Growth years
- 11/17: MD/PhD programs





## Fall 2021 Series

SAVE THE  
*date*

### HUSKY HEALTH FOUNDATION WORKSHOPS VIRTUAL FALL SERIES 2021

Co-Curricular  
Engagement

Tues, Sept 28 2-3pm

Understanding  
Your Values

Tues, Oct 19 2-3pm

Exploring  
Health Professions

Tues, Nov 9 2-3pm



### HUSKY HEALTH FOUNDATION WORKSHOPS VIRTUAL FALL SERIES 2021

Tues, Sept 28 2-3pm

Co-Curricular  
Engagement

Learn about the experiential components of a holistic application to medical or dental school and make a plan for getting them--including clinical experience, service, research/independent scholarship, and extracurriculars.

[JOIN HERE](#)

<https://uconnvtc.webex.com/meet/preadv>





## Fall 2021 Series

COMING SOON

CHAT WITH ALUMNI  
VIRTUAL FALL SERIES

First Generation	Growth Years	MD-PhD Programs
Wed, Oct 6th 7pm	Wed, Oct 27th 7pm	Wed, Nov 17th 7pm



# Holistic Admissions

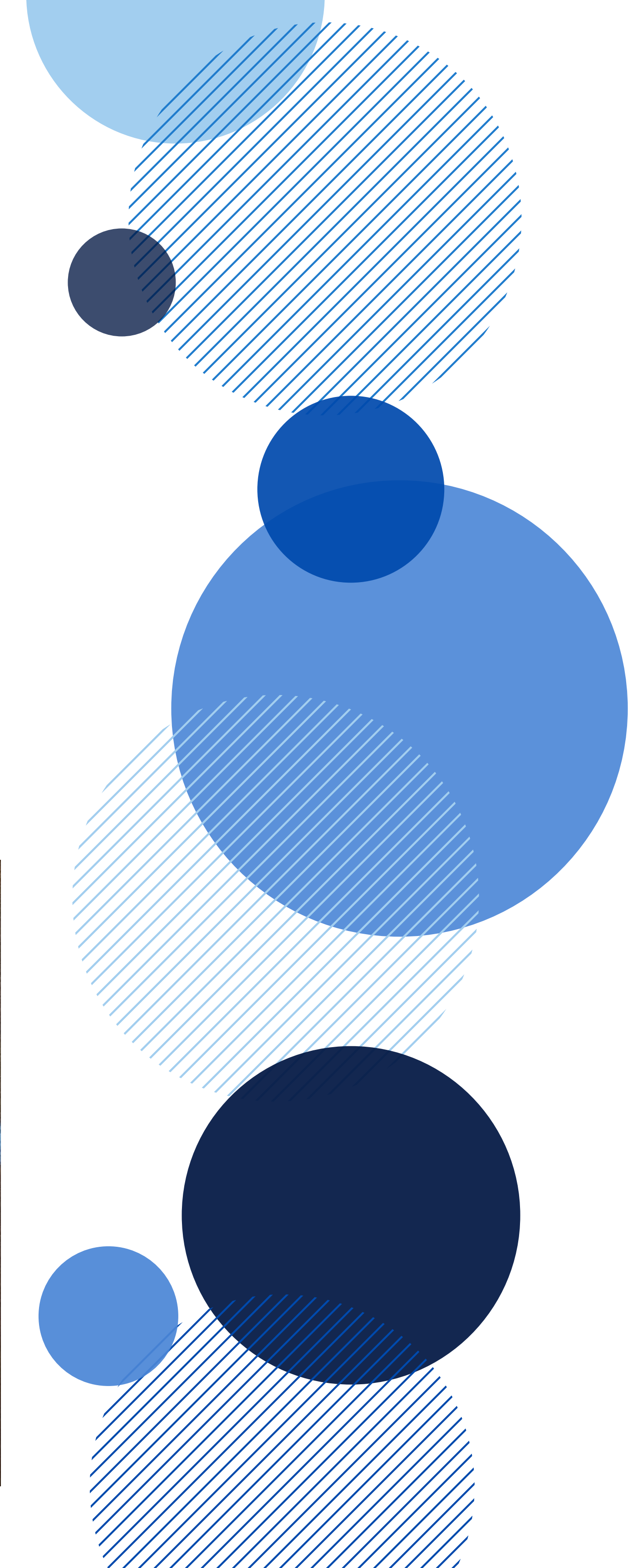
- “Holistic review is an admissions process that considers each applicant individually by balancing their **academic metrics with experiences and attributes.**” (AAMC)
- “Holistic review—a flexible, individualized applicant assessment tool—provides admissions committees a balanced means of considering 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)





# Holistic Admissions

- Academic metrics
- **Co-curricular engagement**
- 15 core competencies
  
- **Quality > Quantity**





# COVID-19/ pandemic

- **Reflect:** How have I stayed engaged throughout the pandemic?
  - Community involvement
  - Creative solutions
  - Translate your activities to competencies

Has COVID-19 affected your ability to meet medical student requirements?  
(Ex. Volunteering, Shadowing, Research, Internships, etc.)  
(66 responses)

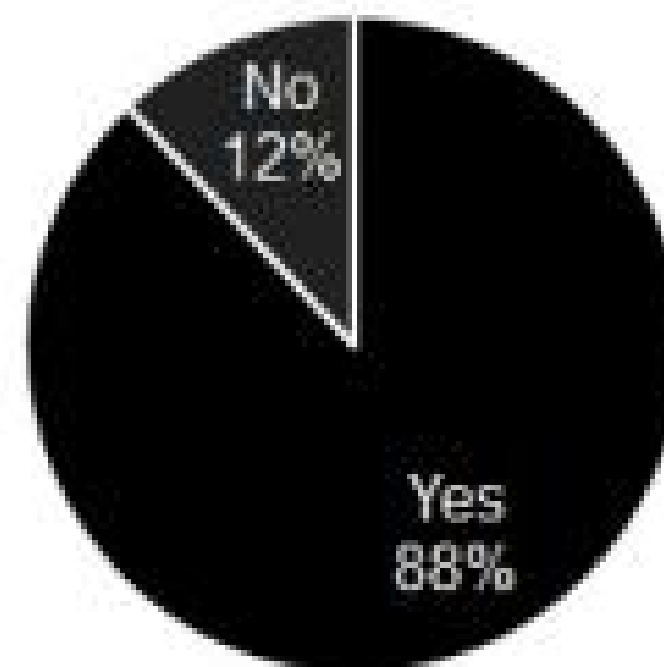


Figure 1. An assessment of COVID-19's impact on participants' abilities to meet medical school requirements.





# Clinical experience

- **Medically related experiences** (*all post-high school*)
  - *Shadowing*
  - *Direct patient care experience*
- **Shadowing** (50-75 hours)
  - Try out the profession
  - The role of the physician
  - Observe the doctor/patient interactions
  - Get a feel for specialties
  - Keep a personal log
  - [Shadowing guide](#)
  - [Virtual shadowing guide](#)





# Clinical experience

- **Direct patient care experience** (min. 100 hours)
  - 1:1 interaction with patients and/or administration of healthcare
  - Demonstrate understanding of and commitment to the profession
  - CNA, EMT, medical scribe, medical assistant, ER tech, patient care tech, physical therapy aide, personal care provider...
  - Check community college listings
  - **Consider:** What skills/competencies do I want to develop? What kind of setting do I want to be in?
- [AH 4092: EMT Training](#)
- [UConn Health Leaders Program \(UCHL\)](#)





## Service

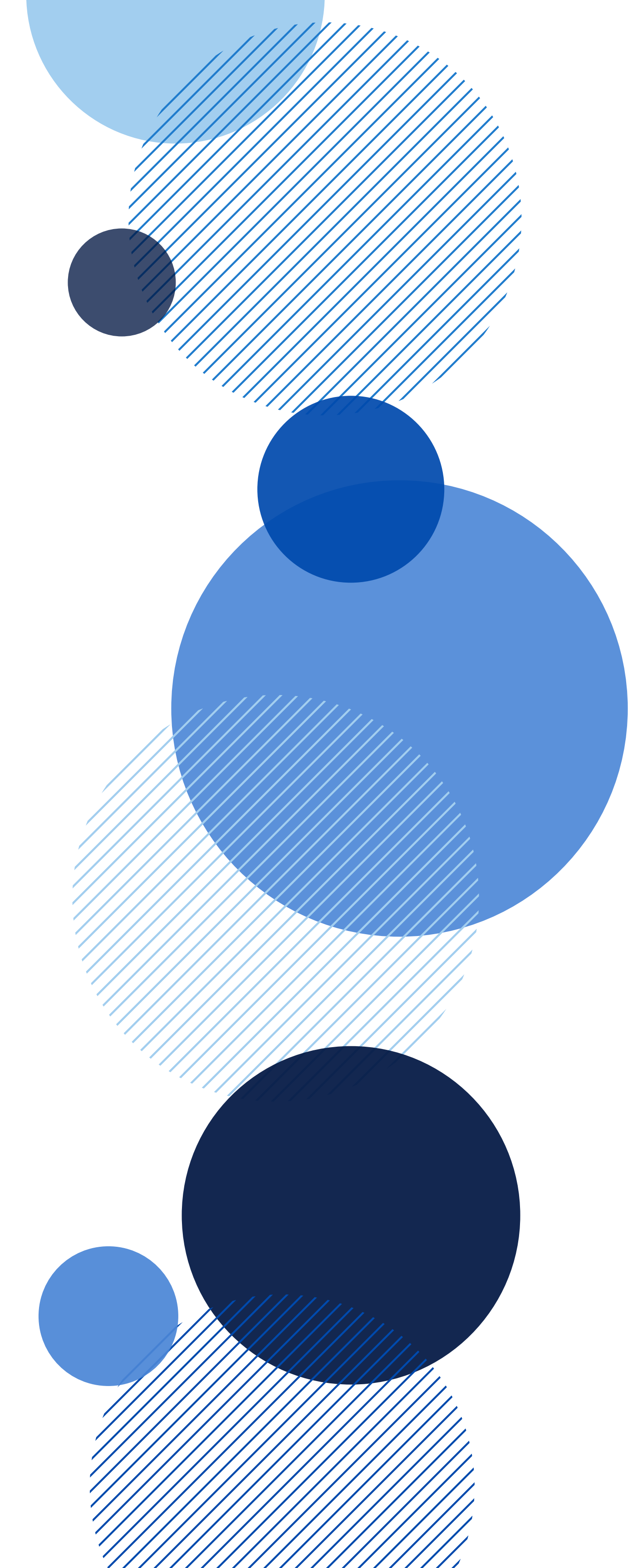
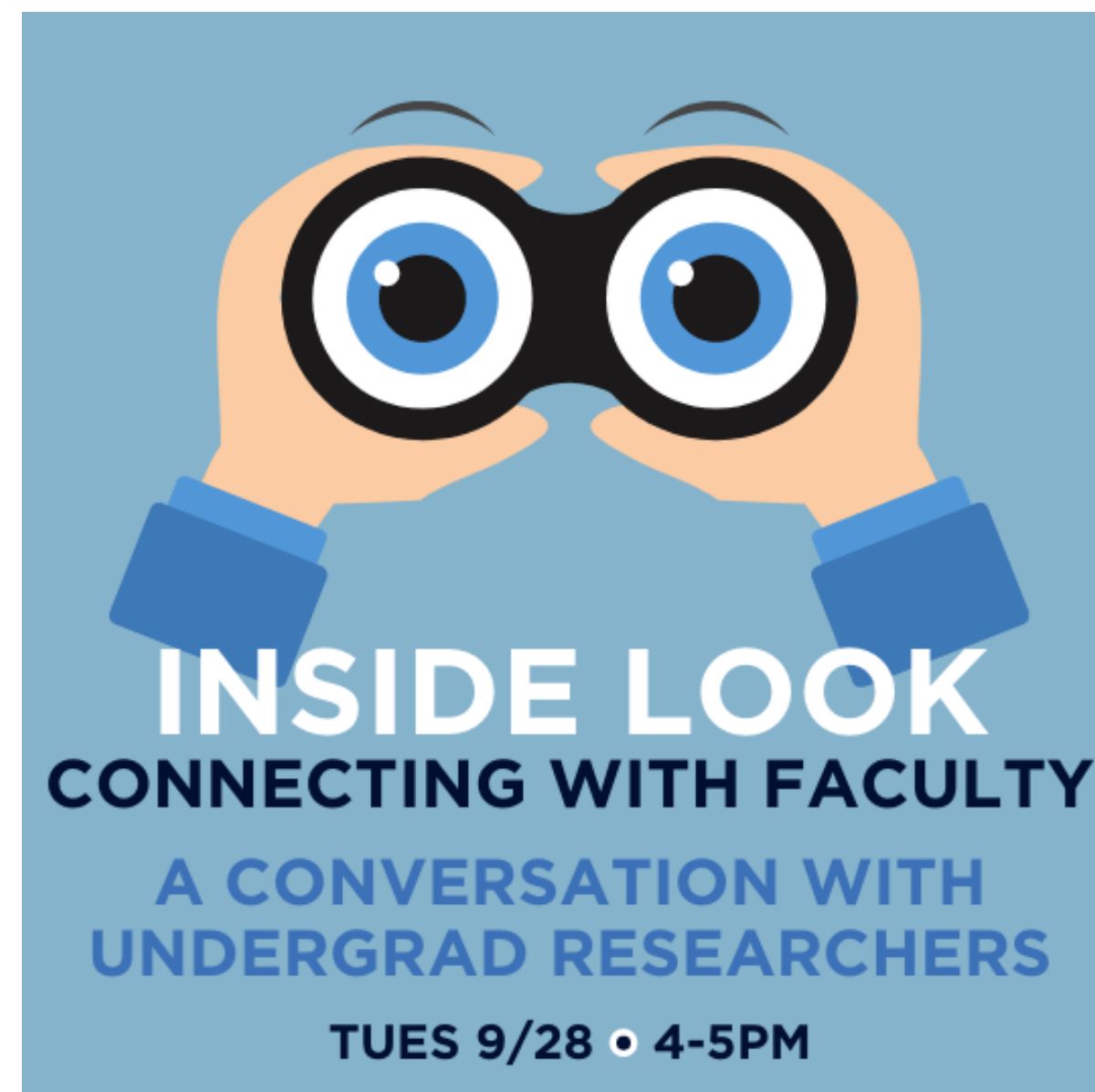
- AAMC 2020 cycle data: Matriculated applicants noted an average of **392.6 service hours**.
- An experience may also qualify as clinical depending on its nature
- Do something that's meaningful to *you*!
- FAQs
- Office of Community Outreach





## Research

- "Does it matter what type of research I do?"
- Lab/benchwork, translational, clinical
- Scientific inquiry development
- Independent scholarship
- Health Research Program
- Office of Undergraduate Research



## Extracurriculars

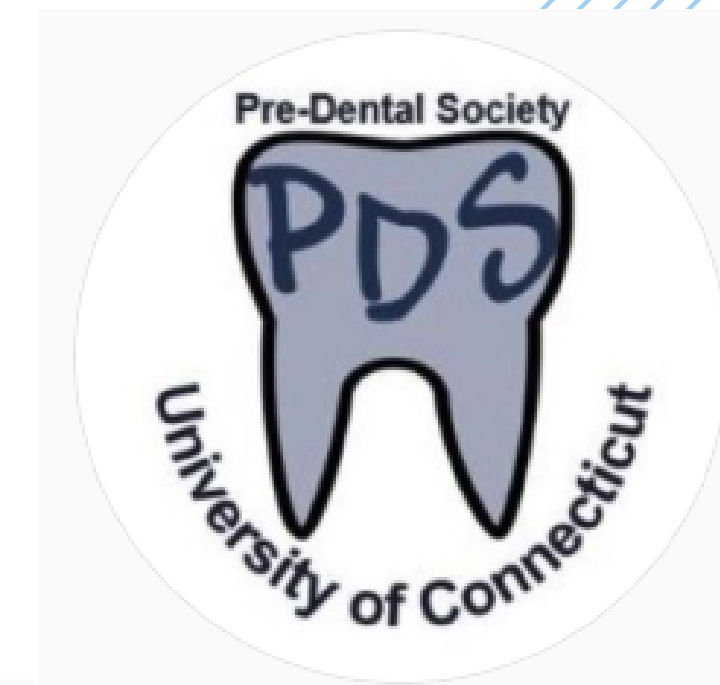
- On-campus, off-campus
- Health AND non-health related
- Student organizations
  - Informative
  - Guest speakers, networking
  - Service, leadership opportunities
  - Connect with peers with similar passions
- Health-related student orgs
- UConntact/UConn Student Activities





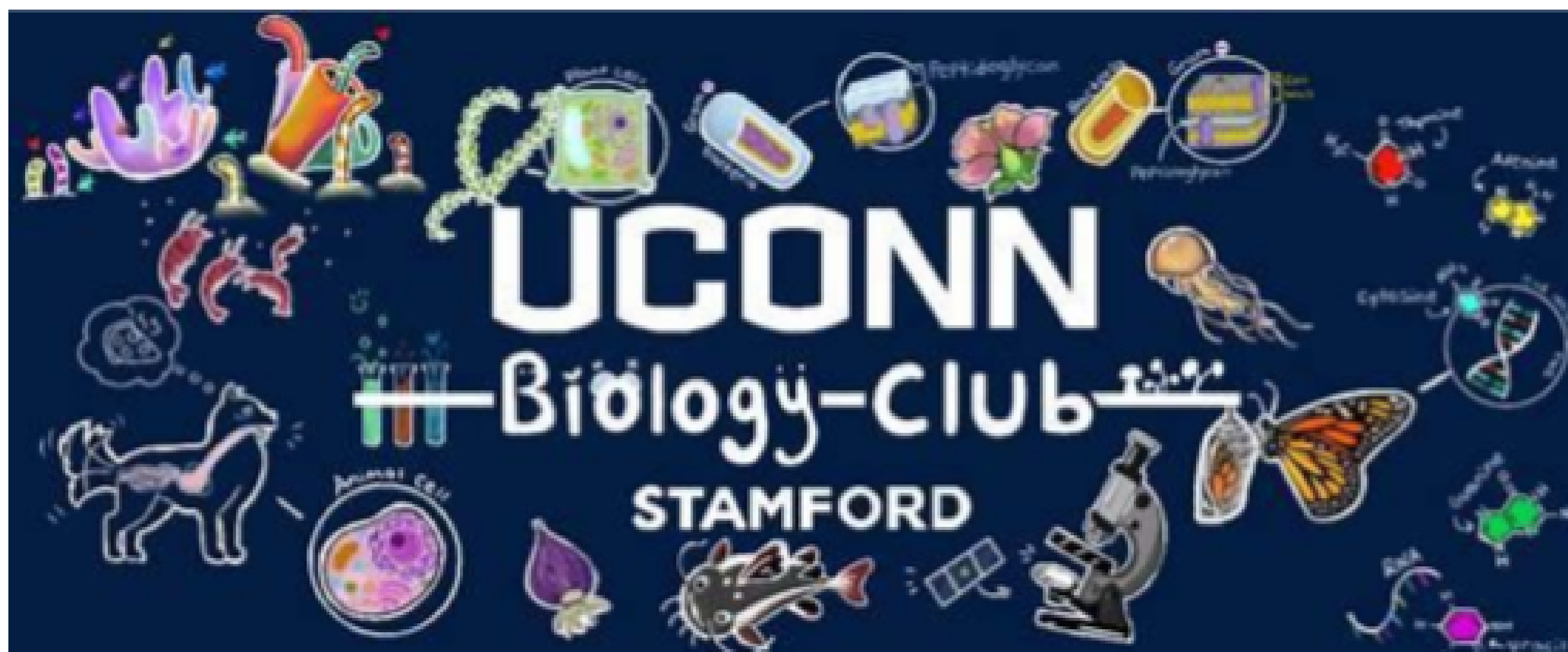
# Student org reps!

- KDSAP
- LMSA+
- Medical Minds Matter
- Minority Association of Pre-Medical Students
- Pre-Dental Society
- Pre-Med Society



# Regional campus spotlight

- Avery Point: Pre-Health Club
- Hartford: Pre-Health Society
- Stamford: Biology Club
- Waterbury: Collegiate Health Services



INTERESTED IN PURSUING A CAREER  
IN THE HEALTH FIELD?

## JOIN THE PRE-HEALTH CLUB!

*We will help inform you on what you should be thinking about and taking action on in order to achieve your dream of becoming a health professional.*

**Contact Mona Peyravi if you are interested.**

**Email:**  
[mona.peyravi@uconn.edu](mailto:mona.peyravi@uconn.edu)

A collage of medical-related images at the bottom of the flyer, including a spilled pill bottle, surgeons in an operating room, and a stethoscope.



## Core Messages

### ~Pursue your passions~

- Explore, Prepare, Apply
- Health professional schools are interested in interesting people!
- What do you want to get out of your undergraduate education?
- Make the most of your 3-4 years ahead!
- "Don't have such an orgo personality"



# UConn

PRE-MEDICAL AND  
PRE-DENTAL ADVISING  
OFFICE

# Thanks!

