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.
I. Holistic admissions
   ○ Clinical experience
   ○ Service
   ○ Research
   ○ Extracurriculars

II. Student org reps!

   premed.uconn.edu
   premed_predental@uconn.edu
   Instagram: 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

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

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/preadvis
Fall 2021 Series

Chat with Alumni
Virtual Fall Series

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

![Graph](image.png)

**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)
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
"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
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"

~Pursue your passions~
Thanks!