2023 Cycle Application Orientation
Agenda

- Housekeeping
- Application services
- Application components
- UConn letter packets & process
- What happens after?

How I think I look explaining the premed process to my bartender at 3:00 am vs how I actually look.
Two overall goals

- Inform you about the application process to health professional schools and the ways our office will support you in this process.

- Enable you to gauge whether you feel ready to put your best foot forward in applying to health professional schools this cycle.
Two overall goals

I WAS THERE 3000 YEARS AGO...
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.
Get to Know Us

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

Rowe Building, 4th floor (Monday, Tuesday, Thursday)
Get to Know Us

ListServ/weekly newsletter

Email premed_predental@uconn.edu to be added

Primary source of information for 2023 cycle!
Advisors

- Erin Ciarimboli, PhD, Director
- Thomas Abbott, PhD (Pre-Dental)
- Emma Belliveau, BS
- Heather Nunes, MS
- Paris Pruitt, MA
- Krista Rogers, MA
- Susan Ruggiero, MS
- Keat Sanford, PhD

Advisor profiles
Let's Connect

- **Student Administrative Assistants**
  - Emily, MCB '24
  - Hannah, AHS '23
Let's Connect

- Health Professions Peer Ambassadors
  - Six inaugural members
  - [Bios here!](#)

Aesha
Anthony
Keely
Nour
Qristine
Yulianny
~Our commitment~

At the Pre-Medical and Pre-Dental Advising Office, we recognize the importance of Black and Brown lives, acknowledge systems of oppression, and center diversity, equity, and inclusion in all aspects of our work.

To this end, we are committed to a sustained, holistic approach to advising that supports and celebrates the success of students from historically marginalized, underrepresented groups.
Events page!

Navigating the Healthcare Admissions Interview
Wednesday, July 21st

9:00AM to 10:15AM – Workshop presentation for current cycle applicants

10:30AM to 11:45AM – Alumni Panel 1

5:30PM to 6:45PM – Alumni Panel 2

All events will take place at uconnvtc.webex.com/meet/preadvis and will be recorded.

We can’t wait to see you soon!

For those planning to attend a group advising session this spring, please make sure to fill out the RSVP form located on our website here.

To view a recording of any event after it has taken place, look on our website’s Events page here.

Group Advising Sessions
These sessions serve as an orientation to our office for first-year students or any student new to a pre-medical/dental track.

Group Advising – Thursday, February 3rd from 9a.m. to 10:30a.m.

UConn Hartford Group Advising – Tuesday, February 8th from 12p.m. to 1:30p.m.

Group Advising – Monday, March 21st from 2p.m. to 3:30p.m.

Group Advising – Thursday, April 7th from 12:30p.m. to 2p.m.

Workshops

2023 Cycle Application Orientation – Wednesday, January 26th from 6p.m. to 7:30p.m.

Letters of Recommendation; Whom and How to Ask – Thursday, January 27th from 4p.m. to 5p.m.

Chat with Alumni: Osteopathic (DO) Journey – Wednesday, February 23rd from 7:30p.m. to 8:30p.m.

Chat with Alumni: Choosing Schools to Apply to – Wednesday, March 9th from 7:30p.m. to 8:30p.m.

Personal Statement Workshop – Tuesday, March 22nd from 3:30p.m. to 4:30p.m.

Chat with Alumni: Mental Health in Medicine – Wednesday, March 30th from 7:30p.m. to 8:30p.m.
Application Services

MD schools (allopathic medicine)

- **AAMC**: Association of American Medical Colleges (also administers the MCAT)
- **AMCAS**: American Medical College Application Service
  - 2022 Cycle AMCAS Applicant Guide
  - 2023 Guide will be available in April 2022
MD schools (allopathic medicine)
2022 cycle dates:
- 5/3/21 primary app opened
- 5/27/21 submission button available
- 6/25/21 first day verified apps sent to individual schools
- *Schools typically begin to notify applicants of acceptances on 10/15.*
Application Services

MD schools (allopathic medicine)
2022 cycle fees:
- AMCAS application fee (one school included): $170
- Each additional school: $42
- AMCAS Fee Assistance Program (opens the end of January)

- Removed the U.S. citizenship and certain visa status eligibility requirements, and will instead require a U.S. address.
- Removed the requirement for parental financial information for applicants age 26 and over on the day the application is submitted.
Application Services

- Medical School Admission Requirements (MSAR)
- MSAR Reports
- 1-year subscription: $28
- 2-year subscription: $36
Application Services

DO schools (osteopathic medicine)

- **AACOM**: American Association of Colleges of Osteopathic Medicine
- **AACOMAS**: American Association of Colleges of Osteopathic Medicine Application Service
  - **AACOMAS Applicant Help Center**
DO schools (osteopathic medicine)
2022 cycle dates:

- 5/4/21 primary app opened for submission
- 6/15/21 first day verified apps sent to individual schools
- *Schools typically begin to notify applicants of acceptances any time after interviews.*
DO schools (osteopathic medicine)

2022 cycle fees:

- AACOMAS application fee (one school included): $197
- Each additional school: $48
- AACOMAS Fee Waiver Program
Application Services

DO schools (osteopathic medicine)
- Choose DO Explorer (free!)
Application Services

Dental schools

• **ADEA**: American Dental Education Association

• **AADSAS**: Associated American Dental Schools Application Service
  - [AADSAS Applicant Help Center](#)
Application Services

Dental schools
2022 cycle dates:

- 5/11/21 primary app opened
- 6/1/21 submission button available
- *Schools typically begin to notify applicants of acceptances on 12/1.*
Application Services

Dental schools
2022 cycle fees:

- AADSAS application fee (one school included): $259
- Each additional school: $112
- AADSAS Fee Assistance Program
Application Services

Dental schools

• ADEA Official Guide to Dental Schools & ADEA Dental School Explorer: $35
• New guide should be out soon
Application Services

Texas Medical & Dental schools

- Texas Health Education Service
- TMDSAS: Texas Medical & Dental Schools Application Service
  - Application Handbook EY 2022
  - (2023 Handbook not yet available)
Application Services

Texas Medical & Dental schools
2022 cycle dates:

- 5/3/21 primary app opened
- 5/17/21 submission button available
Application Services

Texas Medical & Dental schools

2022 cycle fees:

- $200 TMDSAS application fee (flat fee for all schools)
Application Services

PA schools

- **PAEA**: Physician Assistant Education Association
- **CASPA**: Central Application Service for Physician Assistants
  - CASPA Applicant Help Center
Application Services

PA schools
2022 cycle dates:
• 4/29/21 primary app opened for submission
Application Services

PA schools

2022 cycle fees:

- CASPA application fee (one school included): $179
- Each additional school: $55
- CASPA Fee Assistance Program
Application Services

PAEA Program Directory
Application Services

Optometry schools

- **ASCO**: Association of Schools and Colleges of Optometry
- **OPTOMCAS**: Optometry Centralized Application Service
  - [OPTOMCAS Applicant Help Center](#)
Optometry schools

2022 cycle dates:
- 6/30/21 primary app opened for submission

2022 cycle fees:
- OPTOMCAS application fee (one school included): $180
- Each additional school: $70
Application Services

Optometry Programs Admissions Directory
Application Services

Podiatry schools

- **AACPM**: American Association of Colleges of Podiatric Medicine
- **AACPMAS**: American Association of Colleges of Podiatric Medicine Application Service
  - **AACPMAS Applicant Help Center**
Podiatry schools

2022 cycle dates:
- 8/2/21 primary app opened for submission

2022 cycle fees:
- AACPMAS application fee (one school included): $185
- Each additional school (at sub.): $50
- Each additional school (after sub.): $65
Application Services

Podiatric Medical Colleges
Application Services

- **AMCAS**: 202-828-0600 / amcas@aamc.org
- **AACOMAS**: 617-612-2889 / aacomasinfo@liaisoncas.com
- **AADSAS**: 617-612-2045 / aadsasinfo@aadsasweb.org
- **TMDSAS**: 512-499-4785 / info@tmdsas.com
- **CASPA**: 617-612-2080 / caspainfo@caspaonline.org
- **OPTOMCAS**: 617-612-2888 optomcasinfo@optomcas.org
- **AACPMAS**: 617-612-2900 / aacpmasinfo@aacpmas.org
Mental break & FAQ
Application Components

1. Primary application
2. Secondary application
3. Test scores
4. Letters of recommendation
A school does not typically touch any part of your application until all 4 components are received.

Our submission of your letter packet is completely independent of your submission of the primary and secondary applications as well as test scores.
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)
# Application Components

## AAMC Applicants and Matriculants Data

### Table A-23: MCAT and GPA Grid for Applicants and Acceptees to U.S. MD-Granting Medical Schools, 2019-2020 through 2021-2022 (aggregated)

The table below displays the acceptance rates at different MCAT and GPA levels for applicants and accepted applicants from 2019-2020 through 2021-2022. The frequencies are combined totals of three years. Please email data.request@aamc.org if you need further assistance or have additional inquiries.

<table>
<thead>
<tr>
<th>Acceptance Rate for Applicants</th>
<th>Less than 486</th>
<th>486-489</th>
<th>490-493</th>
<th>494-497</th>
<th>498-501</th>
<th>502-505</th>
<th>506-509</th>
<th>510-513</th>
<th>514-517</th>
<th>Greater than 517</th>
<th>All Applicants</th>
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</thead>
<tbody>
<tr>
<td>Total GPA Greater than 3.79</td>
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<td></td>
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<td>7,630</td>
<td>7,790</td>
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<td>6,127</td>
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<td>11,044</td>
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<td>1.2</td>
<td>2.1</td>
<td>5.5</td>
<td>17.1</td>
<td>28.3</td>
<td>40.2</td>
<td>55.0</td>
<td>69.1</td>
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<tr>
<td>Acceptees</td>
<td>5</td>
<td>5</td>
<td>60</td>
<td>299</td>
<td>938</td>
<td>1,917</td>
<td>3,433</td>
<td>4,924</td>
<td>3,984</td>
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<td>650</td>
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<td>2,605</td>
<td>4,414</td>
<td>6,437</td>
<td>8,228</td>
<td>8,426</td>
<td>5,784</td>
<td>3,463</td>
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<td>0.8</td>
<td>4.5</td>
<td>11.5</td>
<td>21.3</td>
<td>29.8</td>
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<tr>
<td>Acceptees</td>
<td>9</td>
<td>10</td>
<td>39</td>
<td>260</td>
<td>701</td>
<td>1,244</td>
<td>1,963</td>
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<td>1,647</td>
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<td>5,842</td>
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<td>1.2</td>
<td>2.5</td>
<td>9.6</td>
<td>17.6</td>
<td>24.5</td>
<td>33.6</td>
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</tr>
<tr>
<td>Acceptees</td>
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<td>9</td>
<td>31</td>
<td>150</td>
<td>411</td>
<td>700</td>
<td>882</td>
<td>957</td>
<td>628</td>
<td>280</td>
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<td>1,468</td>
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<td>2,790</td>
<td>3,154</td>
<td>2,993</td>
<td>2,418</td>
<td>1,259</td>
<td>509</td>
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<td>1.0</td>
<td>2.1</td>
<td>7.3</td>
<td>14.7</td>
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<td>29.5</td>
<td>39.6</td>
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<td>55.0</td>
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<td>352</td>
<td>203</td>
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<td>1,623</td>
<td>1,684</td>
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<td>230</td>
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<tr>
<td>Acceptees</td>
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<td>5</td>
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<td>25</td>
<td>86</td>
<td>137</td>
<td>137</td>
<td>106</td>
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<td>17.6</td>
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<td>49</td>
<td>35</td>
<td>18</td>
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<td>9.9</td>
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<td>23.3</td>
<td>24.0</td>
<td>30.5</td>
<td>28.0</td>
<td>8.1</td>
</tr>
</tbody>
</table>
Application Components

- The Core Competencies for Entering Medical Students
- Real Stories Demonstrating Core Competencies
Application Components

Doug wanted me to give this guy 500,000 milligrams of morphine.

I thought I'd check with you before I killed a man.
Application Components

1. **Primary application**
   - “Common app” for each type of school

---

**The AMCAS Application**

- Identifying Information
- Schools Attended
- Biographic Information
- Course Work
- Work/Activities
- Letters of Evaluation
- Medical Schools
- Essay(s)
- Standardized Tests
Application Components

Course Work

Add Course

- Please be sure to enter all course(s) in the correct academic year, academic term, and year in school to avoid delays in application processing time.

Reminder: The AMCAS year begins with summer and ends with spring. Courses taken in the summer should be entered with the next academic year, even if your institution considers them in the previous academic year. For example, if you took a course in the first summer session of 2016, you should enter it as the 2016-2017 academic year, even if your school considers it in the 2015-2016 academic year.

- Select Year
- Select Academic Term
- Select Year in School

Course Number
- Please enter course number
- Please enter course name

Course Classification
- Please review additional information about Course Classification in the AMCAS Applicant Guide.
- Select Course Classification

Although an asterisk does not appear next to Transcript Grade and Credit Hours indicating these fields are required, you must complete these fields if the information appears on your official transcript.

In certain cases, it may be appropriate to leave these fields blank. Please review the coursework section of the AMCAS Applicant Guide for more information. Failure to include required grades and credit hours may result in application processing delays.
Application Components

Work/Activities

- Maximum of 15 entries
- Applicants can enter 3 additional date ranges for repeated activities
- Maximum of 3 “Most Meaningful”
Application Components

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**Personal Comments Essay**

Some questions you may want to consider while drafting this essay are:

- Why have you selected the field of medicine?
- What motivates you to learn more about medicine?
- What do you want medical schools to know about you that hasn't been disclosed in another section of the application?

In addition, you may wish to include information such as:

- Special hardships, challenges or obstacles that may have influenced your educational pursuits
- Commentary on significant fluctuations in your academic record which are not explained elsewhere in your application
Application Components

How does AMCAS work?

Application Submitted
- Applicant completes & submits AMCAS application online
- Applicant pays submission fees (or uses valid Fee Assistance Program benefits)

Application Processed
- Applicant arranges for all required official transcripts to be sent to AMCAS
- AMCAS performs verification of coursework and calculates AMCAS GPAs

Application Delivered
- AMCAS distributes verified application to designated med schools
- AMCAS delivers letters to designated med schools as they are received

2022 AMCAS Application

The 2022 AMCAS application is now open. If you wish to start medical school in Fall 2022, please complete and submit the 2022 AMCAS application.

As of January 25 AMCAS is:

Marking transcripts as “Received” that were delivered on or before:
- Paper (mailed) – January 25
- Parchment – January 24
- National Student Clearinghouse – January 25

Processing applications that reached “Ready for Review” on January 25.

Processing Academic Change Requests submitted on January 24.
Application Components

AMCAS Verification

Pre-dents: Verification happens FAST!
2. **Secondary application**
   - “Supplementals” for each individual school
   - CASPer exam
   - Secondary essay prompts database

**BRACE YOURSELVES**

**HEARING BACK FROM SECONDARIES TAKES FOREVER**
Application Components

3. Test scores: MCAT
   - 7 hours, 30 minutes
   - The MCAT Essentials for Testing Year 2022
   - Testing accommodations
   - How to Create a Study Plan for the MCAT Exam
Application Components

3. Test scores: MCAT
   - Registration for July-September dates opens on 2/8 at noon.
   - Rescheduling and cancellation fees will resume this testing year.
Application Components

3. Test scores: MCAT
   - We strongly recommend that you take the MCAT no later than mid/late July.
   - You can submit your primary application before you’ve taken the MCAT!
     - Kick off verification process
     - Only need to list one school
3. **Test scores: MCAT**

- You can take the MCAT...
  - up to 3 times in a single testing year
  - up to 4 times in 2 consecutive years
  - up to 7 times in a lifetime
- You can reschedule 48 hours after testing
Application Components

2022 Schedule for the Medical College Admission Test® (MCAT®)*
Application Components

3. Test scores: MCAT
   - Fees

<table>
<thead>
<tr>
<th>Registration Fees*</th>
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<tbody>
<tr>
<td>Standard Registration</td>
<td>$325</td>
</tr>
<tr>
<td>Fee Assistance Program Registration</td>
<td>$130</td>
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</tbody>
</table>
Application Components

3. Test scores: MCAT

MCAT2015 has four test sections:
- Chemical and Physical Foundations of Biological Systems
- Critical Analysis and Reasoning Skills
- Biological and Biochemical Foundations of Living Systems
- Psychological, Social, and Biological Foundations of Behavior

MCAT2015 Total Score

- With centers at 125, section scores range from 118 to 132.
- The section scores sum to the total score.
- With its center at 500, the total score ranges from 472 to 528.
Application Components

3. Test scores: DAT

- 5 hours, 15 minutes
- DAT 2022 Candidate Guide (*testing accommodations*)
- You can retake the DAT up to 3 times
- You must wait 90 days between sittings
- NEW TOPICS
3. **Test scores: DAT**
- Partial fee waivers available

<table>
<thead>
<tr>
<th>FEE TYPE</th>
<th>DESCRIPTION</th>
<th>FEE AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>DAT Fee</td>
<td>This fee includes administration and official score reporting to all dental hygiene schools and programs selected at the time of application.</td>
<td>$510</td>
</tr>
<tr>
<td>Score Report Fee (optional)</td>
<td>This fee covers score report requests made after the time of application. There is no additional charge for score report requests received at the time of application.</td>
<td>$50 per report</td>
</tr>
<tr>
<td>Fee for Candidates of Non-accredited Dental Schools</td>
<td>Candidates who are students or graduates of dental schools not accredited by CODA must pay this processing fee.</td>
<td>$300</td>
</tr>
<tr>
<td>Score Audit Fee (optional)</td>
<td>For a period of 30 days after a testing appointment, as an optional service, the ADAT Program is willing to audit a candidate's ADAT results to confirm their accuracy.</td>
<td>$65</td>
</tr>
<tr>
<td>Rescheduling Fee</td>
<td>Candidates can reschedule testing appointments for a fee if notice is received at least one full business day (24 hours) before the appointment and within the authorized eligibility period.</td>
<td>$25</td>
</tr>
<tr>
<td>Eligibility Extension Fee</td>
<td>Candidate can extend their eligibility period for a fee. The extension is for 45 days within the designated testing window and is available once per application.</td>
<td>$125</td>
</tr>
</tbody>
</table>
3. Test scores: OAT

- 5 hours, 5 minutes
- OAT 2022 Candidate Guide (*testing accommodations*)
- You can retake the OAT up to 3 times
- You must wait 90 days between sittings
Application Components

3. Test scores: OAT
   • Partial fee waivers available

<table>
<thead>
<tr>
<th>FEE TYPE</th>
<th>DESCRIPTION</th>
<th>FEE AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>OAT Fee</td>
<td>This fee includes administration and official score reporting to all optometry schools selected at the time of application; an unofficial score report issued at the testing center (no other report will be sent); and score reporting to the candidate's pre-dental advisor (if selected on the application).</td>
<td>$505</td>
</tr>
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<td>Score Report Fee</td>
<td>This fee covers score report requests made after the time of application. There is no additional charge for score report requests received at the time of application.</td>
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</tbody>
</table>
Application Components

4. Letters of recommendation
   • TOMORROW, 1/27 4-5 pm: Letters of Recommendation: Who and How to Ask (with OUR)
     • Our website
     • Guidelines for writing a letter of evaluation for an applicant
4. Letters of recommendation

- We recommend:
  - 2 science faculty LOR
    (MCB/PNB/EEB, CHEM, PHYS)
  - 1 non-science faculty LOR
  - 1 clinician LOR (some DO schools require a DO LOR)
  - 1 research PI LOR
  - 1-2 character references
Application Components

4. Letters of recommendation
   - *ASK PEOPLE WHO KNOW YOU WELL*
   - Never assume someone will write
   - Be prepared to share resume and personal statement draft with letter writers
4. **Letters of recommendation**

- Remember to send your individual LOR writers a thank you message. It takes several hours to draft an excellent letter and some of them write dozens of LOR! Also, keep them updated throughout the application cycle.
4. Letters of recommendation

- Formatting:
  - Date
  - Letterhead (professional or personal)
  - Hand signature (electronic hand signature OK)
Application Components

- **A note about official transcripts:**
  - Only the UConn Registrar can release official transcripts
  - UConn uses the **Parchment e-transcript service** (request in Student Admin)
  - Wait until spring grades are posted before requesting
For the 2023 cycle, our office will offer a Letter Packet, which includes an individualized, non-evaluative cover letter.
“Letter Packet: A packet or set of letters assembled and distributed by your institution, often by the institution’s career center. A Letter Packet may include a cover sheet from your prehealth committee or advisor; however, in contrast to a Committee Letter, a Letter Packet does not include an evaluative letter from your prehealth committee or advisor.” (AAMC)
UConn Letter Packets & Process

- Evaluation requests

Letters of Evaluation

Add Letter of Evaluation/Recommendation

Many medical schools determine whether or not an applicant has met their letter of evaluation/recommendation requirements by the type of letters they receive in support of an application. For example, a medical school may require a committee letter OR three individual letters in support of your application.

Please review the AMCAS Applicant Guide for more information about Letters of Evaluation.

- Applicants can submit their application **before** AMCAS receives their letters.

Committee Letter:
- A committee letter is written by a pre-health committee or pre-health advisor and intended to represent your institution's evaluation of you. A committee letter may or may not include additional letters written in support of your application. A Committee Letter is sometimes called a committee letter.

Letter Packet:
- A packet or set of letters submitted by your institution, often by the institution's career center.

Individual Letter:
- An individual letter refers only to a letter authored by and representing a single letter writer. If you have already included an individual letter within either a committee letter or letter packet, you do not need to add a separate entry for the individual letter.

Letter Title

Please enter a title for this letter
ONE DOES NOT SIMPLY
GET A LETTER PACKET
WITHOUT SUBMITTING A PORTFOLIO
UConn Letter Packets & Process

• To receive a Letter Packet, applicants must...
  ○ Submit a Health Professions Applicant Portfolio
  ○ Participate in a 45-minute Applicant Coaching Session
  ○ Collect their individual LOR through our office
UConn Letter Packets & Process

**Letter Packet Process**

1. Submit your Applicant Portfolio
2. Request & collect individual letters
3. Provide your Application ID(s)
4. Discuss it in a Coaching Session
5. Advising Office compiles & submits your Letter Packet
UConn Letter Packets & Process

**Timeline:**
- **January 31:** Applicant Portfolio & Letter Packet apps will open in the UConn Quest Portal
- **February 1:** Applicant Coaching Sessions will begin to be scheduled
- Scheduled on a rolling basis
UConn Letter Packets & Process

• **Timeline:**
  - **May 1:** [PRE-DENTS] Tooth be told, we **STRONGLY** encourage you to submit your Applicant Portfolios by this date.
UConn Letter Packets & Process

**Timeline:**

- **August 1:** Deadline to submit Applicant Portfolio to receive an individualized cover letter from our office
- **October 1:** Deadline to submit Applicant Portfolio to receive a Letter Packet from our office for the 2023 cycle
UConn Letter

Packets & Process

Me: "I can definitely finish all my homework tomorrow before class, I've got plenty of time."

Maybe your gift is being in denial.
Both applications are in the Quest Portal at quest.uconn.edu
1. Health Professions Applicant Portfolio
2. Health Professions Letter Packet

Direct links to each application will be posted to our website once they are live on January 31.
1. Health Professions Applicant Portfolio
   - Submit this application when you have completed all required tasks.
     - You will input your availability for an Applicant Coaching Session.
     - Our office will reach out to you with a scheduled date and time.
1. Health Professions Applicant Portfolio

- Student Registration
  - Completed on: Jan 25 2022 01:22 PM (EST)

- Competency Self-Assessment

- Competency-Based Reflection

- Questions

- Exams (optional)

- Resume

- UConn Transcript (Unofficial)

- Additional Unofficial Transcript(s) (Optional) (optional)
2. Health Professions Letter Packet

• Submit this application when ALL of your individual LOR are received.
  ○ This prompts us to begin compiling your Letter Packet.
  ○ At this point, we will reach out to inform you of any individual LOR formatting concerns and to prompt you to enter your Application ID(s).
UConn Letter Packet & Process

2. Health Professions Letter Packet

University of Connecticut - Quest Portal

Dear Krista,

Heather Nunes has invited you to provide a recommendation on their behalf for the following program: Health Professions Letter Packet - 2023 Cycle.
Mental break & FAQ
What Happens After?

WHEN YOU BUST YOUR BUTT GETTING INTO MEDICAL SCHOOL

BUT NOW YOU HAVE TO DO MEDICAL SCHOOL
What Happens After?

- Interview invites come anywhere from late summer through February.
- Two major resources for interview prep
What Happens After?

- Center for Career Development (CCD)
  - 45-minute mock interviews
  - Personal statement review (also: W Center)
  - Navigating the Healthcare Admissions Interview & Alumni Panels (joint workshop TBD in the summer)
  - Husky Mentor Network for alumni networking
What Happens After?

- Interview Pairing Program!
- Alumni spotlights
What Happens After?

• Familiarize yourself with your application service’s “traffic rules”
• AMCAS:
  ○ Application and Acceptance Protocols for Applicants
  ○ Choose Your Medical School tool
    ▪ (opens in February)
What Happens After?

- Use caution when sending updates/letters of interest to schools: not all want them.
- We are here to counsel you on ways to improve your application and/or growth year plans.
During the 2022 cycle, our office worked with 263 unique applicants:

- 210 applicants to AMCAS
- 82 applicants to AACOMAS
- 27 applicants to AADSAS
- 5 applicants to TMDSAS
- 1 applicant to OPTOMCAS
- 2 applicants to AACPMAS
- 5+ applicants to international schools
What Happens After?

- What we've heard from 2022 cycle applicants so far (interviews are still happening):
  - 125 MD and DO acceptances
  - 42 Dental acceptances

- 2020 & 2021 cycles national and UConn data: [https://premed.uconn.edu/data/](https://premed.uconn.edu/data/)
What Happens After?

- If at any point in the application cycle you decide to defer your application until the 2024 cycle, please contact our office as soon as you arrive at that decision.
What Happens After?

- Whoever can guess what these folders represent wins a lifetime supply of stress balls from our office!
TAKE CARE OF YOURSELF THROUGH THIS PROCESS
Thank you!