

UConn | UNIVERSITY OF
CONNECTICUT

PRE-MEDICAL AND PRE-DENTAL ADVISING OFFICE

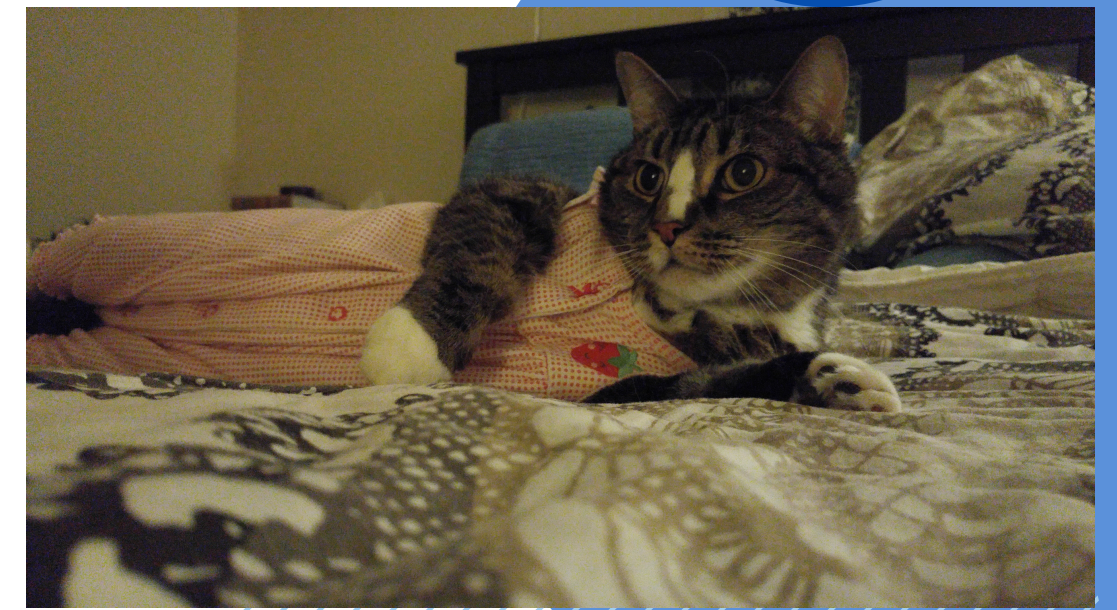
Spring 2022

Hartford Group Advising



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.



Foreword

~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.

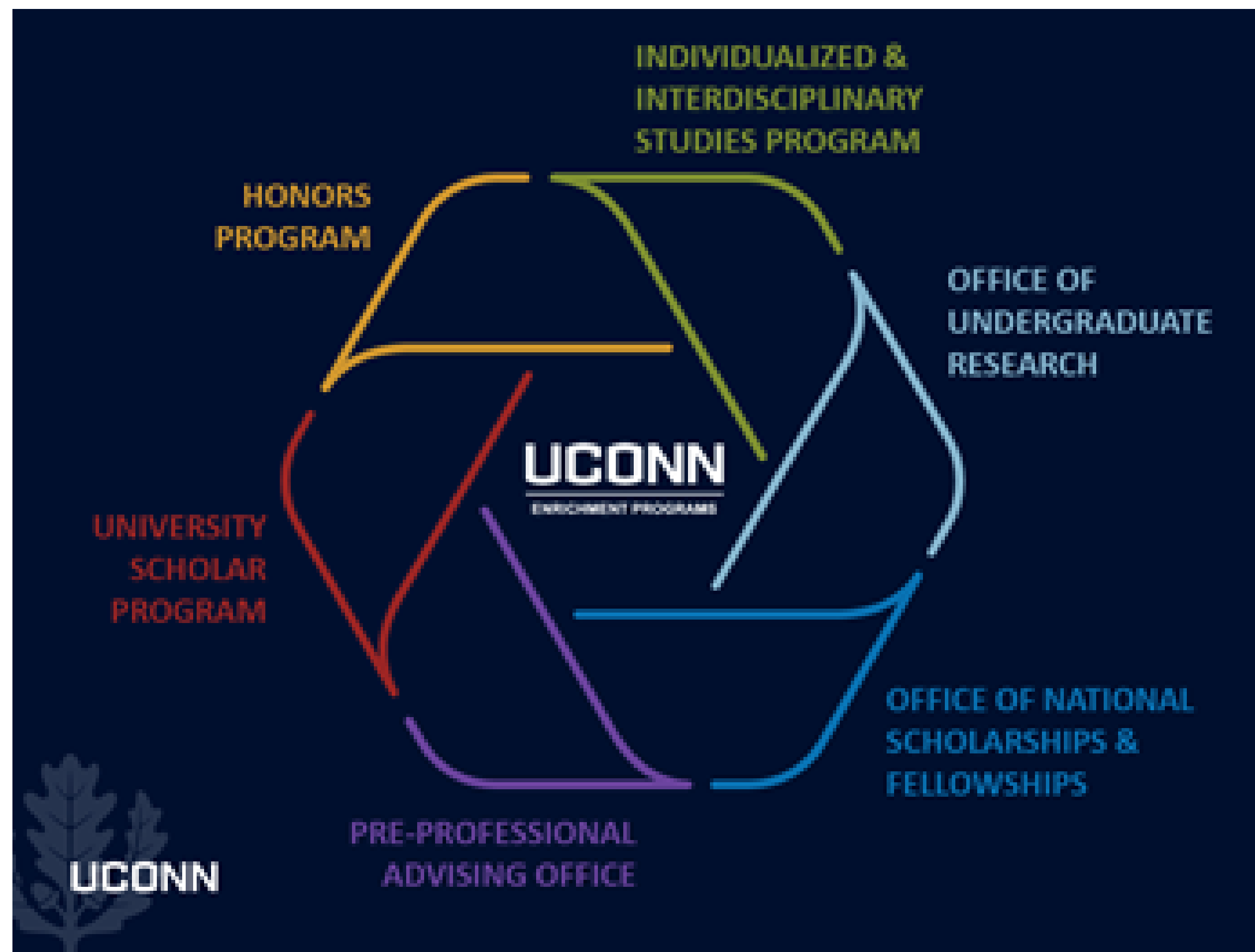
Get to Know Us

premed.uconn.edu

premed_pre dental@uconn.edu

Instagram: [uconn_premed_pre dental](https://www.instagram.com/uconn_premed_pre dental)

Rowe Building, 4th floor (Monday, Tuesday, Thursday)



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



Enrichment Programs

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

- 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

- **Group advising (attend at least once)**

- 2/3 (9-10:30 am)
- 2/8 (12-1:30 pm) UConn Hartford
- 3/21 (2-3:30 pm)
- 4/7 (12:30-2 pm)
- UConn Avery Point, Stamford, Waterbury TBD



- **1:1 advising**

- Making a pre-med appt ([website](#))
- Making a pre-dent appt ([Dr. Abbott on Nexus](#))
- Th 3-6 pm: Virtual open office hours with Paris at <https://uconn-cmr.webex.com/meet/pcp13001>

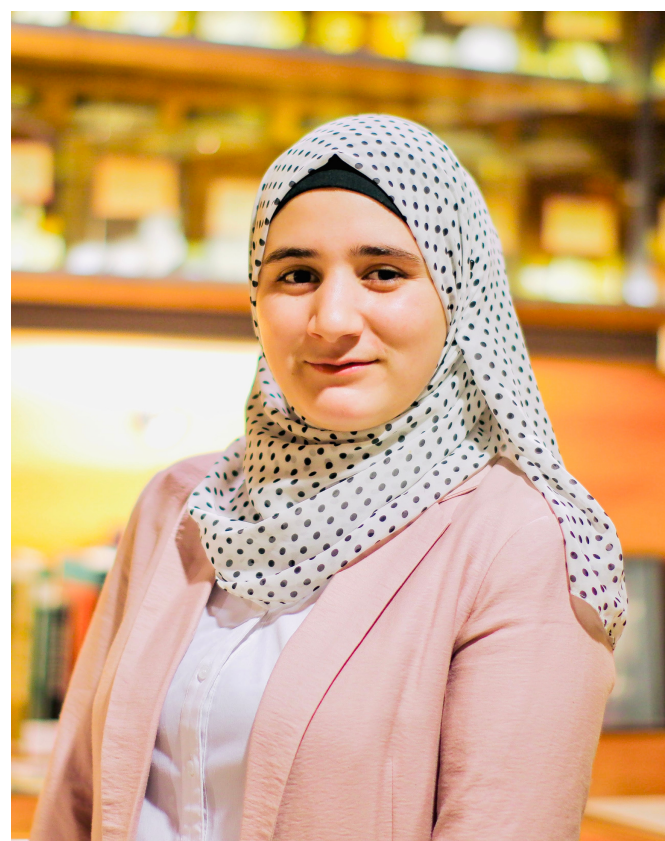
Let's Connect

- **Health Professions Peer Ambassadors**

- Six inaugural members
- [Bios here!](#)



**Aesha
Anthony
Keely
Nour
Kristine
Yulianny**



Planning Ahead

- **Emailing list/weekly newsletter**
 - Email pemed_predental@uconn.edu to join
- **Spring MCAT review course**
- **Pre-Medical and Health Professions Post-Baccalaureate Program**

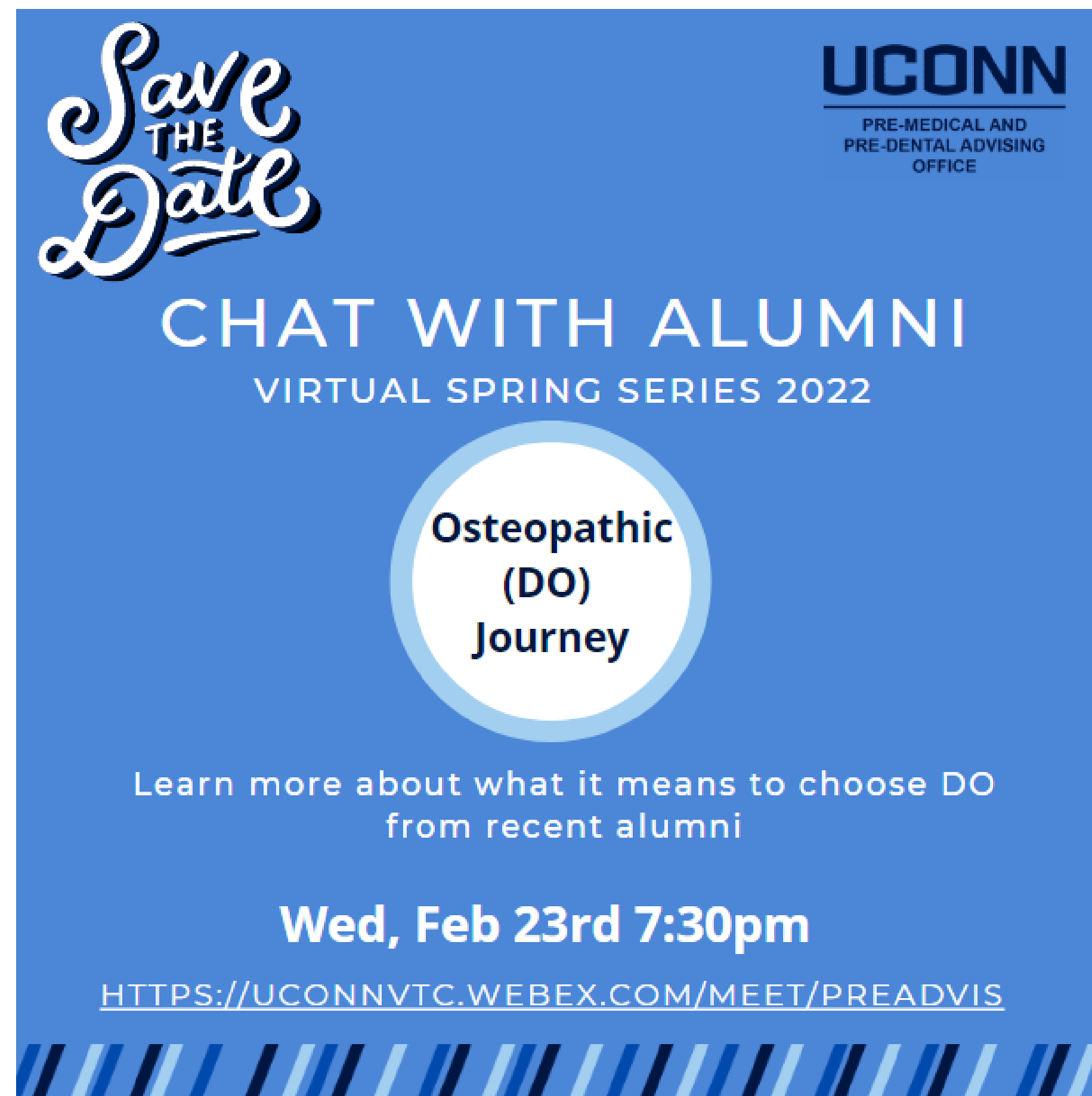


Workshops

- **Fall 2021 Husky health foundations workshops**
(Tu / 2-3 pm)
 - 9/28: Co-curricular engagement
 - 10/19: Competencies, motivation, leadership
 - 11/9: Exploring health professions
- **Spring 2022 application workshops (various times)**
 - 1/26: 2023 Cycle Application Orientation
 - 1/27: Letters of Rec: Whom and How to Ask
 - 3/22: Personal Statements

Workshops

- **Chat with alumni (W / 7:30-8:30 pm)**
 - 2/23: Osteopathic (DO) Journey
 - 3/9: Choosing Schools to Apply to
 - 3/30: Mental Health in Medicine



The flyer is a blue rectangular graphic with white and light blue text. At the top left is the 'Save THE Path' logo in a white script font. At the top right is the 'UCONN' logo in white, with 'PRE-MEDICAL AND PRE-DENTAL ADVISING OFFICE' in smaller white text below it. The center features the text 'CHAT WITH ALUMNI' in large white capital letters, followed by 'VIRTUAL SPRING SERIES 2022' in smaller white capital letters. Below this is a white circle containing the text 'Osteopathic (DO) Journey' in blue. Underneath the circle is the text 'Learn more about what it means to choose DO from recent alumni' in white. At the bottom, the date and time 'Wed, Feb 23rd 7:30pm' are written in white, followed by the URL 'HTTPS://UCONNVTC.WEBEX.COM/MEET/PREADVIS' in white. The bottom edge of the flyer has a decorative border of vertical blue and white stripes.

Save THE Path

UCONN
PRE-MEDICAL AND
PRE-DENTAL ADVISING
OFFICE

CHAT WITH ALUMNI
VIRTUAL SPRING SERIES 2022

**Osteopathic
(DO)
Journey**

Learn more about what it means to choose DO
from recent alumni

Wed, Feb 23rd 7:30pm

[HTTPS://UCONNVTC.WEBEX.COM/MEET/PREADVIS](https://uconnvtc.webex.com/meet/preadvis)


Past Workshops

Chat with Alumni


Representation Matters in Healthcare: Black Males in Medicine

Tuesday, 4/20 6:00-7:00 pm
uconnvtc.webex.com/meet/preadvis


Ireoluwatomiwa "Ire" Opayemi (UCenn '28) is a first-year student at the UCenn School of Medicine (UCenn Med '24). Ire has recently earned his Bachelors of Science in Molecular and Cell Biology and minor in Psychology this past May. Being a big proponent of mental health, advocacy and equity, he is the Vice President of Medical Minds Matter, Secretary of the Medical and Dental Student Government and the Secretary of the UCenn Chapter of the Student National Medical Association. Through these positions, he wants to help eliminate the stigma of mental health in healthcare and more specifically in minority cultural.



Timothy Mason (UCenn '28) is currently a first-year medical student at the UCenn School of Medicine. Outside of class, he is a part of an interprofessional student group focused around raising vaccine confidence in the community. He graduated from UCenn in May 2020 with a B.S. in Molecular and Cell Biology. During his time at UCenn he rowed for the men's crew team, coordinated the mentoring program for BIOL 1107, and participated in two of UCenn's Learning Communities, SCHOLARS and Public Health House. In his spare time he enjoys skating at local bike trails and rowing at the community boathouse in Hartford.



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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

 Maryam Ali Molecular and Cell Biology UCenn '24	 Mubeyyan Bazel Molecular and Cell Biology UCenn '24	 Mark Gibson Molecular and Cell Biology UCenn '24	 Naail Moral Molecular and Cell Biology UCenn '24	 Kevin Okiye Molecular and Cell Biology UCenn '24	 Kiana Gardina Molecular and Cell Biology UCenn '24
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5:30PM to 6:45PM - Alumni Panel 2

 Adrian Garcia Molecular and Cell Biology UCenn '24	 Sandy Duranier Molecular and Cell Biology UCenn '24	 Catherine Han Molecular and Cell Biology UCenn '24	 Michael Lau Molecular and Cell Biology UCenn '24	 Shana Moral Molecular and Cell Biology UCenn '24	 Roselyn Terrazas-Morera Molecular and Cell Biology UCenn '24
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**All events will take place at
uconnvtc.webex.com/meet/preadvis and will be recorded.**

We can't wait to see you soon!

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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)



Academics

- Your major can be anything as long as you demonstrate strength in the core entrance requirements!
- Breadth, depth, rigor
- Coursework requirements
- AP credit policies



Co-curricular engagement

- Clinical experience
 - Shadowing
 - Direct patient care
 - Service
 - Research, independent scholarship
 - Extracurriculars for fun and interest!
-
- Community Outreach
 - Office of Undergraduate Research
 - UConntact



Core Competencies

- “Successful medical school applicants are able to demonstrate skills, knowledge, and abilities in these areas. One experience can illustrate proficiency across multiple competencies.”
(AAMC)
- 15 Core Competencies
- Examples



Takeaways

~Pursue your passions~

- Health professional schools are interested in interesting people
- Explore: 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"



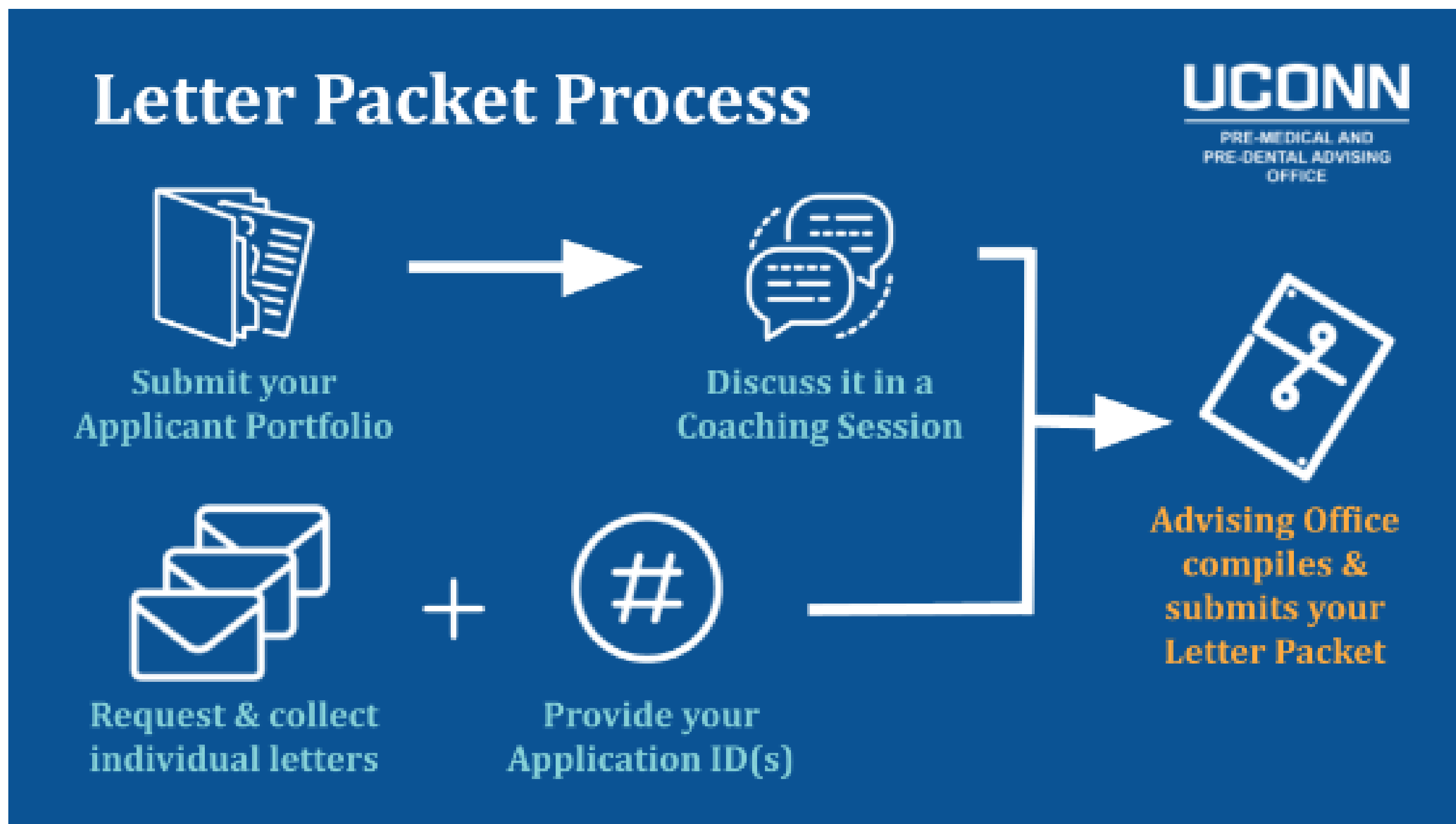
Applicant Support

- **Applicant workshops (2023)**
 - Application orientation
 - Selecting schools
 - Personal statements
 - Secondaries
 - Interviews
 - Alumni interview pairing



Applicant Support

- **Comprehensive applicant support process**
 - Health Professions Applicant Portfolio
 - Health Professions Letter Packet
 - Personalized cover letter
 - 45-minute Applicant Coaching Session



Resources

- **Pre-Med/Dent Advising Office website:**
 - premed.uconn.edu
- **General**
 - [Explore Health Careers.org](http://ExploreHealthCareers.org)
 - [Preparing for medical school \(AAMC\)](http://PreparingforMedicalSchool.org)
 - [Preparing for medical school \(AACOM\)](http://PreparingforMedicalSchool.org)
 - [Preparing for dental school \(ADEA\)](http://PreparingforDentalSchool.org)
- **UConn**
 - [Center for Career Development \(CCD\)](#)
 - [Center for Students with Disabilities \(CSD\)](#)
 - [Q Center](#)
 - [W Center](#)
 - [Academic Achievement Center](#)



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Thanks!

