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.
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_predental@uconn.edu
Instagram: uconn_premed_predental

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
  - 2/22 (12:30-2 pm) UConn Waterbury
  - 3/2 (12-1:30 pm) UConn Stamford
  - 3/21 (2-3:30 pm)
  - 4/7 (12:30-2 pm)
  - UConn Avery Point 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](https://uconn-cmr.webex.com/meet/pcp13001)
Let's Connect

- Health Professions Peer Ambassadors
  - Six inaugural members
  - Bios, hours, and Ask a Q here!
  - HPPA Blog

Aesha
Anthony
Keely
Nour
Qristine
Yulianny
Planning Ahead

- Emailing list/weekly newsletter
  - Email premed_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

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**Liz Gernert (UConn ’18)** is currently a second-year medical student at Lake Erie College of Osteopathic Medicine. She graduated from UConn in May of 2018 with a B.S. in Cognitive Science. She was an Honors Scholar, and her thesis was titled “Auditory Brainstem Responses to Self-Generated Sounds.” During her time at UConn she was heavily involved in the Auditory Brain Research Lab under the direction of Dr. Erika Skoe. She was also the Vice President of the UConn Alzheimer’s Association and continues to have a passion for community service. She is a first-generation medical student and spent two gap years as an emergency department scribe before beginning medical school. When not studying, she loves spending time with friends and binge-watching her favorite series.

Learn more about what it means to choose DO

**Wed, Feb 23rd 7:30pm**

[Link](https://UCONNVTC.WEBEX.COM/MEET/PREADVIS)

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**Sandy A. Durosier** is a first-year osteopathic medical student at A.T. Still University - School of Osteopathic Medicine in Arizona. She was born in Boston, MA, and raised in Port-au-Prince, Haiti. Sandy graduated from UConn’s Post-Bacc Program in May 2020. She has a BA in Biology from Wesleyan University and an MS in Cellular & Molecular Biology from the University of New Haven. Before medical school, Sandy worked in research, healthcare, and higher education. She is passionate about diversity, equity, inclusion, and mentoring the next generation of STEM and medical students. She speaks French and Haitian Creole fluently. When not studying for exams, Sandy enjoys traveling, cooking, and spending quality time with family and friends.

Learn more about what it means to choose DO

**Wed, Feb 23rd 7:30pm**

[Link](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

Ireoluwaomiwa "Ire" Opayomi (UCan '28) is a first-year student at the UConn School of Medicine (UC Conn Med '24). Ire has recently earned his Bachelor of Science in Molecular and Cell Biology and a 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 UConn 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 cultures.

Timothy Mason (UCan '28) is currently a first-year medical student at the UConn 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 UConn in May 2020 with a B.S. in Molecular and Cell Biology. During his time at UConn, he rowed for the men's crew team, coordinated the mentorship program for BIOL 1107, and participated in two of UConn's Learning Communities, SCHOLAS and Public Health House. In his spare time he enjoys skating at local bike trails and rowing at the community boathouse in Hartford.

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!

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)
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

Join us as we kick off this year’s application cycle!
Applicant Support

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

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**Letter Packet Process**

1. Submit your Applicant Portfolio
2. Discuss it in a Coaching Session
3. Advising Office compiles & submits your Letter Packet

- Request & collect individual letters
- Provide your Application ID(s)
Resources

- **Pre-Med/Dent Advising Office website:**
  - premed.uconn.edu

- **General**
  - Explore Health Careers.org
  - Preparing for medical school (AAMC)
  - Preparing for medical school (AACOM)
  - Preparing for dental school (ADEA)

- **UConn**
  - Center for Career Development (CCD)
  - Center for Students with Disabilities (CSD)
  - Q Center
  - W Center
  - Academic Achievement Center
Thanks!