UCONN | UNIVERSITY OF CONNECTICUT

PRE-MEDICAL AND PRE-DENTAL ADVISING OFFICE
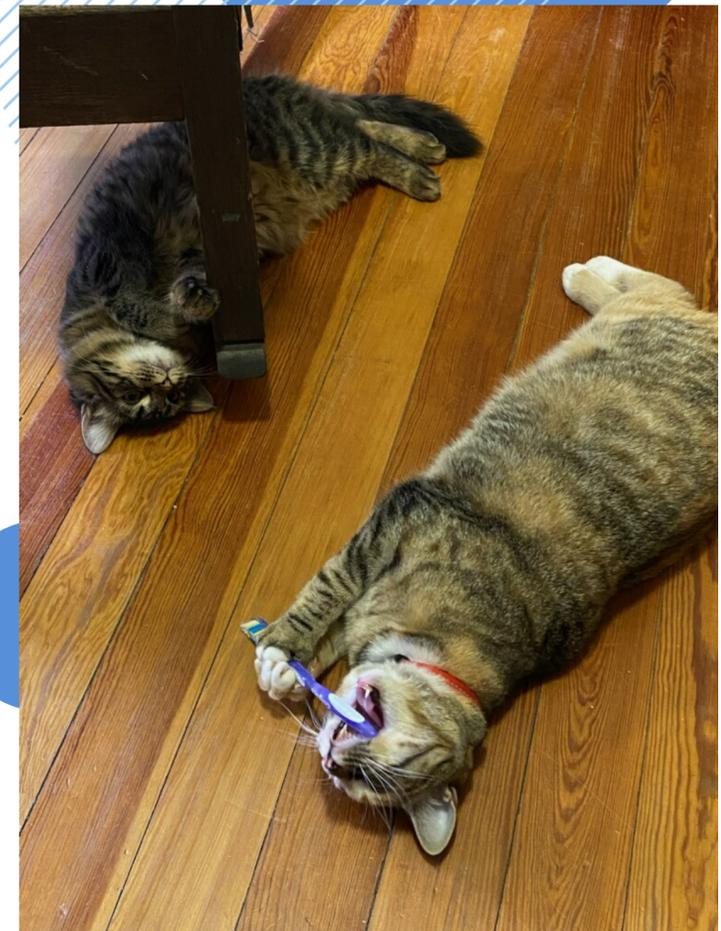
Spring 2022
Stamford Group Advising

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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.
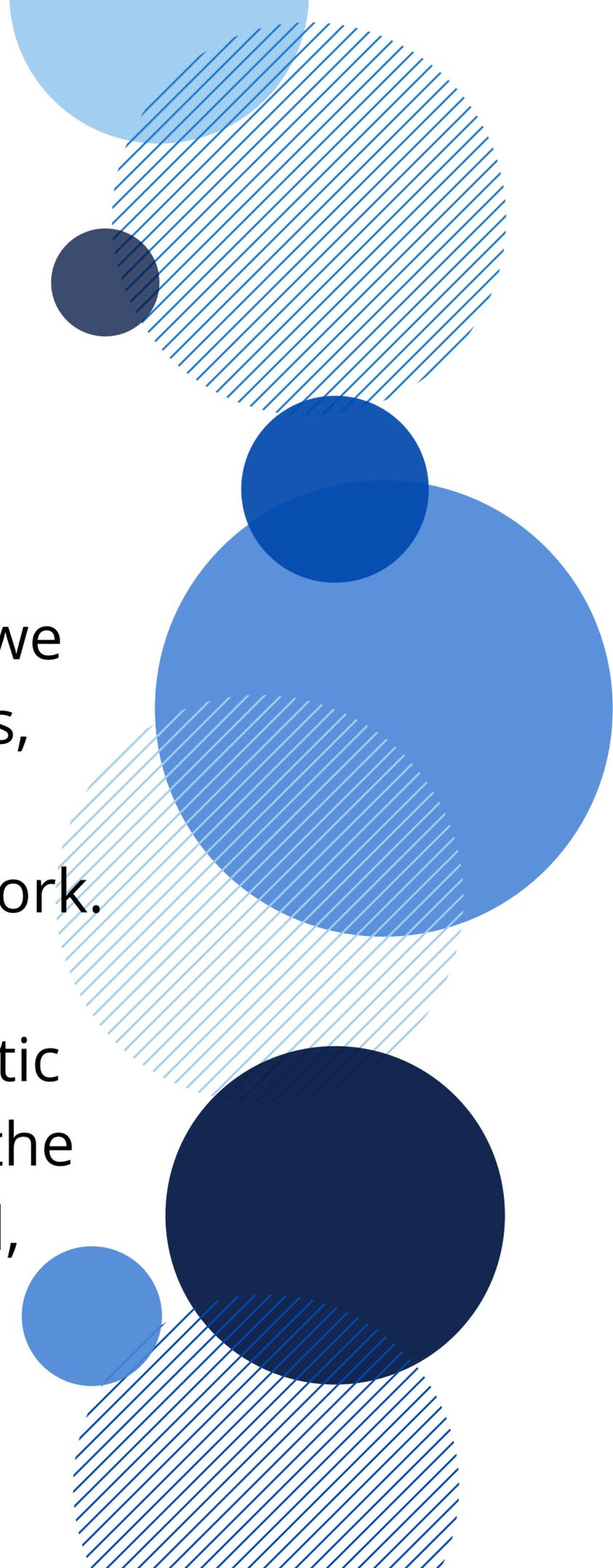
Foreword

~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.
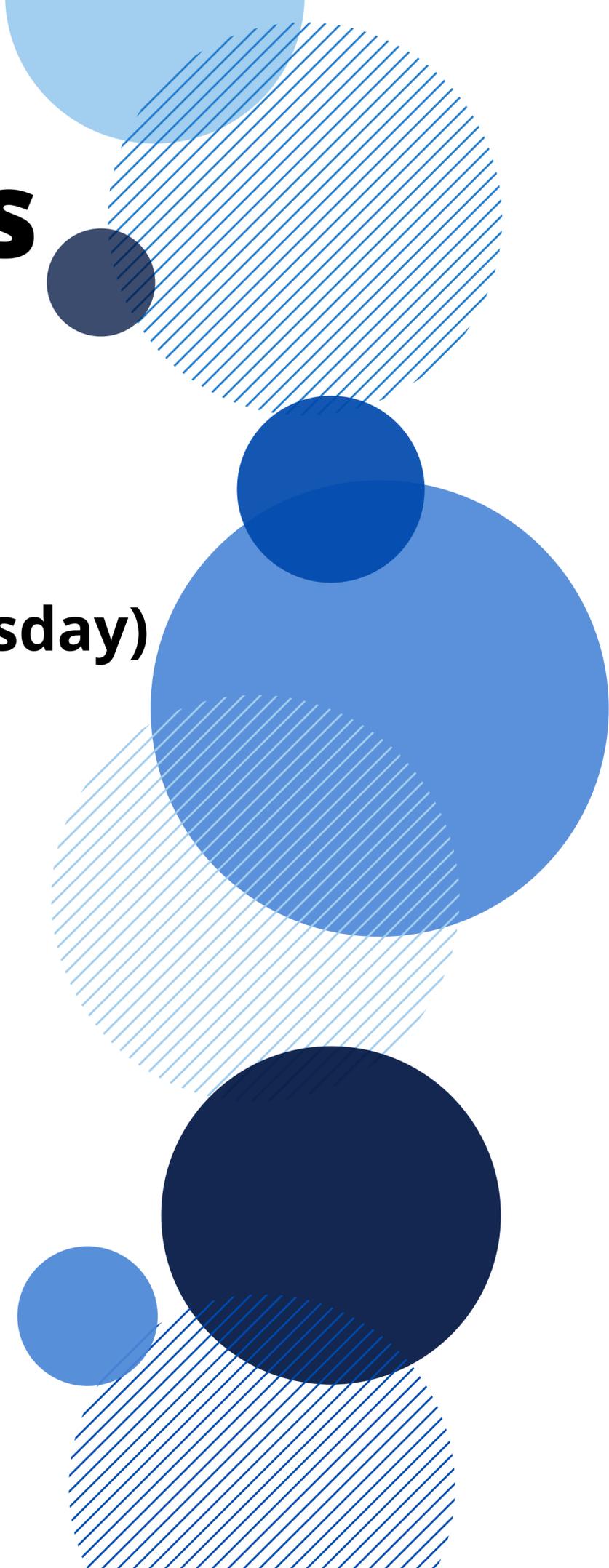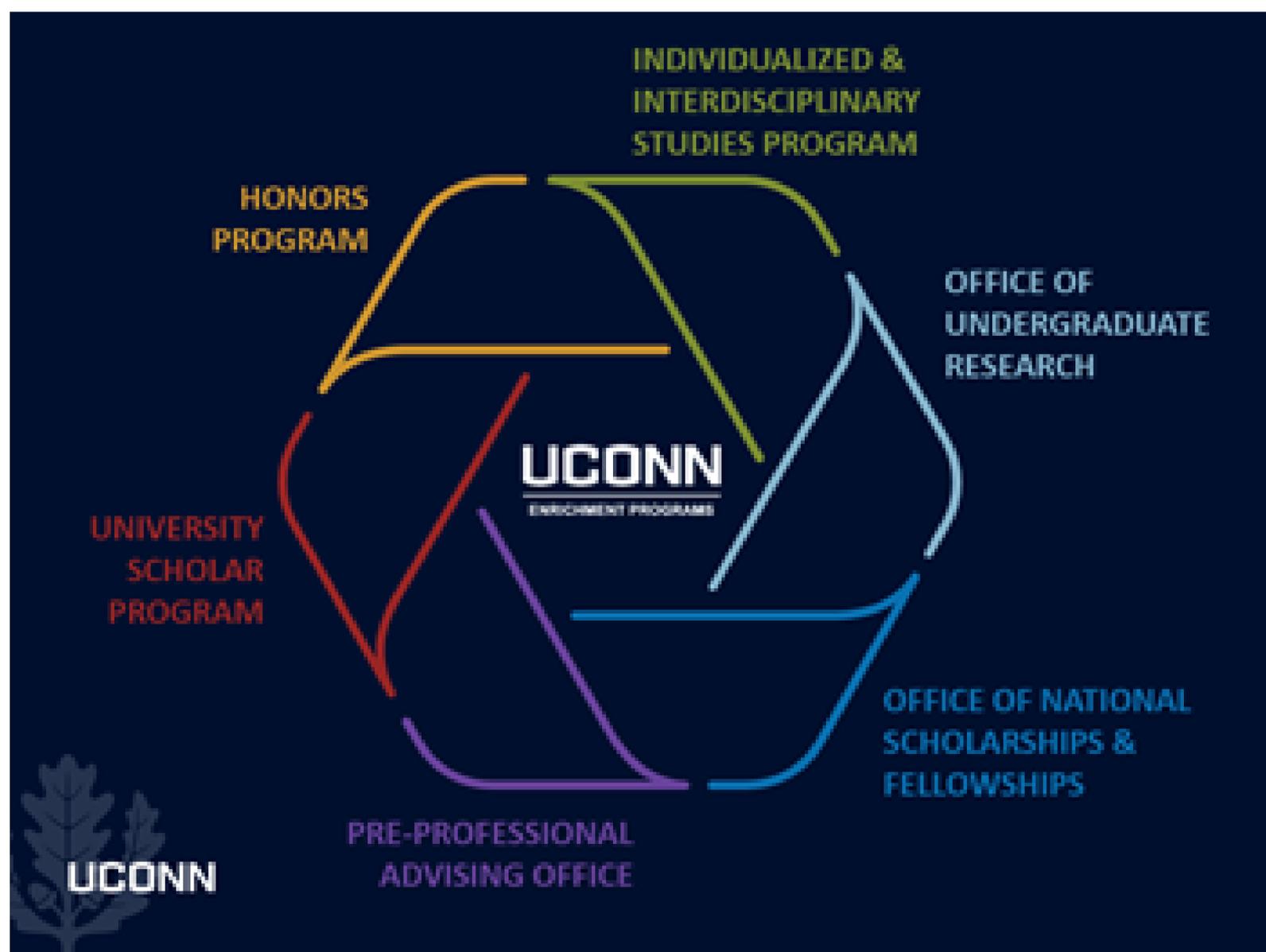
Get to Know Us

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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

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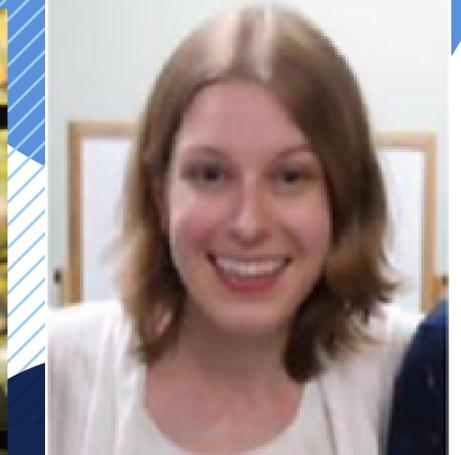PRE-DENTAL ADVISING
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Enrichment Programs

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

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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

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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

Let's Connect

- **Health Professions Peer Ambassadors**
  - Six inaugural members
  - <u>Bios, hours, and Ask a Q here</u>!
  - <u>HPPA Blog</u>

Aesha
Anthony
Keely
Nour
Qristine
Yulianny

Planning Ahead

- **Emailing list/weekly newsletter**
  - Email <u>premed_predental@uconn.edu</u> to join

- **Spring MCAT review course**

- <u>**Pre-Medical and Health Professions Post-Baccalaureate Program**</u>

Workshops

- **<u>Fall 2021 Husky health foundations workshops</u> (Tu / 2-3 pm)**
  - ○ 9/28: Co-curricular engagement
  - ○ 10/19: Competencies, motivation, leadership
  - ○ 11/9: Exploring health professions

- **<u>Spring 2022 application workshops</u> (various times)**
  - ○ 1/26: 2023 Cycle Application Orientation
  - ○ 1/27:Letters of Rec: Whom and How to Ask
  - ○ 3/22: Personal Statements

Workshops

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

CHAT WITH ALUMNI
VIRTUAL SPRING SERIES 2022

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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
HTTPS://UCONNVTC.WEBEX.COM/MEET/PREADVIS

CHAT WITH ALUMNI
VIRTUAL SPRING SERIES 2022

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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

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Past Workshops

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

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- Your major can be <u>anything</u> as long as you demonstrate strength in the core entrance requirements!

- Breadth, depth, rigor

- <u>Coursework requirements</u>
- <u>AP credit policies</u>

Co-curricular engagement

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- Clinical experience
  - Shadowing
  - Direct patient care
- Service
- Research, independent scholarship
- Extracurriculars for fun and interest!

- Community Outreach
- Office of Undergraduate Research
- UConntact

Uconn Health Leaders Program

Apply for Fall 2021 by Friday, July 2nd at 11:59PM!

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

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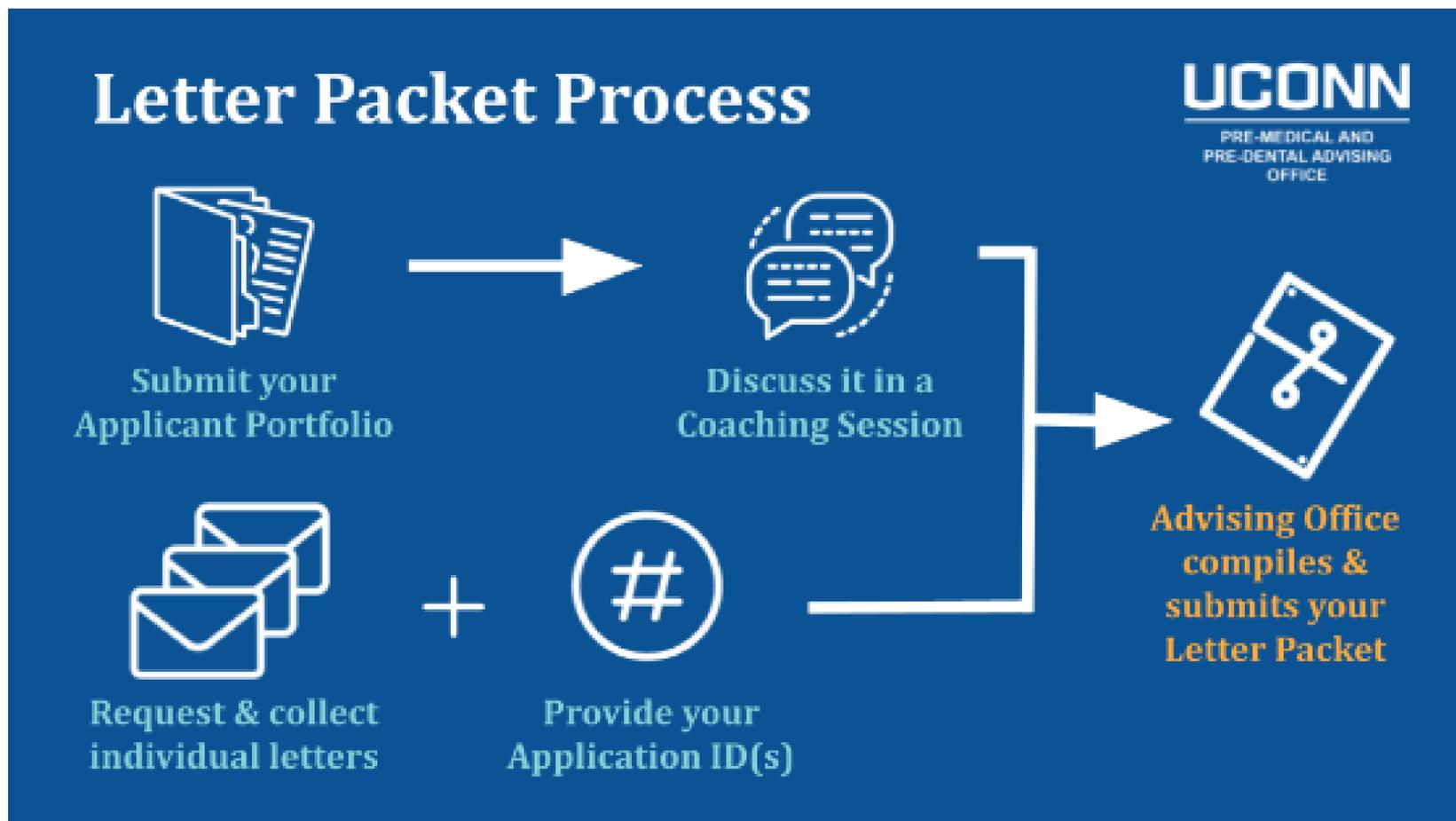PRE-MEDICAL AND
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- **Applicant workshops (2023)**
  - ○ Application orientation
  - ○ Selecting schools
  - ○ Personal statements
  - ○ Secondaries
  - ○ Interviews
  - ○ Alumni interview pairing

2023 Cycle Applicant Corner

Join us as we kick off this year's application cycle! →

Applicant Support

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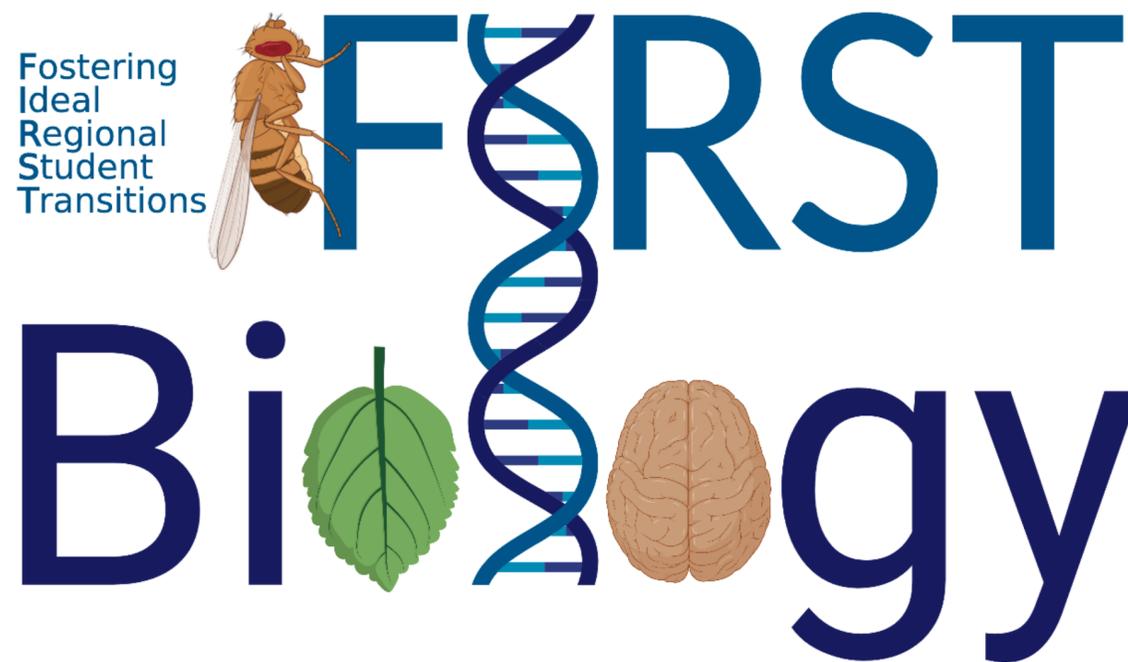 - 45-minute Applicant Coaching Session

Letter Packet Process

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Submit your Applicant Portfolio → Discuss it in a Coaching Session

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

Advising Office compiles & submits your Letter Packet

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

FIRST

- Understand the barriers to successful campus change
- Offer academic support to students
- Build a nurturing community of faculty and undergraduates
- Create equity for campus change students

Fostering
Ideal
Regional
Student
Transitions

FIRST Biology

UCONN
COLLEGE OF LIBERAL
ARTS AND SCIENCES

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Thanks!