Spring 2022
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_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
- Current medical student at UCLA
Advisors

- Erin Ciarimboli, PhD, Director
- Krista Rogers, MA, Assistant Director
- Thomas Abbott, PhD (Pre-Dental)
- Emma Belliveau, BS
- Heather Nunes, MS
- Paris Pruitt, 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)
  ○ 3/31 (5-6:30 pm) UConn Avery Point
  ○ 4/7 (12:30-2 pm)

• 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, 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
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

Timothy Mason (UCONN '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 mentoring program for BIOL 1107, and participated in two of UConn's Learning Communities, SCHLAKES 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.
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
“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
  ◦ 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
- 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
Thanks!