

# UCONN PRE-MEDICAL & PRE-DENTAL ADVISING OFFICE NEWSLETTER

*Thursday, September 8th, 2022*



*It feels good to be back!*



# DROP BY OUR OFFICE!

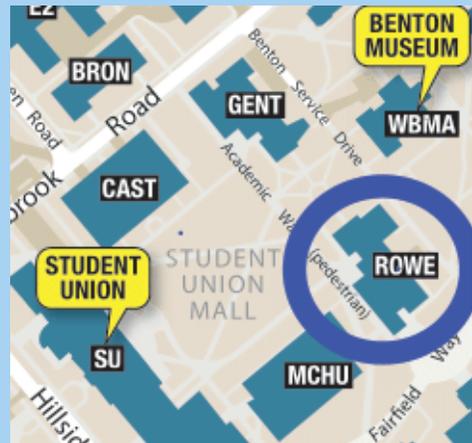


**Drop-in  
advising  
hours  
happen  
every  
week on  
Thursdays  
from  
1:00-  
3:00PM!**



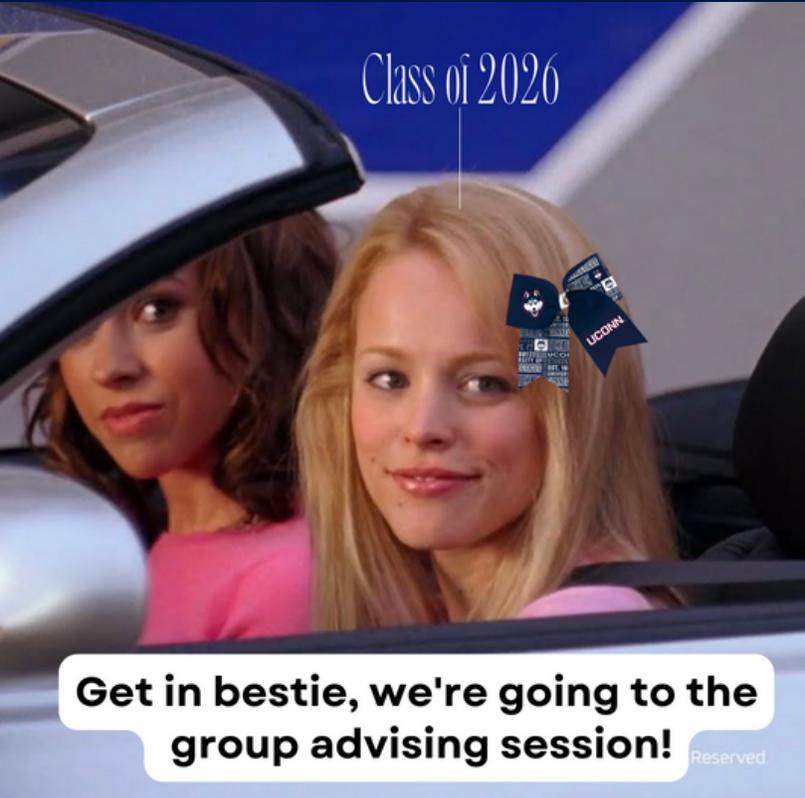
**4th floor of ROWE | Check in outside of ROWE 424**

*Drop-in appointments are only ten (10) minutes long but you are always welcome to schedule an appointment with one of our advisors!*



**Our friendly team looks forward to chatting with you!**

# GROUP ADVISING SESSION: MONDAY!



Class of 2026

How I sleep at night knowing that the first group advising session of the semester is only a few days away:



**Monday, Sept 12th**  
**2:00-3:30PM | Austin 105**

**Are you a first-year or new to being pre-med/pre-dental?**

Then attending a group advising session is for you! Join us for an introduction to our office, information on resources on campus, and advice on planning out your pre-professional journey.

Can't make it? No worries! We will have two virtual sessions later this semester (10/20 10:30AM-12:00PM & 11/14 1:00-2:30PM). Please note that you are required to attend a group advising session or have viewed a recording of one in its entirety prior to requesting a one-on-one advising appointment with an advisor.

**\*COUNTS AS AN HONORS EVENT! CLICK HERE TO LEARN MORE!\***

# 2023 CYCLE APPLICANT CORNER

**NOTE:** If you are still waiting for your letter packet to be submitted and you're not sure why it hasn't been submitted yet, please contact our team ([premed\\_predental@uconn.edu](mailto:premed_predental@uconn.edu)).

The Health Professions Letter Packet (HPLP) application for the 2023 Cycle will close in one month on **Saturday, October 1st**.

Anyone applying to medical or dental school for matriculation in the fall of 2023 that wants to receive a letter packet from our office must submit their HPLP by 10/1. **If you fail to meet this deadline, we will NOT submit a letter packet on your behalf.**

Both folks that met with us for an applicant coaching session and have a drafted cover letter and folks that did not meet with us are welcome to receive a letter packet.

**Q: What if I've decided to defer my application?**

**A:** If you have met with our office for an applicant coaching session and have decided to defer your application until a later cycle, please email us so that we can update our records.

**Q: What happens when I defer or when this HPLP closes?**

**A: Please read the information on our website here.**

# 2023 CYCLE APPLICANT CORNER

## SIGN UP FOR OUR INTERVIEW PAIRING PROGRAM!

This program strives to pair you with UConn graduates who are current or recent medical/dental students. *You can be matched with students for up to three (3) schools, based on availability, that have invited you to interview.*

These alumni are volunteering their time and, while informal, you should practice professional etiquette as they may become your future colleagues!



**To participate please complete this survey.**

*\*\* Note: This form will remain open throughout this application cycle for you to request an alumni connection at any time. \*\**

If you have any additional questions about the program, please contact **Emma Belliveau**, Pre-Medical Advisor at **[emma.belliveau@uconn.edu](mailto:emma.belliveau@uconn.edu)**.

P.S. September is still very early for many schools to send interview invitations—*don't stress if you haven't heard yet!*



**ON-CAMPUS  
ORGS & EVENTS**

# MARK YOUR CALENDARS...

JOIN MAPS!



MINORITY ASSOCIATION OF  
PRE-HEALTH STUDENTS

First General Board Meeting!  
Join for an introduction to uconn MAPS  
and meet our members

**Sept 13th 6pm SU 303**

**COMMUTER  
COFFEE**

Every Monday and Friday starting 9/2  
9:00am-10:00am  
Student Union Room 315

FUEL YOUR DAY WITH FREE COFFEE & SNACKS!

**UCONN**  
OFF-CAMPUS AND  
COMMUTER STUDENT  
SERVICES

## INTERNATIONAL INSIDERS

Where to meet: ROWE 234

When: Fridays from 1:30 PM - 4:00 PM

Stop by ROWE 234 during drop-in hours to meet  
with Yawen Gao, FYE International Specialist.  
Ask questions and hear about all things UConn  
from the perspective of an International student.

No questions? No problem!  
Stop by, grab a snack, and chat!

Can't make it?

Email [yawen.gao@uconn.edu](mailto:yawen.gao@uconn.edu) to set up a meeting.

**UCONN**  
FIRST YEAR EXPERIENCE



## FIRST MEETING JOIN LMSA+

JOIN US WEDNESDAY, SEPTEMBER 14TH  
AT 7 PM IN THE SU 303 FOR OUR FIRST  
GENERAL BODY MEETING



**UConn**

GLOBAL

Experiential Global Learning

✉ [egl@uconn.edu](mailto:egl@uconn.edu)

# SAVE THE DATE!

EXPLORE OPPORTUNITIES ABROAD



## FALL FAIR

SEPTEMBER 14  
FAIRFIELD WAY \*  
11AM-2PM

\*RAIN LOCATION: STUDENT UNION BALLROOM



UConn Student Health and Wellness  
and the Rainbow Center are  
excited to announce the



## Lavender Resiliency Collective



An Educational Support Group  
Open to all LGBTQIA+ identified students

MEETINGS SCHEDULED FOR TUESDAYS 5-6:30PM.

CONTACT MELANIE PENALOSA, MPH

HEALTH EQUITY PROGRAM COORDINATOR

AT [MELANIE.PENALOSA@UCONN.EDU](mailto:MELANIE.PENALOSA@UCONN.EDU) TO SIGN

UP.

SPACE IS LIMITED.



Leaders Start Somewhere!  
START HERE!

## LEADERSHIP CERTIFICATE SERIES

FALL 2022 WORKSHOPS



**UConn**

STUDENT ACTIVITIES  
LEADERSHIP & ORGANIZATIONAL  
DEVELOPMENT

Impact Delta Series  
Discovery Leadership  
The Challenge  
Emotionally Intelligent Leadership

Workshops run:  
Sept 19 - Nov 18

Registration  
ends: Sept 11

To register: [leadership.uconn.edu/  
certificate-series-registration/](https://leadership.uconn.edu/certificate-series-registration/)



✉ [studentleadership@uconn.edu](mailto:studentleadership@uconn.edu) | UConnLeads

**ON-CAMPUS EVENTS / ON CAMPUS EVENTS / ON-CAMPUS EVENTS**

# **DON'T MISS THE FALL CAREER FAIR!**



**ALL-  
UNIVERSITY  
FAIR**

**TUES SEPT 20  
11AM-3PM**

**STEM  
CAREER  
FAIR**

**WED SEPT 21  
11AM-3PM**

**FOR MORE INFORMATION:  
[CAREER.UCONN.EDU/CAREER-FAIRS-EMPLOYERS/](https://career.uconn.edu/career-fairs-employers/)**

**ON-CAMPUS EVENTS / ON CAMPUS EVENTS / ON-CAMPUS EVENTS**

# DON'T MISS THE EXPERIENTIAL GLOBAL LEARNING FAIR!

#UCONNCHANGEYOURWORLD



 [egl@uconn.edu](mailto:egl@uconn.edu)  
 [@uconn.global](https://www.instagram.com/uconn.global)

Experiential Global Learning

## FALL FAIR

September 14

11 AM-2 PM

Fairfield Way

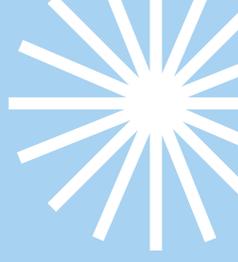
(rain location SU Ballroom)

### 3 Reasons to attend

- 1** **learn about opportunities abroad**  
chat with student alumni, EGL Advisors  
faculty leaders and program  
representatives
- 2** **vote in our photo contest**  
you'll get a free Dairy Bar scoop for  
voting!
- 3** **learn about scholarships**  
EGL advisors and Financial Aid will be  
there to share how affordable EGL  
programs can be

**WEDNESDAY SEPTEMBER 14TH  
11AM-2PM ON FAIRFIELD WAY**

**FOR MORE INFORMATION: [EGL.UCONN.EDU](http://EGL.UCONN.EDU)**



**INFO FOR  
CLASS OF 2026**



# WELCOME UCONN CLASS OF 2026!

Q: What are the prerequisites for medical/dental school?

- **Biology:** BIOL 1107 + 1108
- **Chemistry:** CHEM 1127 + 1128
- **Organic Chemistry:** CHEM 2443 + 2444 + 2445
- **Biochemistry:** MCB 2000
- **Physics:** PHYS 1201 + 1202 or 1401 + 1402
- **English:** 2 semesters of English classes
- **Math** requirements vary by school (typically 1-2 semesters)

These are the 'general' course requirements pre-health students. Please consult our advisors and [the FULL list on our website](#) if you have any questions. We are happy to help!

Q: Are AP credits accepted for prerequisite coursework?

A: AP credits are accepted on a variable basis from school to school. We strongly encourage applicants to review all of the information included on our [AP Credit Policies](#) page on our website.

**NOTE:** UConn School of Medicine does **NOT** accept AP credit for any prerequisite coursework.

There is not a "one-size-fits all" answer for whether or not to re-take courses--typically, as long as you take one year's worth of Biology, Chemistry, Organic Chemistry and Physics *with a laboratory component* at the collegiate level, accepting your AP credits to satisfy introductory sequences is OK.

Please review the above information and [request a 1-on-1 advising appointment](#) with one of our advisors if you are unsure and we will gladly assist you.

Q: What about ECE courses?

A: Yes, ECE courses are collegiate-level coursework and will count to fulfill prerequisite requirements.

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# **OFF-CAMPUS OPPORTUNITIES**

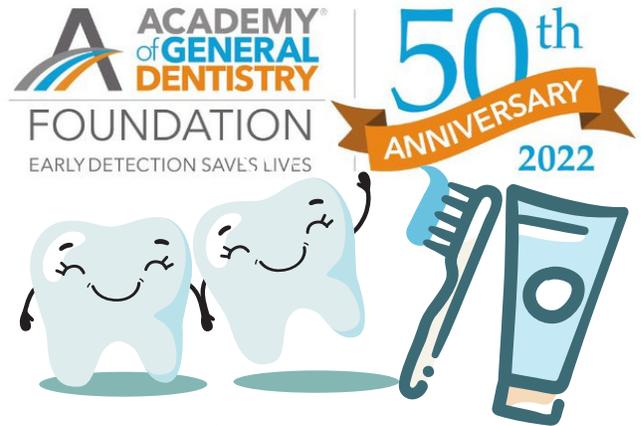


# VOLUNTEER FOR CHARITY AT THE HARTFORD MARATHON!

Looking for a volunteer opportunity or another race to run? Join the [Massachusetts Academy of General Dentistry \(AGD\)](#), an official charity partner for the upcoming Hartford Marathon, on **Saturday October 8th**.

Currently the AGD is looking for both volunteers as well as runners to help support their cause (prevention of oral cancer through dentistry). This is a fantastic way to give back to the community while also meeting dentists and other healthcare professionals!

[Click here to sign up to be a volunteer \(shifts are 4 hours long\)](#) or [click here to be a runner \(marathon, half-marathon, 5K options available\)](#).



Please contact Sarita Patel DDS at [sbp285@gmail.com](mailto:sbp285@gmail.com) or 860-857-7550 with any questions or concerns.



## APPLY TO SHADOW PHYSICIANS ABROAD!

Looking for an opportunity to shadow in Europe? Atlantis, the global leader in healthcare experiential education for college students, is currently accepting applications for their Summer 2023 programs.

*Fun fact: Atlantis Alumni have been admitted to 40 of the top 50 MD programs in the US.*

[CLICK HERE TO LEARN MORE ABOUT ATLANTIS](#)



# APPLY TO BE A MOBILITY VOLUNTEER AT HARTFORD HOSPITAL!

**Looking to gain hands-on clinical experience but aren't certified as a EMT or CNA?** We may have the opportunity for you! The Mobility Volunteer Program at Hartford Hospital is currently looking for volunteers.

This program provides support to patients that need assistance and encouragement to get out of bed and walk to help maintain functional status. Overseen by the Department of Rehabilitation, volunteers are trained to function in this role on assigned nursing units, interacting directly with patients and staff.

To learn more, click [here](#) and scroll down to "**Mobility is Medicine**". This is a great opportunity to develop inter-personal skills while supporting patient health & becoming familiar with the acute care environment. Training is limited to 6 participants.

Applicants must:

- Be able to volunteer **at least one 3-hour-shift per week in the MORNING or AFTERNOON** (there are no evening shifts)
- Be able to attend the training on **Thursday, September 22nd from 6:00-8:30PM**
- Be available to train with another experienced volunteer on a weekday for two (2) shifts prior to volunteering independently
- Complete all hospital requirements online (background check, orientation, HIPAA education, COVID education module and waiver, medical history form including MMR, varicella and COVID vaccines, and TB skin or blood test no more than 12 mo old) no later than **Sept 20th**
- Have a flu vaccine in October



**Interested? Contact Eileen Pelletier (director of volunteer services) to schedule an interview!**

**[eileen.pelletier@hhchealth.org](mailto:eileen.pelletier@hhchealth.org)**



# ATTEND AAMC'S VIRTUAL MED SCHOOL FAIR!

**OCTOBER  
12TH &  
13TH**

**Wednesday 10/12:  
11AM-4PM  
Live Info Sessions**

**Thursday 10/13  
11AM-8PM  
Chat w/ Med Schools**



The Association of American Medical Colleges (AAMC) invites you to attend the **2022 Virtual Medical School Fair** on Wednesday, October 12th (11AM-4PM) and Thursday, October 13 (11AM-4PM) .

Your FREE registration includes a 15% discount on a 1-or 2-year subscription to the Medical School Admissions Requirements™ (MSAR®) website.

Don't miss this unique opportunity to connect with representatives from medical schools across the U.S. and Canada. Get answers to your questions about financial aid, the MCAT® exam, the AMCAS® application, and the SHPEP program.

There will be admissions officers, current medical students, application services, and AAMC experts to provide you with the most up-to-date information about applying to medical school. *Fun fact: Since 2016, nearly 80,000 aspiring medical students have attended this free event!*

**CLICK HERE TO REGISTER  
& RECEIVE 15% OFF AN  
MSAR SUBSCRIPTION**

# APPLY TO BE A RESEARCH ASSISTANT!

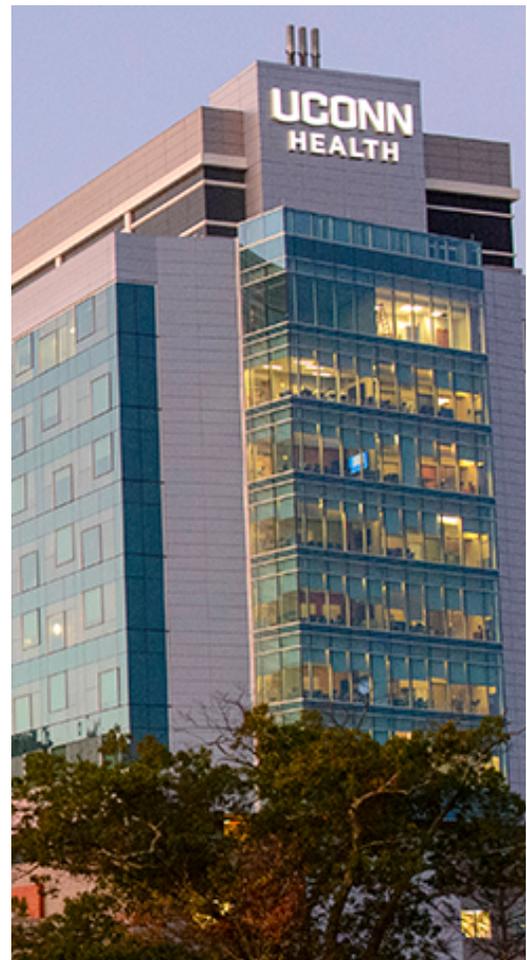


## NEUROSCIENCE DEPT SEEKING 32 HR/WK RESEARCH ASSISTANT

**The Bae Lab** at UConn Health (Farmington, CT) is seeking a part-time research assistant to help with research projects related to human neuro-developmental disorders (e.g. microcephaly, autism).

**Example duties** include preparing cell + animal tissues samples and reagents, as well as biochemical, cellular, and animal behavioral analysis. **Minimum qualifications** include a bachelor's degree in Biology, Neuroscience, Psychology, or Biochemistry. **Preferred qualifications** include experience with handling mice as well as basic lab skills (such as cell culture). Pay is \$20.00/hr and 32+ hours/week (flexibility needed to work around experiments, weekends + holidays as needed).

**To apply:** Visit [jobs.uhc.edu](https://jobs.uhc.edu), type "2023-316" for the job search number at the bottom of the page, and press "**search.**"



# HEAR FROM DR. SIBU SAHA!



**MONDAY, SEPT 19TH 8-9PM**

Dr. Sibusaha is a Professor of Surgery and Bioengineering at the University of Kentucky College of Medicine. He currently serves as the University of Kentucky PA Program's Medical Director and Chief, Transition to Practice and Advanced Training Programs.

**For full info:** [hearts4health.wixsite.com/hearts4health](https://hearts4health.wixsite.com/hearts4health)



## HEAR FROM A VARIETY OF VCOM PHYSICIANS!

**WEDNESDAY, SEPT 28TH  
12:30PM**

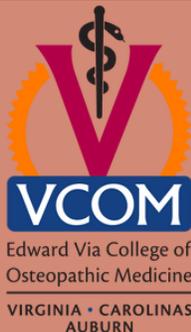


**Gunnar Brolinson, DO**  
Sports & Family Medicine

**Ray Morrison, DO**  
General Surgery

**& Cyrenah Stokley, DO**  
Family Medicine

*are excited to share with you  
their journeys in medicine!*



**Click here  
to register!**

# ATTEND AN IN-PERSON PODIATRY CONFERENCE!



School of Podiatric Medicine

## PRESENTS



If you are interested in providing healthcare and exploring a career in surgery, wound care, sport medicine, and diabetic foot care, join us for a conversation with **Dr. Eboni Vincent**, a highly trained foot and ankle surgeon and a star on the TLC television show "My Feet Are Killing Me"

**Saturday, October 1, 2022**  
**10:00am-3:00pm (EST)**

Attendees will have the opportunity to participate in a suturing, skin grafting, and casting workshop.

LUNCH, PARKING AND PRIZES AVAILABLE - SPACE IS LIMITED

148 N. 8TH STREET PHILADELPHIA, PA 19107  
MUST BE REGISTERED TO PARTICIPATE



Call 215-777-5751  
Questions???

[Register](#)



[podiatry.temple.edu](http://podiatry.temple.edu)

# CLICK HERE TO RSVP!

# EXPLORE PSYCHOLOGY OPPORTUNITIES!

From research tech positions to mentoring opportunities for psychology students from underrepresented backgrounds, we hope that you enjoy the September Newsletter from the Yale Psychology Committee on Diversity & Inclusion.

[\*\*CLICK HERE TO VIEW!\*\*](#)



## AND NOW, A WORD FROM OUR MEMES...

**MY IDEAL morning ROUTINE**

@myjourney.app  
+@UConn\_Premed\_Predental

- 1. WAKE UP**  
6.20am
- 2. JOURNAL**  
6.25am
- 3. HYDRATE**  
6.40am
- 4. EXERCISE**  
7.00am
- 5. Cross my fingers & hope that I randomly see Jonathan on campus**
- 6. DRESS**  
7.25am
- 7. HAIR + MAKE UP**  
7.45am
- 8. BREAKFAST**  
8.00am
- 9. START YOUR DAY**  
8.15am



**WOOSH!**

You now have everything you need within you to succeed this semester

# Alumni Spotlight

DR. SARINA SHAFIYAN-RAD

"I was the first person in my family to apply to dental school, so it was really hard trying to find information about the application process and getting clear knowledge about the AADSAS portal.

I always met with Dr. Abbott once a semester (multiple times the semester I was going to apply) to make sure I was on track and get as much advice as possible on how to continue being a strong applicant."



Dr. Shafiyin-Rad graduated from UConn with a degree in Biology & minors in Physiology and Neurobiology + Molecular and Cell Biology. She earned her DMD from Tufts University of Dental Medicine Program, and is currently practicing in Boston, Mass.

During her time at UConn, she was heavily involved with the Iranian Student Association (serving as president for two years) and also worked as an RA. Fun fact: she played on the women's rugby team for all four years!

**To hear more from Dr. Shafiyin-Rad & other alum, visit our website!**

That's it for now!

**Stay tuned for our next newsletter...**

**Until then, stay in the loop with us by following us on Instagram [@UConn\\_Premed\\_Predental!](#)**

