

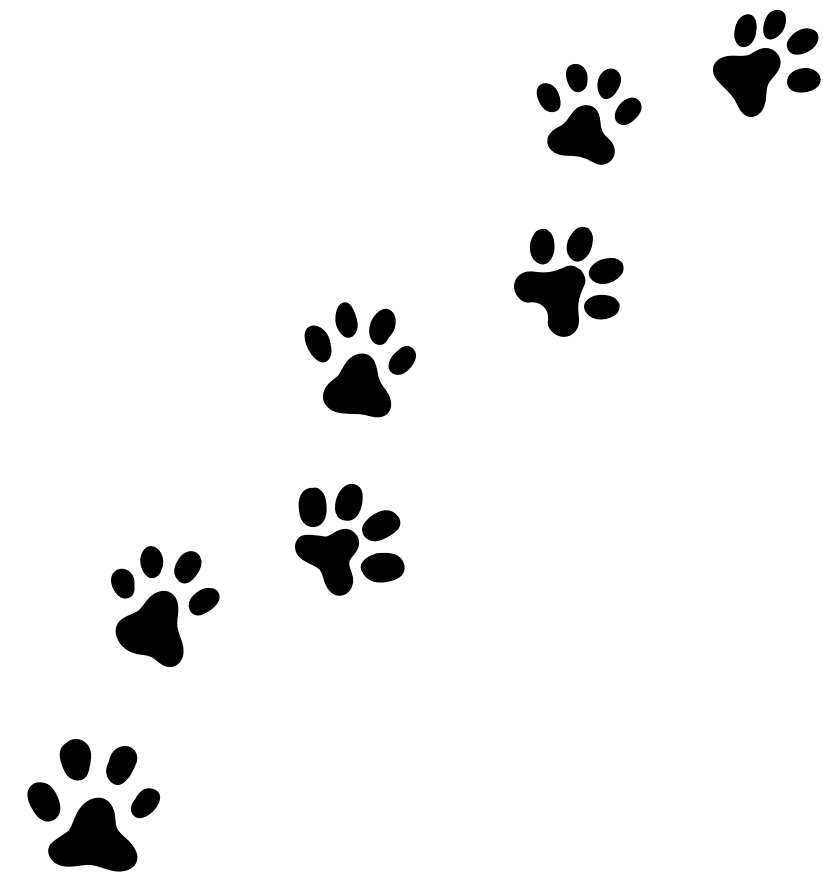


UNIVERSITY OF CONNECTICUT

Fall 2022 Group Advising

UConn | UNIVERSITY OF
CONNECTICUT

PRE-MEDICAL AND PRE-DENTAL ADVISING OFFICE





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.

UConn

ENRICHMENT PROGRAMS

UConn

PRE-MEDICAL AND
PRE-DENTAL ADVISING
OFFICE



Get to know us!

Where are we?

ROWE Building, 4th Floor

Virtual Webex appts



How can you connect with us?

Join our newsletter!

Website: premed.uconn.edu

email: premed_predental@uconn.edu

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



Get to know us!

How do I make a one-on-one appointment?

Pre-Medical: [appointment request form](#)

Pre-Dental: [Nexus](#) appointment with Dr. Thomas Abbott

Drop-in advising (*10 minutes or less*)

every Thursday from 1p.m. to 3p.m.

Check in outside of ROWE 424

--come ask about: AP/ECE credit, retaking courses, application basics, MCAT scores, etc.



Get to know us!

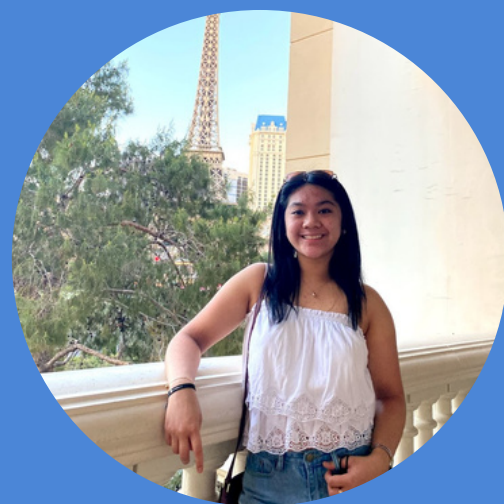
Health Professions Peer Ambassadors (HPPAs)

30-minute appointments *and* 10-minute drop-in appointments



Yulianny De Los Santos '23, PNB major, pre-medical track

Nour Al Zouabi '23, MCB + "Rights, Health, and Refugees" major, pre-medical track



Kristine Owusu '22, psychological sciences major, pre-dental track

Aesha Acevedo '23, MCB major, pre-medical track



UConn

PRE-MEDICAL AND
PRE-DENTAL ADVISING
OFFICE

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

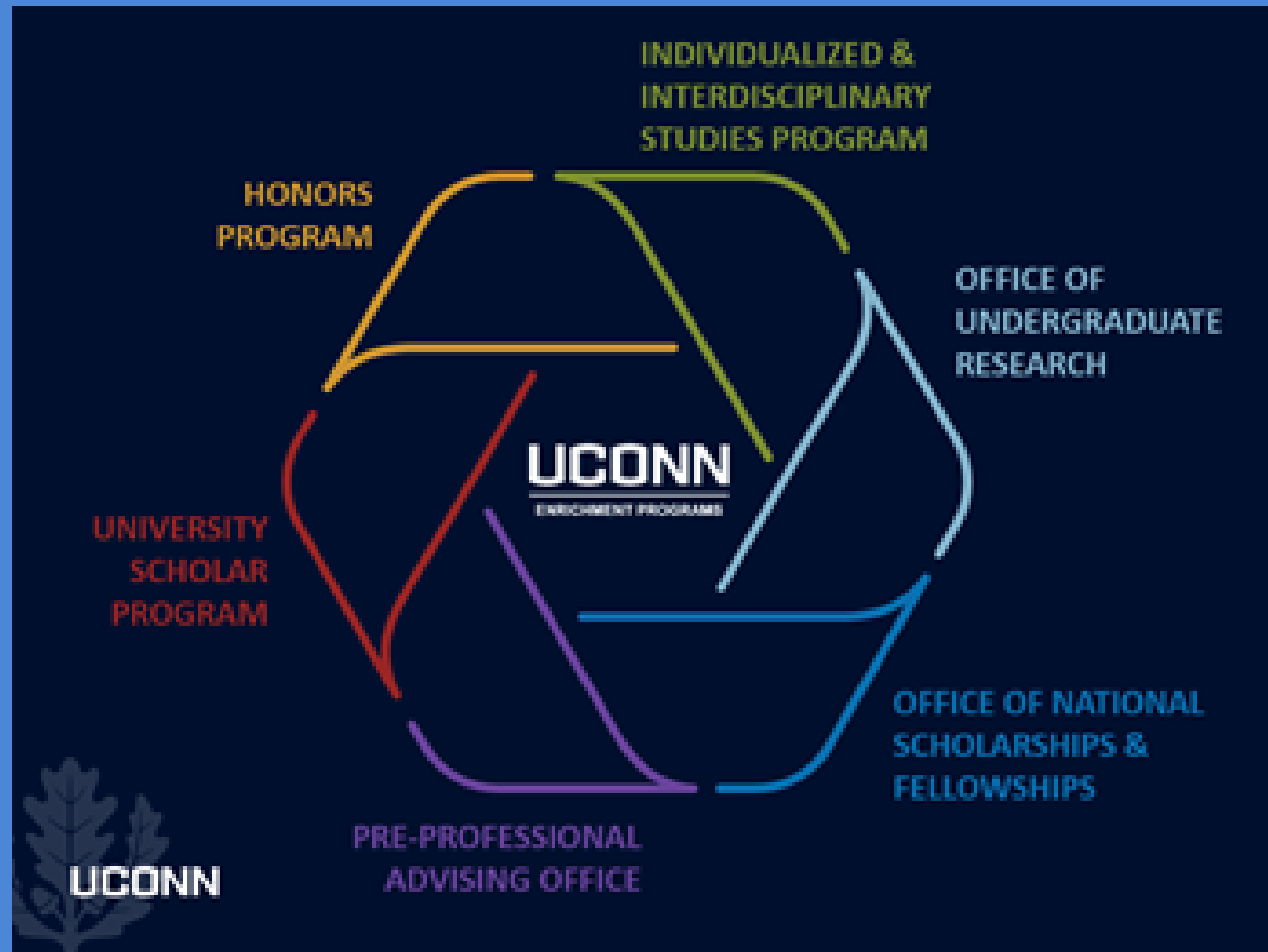
Bi    gy

UConn

COLLEGE OF LIBERAL
ARTS AND SCIENCES



Get to know us!



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



Get to know us!



Krista Rogers, MA, Assistant
Director, Pre-Professional Advising

Emma Belliveau, BS, Pre-Medical
Advisor



Thomas Abbott, PhD, Pre-Dental
Advisor

Heather Nunes, MS, Pre-Medical
Advisor



Keat Sanford, PhD, Pre-Medical
Advisor

Susan Ruggiero, MS, Program
Assistant



Chat with Alumni



Chat with Alumni
✈️ Study Abroad 



**WEDNESDAY,
OCTOBER 5TH
7:00 TO 8:00PM**

Join live on Webex: <http://uconnvtc.webex.com/meet/PREADVIS>
Or view a recording: <https://premed.uconn.edu/chatwithalumni/>

We invite you to join us for a discussion on **experiences abroad as a pre-health student at UConn**. We will be joined by Ann Keim, a representative from the [Experiential Global Learning Office](#), as well as four fantastic alumni. Our alumni will share their stories about the pre-medical/allied health study abroad program [in Spain](#), medical service trips, and more, as well as answer any questions that you have.

Keep reading to meet our panelists!



- 10/5: Experiences Abroad
- 10/26: Disabilities in Healthcare
- 11/9: Work/Life Balance

- **Past examples:**

- Focus on Osteopathic Medicine
- Dental School Pathways
- MD vs. MD/PhD
- LGBTQIA+ in Health Care
- Black Males in Medicine



ALUMNI SPOTLIGHTS



Sandy Durosier,
c/o 2013,
Studying at
A.T. Still University -- School
of Osteopathic Medicine



Lilia Shen,
c/o 2019,
Studying at
University of Rochester
School of Medicine and
Dentistry



Meghan Goddard,
c/o 2018,
Studying at
Albany Medical College

ALUMNI SPOTLIGHTS

"No matter how hard it can be, always remember why you're on this journey and why you want to become a physician, and use those to motivate you to surpass your challenges"

Eric Mohan,
c/o 2020,

currently studying at University of
Texas Health McGovern Medical School



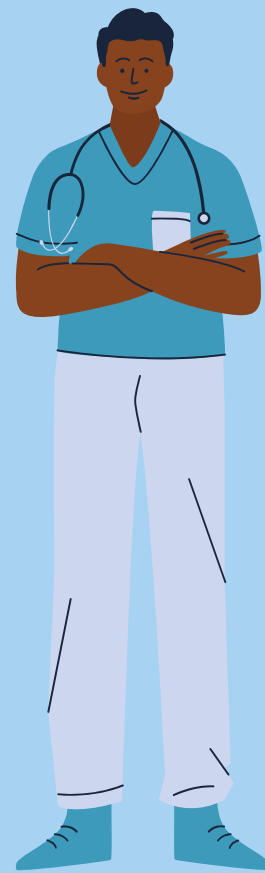
ALUMNI SPOTLIGHTS



Omar Taweh,
c/o 2019,
currently studying at
University of Massachusetts
Medical School

"It's much easier said than done but, please do what makes you immediately happy while also balancing the stressful things that will lead to long term happiness. The world doesn't need you to take everything on - the world needs you to bring all that you can to the things you are best at."

EXPLORE



Clubs + Organizations

- Develop or discover your passions
- Engage in community service
- Improve your teamwork and leadership skills
- Find an opportunity for networking

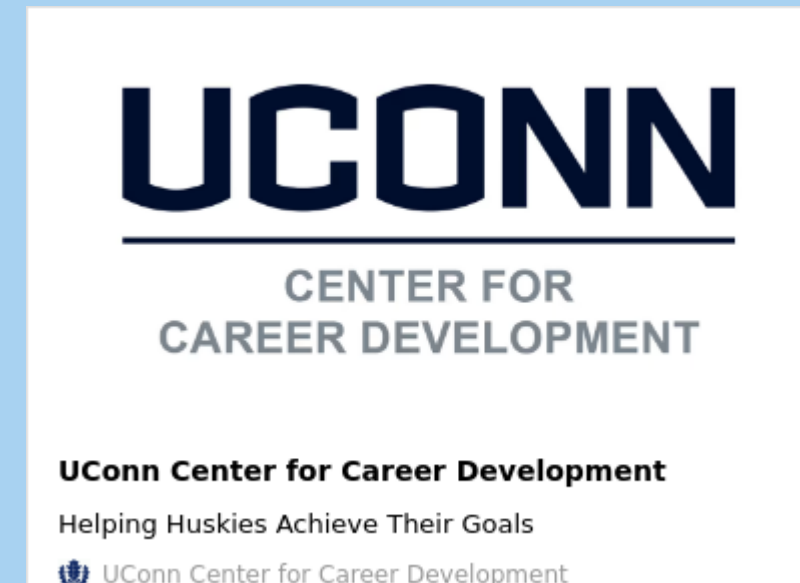


[List of health-related organizations on campus](#)



On-Campus Resources

- Strengthen your skills and readiness for health professional school
- Engage with the campus community
- Find fulfilling employment and/or research opportunities



Off-Campus Resources

- First-generation students
- International students
- LGBTQIA+ students
- Students of color
- Students with Disabilities
- Undocumented students
- Women in STEM

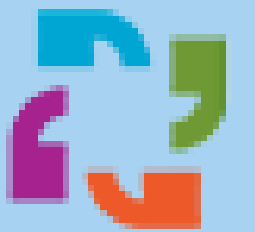


Regional Campus Resources

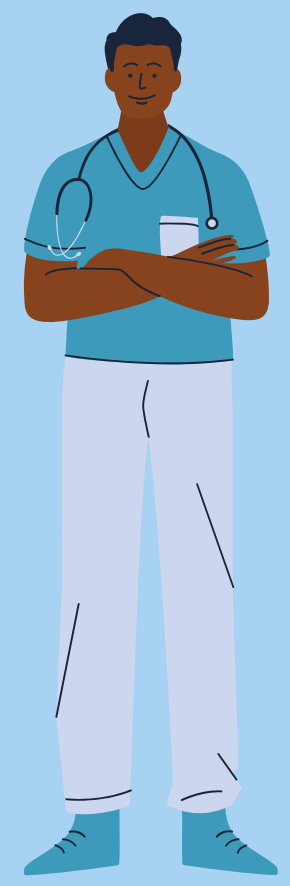
- Avery Point
- Hartford
- Stamford
- Waterbury



Hartford HealthCare
Hartford Hospital



PREPARE



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)



Choosing Your Major

- You can major in **anything** as long as you demonstrate strength in the core entrance requirements
 - Physiology and Neurobiology
 - Molecular and Cell Biology
 - Biological Sciences
 - Allied Health Sciences
 - Biomedical Engineering
 - Anthropology
 - Economics
 - Individualized majors

- About 16% of applicants pursue a secondary major
 - Spanish
 - Healthcare Management

Finding out that you don't have to be a biology major to apply to medical school:



Breadth

- Typically refers to pursuing upper-level courses in the arts, humanities and social sciences

Depth

- Typically refers to pursuing upper-level courses within your major or an area of interest

Rigor

- Typically refers to pursuing upper-level courses that necessitate a certain level of academic dedication



Course Requirements

- **Biology:** BIOL 1107 + 1108
- **Chemistry:** CHEM 1124 + 1125 +1126 OR CHEM 1127 +1128
- **Organic Chemistry:** CHEM 2443 + 2444 + 2445
- **Biochemistry:** MCB 2000
 - depends for dental schools
- **Physics:** 1201 + 1202 OR 1401 + 1402 [OR 1501 + 1502]
- **English:** One year (two semesters) of English classes
- **Math/Statistics:** vary by school
 - Most medical schools recommend 1-2 semesters of college-level mathematics, such as one semester of Statistics and/or one semester of Calculus
 - Some dental schools require Statistics or Calculus; the DAT includes basic Algebra



AP Credit Policies

- The majority of health professions schools will accept AP credit **if it is supplemented by upper-level coursework** in that discipline.
 - most schools require one year of collegiate-level Biology, Chemistry, Organic Chemistry, and Physics *with* a laboratory component
- **UConn SOM does not accept AP credit** for any prerequisite course requirements
- Early College Experience courses are collegiate-level coursework and will count to fulfill prerequisite requirements.



Clinical Experience

Shadowing

Reflect on:

1. the provider's ability to connect with their patients
2. the specialty + work environment
3. the clinician's work ethic

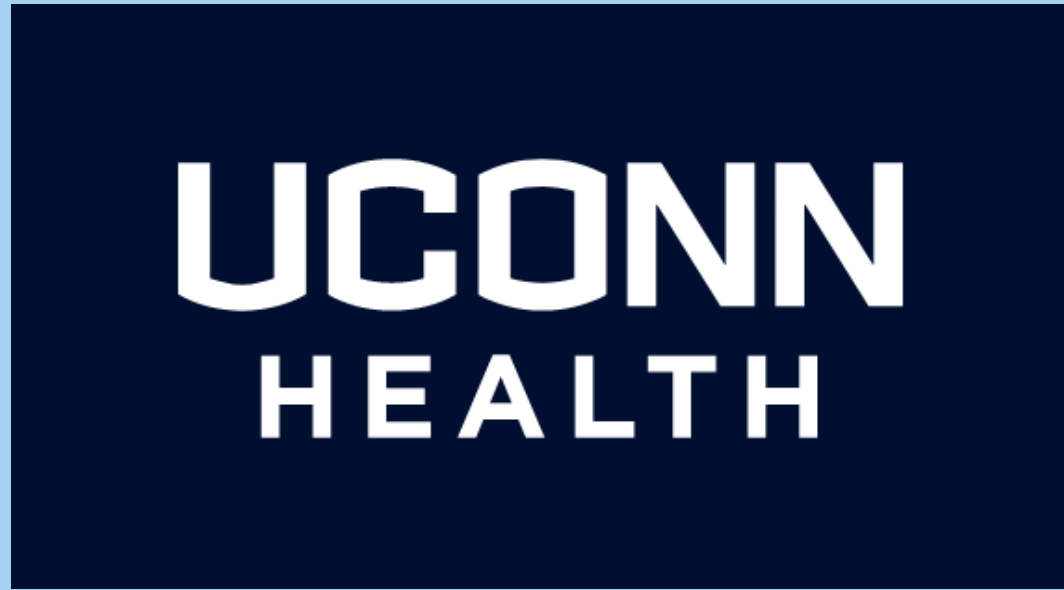
Direct Patient Care

Reflect on:

1. the core competencies you cultivated
2. how you grew more ready to become a physician
3. what you learned about the populations you want to work with



Clinical Experience



Pre-Health Clinical Opportunities
 The following information has been compiled to give UConn's pre-health students specific examples of direct patient care jobs, volunteer opportunities, and locations at which prospective applicants can gain critical [clinical experience](#). This data was pulled directly from information about our 2022 cycle applicant class, meaning that these are all *real* places your peers have worked and jobs they have held!

An important element to emphasize about the opportunities listed below is that **there are opportunities for both paid and unpaid positions**. Both are great ways to gain clinical experience and one is not necessarily better than the other! What *is* important when choosing experiences is to ensure that you're able to articulate what position you held, what responsibilities you were entrusted with in that specific role, and what you learned from it. It's particularly helpful to frame experiences through the [core competencies](#), and to consider how any position you hold has prepared you for your future as a physician.

If you already know that you have a specific interest in working with geriatric patients, for instance, we would encourage you to look for experiences below that align with that interest (e.g., PCA positions, nursing home locations). If you have an interest in trauma medicine or emergency medicine, pursuing a position as an EMT or in an ER might be a logical path to explore and pursue. You might also make your decision based on particular competencies you wish to grow (e.g., critical thinking skills as an EMT; oral communication skills as a Medical Assistant) or physical environments you wish to experience (e.g., large-scale hospital vs. specialty clinic vs. private home).

If you have *any* questions as you search through the information below, please do not hesitate to **contact our office**. You are welcome to [make an appointment](#) with one of our [advisors](#) at any time to discuss your path forward. We also encourage you to reach out to the [peer ambassadors](#) to discuss what they have done and ways you can get involved!

This data specifically does *not* include information about UConn opportunities—such as [student clubs and organizations](#), [research](#), and/or [on-campus resources](#)—or opportunities through [UConn Health](#). We encourage interested students to pursue those experiences as well! We also want to remind prospective applicants that service orientation is another key component of a well-rounded application. To see specific examples of service opportunities, view our website's page about community service [here](#).

NOTE: Our office does not have any specific connections to the locations listed below. If you are interested in attaining a job or volunteer position, it is your responsibility to reach out through proper channels. *This is not intended to be an exhaustive list—these are just examples of where our students/applicants have engaged previously.*

Hartford Hospital—Hartford, CT
 ex. Patient Care Associate, Mobility Aide, shadowing
 Mount Sinai Rehabilitation Hospital—Hartford, CT
 Saint Francis Hospital—Hartford, CT
 ex. Certified Nursing Assistant, Medical Scribe, Emergency Department Technician, shadowing
 Manchester Memorial Hospital—Manchester, CT
 ex. Medical Technologist
 MidState Medical Center—Meriden, CT
 ex. Medical Scribe
 Middlesex Hospital—Middletown, CT
 Backus Hospital—Norwich, CT
 ex. Patient sitter, volunteer
 Hospital for Special Care—New Britain, CT
 ex. Pediatric Recreational Therapy volunteer
 Hospital of Central Connecticut—New Britain, CT



Community Service/Volunteering

Community service (n.): a broad term that refers to any kind of volunteer work that is done in service of others. Community service *does not need to be medically-related* to be a valuable addition to your application.

Examples:

- Hole in the Wall Gang Camp -- Ashford, CT
- Integrated Refugees and Immigrant Services -- New Haven, CT
- Planned Parenthood -- Willimantic, CT
- Windham No Freeze Shelter -- Windham, CT
- Crisis Textline -- virtual



Community Service/Volunteering

UConn

UNIVERSITY OF CONNECTICUT

STUDENT ACTIVITIES

UConn

STUDENT ACTIVITIES

COMMUNITY OUTREACH

subog

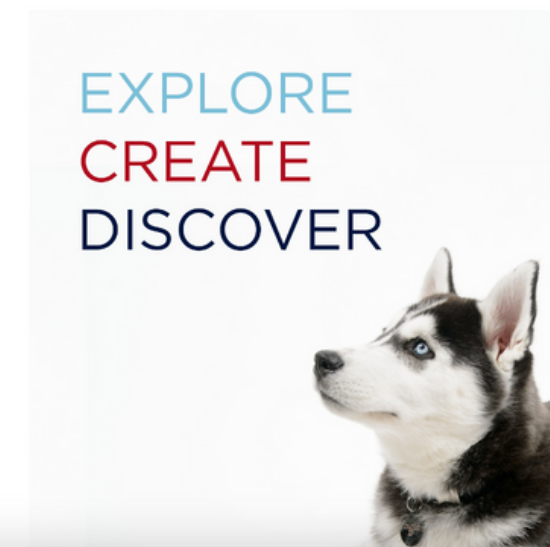
MIRACLE NETWORK DANCE MARATHON
HUSKYTHON

UConn+act



Research/independent scholarship

1. Research does *not* need to be within your major field, or even necessarily in a traditional STEM field
2. Great avenue for developing and enhancing certain competencies such as critical thinking, scientific inquiry, and teamwork



The 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)

- Reflect regularly on your level of mastery of each of the core competencies
- Make plans to develop those competency areas where you have less experience
- Document examples of how you have demonstrated those competencies with which you have significant familiarity

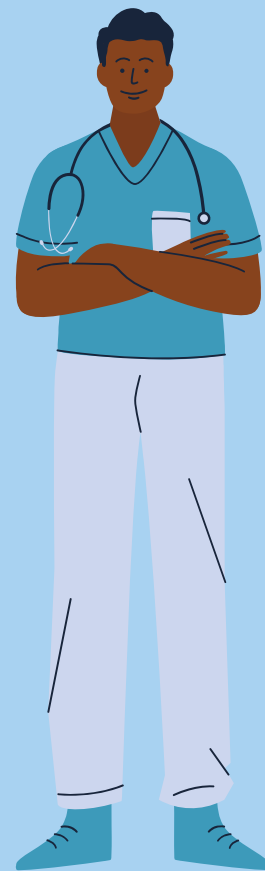
[Self-Assessment Guide](#)

[Real Stories](#)

[The 15 Competencies](#)



APPLY



Application Overview

Timeline

Applicants formally begin applying during the summer **one year prior to when they plan to matriculate** to health professional school.

Rolling Admissions

Committees evaluate applications *as they are received*

Main Application Components

1. Primary application
2. Secondary application
3. Standardized testing scores
4. Letters of recommendation



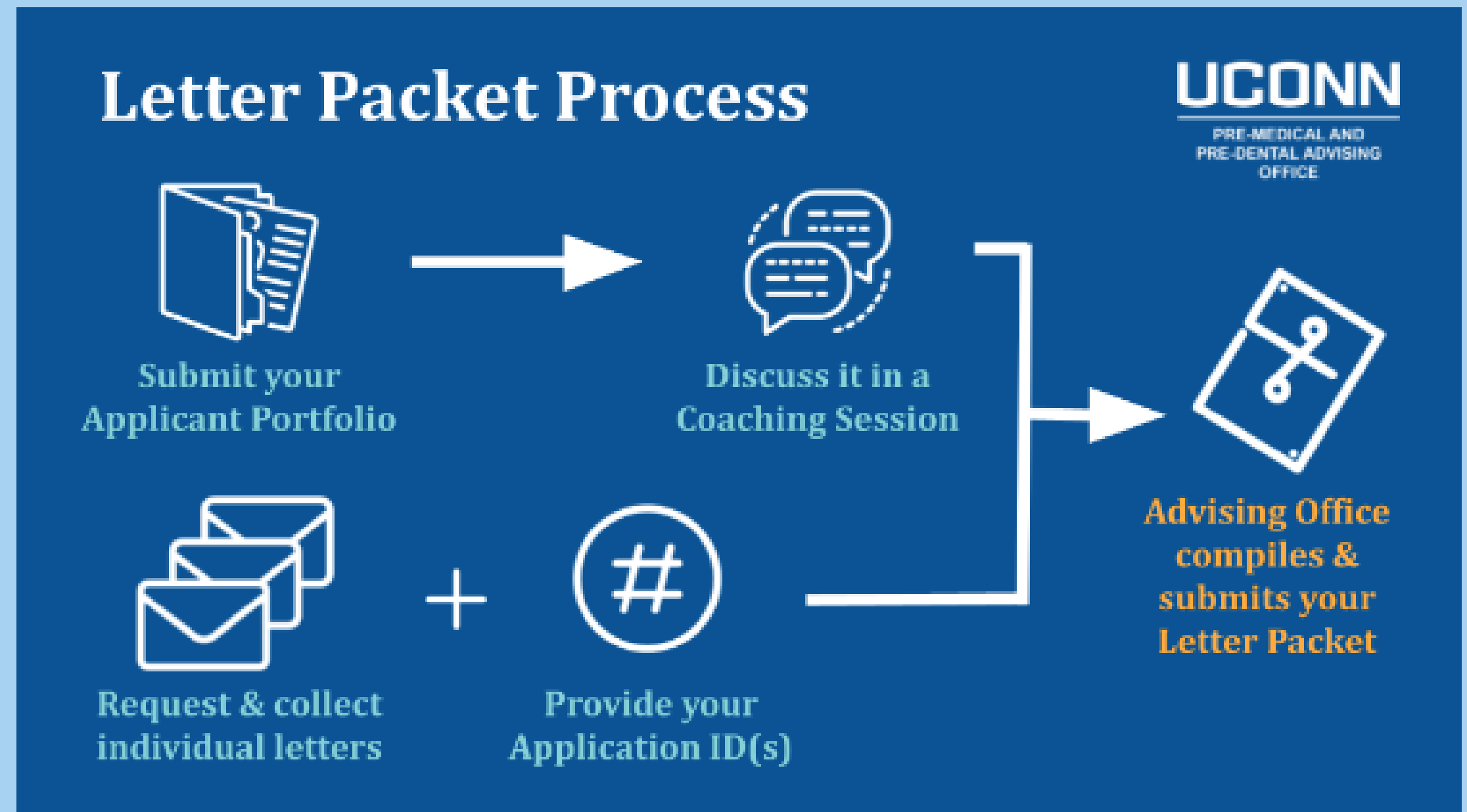
Applicant Support Process

*Comprehensive
application support*

1. Health Professions Applicant Portfolio
2. 45-minute Applicant Coaching Session
3. Health Professions Letter Packet

=

Letter Packet



Takeaways

- Pursue your passions
- Health professional schools are interested in interesting people
- *Explore* and **get the most out of** your undergraduate education
- Consider different healthcare careers!
- Don't rush; stay open to growth years



Takeaways

- Take care of yourself first and foremost.





CONNECT WITH US!

Visit our website
premed.uconn.edu
if you want more information
about our program

Email us at
premed_predental@uconn.edu
at any time with questions

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