NEWSLETTER SIGN UP

Just scan and we'll add your email to our mailing list!
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!

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
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!

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
Megan Baro, MS, Health Professions Advisor
Get to know us!

Susan Ruggiero
MS, Program Assistant

Tanya Miller
BS, Social Media Coordinator

Emily Strickland
Student Administrative Assistant

Sarah Scheidel
Ed.D., Director of Pre-Professional Advising

Welcome, Sarah!

Sarah is our first full-time director!
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
Qristine Owusu '22, psychological sciences major, pre-dental track
Aesha Acevedo '23, MCB major, pre-medical track
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
Chat with Alumni

3/8: Reapplicants
3/29: Application Tips
4/19: School Spotlights

Past examples:
- Work/Life Balance
- Disabilities in Healthcare
- Experiences Abroad
- 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
"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
"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."

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

1. Give you a comprehensive understanding of pre-medical + pre-dental prerequisite coursework.

2. Provide information about the importance of cultivating co-curricular experiences.

3. Connect you to resources so that you can get engaged at UConn and beyond.
Agenda

1. Explore
2. Prepare
3. Apply
4. Key takeaways
5. Questions
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
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

* About 16% of applicants pursue a *secondary major*

* Almost 50% of applicants added at least one *minor* to their plan of study
**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
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
is a passive experience through which you get to learn about and explore which fields of medicine you might be interested in.

* Aim to gain 50+ hours of shadowing experience

Direct Patient Care
is hands-on experience you gain by having one-on-one interactions with patients and/or providing care in some form.

* Aim to gain 100+ hours of shadowing experience
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
Community Service/Volunteering

Community service is 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
Research/independent scholarship

- Research does not need to be within your major field, or even necessarily in a traditional STEM field.

- Great avenue for developing and enhancing certain competencies such as critical thinking, scientific inquiry, and teamwork.
Keep some kind of tracking document (spreadsheet, Google document, etc.) so you can continuously and contemporaneously log hours for your various experiences.
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
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

Health Professions Applicant Portfolio + 45-minute Applicant Coaching Session + 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!!!

“Do your own thing, folks. You are not robots. You need time to rest, too. Go see the world, find love, and learn new things. Medical school isn’t going anywhere. Remember, you are a person first and a student second.

Take care of yourself!”

Keely Greiner
Peer Health Ambassador
CONNECT WITH US!

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

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

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