

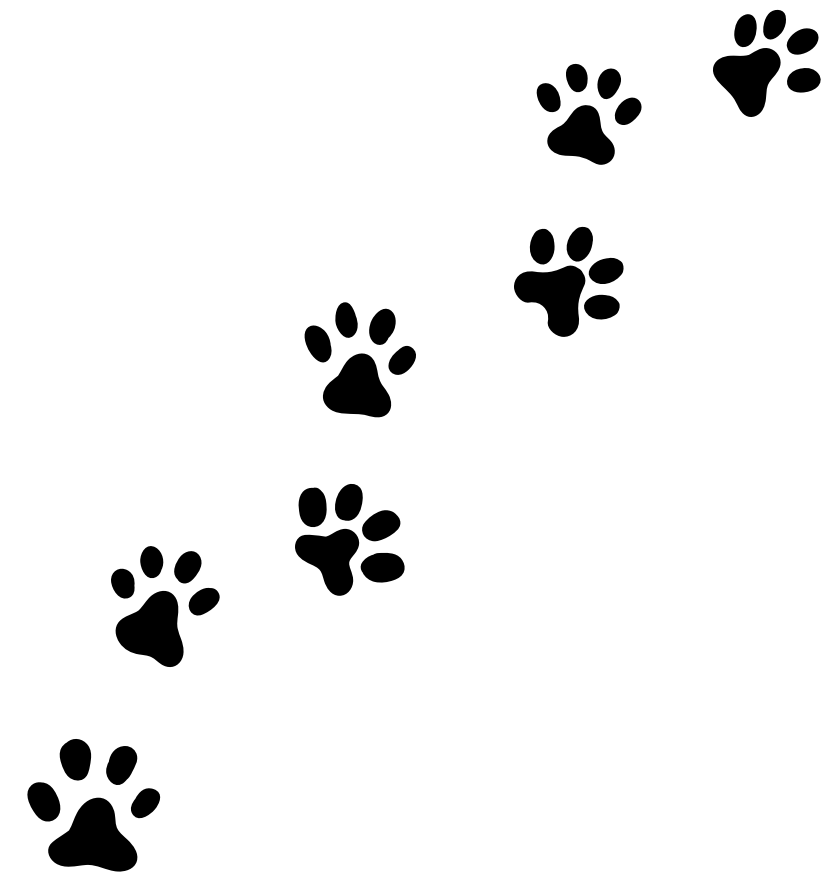


# UNIVERSITY OF CONNECTICUT

## Spring 2023 Group Advising

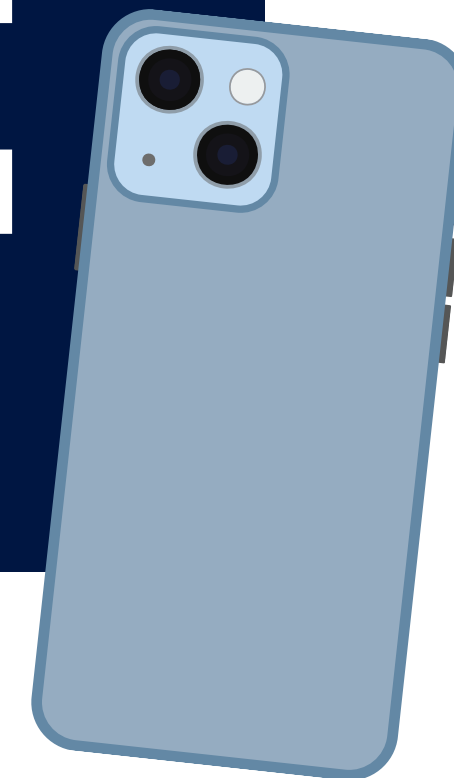
**UConn** | UNIVERSITY OF  
CONNECTICUT

PRE-MEDICAL AND PRE-DENTAL ADVISING OFFICE



# 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.

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](https://premed.uconn.edu)

email: [premed\\_predental@uconn.edu](mailto: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!



**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

*Welcome, Sarah!*



**Sarah is our first full-time director!**

**Sarah Scheidel**

Ed.D., Director of

Pre-Professional

Advising



# Get to know us!

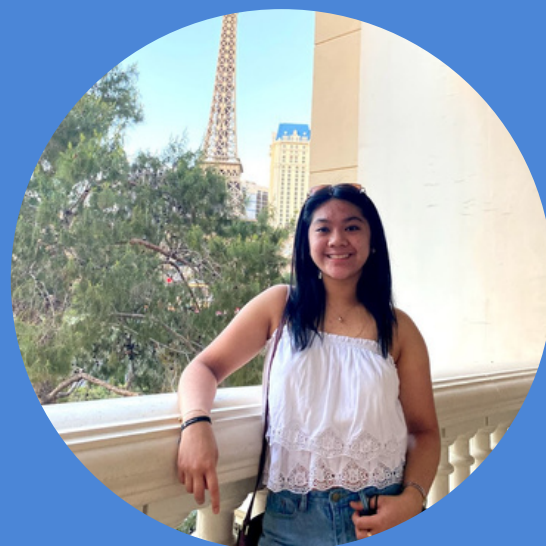
## Health Professions Peer Ambassadors (HPPAs)

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



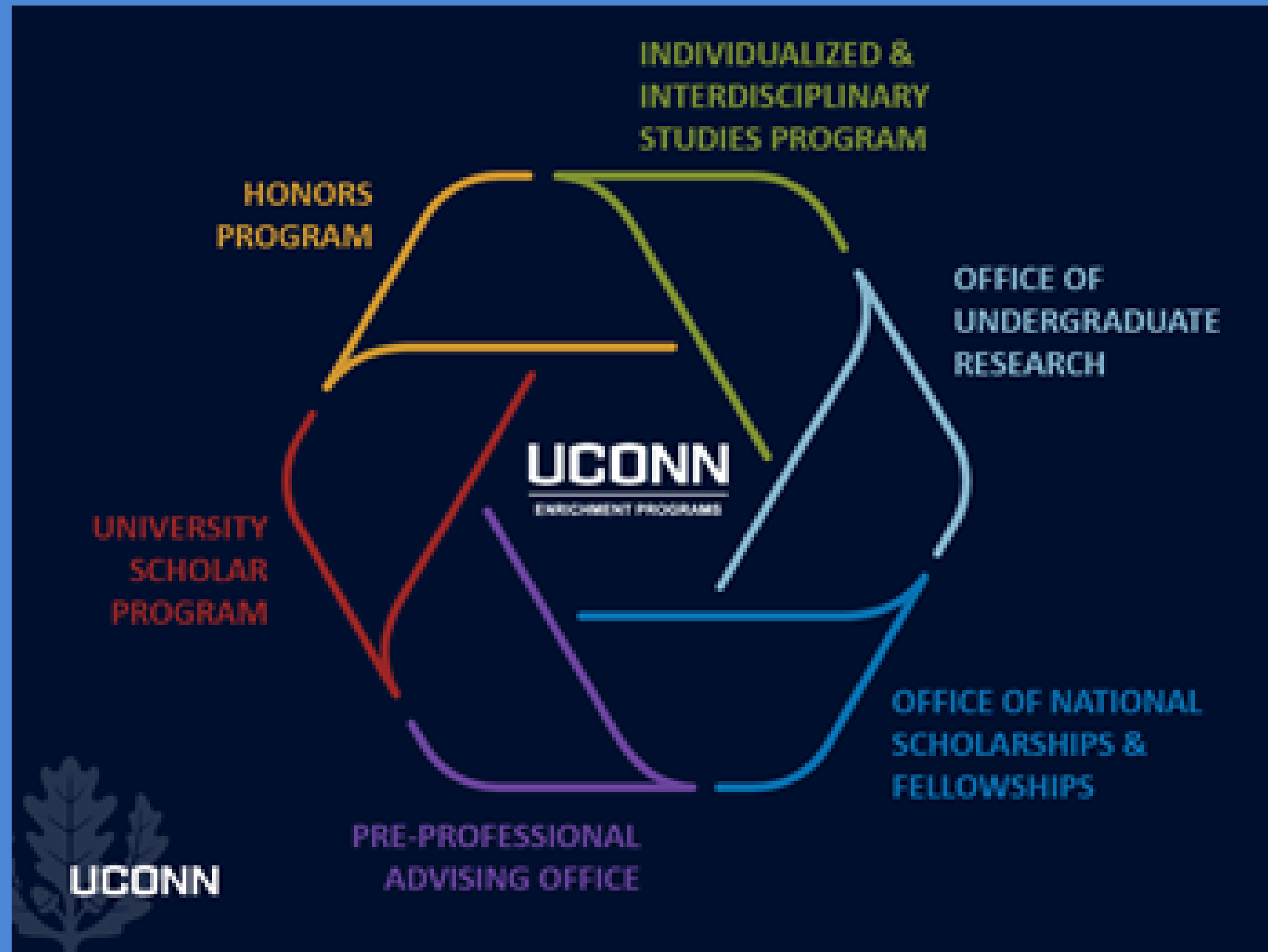
**Kristine Owusu '22**, psychological sciences major, pre-dental track

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





# 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

## Chat with Alumni WORK/LIFE BALANCE



**Sreenidhi Nair** is a first-year osteopathic medical student at the **Campbell University School of Osteopathic Medicine**. She completed her Bachelor of Science degree in Molecular and Cell Biology at UConn in 2022. While at UConn, Sreenidhi was involved in the Undergraduate Student Government as a member of the Scholastic Standards Committee. She was also a part of UConn Empower, and UConn Asha, serving as their President and Vice President. Sreenidhi is interested in improving the standard of public health education and information in her professional career. In her free time, she loves hiking, baking, and exploring different restaurants. She is also happy to provide more insight on the DO path to medicine.



**Zane Cooke** is a second-year student at **Dell Medical School** in Austin, TX, currently in his Internal Medicine clinical rotation. He completed Bachelor's and Master's degrees in Biomedical Engineering at UConn before taking a break from academia to work as a medical product engineer for Cardinal Health and later Medtronic. During this time, he also worked as an EMT in Boston, beginning with the COVID pandemic in February 2020. Zane is leaning towards specialization in either Emergency Medicine or Orthopedic Surgery, and most likely Pediatrics within either field. He has a particular interest in the intersection of clinical care and health technology, with a specific focus on preventative medicine and lifestyle interventions.

- 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

# 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."

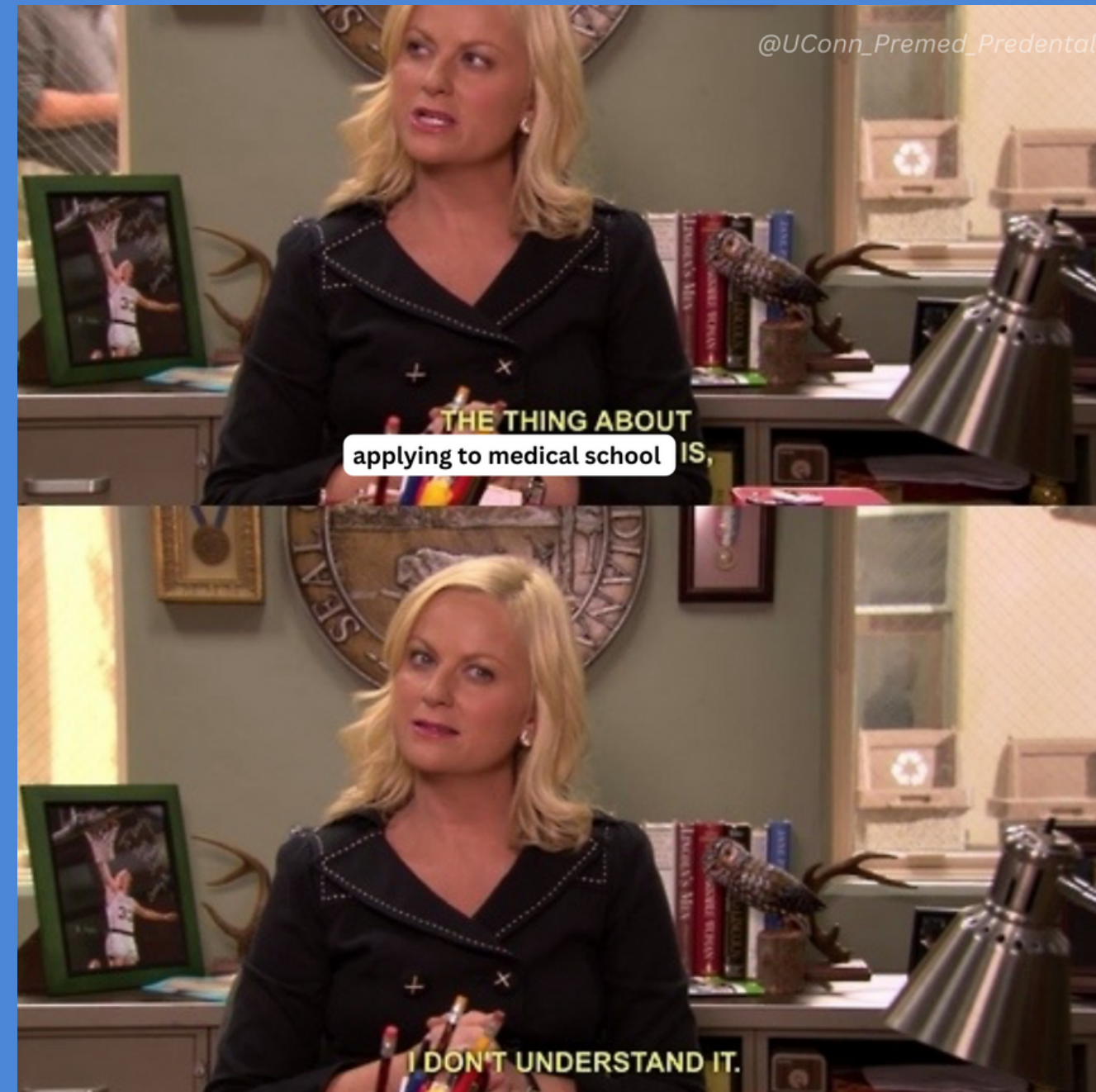
# Goals

- 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

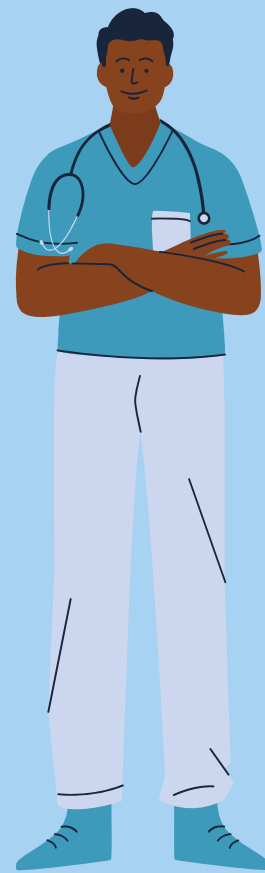


# Agenda

- 1 Explore
- 2 Prepare
- 3 Apply
- 4 **Key takeaways**
- 5 Questions



# 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

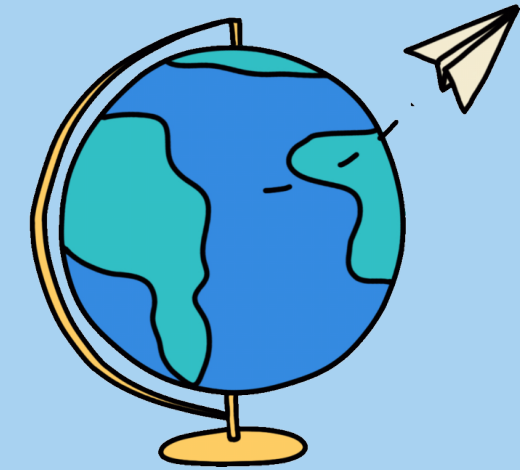


✦ Find fulfilling employment and/or research opportunities

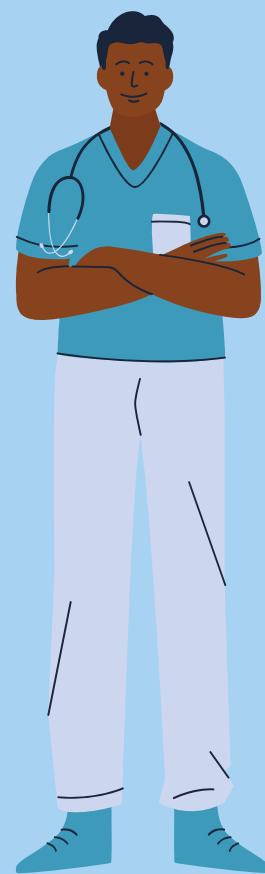


# Off-Campus Resources

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



# 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

**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

*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





**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.

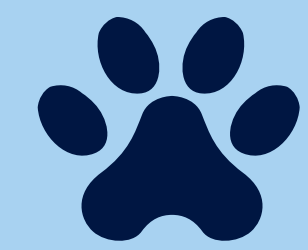
If you already know that you have a specific interest in working with geriatric patients, for instance, we would encourage you to look for experiences below that align with that interest (e.g., PCA positions, nursing home locations). If you have an interest in trauma medicine or emergency medicine, pursuing 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 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



# UConn

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STUDENT ACTIVITIES  
COMMUNITY OUTREACH

# UConn

UNIVERSITY OF CONNECTICUT

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STUDENT ACTIVITIES

subog

MIRACLE NETWORK DANCE MARATHON  
**HUSKYTHON**

UContact



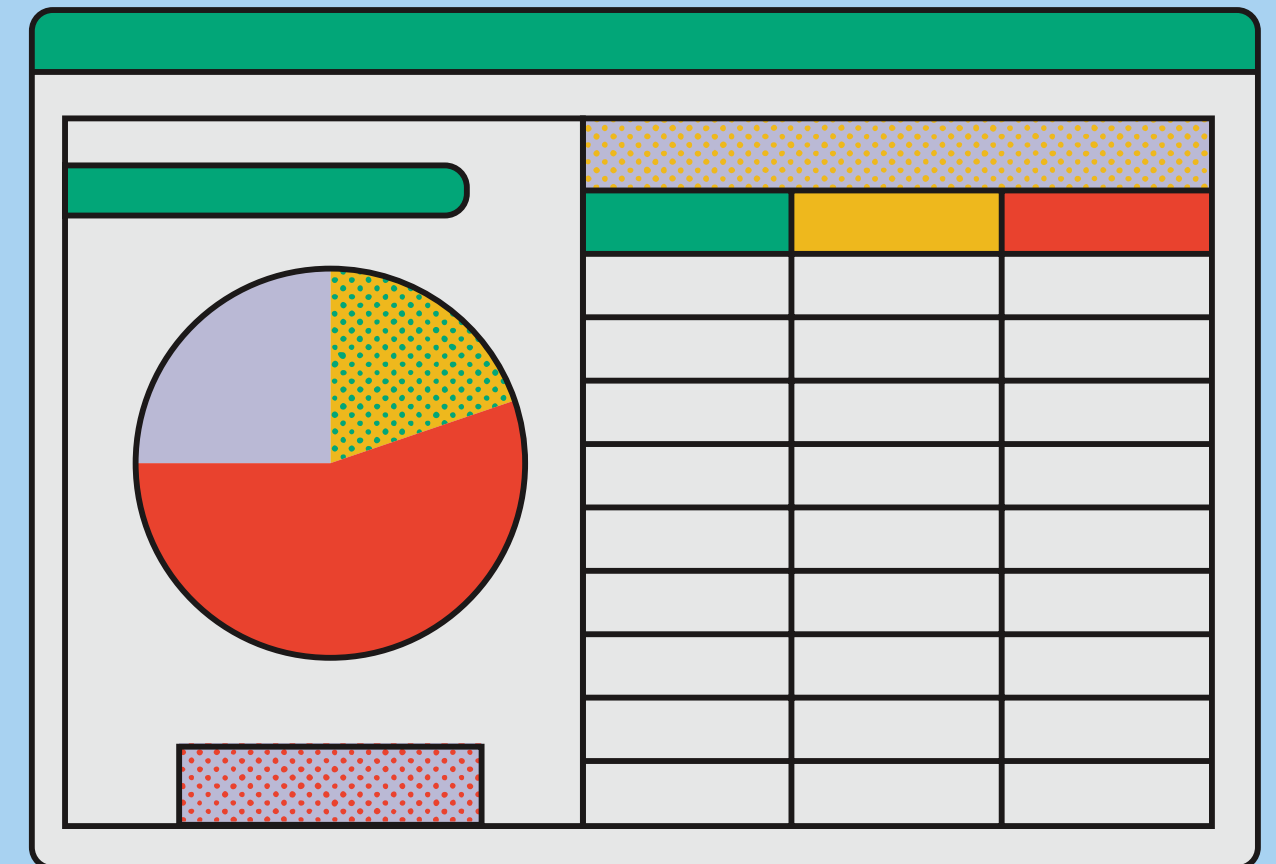
# Research/independent scholarship

- ✦ 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





# 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

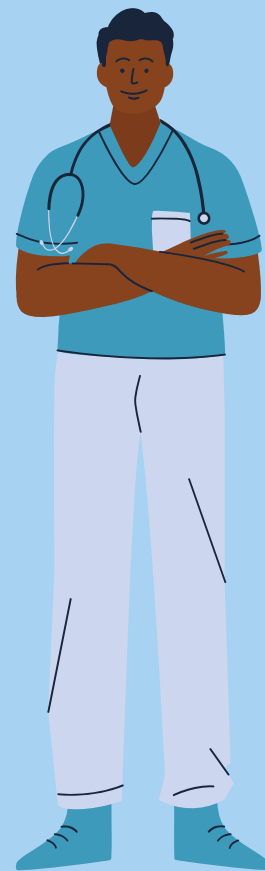
[Self-Assessment Guide](#)

[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*

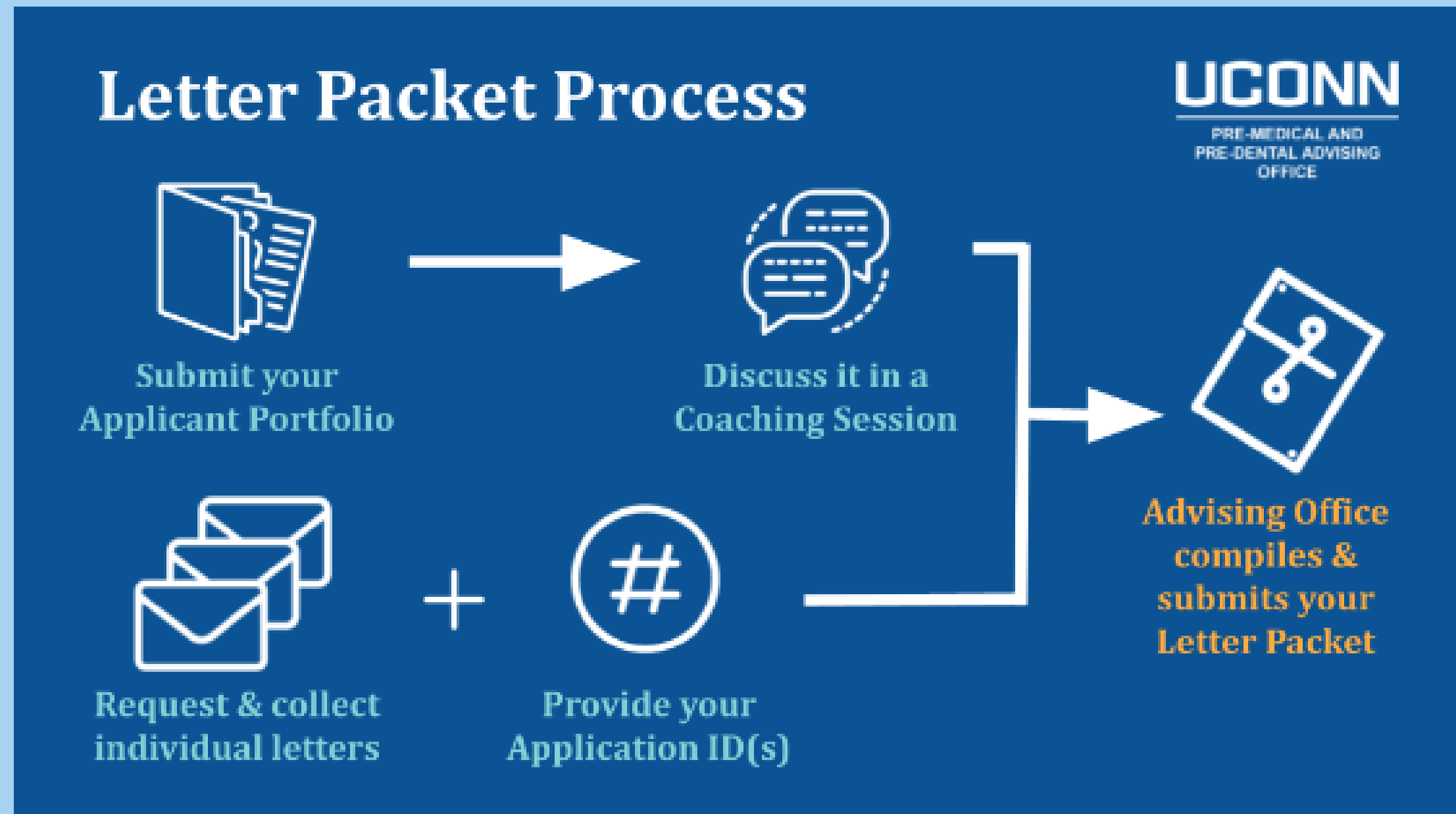
## Main Application Components

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



# Applicant Support Process

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



T as in Troy?

No Gabriella.

T as in Take care of yourself this semester

@UConn\_PremePreidental





# CONNECT WITH US!

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if you want more information  
about our office

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[premed\\_pre dental@uconn.edu](mailto:premed_pre dental@uconn.edu)  
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