UNIVERSITY OF CONNECTICUT
Summer 2023
Group Advising

Sign-in please

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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.
Topics & Goals

Topics:
1. Get to know us
2. Explore
3. Prepare (Fact vs. Fiction Game!)
4. Apply
5. Key Takeaways
6. Q&A

Goals:
★ Give you a comprehensive understanding of pre-medical + pre-dental prerequisite coursework
★ Provide information about the importance of cultivating co-curricular experiences
★ Connect you to resources so that you can get engaged at UConn and beyond
1. GET TO KNOW US

The PPA Staff and how to connect!
Office of Pre-Professional Advising

Health Professions Peer Ambassadors (HPPAs)

5 undergraduate peer ambassadors to help you!
30-minute appts, 10-minute drop-in appts, online Ask a Question form

ANANYA AGGARWAL '24
Major: Molecular and Cell Biology
Pre-Dental Track

SAHITI BHYRAVAVAJHALA '24
Major: Chemistry & Molecular and Cell Biology
Minor: Anthropology of Global Health
Pre-Medical Track

TY ZACCAGNINI '25
Major: Physiology & Neurobiology
Minors: Neuroscience, Molecular & Cell Biology
Pre-Medical Track

GENESIS ROSARIO '24
Major: Allied Health Sciences
Pre-Medical Track

EMILY STRICKLAND '24
Major: M&BP & Nutritional Sciences
Pre-Medical Track
Where are we?
- ROWE Building, 4th Floor
- Virtual Webex appts

How can you connect w/us?
- Join our newsletter!
- Website: premed.uconn.edu
- Email: premed_predental@uconn.edu
- Instagram: uconn_premed_predental
- Workshops, appts., drop-ins, etc...

How do I make a one-on-one appointment?
- Nexus link or QR code on right

Drop-in advising (10 minutes or less)
- Virtual and in-person: schedule on website
- Come ask about: AP/ECE credit, retaking courses, application basics, MCAT scores, etc.
Navigating the Healthcare Admissions Interview

9:00-10:15AM
Interviewing Skills Presentation

10:30-11:45AM
MMI Workshop

7:00-8:00PM
Alumni Panel

* Come to all sessions or just one!
* Hosted in collaboration with the UConn Center for Career Development

2024 Cycle Application Orientation

Wednesday, January 25th
6:00-7:30PM
UConnVCWEBEX.COM/MEET/PREADVIS

Chat with Alumni Disabilities in Healthcare

Wednesday, October 26
7:00 to 8:00PM
UConnVCWEBEX.COM/MEET/PREADVIS

Virtual Spring Series 2022
Selecting Schools

Black Panel
Hosted by the Minority Association of Pre-Med Students (MAPS)

Tuesday, February 28th at 6:00PM
Tune in virtually @ S.UCONN.EDU/MAPS

Dr. Longworth Ellis
Dr. Anton Afrite
Dr. Galloway Hines
What career(s) are you interested in pursuing?
2. EXPLORE
Clubs, Organizations, Resources, etc...
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
3. PREPARE
Fact or Fiction?!?
More to think about/remember...academics, clinical, service, research and more!
Pre-Medical, Pre-Dental, and Pre-PA are options for majors here at UConn.
You can major in anything as a pre-health student.
Our office recommends that you major in the biological sciences (or a closely related major) in order to best meet your pre-requisites for medical, dental, or PA school.
Applicants who do major in Biological Sciences, on average, perform better on the MCAT (the medical school admissions test) than those who major in the Humanities or Social Sciences.
If you don't start in your first year of college, it's too late to pursue a pre-professional track like pre-medical or pre-dental.
Admission into medical or dental school is all about GPA and test scores.
Engaging in community service is an important factor for health professional school admissions.
Studying abroad is not an option for pre-health students due to their rigorous pre-requisites.
Once in college, it's best to align all of your extra-curricular activities (clubs, leadership, service, etc) with the health professions in some way to show admissions committees you're passionate about becoming a doctor/dentist/health professional.
On average, the applicants to health professional schools that our office works with take 2 growth/gap years after graduating with their bachelor’s degree before starting their professional program.
Some Takeaways...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
# Non-STEM Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Gen Ed</th>
<th>Prerequisites</th>
<th>Credits</th>
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<tr>
<td>AFRA 2222</td>
<td>Race, Gender, Sexuality, and the Power of Looking</td>
<td>CA 1, CA 4</td>
<td></td>
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<tr>
<td>AFRA 2250</td>
<td>Racial Disparities in Health</td>
<td>CA 2</td>
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<td>AFRA 2461</td>
<td>Race, Gender, and U.S. Health Care</td>
<td>CA 2, CA 4</td>
<td>Recommended preparation: AFRA/SOCI 1001</td>
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<td>AFRA 3106</td>
<td>Black Psychology</td>
<td>CA 4</td>
<td>PSYC 1100; PSYC 1101 or 1103</td>
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<td>AFRA 3320</td>
<td>Race, Culture, and Reproductive Health</td>
<td>CA 4</td>
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<tr>
<td>AFRA 3622</td>
<td>History of Gender and Sexuality in Latin America and the Caribbean</td>
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<td>AMST 2274W</td>
<td>Disability in American Literature and Culture</td>
<td>CA 1, CA 4</td>
<td>ENGL 1007 or 1010 or 1011 or 2011</td>
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<tr>
<td>AMST 3267W</td>
<td>Race and the Scientific Imagination</td>
<td>CA 1, CA 4</td>
<td>ENGL 1007 or 1010 or 1011 or 2011</td>
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<tr>
<td>ANTH 2200</td>
<td>Race and Human Biological Diversity</td>
<td>CA 3, CA 4</td>
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<td>ANTH 3200</td>
<td>Human Behavioral Ecology</td>
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<td>ANTH 3202W</td>
<td>Illness and Curing</td>
<td>CA 4</td>
<td>ENGL 1007 or 1010 or 1011 or 2011</td>
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<td>ANTH 3250</td>
<td>Cognitive Anthropology</td>
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<td>Recommended preparation: ANTH 3002</td>
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<td>ANTH 3251</td>
<td>Psychological Anthropology</td>
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<tr>
<td>ANTH 3300</td>
<td>Medical Anthropology</td>
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<td></td>
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<tr>
<td>ANTH 3302</td>
<td>Medical Ecology</td>
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<td>Recommended preparation: ANTH 3300</td>
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<td>ANTH 3304</td>
<td>Anthropology of Drug Use</td>
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<td>ANTH 3320</td>
<td>Race, Culture, and Reproductive Health</td>
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<td>ANTH 3325</td>
<td>Introduction to Global Health</td>
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<td>Open to sophomores or higher</td>
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<td>ANTH 3326</td>
<td>Global Health and Human Rights</td>
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<td>ANTH 3327</td>
<td>Power and Health in Latin America and the Caribbean</td>
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<tr>
<td>ANTH 3351</td>
<td>Sex and Gender</td>
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<td>ARTH 2222</td>
<td>Race, Gender, Sexuality, and the Power of Looking</td>
<td>CA 1, CA 4</td>
<td></td>
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<tr>
<td>AAAS 2222</td>
<td>Race, Gender, Sexuality, and the Power of Looking</td>
<td>CA 1, CA 4</td>
<td></td>
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**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. UConn SODM **does accept AP** credit.

- Early College Experience courses are collegiate-level coursework and will count to fulfill prerequisite requirements.
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
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

★ Reflect on:
  - the provider’s ability to connect with their patients
  - the specialty + work environment
  - the clinician’s work ethic

**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 direct patient care experience

★ Reflect on:
  - the core competencies you cultivated
  - how you grew more ready to become a physician
  - 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.

✨ Research is an element of a pre-health application that is not necessarily "required" in the same way that clinical experience and community service are, though it does add significant strength to any application.
Keep some kind of tracking document (spreadsheet, Google document, etc.) so you can continuously and contemporaneously log hours for your various experiences.
4. APPLY
Holistic admissions
Application Overview
Support
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)
Application Overview

Timeline
Applicants formally begin applying during the summer usually more than 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
★ Primary application (personal statement, work/activities, transcripts, evaluation requests/ID submission)
★ Secondary application
★ Standardized testing scores
★ Letters of recommendation
Applicant Support Process

Health Professions Applicant Portfolio (HPAP)

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
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.

Follow us on Instagram @uconn_premed_predental.