



# UNIVERSITY OF CONNECTICUT

Fall 2023  
Group Advising

## UConn

OFFICE OF  
PRE-PROFESSIONAL  
ADVISING



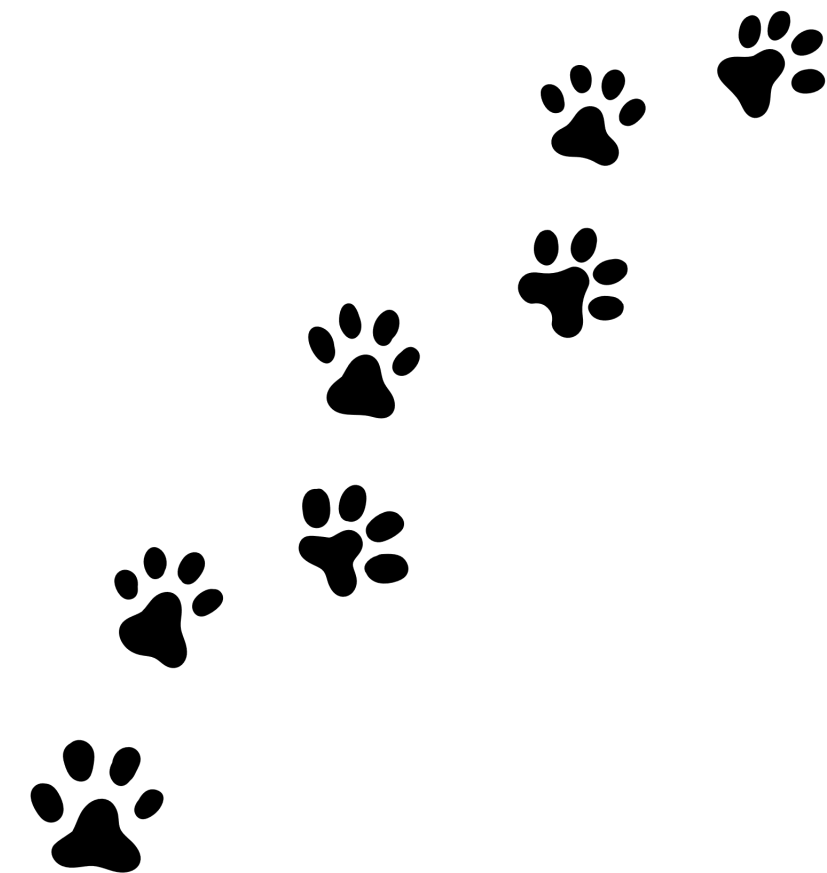
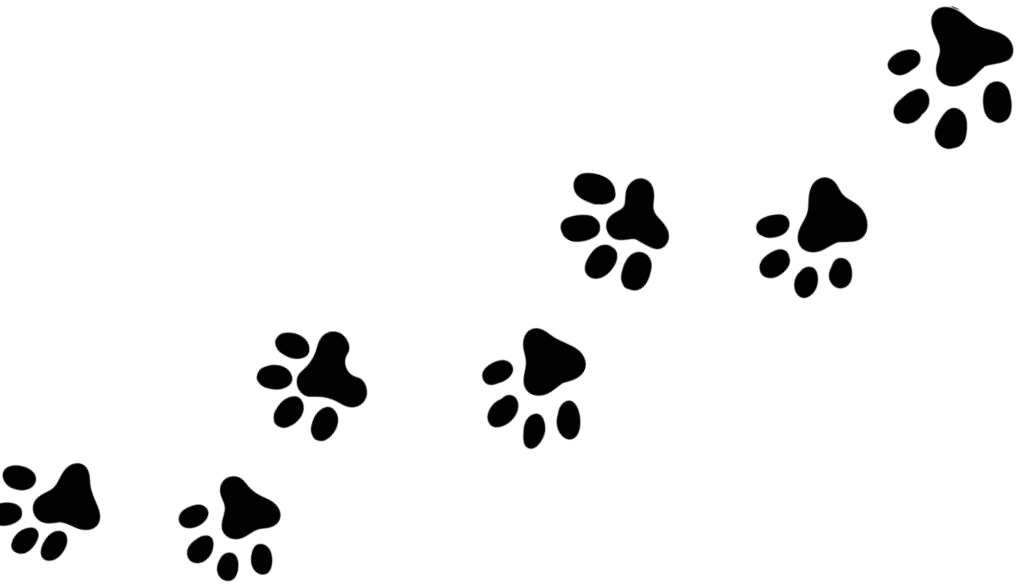
**UNIVERSITY  
OF  
CONNECTICUT**

*Summer 2023  
Group Advising*

**UConn**

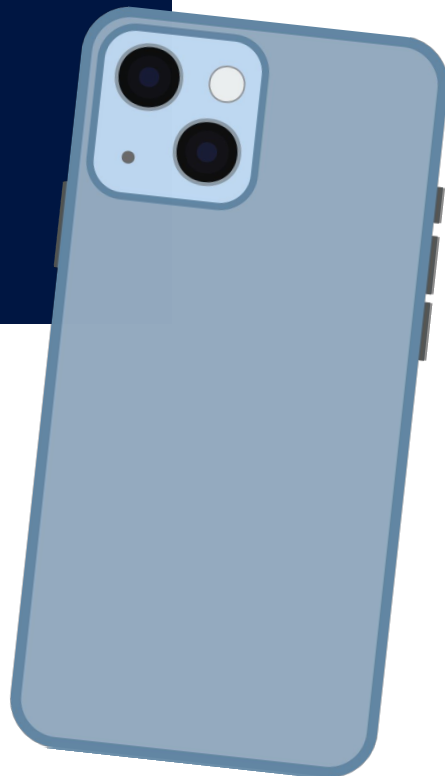
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PRE-PROFESSIONAL  
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*Sign-in please*



# 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.



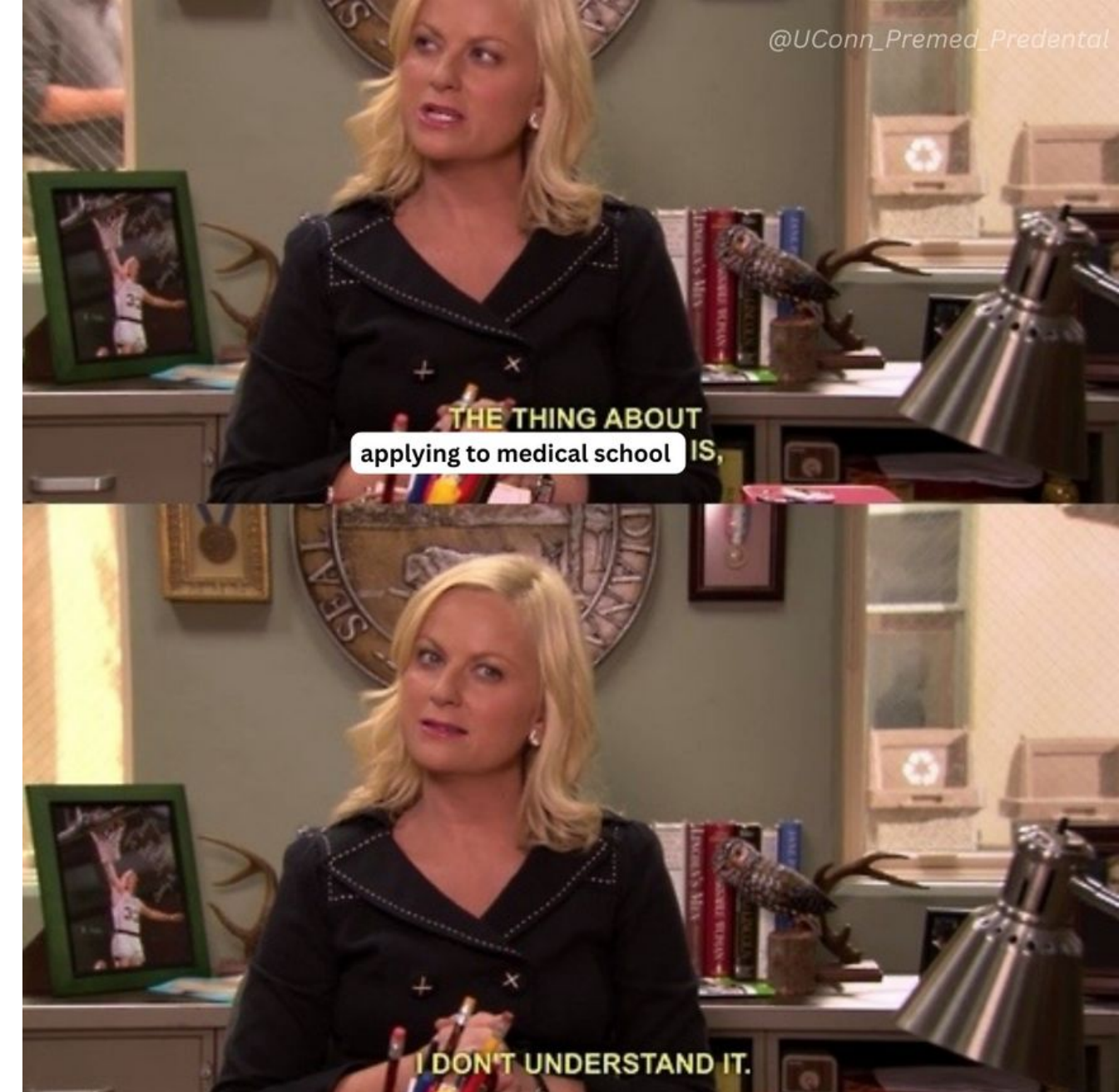
# Topics & Goals

## 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



A large, horizontal blue brushstroke with a white-bordered box in the center. The brushstroke has a textured, painterly appearance. The white-bordered box contains the text.

1.

# GET TO KNOW US

*The PPA Staff and how to connect!*

# Office of Pre-Professional Advising



**Dr. Sarah Scheidel**  
Director



**Krista Rogers**  
Assistant Director



**Chrissy Gray**  
Pre-Professional Advisor



**Megan Baro**  
Health Professions Advisor



**Tanya Miller**  
Social Media Coordinator



**Sue Ruggiero**  
Program Assistant



**Dr. Keat Sanford**  
Pre-Medical Advisor



# Office of Pre-Professional Advising



**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**  
MAJORS: MCB & NUTRITIONAL SCIENCES  
PRE-MEDICAL TRACK

## Health Professions Peer Ambassadors (HPPAs)

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





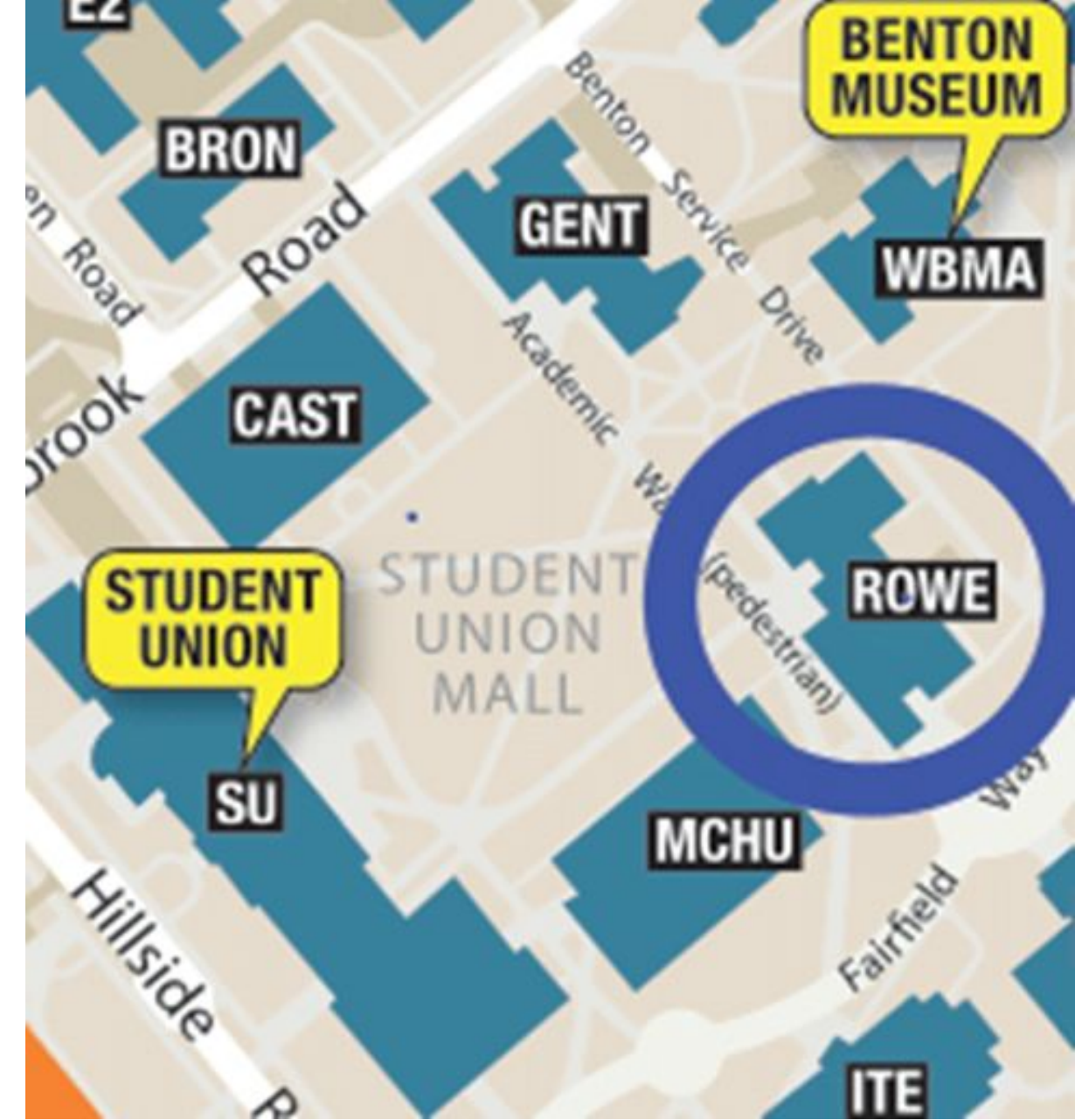


## Where are we?

- ROWE Building, 4th Floor
- Virtual Webex appts

## How can you connect w/us?

- Join our newsletter!
- Website: [premed.uconn.edu](http://premed.uconn.edu)
-  [premed\\_predental@uconn.edu](mailto:premed_predental@uconn.edu)
-  [uconn\\_premed\\_predental](https://www.instagram.com/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

**9:00-10:15 AM**  
INTERVIEWING SKILLS PRESENTATION  
**10:30-11:45 AM**  
MMI WORKSHOP  
**7:00-8:00 PM**  
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

UCONNVT.C.WEBEX.COM/MEET/PREADVIS



## CHAT WITH ALUMNI DISABILITIES IN HEALTHCARE

WEDNESDAY 10/26  
7:00 TO 8:00PM

uconnvtc.webex.com/meet/PREADVIS



VIRTUAL SPRING SERIES 2022  
SELECTING SCHOOLS

Dr. Keat Sanford  
Shivam Desal  
Central Michigan University  
Miriam Katz  
NY Medical College  
Sandhya Sanapala  
UConn School of Medicine

**ALUMNI**  
TUNE IN AT [S.UCONN.EDU/PREMED](https://s.uconn.edu/premed)

# BLACK PHYSICIAN PANEL

HOSTED BY THE MINORITY ASSOCIATION OF PRE-MED STUDENTS (MAPS)

**TUESDAY, FEBRUARY 28TH AT 6:00PM**  
TUNE IN VIRTUALLY @ [S.UCONN.EDU/MAPSFEB28](https://s.uconn.edu/mapsfeb28)

Dr. Langston Ellis  
Dr. Anton Afente  
Dr. Jeffrey Hayes

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**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

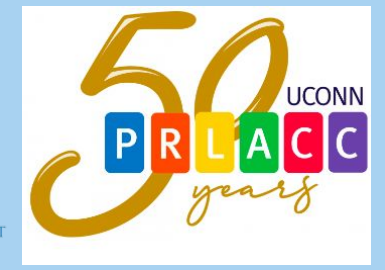


[List of health-related organizations on campus](#)

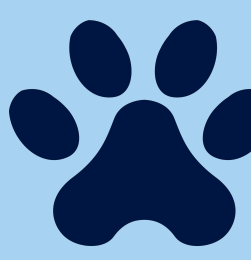
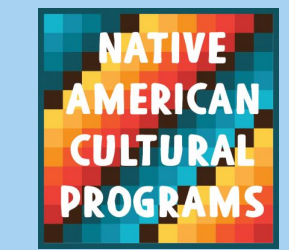


# On-Campus Resources

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



UConn  
WOMEN'S  
CENTER



# Off-Campus Resources

✦ First-generation students

✦ International students

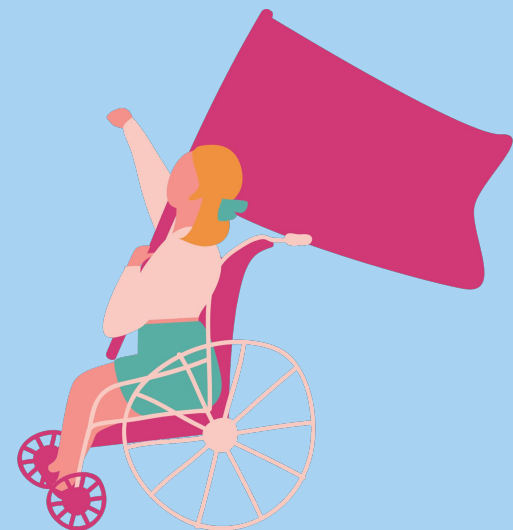
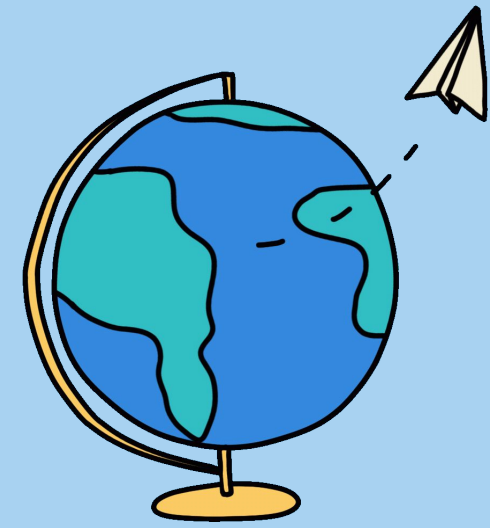
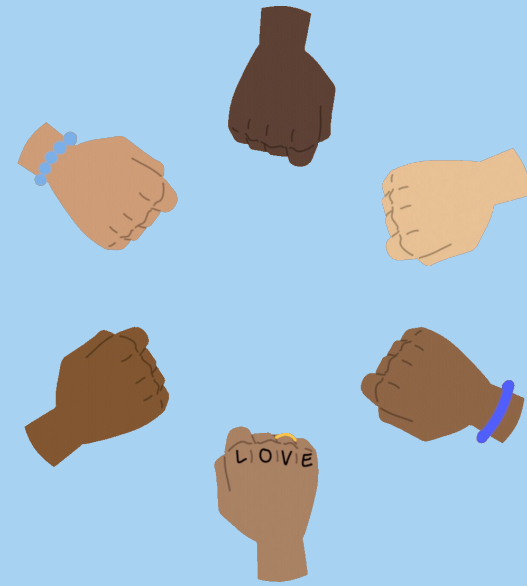
✦ LGBTQIA+ students

✦ 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!



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**Pre-Medical, Pre-Dental, and Pre-PA are options for majors here at UConn.**

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**You can major in anything as a pre-health student.**

# slido



**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.**

# slido



**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.**

# slido



**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.**

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**Admission into medical or dental school is all about GPA and test scores.**

# slido



**Engaging in community service is an important factor for health professional school admissions.**

# slido



**Studying abroad is not an option for pre-health students due to their rigorous pre-requisites.**



# slido



**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.**

# slido



**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

Health-Related Courses ☆ 📁 ☁

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	A	B	C	D	E
1	Course	Title	Gen Ed	Prerequisites	Credits
2	<a href="#">AFRA 2222</a>	Race, Gender, Sexuality, and the Power of Looking	CA 1, CA 4		3
3	<a href="#">AFRA 2250</a>	Racial Disparities in Health	CA 2		3
4	<a href="#">AFRA 2461</a>	Race, Gender, and U.S. Health Care	CA 2, CA 4	Recommended preparation: AFRA/SOCI 1001	3
5	<a href="#">AFRA 3106</a>	Black Psychology	CA 4	PSYC 1100; PSYC 1101 or 1103	3
6	<a href="#">AFRA 3320</a>	Race, Culture, and Reproductive Health			3
7	<a href="#">AFRA 3622</a>	History of Gender and Sexuality in Latin American and the Caribbean			3
8	<a href="#">AMST 2274W</a>	Disability in American Literature and Culture	CA 1, CA 4	ENGL 1007 or 1010 or 1011 or 2011	3
9	<a href="#">AMST 3267W</a>	Race and the Scientific Imagination	CA 1, CA 4	ENGL 1007 or 1010 or 1011 or 2011	3
10	<a href="#">ANTH 2200</a>	Race and Human Biological Diversity	CA 3, CA 4		3
11	<a href="#">ANTH 3200</a>	Human Behavioral Ecology			3
12	<a href="#">ANTH 3202W</a>	Illness and Curing	CA 4	ENGL 1007 or 1010 or 1011 or 2011	3
13	<a href="#">ANTH 3250</a>	Cognitive Anthropology		Recommended preparation: ANTH 3002	3
14	<a href="#">ANTH 3251</a>	Psychological Anthropology			3
15	<a href="#">ANTH 3300</a>	Medical Anthropology			3
16	<a href="#">ANTH 3302</a>	Medical Ecology		Recommended preparation: ANTH 3300	3
17	<a href="#">ANTH 3304</a>	Anthropology of Drug Use			3
18	<a href="#">ANTH 3320</a>	Race, Culture, and Reproductive Health			3
19	<a href="#">ANTH 3325</a>	Introduction to Global Health		Open to sophomores or higher	3
20	<a href="#">ANTH 3326</a>	Global Health and Human Rights			3
21	<a href="#">ANTH 3327</a>	Power and Health in Latin America and the Carribean		Open to sophomores or higher	3
22	<a href="#">ANTH 3351</a>	Sex and Gender			3
23	<a href="#">ARTH 2222</a>	Race, Gender, Sexuality, and the Power of Looking	CA 1, CA 4		3
24	<a href="#">AAAS 2222</a>	Race, Gender, Sexuality, and the Power of Looking	CA 1, CA 4		3



# 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



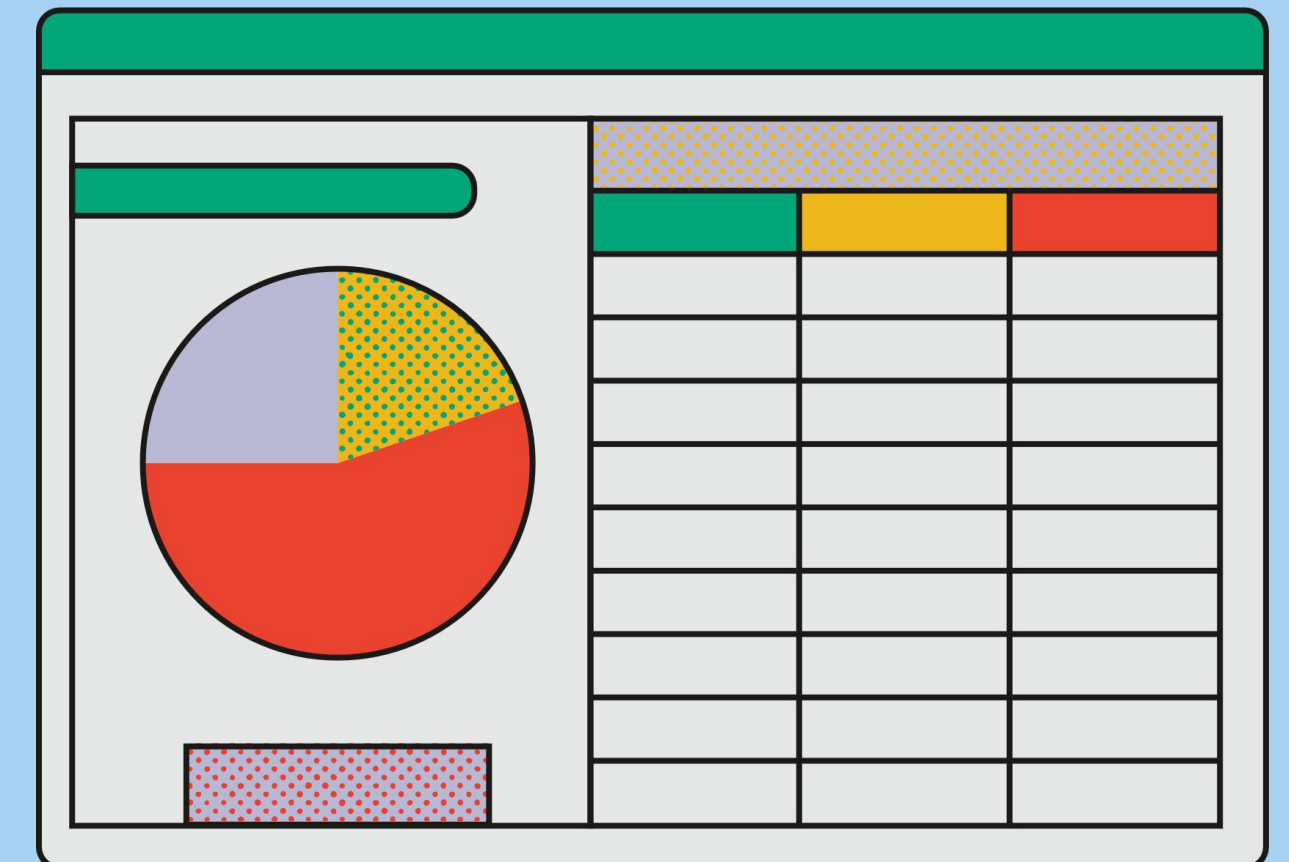
**BOLD**  
WOMEN'S LEADERSHIP NETWORK

COURAGE. AUTHENTICITY. VISION.



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

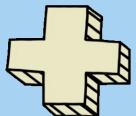
## Main Application Components

- ★ Primary application (personal statement, work/activities, transcripts, evaluation requests/ID submission)
- ★ Secondary application
- ★ Standardized testing scores
- ★ Letters of recommendation



# Applicant Support Process

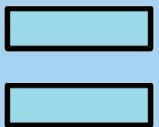
Health Professions Applicant Portfolio (HPAP)



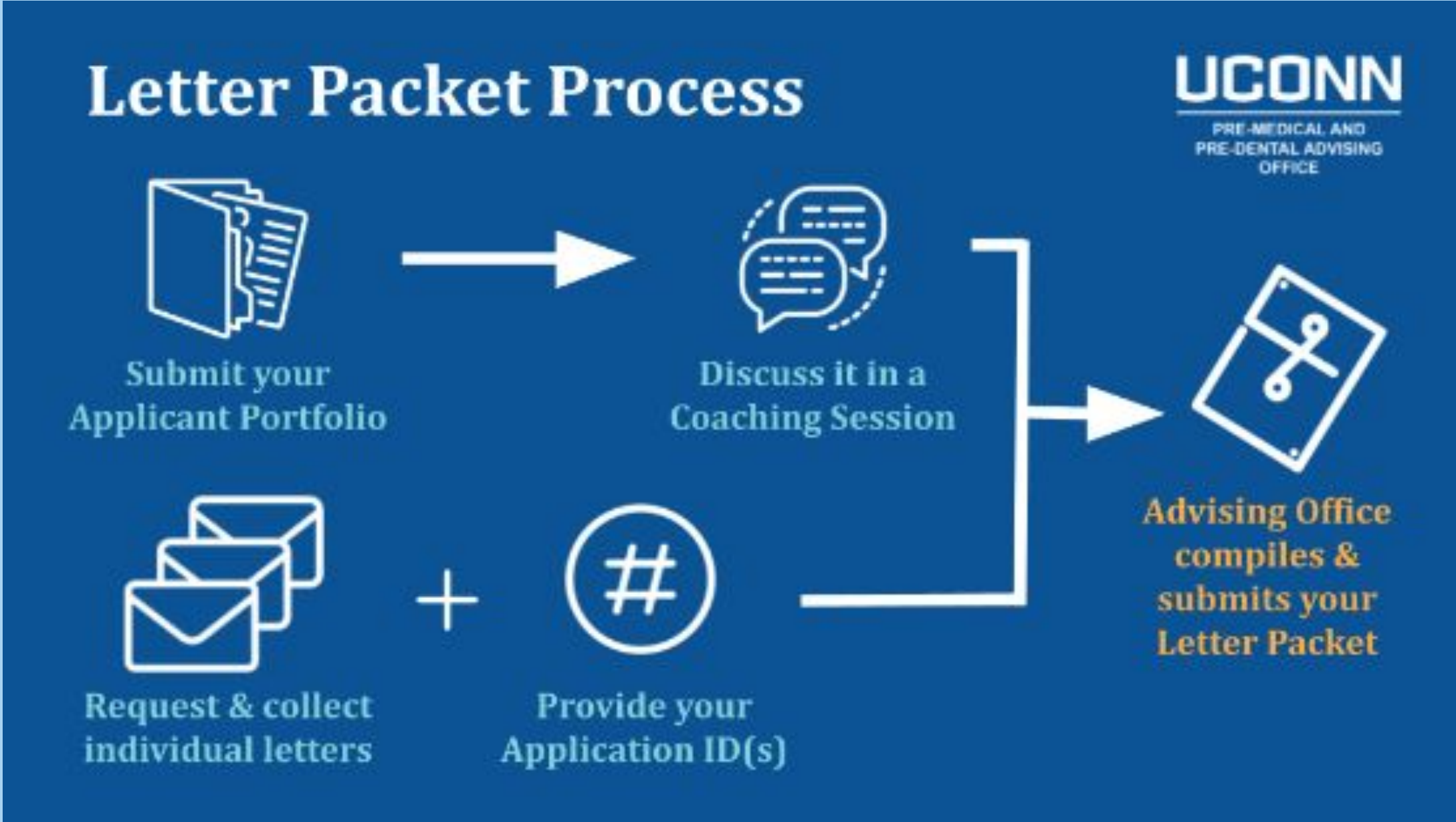
45-minute Applicant Coaching Session



Health Professions Letter Packet



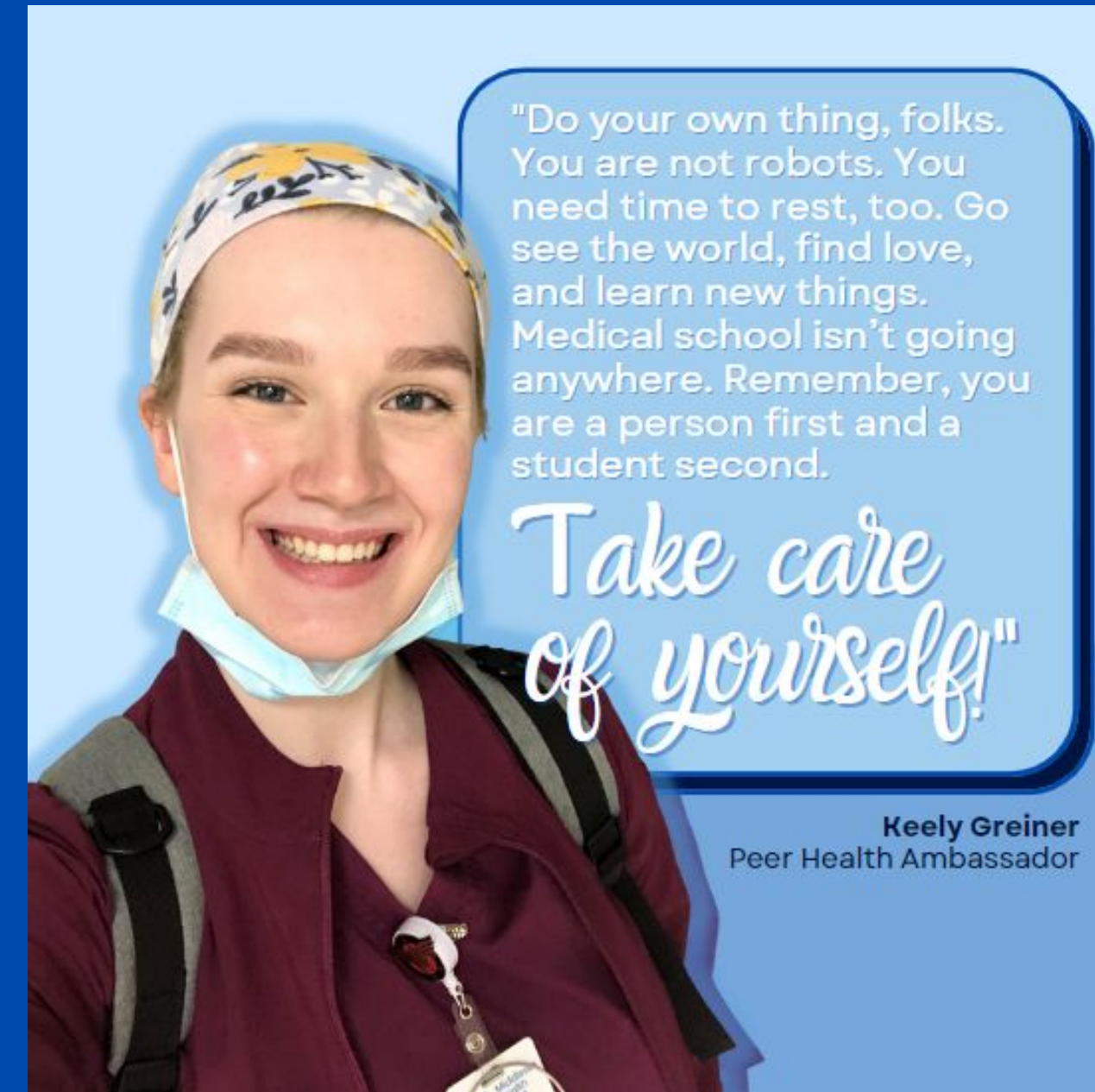
Letter Packet





# 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](http://premed.uconn.edu)  
if you want more information about our  
office

Email us at [premed\\_predental@uconn.edu](mailto:premed_predental@uconn.edu)  
at any time with questions

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