Fall 2023
Husky Health Foundations Workshops:
Co-Curricular Engagement
NEWSLETTER SIGN UP

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

Holistic admissions

- Clinical experience
- Service
- Research/independent scholarship
- Extracurriculars for fun!

premed.uconn.edu
premed_predental@uconn.edu
Instagram: uconn_premed_predental
Rowe Building, 4th floor (UConn Storrs)

Appts (In-person and virtual) through Nexus
Drop-in schedule (in-person and virtual) on website
Fall 2023 Series

- **Group Advising (completed)**
  - Recording of the 10/17 session available online

- **Husky Health Foundation Workshops**
  - 10/26: Co-Curricular Engagement
  - 11/9: Exploring Health Professions (with AHS)

- **Chat with Alumni**
  - 10/11: Pursuing Your Own Path
  - 11/1: From Fresh Beginnings to Seasoned Expertise
  - 11/29: TBD!

- **Other:** National First Gen Celebration Week (11/9), regional campus visits
GET TO KNOW US!

PPA Staff

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
GET TO KNOW US!

HPPAs

Ananya Aggarwal '24
Major: Molecular and Cell Biology
Pre-Medical Track

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

Ty Zaccagnini '25
Major: Physiology & Neurobiology
Pre-Medical Track

Genesis Rosario '24
Major: Allied Health Sciences
Pre-Medical Track

Emily Strickland '24
Major: MCB & Nutritional Sciences
Pre-Medical Track
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)
Holistic Admissions

- Academic metrics (GPA, MCAT/DAT)
- Co-curricular engagement
- 15 core competencies

- Quality > Quantity
Clinical experience

- **Shadowing**
  - *Pre-med/PA: strongly recommended*
  - *Pre-dental: usually ~50-125 hours required*
    - Try out the profession
    - The role of the provider
    - Observe the doctor/dentist and patient interactions
    - Get a feel for specialties
    - Keep a personal log of hours
Clinical experience

- Direct patient care experience
  - *Pre-med:* strongly recommended (min. 100 hours)
  - *Pre-PA:* usually ~1,000-3,000 hours required
  - *Pre-dental:* Not required; a bonus
    - 1:1 interaction with patients and/or administration of health care
    - Demonstrate your understanding of and commitment to the profession
Direct patient care experience

- CNA, EMT, medical assistant, medical scribe, ER tech, patient care tech, dental assistant, physical therapy aide, personal care provider...
- Check your local community college listings

Consider: What skills/competencies do I want to develop? What kind of setting do I want to be in?

More on clinical experience
- AH 4092: EMT Training
- SHaW Student Medical Support Trainees
Service

- AAMC 2022 cycle data: Matriculated applicants noted an average of 445.2 service hours.
- An experience may be health-related or not
- Do something that's meaningful to you!

- Office of Community Outreach
- UConn Health Leaders Program (UCHL)
Research

- "Does it matter what type of research I do?"
- Lab/benchwork, translational, clinical
- Scientific inquiry development
- Independent scholarship

- Office of Undergraduate Research
- Health Research Program
Extracurriculars

- On-campus, off-campus
- Health AND non-health related
- Student organizations
  - Guest speakers, networking
  - Service, leadership opportunities
  - Connect with peers with similar passions
  - Connect any experience to the 15 core competencies for medicine
  - Develop tangible skills (*pre-dents: manual dexterity!*)

- UConntact/UConn Student Activities
- Health-related student orgs
Regional campus spotlight

- Avery Point: Pre-Health Club
- Hartford: Pre-Healthcare Organization
- Stamford: Huskies for Pre-Med/Pre-Dental
- Waterbury: Collegiate Health Services
Core Messages

~Pursue your passions~

- Explore, Prepare, Apply
- Health professional schools are interested in interesting people!
- What do you want to get out of your undergraduate education?
- Make the most of your 3-4 years ahead!
- "Don't have such an orgo personality"
Thanks!