

Quotes From Admissions Members

- “...students should feel free to study what they wish, be it science or non-science. *Demonstrating self-insight (knowing what they like) and ownership of their education is valued with our admissions committee.* We don't care what the major is; we only ask that if the student is a science major, that they take enough non-science *so that they learn to think through ethical, cultural, and social issues and complications with the same ease that they determine how mass falls from a tree, and visa-versa. ... add the social and interpersonal skill learning so important to a health patient/physician relationship that comes from career exploration, service to others, leadership.*”
- “...we are looking for a strong science background (and recommend that non-science majors take at least two upper division basic science courses beyond the minimum premed requirements), *depth of academic exploration (in whatever area) and enriching life experiences.*”
- “Sometimes, I do question applicants' choice of major during an interview, not because of the particular choice but *because I am interested in learning what makes them tick.* Believe it or not, the responses are extremely revealing.”

PRE-PROFESSIONAL HEALTH PROGRAMS ADVISING

Preparing for The 2011 Application Cycle



University Advising and Career Center

Hood House Room 102

862-2064

www.unh.edu/premed-advising

Dr. James Pollard – Committee Chair

Amy Dickens - Advisor

Pre-Professional Health Programs Advising Office

Do you need to open a file and request a Committee Letter of Evaluation?

YES:

- Applicants to medical (MD/DO), dental, podiatric, optometry and Physician Assistant* programs.
 - Committee Evaluation is expected and preferred
 - *PA programs require specific forms.

NO:

- Applicants to all other graduate level programs.
 - No Committee Letter is required/requested.

Getting Started

You are preparing to apply for a lifetime career

- **Keep copies of all materials**
- Be organized and prepared
- Start early-know opening dates and deadlines
- Review application and exam web sites
- Make sure your information is accurate and up to date
- Check your email accounts

Health Professions Application Preparation

- Be on the 2011 Application Cycle e-mail list
 - Name is added once Application/Waiver form is submitted
- Complete UNH File requirements and prerequisite courses for admission to desired health program by deadlines
- Continue the volunteer/healthcare experience necessary for admission
- Prepare for the requisite entrance exam
MCAT, DAT, OAT, PCAT, GRE

Prerequisite Courses* (MD,DO,DDS,OD)**

Completed by end of May 2010

- 1 year General Biology w/lab (BIOL 411/412)
- 1 year General Chemistry w/lab (CHEM 403/404)
- 1 year Organic Chem. w/lab (CHEM 651-654)^
- 1 year General Physics w/lab (PHYS 401/402)
- 1 year English Composition (ENGL. 401+ one of the following: 501, 502, 503, 519, or Engl. Literature class)
- 1 year Math (Statistics and 1 semester Calculus)
- 1 semester Biochemistry w/lab

**AP Credit for the required courses, though accepted by UNH, is not universally accepted by medical or dental schools. It is strongly recommended that you take the course at UNH. This will insure that you are adequately prepared for further upper level work. If you do not take the course, you will need to take additional upper level courses in that subject area.*

***Other health professions have different requirements-see Health Professions Info sheets for specifics.*

^ Optometry programs vary in requirement of 1-2 semesters or may substitute BCHM for 2nd semester. See specific programs for details

Resources (and Resourcefulness)

- *Health Professions students are expected to be resourceful, inquisitive, and pay attention to details. Do your research. Be sure you have reviewed the website and the related links found there. The questions you ask of advisors and professors should reveal that you have done your homework.*

- **Health Professions (HP) Web page- Your first stop for answers!**
 - Frequent this site often to look for answers to common questions.
www.unh.edu/premed-advising 2011 Application Cycle link and PPT

- Resource Library - Hood House 102
 - Abbreviated list of available books can be found on the web site

- Meeting with the Health Professions Advisor
 - **Scheduling appointments by phone only: 862-2064**

OUTLINE OF THE TWO YEAR CYCLE

Application Process for 2011

- **Two Year Application Cycle**
 - To matriculate in fall 2011 - Application process begins **fall 2009**
- **Why does it take two years?**
 - **2009-2010**
 - **UNH File, UNH Committee Interviews, Exams, Primary and Secondary Applications, School Interviews**
 - **2010-2011**
 - **Professional School Interviews, Decisions, Matriculate or Reapply?**
- Most schools use a *rolling admissions process*, which means that they evaluate applications as they are completed. Therefore, it is in your best interest to complete your application at the earliest possible date. This timetable is designed to have your application completed and considered for admission at the earliest possible date.

Fall Semester 2009

➤ To open a file with the HP Office

1. **Due Nov. 20** Application/Waiver form
2. **All due January 29** Complete file on schedule -
 - A. All letters of recommendation w/waiver sheet
 - B. Conduct form
 - C. Copy of Transcripts from all colleges attended
UNH Registrar's **unofficial** transcripts okay (not blackboard) Include fall grades.
 - D. Personal Essay
 - E. Resume or CV

All forms are available to download from the 2011 Application Cycle link at:
www.unh.edu/premed-advising

3. Attend the Personal Statement writing workshop to be scheduled in November
4. Begin study for MCAT, DAT, OAT, PCAT, GRE

Spring Semester 2010

- Interview with HP Advisory Committee
 - Attend **Interview Skills Workshop**
 - To be scheduled for late January / early February
- To Interview:
 - File info must be complete
 - Interviews scheduled through the HP Advising office*
 - Sign up for **interview** practice at the UACC 862-2064

*PA applicants only interview w/ Dr. Pollard

Spring Semester 2010(Con't)

- Study, register, and take appropriate exams
 - *Agree to Release info to UNH*
 - *Apply early for **Fee Assistance Programs (FAP)***
- Begin organizing information for primary applications (open in May)
- Research schools:
 - Guides: MSAR, AACOM, ADEA, AACPM, ...

Spring, Summer 2010

- Have primary application ready to submit in June/early July (MD/DO/Dental)
 - “Primary”= Centralized application service for all schools
 - Available on line in May (PA begins earlier, OD&DPM later)
 - Release info to UNH (exam and application)
- Complete Secondary applications promptly
 - “Secondary” = Sent by individual schools after receiving “Primary”
 - Notify Advising Office via email to send Letters for secondary schools
- Retake entrance exam????

Fall 2010 Into 2011

- Interview at school (if offered)
 - If you haven't practiced interview questions call the UACC 862-2064 and come in for a practice session.
- Make Decisions
 - See [Outcomes](#) on website
 - Acceptance
 - Waitlist: Reapply?
 - No offers: Reapply ?

In Summary

- **Keep copies of all materials**
- Be organized and prepared
- Start Early-know opening dates and deadlines
- Review application and exam web sites
- Make sure your information is accurate and up to date
- Check your email accounts

Prepared to Apply?

Self Assessment

Apply NOW or DELAY

How do Schools Evaluate Applicants?

- Schools do not evaluate applicants on their major.
- Evaluation is based on:
 - ✓ Grades: All 4 years, BCPM gpa, total gpa, all other classes
 - ✓ Experiences: Demonstrate sustained interest
 - ✓ Entrance Exams: Taken only after pre-reqs are completed
 - ✓ Letters of Recommendation: Faculty and Committee
 - ✓ Interviews: UNH Committee and Medical Schools



Assess

- Self-Assessment Checklist
 - www.unh.edu/premed-advising/selfassess.pdf
- Four Year time line
 - www.unh.edu/premed-advising/4yearchecklist.html
- How can you improve your overall profile?
 - How do you rate?
 - What are your strengths?
 - What areas need attention?
 - Given this, how do you assess your chances for acceptance?
 - What is your plan to improve/add to your profile?

The national average GPA's and exam scores for recently admitted students are listed in the following table. It is important to remember that these are averages and do not reflect other factors that come in to play when evaluating an applicant's file.

FIELD	GRADE POINT AVERAGE Overall/Science	EXAM SCORE
Medicine 2.5 Applicants/seat	MD: 3.6 Overall/3.59 Science DO:3.5 Overall/3.38 Science	MCAT: 30 (Allopathic Schools) 25 (Osteopathic Schools)
Dentistry 2.5 Applicants/seat	3.4 Overall/3.35 Science	DAT: Mean - Academic Average: 19.5 Perceptual Ability: 18.7 Total Science: 19.5
Optometry	3.38	OAT: Mean 330
Physician Assistant 2.5 Applicants/seat	3.3 Overall/3.29 Science	NA
Podiatry	3.3/3.1	MCAT: 22
Pharmacy	3.38	PCAT NA
Chiropractic	3.0	NA

Important Qualities of Healthcare Professionals

➤ How have you developed/demonstrated these qualities?

- Intellectual curiosity-resourceful
- Passion for science
- Lifelong learning
- Ability to use good judgment
- Ability to balance multiple priorities
- Resilient
- Strong interpersonal skills - listening and speaking
- Ethical, cultural, and social awareness/understanding
- Dedication to service
- Empathy
- Compassion
- Altruism

You have

- **Made Academics Your Priority (kept a balance between academics and social activities)**
 - ✓ Earned good grades (ideal: $3.5 >$ GPA)
 - ✓ Know your professors and advisors
 - ✓ Been involved in your major— look into research opportunities/independent study
 - ✓ Other
 - ✓ Taken advantage of support services: CFAR, Writing Center, Access, course study groups
 - ✓ Become fluent in a foreign language
 - ✓ Become a tutor

READ Widely

- Health professions schools are interested in well rounded, broadly educated students.
- Subscribe to an e-newsletter in your field of interest
- Read newspapers, take a broad spectrum of classes that involve reading and writing,
 - Check out the reading list on our website
 - There is a strong correlation between MCAT scores and reading comprehension skills.
 - Those who read and think quickly and accurately have better ability to problem solve test questions that are buried in complex paragraphs.

You have:

- Explored the health professions
 - Researched the options – be informed
 - Read the Health Professions info sheets
 - Look at health professions web sites
 - Subscribed to an on-line health profession newsletter?
 - Gained exposure to the profession
 - Informational interviews
 - Volunteer
 - Job shadow

You have also been:

- Developing excellent *communication* skills
- Involved in your campus/ community
 - an *exemplary citizen*
 - Developing *leadership* and *team building* skills
 - Gaining the skills to *participate effectively in a diverse world*. Obtain a globally authentic education: travel, learn about cultures, races, religions, sexual orientations, ethnicities

Cautions

- **Low Grades**
 - It is very difficult to overcome multiple semesters with a low GPA
- **Face Book, My Space, etc.**
 - *Everyone* has access to your information including future Admission Committee members and employers
- **E-mail**
 - Reflects your maturity and professionalism. When communicating with professors and others be respectful and use proper grammar. What does your email address (voice mail message) say about you?
- **Judicial Sanctions and/or Criminal Record**
 - You will be ask on applications

Are you ready to apply now?

- **YES**
 - You are confident your credentials are at their best
 - You will take your entrance exam no later than
 - **June 2010**
 - You are ready to spend the time (and money) necessary preparing for entrance exams, completing the applications, researching schools, and traveling for interviews.
 - You are ready to commit the next four plus years to medical training
- ✓ Application process may begin in the fall of the year the required courses are completed
- ✓ **Not Sure? See [Ten Reasons to Delay](#)**

Are you ready to apply now?

- **NO (See [Ten Reasons to Delay](#))**
 - Your GPA, experiences, letters, exam scores need improvement.
 - You can not take the MCAT/DAT until after June 2010
 - You (a junior) want to take a year off after graduation to do...?
 - *Schools seek applicants who are prepared to face the challenges/commitment ahead. Delaying your application will not be viewed in a negative light.*
- ✓ **Apply next year**

COMPLETING YOUR UNH FILE

Letters of Recommendation

Personal Statements

Transcripts

Resume

Conduct Form

What Goes In To Your UNH File?

- **Due Nov. 20:**
 - Intent to Apply/ Waiver Form (need photo)
- **Due Jan. 29:**
 - Resume/ CV
 - Comprehensive Letter Writer Packet (that includes)
 - Individual Letters of Recommendation (**Due to Comp. Dec.18**)
 - Personal Statements
 - Transcripts (Current students include fall grades)
 - Conduct Form (submit at end of fall semester)

Letters of Recommendation

- **Individual and Comprehensive Letters**
 - **Individual letter writers (2-3)**
 - Sends their letters to Comprehensive writer
 - **Comprehensive writer - (the big picture)**
 - Knows you well, not just in a class setting, strong advocate
- **Who should be selected as letter writers?**
 - Science (2) and other professors/advisors/major, other experience in research, volunteer, community (PA&DO include practitioner letter)
 - Meet with writer to discuss your request
 - Request early, include waiver sheet
 - Follow up and “Thank you” note

Composite Letter

(AKA - Committee Letter of Evaluation)

- Written by Chair of HP Committee
 - Based on:
 - All information in file
 - Interviewers' evaluations
 - Committee Chair and other Committee members
 - **Require Test scores***
 - Letter will not be written until score is available
- ***Tests must be completed by end of June to have Committee letter completed**

The Personal Essay

- **Choose a theme that will tell your story**
 - What do you want them to know about you?
 - Use personal anecdotes that illustrate your story
 - Why you? Who are you?
 - What experiences have influenced you?
 - What accomplishments make you proud?
 - How does the experience relate to your future in medicine?
 - Why medicine, dentistry...
 - What motivates you?
 - Use examples of life experiences to support your statement.

The Personal Essay

- The essay shouldn't repeat information evident in your application
 - If you have something in your application or background you feel you need to explain – keep it positive. Don't complain, make excuses, or blame.
 - Did you learn/grow/become a stronger person?
- Write in your own voice – keep it positive
- Plan on doing multiple drafts
- Write clearly and concisely
 - AMCAS Application: 5300 character limit
- Don't rely solely on your computer for proof-reading
- Have at least one other person (who's judgment you trust) read the essay

Personal Essay Resources

➤ HP Library Hood House 102

- *Write for Success – Preparing a Successful Professional School Application*
- *Resumes and Personal Statements for Health Professions*
- *Get in to Medical School - K. Iserson*
- MSAR, ADEA...

➤ The Connors Writing Center

➤ Hamilton Smith rm. 7

- Workshop to be scheduled for November

Transcripts for UNH File

- Transcripts are required for:
 - **All courses granted college level credit**
including those completed during high school and summer sessions.
(Not AP courses)
- Contact Registrar's offices to request
 - For UNH file- can use Unofficial transcript from Registrar
 - Do not use Blkbroad transcript
 - Include fall 09 semester grades
 - Keep copies for your records

What We Send to Schools

- Your letter packet (no other information)
- That includes:
 - Composite (Committee) Letter of Evaluation
and attached
 - Comprehensive Letter and
 - Individual Letters
 - *We do not send any other information such as transcripts and personal essay*

EXAM PREPARATION

Entrance Exams

- **Allopathic/Osteopathic/Podiatric**
 - **MCAT** \$225 Register on line
- **Dental**
 - **DAT** \$205 Register on line, computerized test offered year round, should be taken in spring or no later than end of June
- **Optometry**
 - **OAT** \$213 Register on line, computerized test offered year round, should be taken in spring or no later than end of June
- **Other programs** –Check w/ individual schools
 - ?? GRE \$150

Schedule the Exam so results are available in May

- **Ideal timing: exam results no later than May**
 - MCAT need **April test date** results available **30 days post exam**.
 - DAT/OAT results available at end of exam
- **Why May?**
 - Applications open in May and you need scores to make informed decisions to:
 - Match your profile with appropriate schools
 - Retest ? Need time register and prepare/study to improve results
 - DAT/OAT 90 days between tests. MCAT can register for one test at a time.
 - Delay application? Not able to retest until late summer and/or need more study time.

Why Read?

- Entrance exams test reading comprehension in addition to the pre-requisite course work
- i.e. From MCAT Essentials
 - You may have taken the SAT or ACT as part of the college application process. The MCAT exam is different from these tests in that it goes beyond testing general knowledge. The MCAT also tests knowledge of specific subjects... it also assesses communication and critical thinking skills.
 - Ideally, your undergraduate education has prepared you for the MCAT exam. If you have taken the requisite science courses, as well as classes in the humanities and social sciences you should be skilled at reading a wide range of material.
 - Rigorous coursework and extracurricular reading expand your vocabulary, develop your reading pace, and increase your familiarity with texts and arguments in various disciplines.
- i.e. From DAT- Reading Comprehension Section
 - The ability to read, organize, analyze, and remember new information in dental and basic sciences; ability to comprehend thoroughly when studying scientific information.

Test Prep Resources

- **Start study early** - fall semester.
 - Don't wait until spring.

- Use official test prep materials 1st:
 - MCAT,- <http://www.aamc.org/students/mcat/start.htm>
 - DAT – DAT Guide <http://www.ada.org/>
 - OAT - <http://www.opted.org/i4a/pages/index.cfm?pageid=3444>

- More info available on materials and exam preparation resources on HP website
 - [See: Entrance Exams](#)

- Books/CDs by above groups as well as others

- Commercial prep courses (see web site)

Primary Application Services

Most open in early May

- Allopathic www.aamc.org
- Osteopathic www.aacom.org
- Dental www.adea.org
- Optometry www.opted.org
- Podiatry www.aacpm.org (opens after Labor Day)
- Phys. Assistants www.caspaonline.org
- All others apply directly to individual schools

RESOURCES

Medical School Admission Requirements (MSAR)

Consult a recent edition of MSAR for **allopathic** schools. MSAR may be ordered directly from www.aamc.org/

Colleges of Osteopathic Medicine: Admission Requirements Comparative Information

www.aacom.org/colleges/ Essentially the same as MSAR info for Osteopathic programs.

ADEA Official Guide To Dental Schools: Admission Requirements Comparative Information

And Opportunities for Minority Students in United States Dental Schools www.adea.org

Schools and Colleges of Optometry: Admission Requirements

www.opted.org/publications_admission.cfm

American Association of Colleges of Podiatric Medicine

http://www.aacpm.org/html/collegelinks/cl_schools.asp

Physician Assistant Programs: www.paeaonline.org

Information on the web:

- 31 Questions I Wish I'd Asked (on AAMC site but applicable to all types of programs)
- Links to individual schools sites:
- Medical Schools : www.aamc.org/medicalschoools.htm
- Dental Schools: <http://www.adea.org/student-applicant/default.htm>
- Osteopathic Schools: <http://www.aacom.org/colleges/>
- Podiatry Schools: http://www.aacpm.org/car/eercenter/cz3_links.asp
- Optometry Schools: http://www.opted.org/info_links.cfm
- Physician Assist. www.paeaonline.org & <https://portal.caspaonline.org/>

Expenses of Applying

Each organization's web site has a link that discusses the financial aspects of medical school.

An example of the cost of applying to allopathic programs can be found at
[:http://www.aamc.org/programs/first/facts/applyingcost.pdf](http://www.aamc.org/programs/first/facts/applyingcost.pdf)

Be sure to check out Financial Assistance Programs that help defray the cost of exams and applications - apply early.

Sample of Expenses

MCAT Preparation	Commercial Prep Class	Up to \$1850
	Tutoring	\$80/hr
	MCAT on-line Practice (official MCAT site)	\$35 and up
Test Registration	MCAT/DAT/OAT/PCAT/GRE	\$100 to \$210
Application Service	AMCAS (MD)	\$160/1st school; \$30 each addt'l
	AACOMAS (DO)	\$155 1st school, \$30 each addt'l
	AACPM (DPM)	\$ 75.00/1st school, \$35 each additional
	AADSAS (DDS/DMD)	\$195/1st school; \$60 each addt'l
	CASPA (PA)	\$120+
	PHARMCAS	\$135 +
Secondary Apps	Varies by school	\$0 - \$150
Interviews	Travel	\$250 plus for air fair
	Accommodations	\$100 + for hotels in large cities
Acceptance Deposits	Varies by school	\$100 and up