

# Quotes From Admissions Committee 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.”
- “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.”
- “...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.”
- “[A major] may provide an alternate career path should the student ultimately not pursue medicine for any number of different reasons.”

# PRE-PROFESSIONAL HEALTH PROGRAMS ADVISING

## New Student Meeting



University Advising and Career Center

Hood House Room 102

862-2064

[www.unh.edu/premed-advising](http://www.unh.edu/premed-advising)

Dr. James Pollard – Committee Chair

Amy Dickens - Advisor

Pre-Professional Health Programs Advising Office

# 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](http://www.unh.edu/premed-advising)

- Meeting with the Health Professions Advisor

- Scheduling appointments by phone only: 862-2064

- Other's input (friends, med/dent students...)

- **Fact check advice!**

Is it accurate? Is it based on good information?



- \* Join the Email List
- \* Explore Health Careers
- \* Required Courses
- \* Experiential Opportunities
- \* Application Process
- \* Schools UNH Alums Attended
- \* Study Abroad
- \* Diversity in Health Professions
- \* Contact Us



## ANNOUNCEMENTS

- **New Student Information Meeting:** Tuesday Sept. 22, 2009 5:30-7:00PM MUB Theatre II. What you need to know now to get started on a path towards a career in health care. *Alternate meeting time: Tuesday, Oct. 13 11:10-12:00 Murkland 115 (classes hold a Monday schedule on 10/13)*
- **2011 Application Cycle Meeting:** Tuesday Sept. 29, 2009 4:30-6:00 PM MUB 334/336: Mandatory meeting for Juniors, Seniors, Alumni planning to apply to medical, dental, podiatry, and optometry programs for matriculation in fall 2011.
- **2010 Application Cycle (closed) 2011 info coming in Sept.**

Taking Care of Self and  
Community:  
A University Dialogue on Health



Advising is available for UNH students, alumni, and postbaccalaureates pursuing health professional careers in medicine, dentistry, optometry, podiatry, physician assistant, pharmacy, physical therapy, chiropractic, and naturopathic medicine.

\*\*\* Students interested in studying nursing, occupational therapy, athletic training, and therapeutic recreation are not advised by this office. Start at the [College of Health and Human Services homepage](#) to link to information on these majors. Students interested in veterinary medicine may major in [preveterinary medicine](#) in the [College of Life Sciences and Agriculture](#). \*\*\*

Pre-health professions (pre-medical, pre-dental, etc.) are not majors at UNH (or at most universities). While professional schools do not require or recommend specific majors, they do require completion of specific pre-requisite courses. More important than one's major; health professions schools seek well-rounded students with solid preparation in the sciences, a record of high academic achievement, and basic preliminary experience in healthcare. Schools also seek mature applicants with exposure to a wide array of experiences, and strong interpersonal skills. Students are encouraged to explore subjects they enjoy and choose a major that best suit their interests.

UNH HP students:

- [Join](#) the HP email list.
- Utilize this website and [other resources](#) to educate themselves and [explore health career options](#), admission requirements, and [application processes/timelines](#).
- Fulfill the prerequisite [courses](#) for admission to their health professional program
- Demonstrate ongoing engagement in [volunteer/healthcare/ academic experiences](#) necessary to develop knowledge of the profession.

Getting Started:

- [Responsibilities of Health Professions Students](#)
- [Four Year Timeline](#) and [Self Assessment Checklist](#)
- [Choosing a Major while at UNH](#)
- [Health Professions Fact Sheets with required courses](#)
- [UNH Alum, Non-Degree, Continuing Ed. Application Info](#)

# The Professions

Fact sheets: at [www.unh.edu/premed-advising/hlthprof.htm](http://www.unh.edu/premed-advising/hlthprof.htm)

- Allopathic- (**M.D.**) & Osteopathic- (**D.O.**) 4 years + years of education
  - MD
    - The treatment of disease through drugs and surgery accompanied by a special concern for preventative and public health measures
    - Acceptance rate 50%
  - DO
    - Philosophy that all body systems are interrelated and dependent upon one another for good health. Identifies the musculoskeletal system as a key element of health, emphasizes preventative medicine, eating properly, and keeping fit.
    - Acceptance rate 55%
- Dental Medicine/Surgery, **DMD/DDS**- 4 years + if specialize
  - Concerned w/ the diagnosis, treatment and prevention of problems associated with the hard and soft tissue of the mouth
  - Rate of acceptance: 60%

# The Professions

Fact sheets: at [www.unh.edu/premed-advising/hlthprof.htm](http://www.unh.edu/premed-advising/hlthprof.htm)

- **Podiatric Medicine, DPM- 4 years**
  - Specializes in the prevention diagnosis and treatment of foot disorders, diseases and injuries. Field includes treatment of sports injuries, diseases, and overall health of patients with emphasis on the foot and ankle
  - Rate of acceptance: 76%
- **Optometry- O.D. 4 years**
  - Examines, diagnoses, treats, and manages diseases and disorders of the entire visual system
  - Rate of Acceptance: 70%
- **D.O., M.D., DDS/DMD, and DPM,**
  - trained and licensed to prescribe medicine and perform surgery.
- O.D's
  - licensed to prescribe medicine.

# The Professions\*

\*Prerequisite courses for the following programs vary -refer to the Health Professions info sheets available at [www.unh.edu/premed-advising/hlthprof.htm](http://www.unh.edu/premed-advising/hlthprof.htm)

- Chiropractic, D.C.- 4 years
- Naturopathic, N.D.- 4 years
- Physician Assistant, PA – 2 years
- Physical Therapist, PT or DPT 2-3 years
- Pharmacist, Pharm.D – 3 years

# Is the Pre-Professional Health Program course work a major ?

- *No, it is Not* a major or minor
- **It is:**
  - A set of *courses required* for admission to health professions programs
  - For any student interested in the fields of *Medicine, Dentistry, Podiatry, Optometry, Physician Assistant, Physical Therapy, Pharmacy, Chiropractic*
  - In addition to completing required courses, students will be:
    - Signed up on the email list with the Health Professions Advising Office  
[www.unh.edu/premed-advising](http://www.unh.edu/premed-advising)
      - Let your Academic (major) Advisor know that you also plan to complete the pre-requisite courses
    - **Gaining the *volunteer /healthcare* experience** necessary for admission
    - Preparing for the requisite entrance exam  
MCAT, DAT, OAT, PCAT, GRE

# Who Can Be A Pre-Professional Health Program Student?

- *Any major*, in all five colleges, who is also working on the prerequisites.
  
- Schools do not evaluate applicants on their major.
  - Evaluation is based on:
    - ✓ **Grades:** All 4 years, required pre-requisites, major, all other classes
    - ✓ **Experiences:** Demonstrate sustained interest/knowledge
      - ✓ **Entrance Exams:** Taken only after pre-reqs are completed
      - ✓ **Letters of Recommendation:** Faculty and Committee
      - ✓ **Interviews:** Committee and Medical Schools

# Prerequisite Courses\*

(medical, dental, optometry, podiatry, chiropractic)

- INCO 403 Health Professions Seminar (Take Spring semester sophomore year)
- 1 year General Biology w/lab (BIOL 411/412)
- 1 year General Chemistry w/lab (CHEM 403/404)
- 1 year Organic Chemistry w/lab\* \* (CHEM 651-654 or 547-550)
- 1 year General Physics w/lab (PHYS 401/402)
- 1 year English Composition (ENGL. 401 + 502 or 503)
- 1 year Math (Statistics + 1 semester Calculus-Math 424A or B)
- 1 semester Biochemistry w/lab (BCHM 658-659)

These courses should not be taken over the summer unless there are extenuating circumstances. They should be taken as part of a full course load.

*\*Other health programs have different requirements. For example, PA and PT programs require 2 semesters of Anatomy and Physiology. See Health Professions Info sheets for specifics.*

*\* Optometry programs vary in requirement of 1-2 semesters or may substitute BCHM for 2<sup>nd</sup> semester. See specific programs for details*

## What if I AP a required course?

- AP Credit, 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 an equal number of additional upper level courses in that subject area.

# How/When Do I Have to Complete the courses?

- Courses may be fit in around major requirements.
  - Work with your major advisor.
- Take as part of a full course load
  - Completing in the summer is NOT recommended.
- Prefer they be completed at UNH –
  - Get to know faculty, opportunities for further experiences.
  - Not in Study Abroad (exception could be English, Math)
- *IF* your plan is to go directly in to medical/dental school etc. after graduation:
  - courses and entrance exams must be completed at end of Junior year.
  - And you must have significant health related experiences

# How/When Do I Have to Complete the courses?

- Begin the following 2-semester UNH courses in the fall semester:
  - Chemistry, Organic Chemistry, Physics (i.e. Chem 403 fall-404 spring)
    - For PA only: Anatomy and Physiology
- Biology (at UNH) is the only 2-semester sequence that can be taken out of sequence/order. (i.e. BIOL 412 in spring, 411 the following fall)
- Must complete General Chemistry before taking Organic Chem.
- Must complete Organic Chem. before taking Biochemistry

# What major should I choose?

- *Major in a field that interests you:*
  - Learning will be more enjoyable.
  - You will probably do better in your course work than if you don't enjoy the subject area.
- *Major in an area you would choose even if you did not want to go to medical / dental / etc. school.*
- *Major in the area that is right for YOU.*

## But, What Is the “Best” Major?

No school requires a specific major of its applicants or enrollees. Admission committee members know that students can develop the essential skills of *acquiring, synthesizing, applying, and communicating information* through a wide variety of academic disciplines.

Choosing majors based primarily on a perception of enhancing one's chances for admission to a school is not in a student's long term best interest.

# What do the Medical/Dental Schools Say?

*“Medical school admission committees seek students whose intellectual curiosity leads them to a variety of disciplines and whose intellectual maturity assures that their efforts are persistent and disciplined.”*

(from Medical College Admission Requirements, 2006-2007, p. 11)

- *...“the undergraduate years should not be designed primarily to prepare students for professional school, but for creative engagement in a broad, intellectually expansive education.”*

*Scientific Foundations for Future Physicians, AAMC-HHMI 2009*

# Important Qualities of Healthcare Professionals

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

➤ **How will you develop/demonstrate these qualities?**

# What should I be doing now?

## Grades Matter

- **Make Academics Your Priority** (keep a balance between academics and social activities)
  - ✓ **Get good grades ( ideal: 3.5 > GPA)**
  - ✓ **Get to know your professors and advisors**

### **Also**

- ✓ Take advantage of support services: CFAR, Writing Center, Disability Services for Students, math center, study groups
- ✓ Get involved in your major— look into research opportunities/independent study

### **Consider**

- ✓ Becoming fluent in a foreign language
- ✓ Becoming a tutor

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.

<b>FIELD</b>	<b>GRADE POINT AVERAGE Overall/Science</b>	<b>EXAM SCORE</b>
<b>Medicine</b> 2.5 Applicants/seat	MD: 3.6 Overall/3.59 Science (UNH 3.65) DO:3.5 Overall/3.38 Science	MCAT: 30 (Allopathic Schools) 25 (Osteopathic Schools)
<b>Dentistry</b> 2.4 Applicants/seat	3.4 Overall/3.35 Science	DAT: Mean - Academic Average: 19.5 Perceptual Ability: 18.7 Total Science: 19.5
<b>Optometry</b>	3.38	OAT: Mean 330
<b>Physician Assistant</b> 2.4 Applicants/seat	3.3 Overall/3.29 Science	NA (some require GRE)
<b>Podiatry</b>	3.3/3.1	MCAT: 22
<b>Pharmacy</b>	3.38	NA
<b>Chiropractic</b>	3.0	NA

# Make Time to READ

- **Schools are interested in well rounded, broadly educated students.**
  - Check out the reading list on our website under “Other Resources”
- Read newspapers, take a broad spectrum of classes that involve reading and writing.

## Why?

- There is a strong correlation between MCAT/DAT 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.
  - Evaluate your ability -Take a timed MCAT verbal reasoning practice test this year: [www.aamc.org/students/mcat/practicetests.htm](http://www.aamc.org/students/mcat/practicetests.htm)

# 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.

# What else should I be doing?



## Experience Matters

- Demonstrate Intellectual Curiosity-Resourcefulness
- Explore the health professions
  - Research the options – be informed
    - Read the Health Professions info sheets
    - Look at health professions' web sites: [Resources and Links](#) on HP website
    - Subscribe to a health group e-news list: (See link above)
      - <http://www.nextgenmd.org/>
  - Gain sustained exposure to the professions
    - Informational interviews
    - Volunteer and employment
    - Job shadow



# Service and Interpersonal Skills Matter

- Get involved in your campus/ community
  - Be an *exemplary citizen*
  - *Be of service to your community*
  - Develop *leadership and team building* skills
  - Develop excellent *communication* skills
  - Gain the skills to *participate effectively in a diverse world*.
    - Obtain a globally authentic education: learn about cultures, races, religions, sexual orientations, ethnicities

# How do I get involved?

➤ Check out the resources on the HP web page:

See: [Gain Experience](#)

- Student Organizations: [www.unhmub.com/sos/](http://www.unhmub.com/sos/)
  - *Pre-Dental Society, Health Outreach Club*
- Community Organizations [www.unh.edu/volunteer/](http://www.unh.edu/volunteer/)
- National Student Exchange: [www.unh.edu/nse/](http://www.unh.edu/nse/)
- Study Abroad: [www.unh.edu/cie](http://www.unh.edu/cie)
- LeaderShape: [www.unhmub.com/leadership/](http://www.unhmub.com/leadership/)
- UROP/IROP (research): [www.unh.edu/urop/](http://www.unh.edu/urop/)



# Assess Each Semester

- Self-Assessment Checklist

- [www.unh.edu/premed-advising/selfassess.pdf](http://www.unh.edu/premed-advising/selfassess.pdf)

- Four Year time line

- [www.unh.edu/premed-advising/4yearchecklist.html](http://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?



# Cautions

- Low Grades
  - It is very difficult to overcome *multiple* semesters of low GPA
- Judicial Sanctions and/or Criminal Record
  - You will be asked on applications
- Face Book, My Space, etc.
  - *Everyone* has access to your information including future Admission Committee members and employers
- E-mail and other interactions
  - Reflects your maturity and professionalism. When communicating with professors and others be respectful and use proper grammar. Don't write your emails as if you are text-messaging or e-chatting with a friend.  
What does your email address (voice mail message) say about you?

# In Summary

- ❖ Be invested in your education
- ❖ Assess your progress each semester
- ❖ Connect with professors and advisors
- ❖ Develop reading and communication skills
- ❖ Be informed about the variety of options in the health care fields
- ❖ Get involved in community and health care related service activities
- ❖ Take advantage of the opportunities at UNH
- ❖ Fact check advice – not all advice is created equal.

# The Application Process

A two year cycle (see HP web site)

- Initiate process in fall of **junior** year if plan is to go directly in to school.
  - Must finish all pre-req courses by end of Junior year so MCAT can be taken spring semester.
  - Must have letters from faculty by January of junior year
    - Will request letters during fall semester Jr. year.
  - Need significant record of health care experiences, etc. by end of Jr. year.
- Health Professions programs do not place any significance on junior vs. senior standing.

# The Application Process

A two year cycle (see HP web site)

- Process can begin in the fall of the year the required courses are completed
  - Fall
    - Open a file with the HP Office
    - Complete required paper work
    - Request letters of recommendation
  - Spring
    - Take appropriate exams
    - Interview with HP Committee
    - Research/prepare applications
  - Summer/Fall
    - Professional School Applications and Interviews

# UNH GPA/MCAT Scores 2002-2006

