

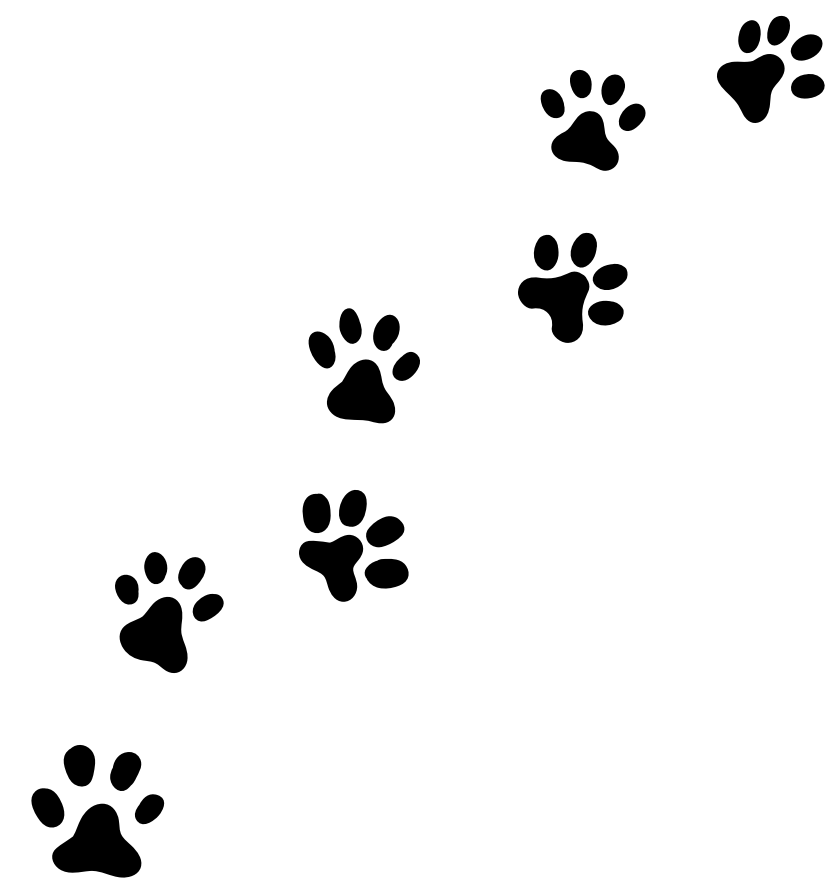


# UNIVERSITY OF CONNECTICUT

## 2024 Cycle Application Orientation

**UConn** | UNIVERSITY OF  
CONNECTICUT

PRE-MEDICAL AND PRE-DENTAL ADVISING OFFICE



# Get to know us!

## Where are we?

ROWE Building, 4th Floor  
Virtual Webex appts



## How can you connect with us?

Join our newsletter!

Website: [premed.uconn.edu](https://premed.uconn.edu)

Email: [premed\\_predental@uconn.edu](mailto:premed_predental@uconn.edu)

Instagram: [uconn\\_premed\\_predental](https://www.instagram.com/uconn_premed_predental)



# Get to know us!

## **How do I make a one-on-one appointment?**

Pre-Medical: [appointment request form](#)

Pre-Dental: [Nexus](#) appointment with Dr. Thomas Abbott

## **Drop-in advising** (*10 minutes or less*)

**Every Thursday** from 1p.m. to 3p.m. until further notice

**Check in** on laptop outside of ROWE 424

--come ask about: AP/ECE credit, retaking courses, application basics, MCAT scores, etc.



# Get to know us!



**Krista Rogers**, MA, Interim  
Director, Pre-Professional Advising



**Emma Belliveau**, BS, Pre-Medical  
Advisor



**Thomas Abbott**, PhD, Pre-Dental  
Advisor



**Heather Nunes**, MS, Pre-Medical  
Advisor



**Keat Sanford**, PhD, Pre-Medical  
Advisor



**Megan Baro**, MS, Health  
Professions Advisor





# Get to know us!



**Susan Ruggiero**

MS, Program Assistant



**Tanya Miller**

BS, Social Media Coordinator



**Emily Strickland**

Student Administrative Assistant





# Get to know us!

## Health Professions Peer Ambassadors (HPPAs)

30-minute appointments *and* 10-minute drop-in appointments



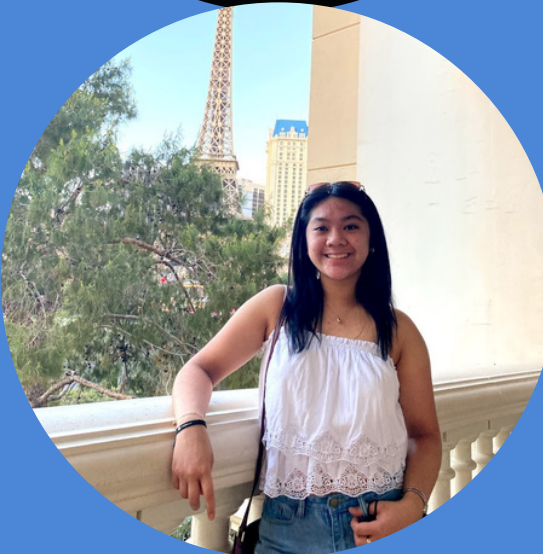
**Yulianny De Los Santos** '23, MCB major, pre-medical track



**Nour Al Zouabi** '23, MCB + "Rights, Health, and Refugees" major, pre-medical track



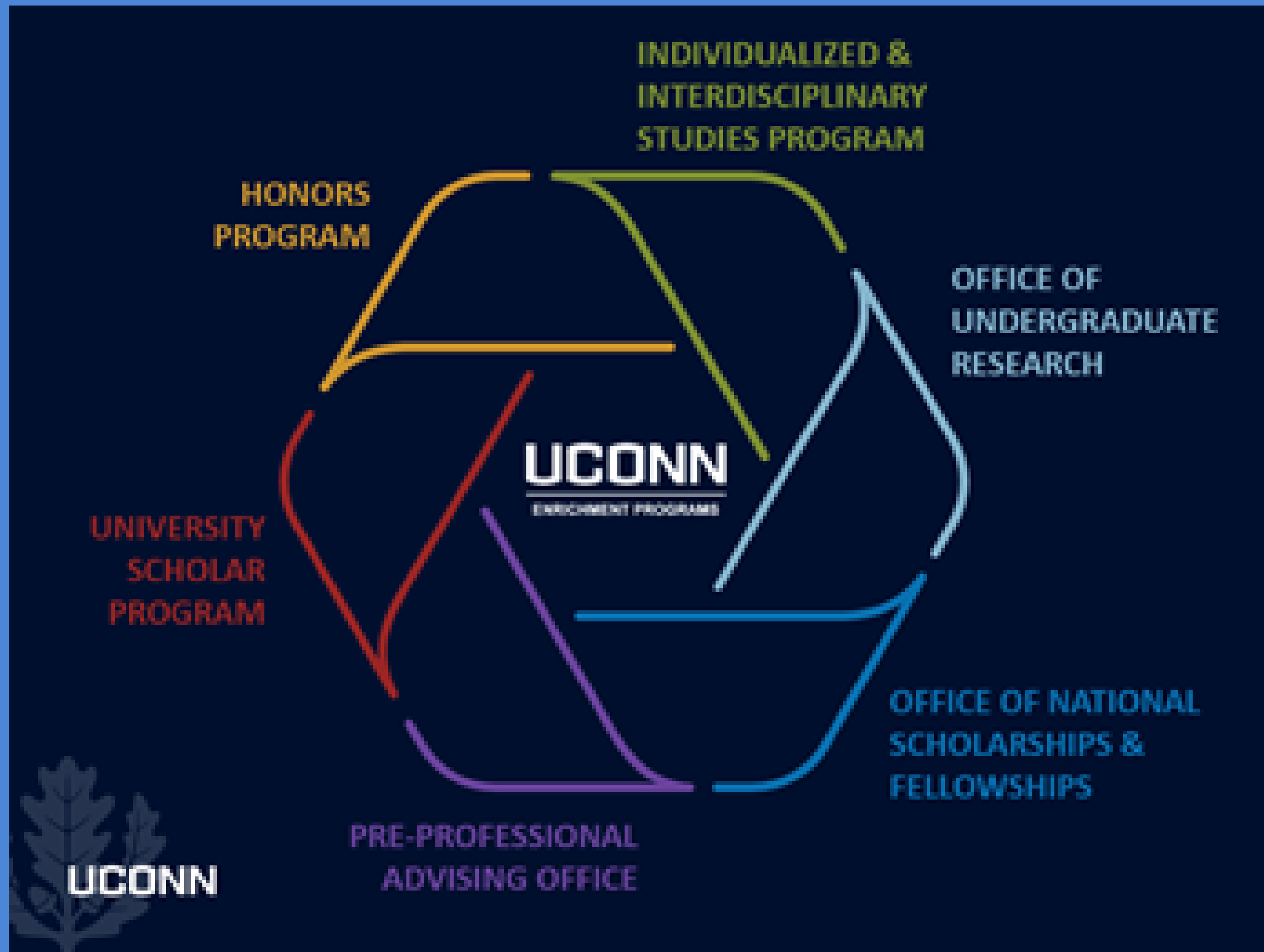
**Qristine Owusu** '23, psychological sciences major, pre-dental track



**Aesha Acevedo** '23, MCB major, pre-medical track



# Get to know us!



## Enrichment Programs Department

- Honors Program
- Individualized and Interdisciplinary Studies Program
- Office of National Scholarships and Fellowships
- Office of Pre-Professional Advising
  - Pre-Law Advising Office
  - Pre-Medical and Pre-Dental Advising Office
- Office of Undergraduate Research
- University Scholar Program





# ALUMNI SPOTLIGHTS



**Sandy Durosier,**  
**c/o 2013,**  
Studying at  
A.T. Still University -- School  
of Osteopathic Medicine



**Lilia Shen,**  
**c/o 2019,**  
Studying at  
University of Rochester  
School of Medicine and  
Dentistry



**Meghan Goddard,**  
**c/o 2018,**  
Studying at  
Albany Medical College



# ALUMNI SPOTLIGHTS

"No matter how hard it can be, always remember why you're on this journey and why you want to become a physician, and use those to motivate you to surpass your challenges"

**Eric Mohan,**  
**c/o 2020,**

currently studying at University of  
Texas Health McGovern Medical School



# ALUMNI SPOTLIGHTS



**Omar Taweh,**  
**c/o 2019,**  
currently studying at  
University of Massachusetts  
Medical School

"It's much easier said than done but, please do what makes you immediately happy while also balancing the stressful things that will lead to long term happiness. The world doesn't need you to take everything on - the world needs you to bring all that you can to the things you are best at."





# Upcoming Events

## Chat with Alumni WORK/LIFE BALANCE



**Sreenidhi Nair** is a first-year osteopathic medical student at the **Campbell University School of Osteopathic Medicine**. She completed her Bachelor of Science degree in Molecular and Cell Biology at UConn in 2022. While at UConn, Sreenidhi was involved in the Undergraduate Student Government as a member of the Scholastic Standards Committee. She was also a part of UConn Empower, and UConn Asha, serving as their President and Vice President. Sreenidhi is interested in improving the standard of public health education and information in her professional career. In her free time, she loves hiking, baking, and exploring different restaurants. She is also happy to provide more insight on the DO path to medicine.

subog



**Zane Cooke** is a second-year student at **Dell Medical School** in Austin, TX, currently in his Internal Medicine clinical rotation. He completed Bachelor's and Master's degrees in Biomedical Engineering at UConn before taking a break from academia to work as a medical product engineer for Cardinal Health and later Medtronic. During this time, he also worked as an EMT in Boston, beginning with the COVID pandemic in February 2020. Zane is leaning towards specialization in either Emergency Medicine or Orthopedic Surgery, and most likely Pediatrics within either field. He has a particular interest in the intersection of clinical care and health technology, with a specific focus on preventative medicine and lifestyle interventions.



## Chat with Alumni Series:

- 3/8/23: Reapplicants
- 3/29/23: Application Tips
- 4/19/23: School Spotlights

## Upcoming Workshops:

- 2/3/23: Letters of Rec.: Who and How to Ask
- 3/2/23: Personal Statement Workshop
- 4/4/23: Selecting Schools to Apply to
- TBD: Secondary Application Workshop
- TBD: Interview Preparation Workshops



# MCAT Course

**January 28 -- April 22, 2023**  
Saturdays 9a.m. to 11a.m.

To register, visit:  
<http://s.uconn.edu/mcat>

The course will focus on test-taking strategies, *it will not review subject-specific content*. It will center on a question-based approach to tackling the exam.

Sessions are not recorded unless you have received approved accommodations.

## MCAT PREP COURSE

Ready to achieve your dream score?



**Cost: \$375**  
PRACTICE TESTS INCLUDED

Register by December 31, 2022 to receive the early-bird price of **\$325!**

**UCONN** | UNIVERSITY OF CONNECTICUT  
PRE-MEDICAL AND PRE-DENTAL ADVISING OFFICE

**January 28 - April 22, 2023**

- 10 VIRTUAL sessions on Saturday mornings taught by UConn subject area experts.
- The course will focus on **test-taking strategies** to conquer each of the four sections of the MCAT.
- Designed as a **high-quality, lower-cost option** for students planning to take the MCAT in 2023 or 2024.
- The course will **NOT review subject-specific content**; rather, it will focus on question-based approaches to tackling the exam.

Register today at [s.uconn.edu/MCAT](http://s.uconn.edu/MCAT)





# Goals

- 1 Enable you to gauge whether you feel ready to put your best foot forward in applying to health professional schools this cycle
- 2 Inform you about the application process to health professional schools and the ways our office will support you in this process
- 3 Have fun :)



# Agenda

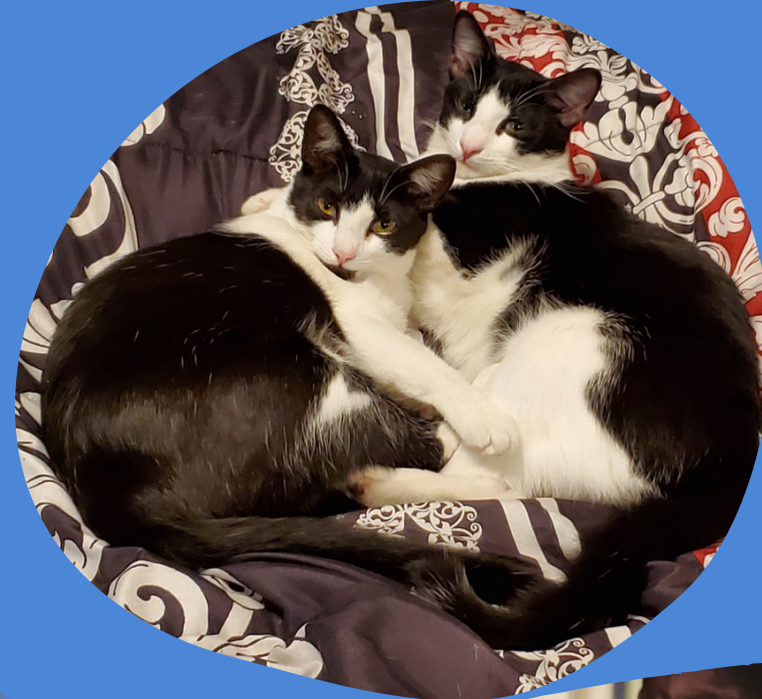
- 1 Deciding when to apply
- 2 Application overview / general timeline
- 3 Standardized tests
- 4 **Letter packet process**
- 5 Primary applications
- 6 Secondary applications
- 7 Interviews, updates, and more!





# Pet Policy

If a pet enters the camera frame of a presenter during our orientation, we will "paws" our discussion for an introduction to that pet and admiration by all.





# Our Commitment

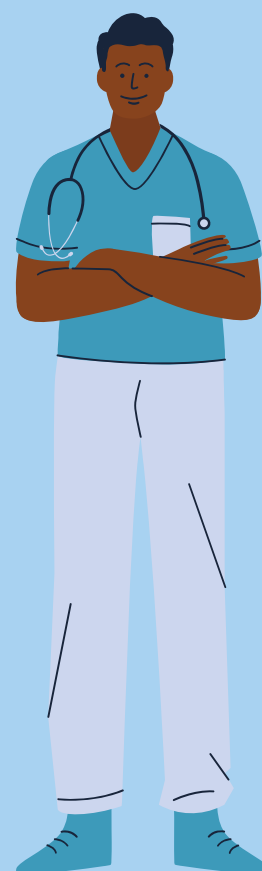
At the Pre-Medical and Pre-Dental Advising Office, we recognize the importance of Black and Brown lives, acknowledge systems of oppression, and center diversity, equity, and inclusion in all aspects of our work.

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.





# DECIDING WHEN TO APPLY



# Finding the right time

- ✦ There is no “right time” to apply to health professional school.
- ✦ Our office encourages prospective applicants to reflect on their readiness and personal desire to apply to determine what timeline is best for them.
- ✦ **The best time to apply is when you feel confident that you will achieve your goals.**



# Factors for consideration

- ✦ Will you be able to schedule your standardized test at a reasonable time and be as prepared as possible?
- ✦ Are you able to receive a minimum of three strong, supportive letters of recommendation?
- ✦ Could you benefit from more time to build up a robust portfolio of clinical, service, and other extracurricular experiences?
- ✦ Do you have the time to prepare all aspects of your prospective application?



# What makes a strong applicant?

## ✦ Significant Clinical Experience

- 100+ hours of **direct patient care** (ex. EMT, CNA, Medical Assistant, Patient Care Tech, ER Tech, Medical Scribe, Phlebotomist, UCHL volunteering, KDSAP screenings, etc.)
- 50+ hours of **shadowing** (caveat)





# What makes a strong applicant?

## ✦ **Substantial Community Service/Volunteering Engagements**

--300+ hours of university or community service (e.g. Windham Hospital volunteering, Holy Family Shelter volunteering, Mansfield Middle School Tutoring, Crisis Text Line, Hole in the Wall Gang Camp, etc.)

**Leadership** (e.g. student club executive board position, chairperson for sorority/fraternity, etc.)



# What makes a strong applicant?

## ✦ Evidence of strength in the core competencies

The AAMC has identified 15 core competencies, including oral communication, teamwork, service orientation, scientific inquiry, and human behavior.

The core competencies are the "lens" through which a committee will view your application--each experience can be translated into skill-building in one or more of these areas.

Applicants should show intentional cultivation of different competency areas.



# What makes a strong applicant?

## ✦ Strong Academic Metrics

- average MD matriculant GPA: 3.74
- average DO matriculant GPA: 3.54
- average Dental matriculant GPA: 3.58

## ✦ Strong Testing Metrics

- average MD matriculant MCAT score: 512
- average DO matriculant MCAT score: 504
- average Dental matriculant DAT score: 20.8

## ✦ Academic/Testing Trends of Improvement

~committees prioritize strong academic performances in upper-division coursework/continuing education





# Data, metrics, etc., so on and so forth

National data

UConn MD acceptance and matriculation data

UConn DO acceptance and matriculation data

UConn Dental acceptance and matriculation data

AAMC Chart A-23

TOP ACCEPTED DENTAL PROGRAMS	+
TOP MATRICULATED DENTAL PROGRAMS	+
ALL ACCEPTED DENTAL PROGRAMS	+



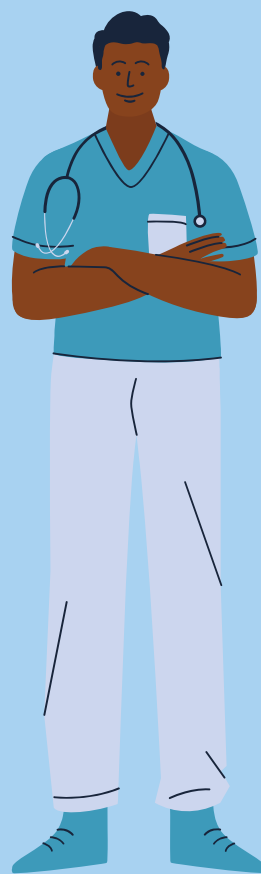
# Holistic Admissions

Health professional schools use a **holistic review process** to ensure that all aspects of an applicant's background and preparation for professional school—including academic metrics, experiential components, and core competencies—are taken into account.

This process is designed to help schools consider a broad range of factors such as academic readiness, contribution to the incoming class, and potential for success in their program and as a future professional.



# APPLICATION OVERVIEW





# Application Basics

## Main Application Components

1. Primary application
2. Secondary application
3. Standardized test scores
4. Letters of recommendation [letter packet]

## Rolling Admissions

Nearly all programs evaluate applications as they are received, rather than waiting until a hard application deadline has passed to evaluate all applications. Schools will continue to review applications until all spots in their respective program have been filled.

How I think I look explaining the premed process to my bartender at 3:00 am vs how I actually look.



# Application Components

- ✦ If an applicant wants to be as competitive as possible during the application cycle, they should intend to be on the early end of the rolling admissions process.
- ✦ Schools typically do not touch any part of your application until all four main components are received.
- ✦ Each application component is independent of the others--meaning submission of one is *not* dependent on the submission of another--*except for* the secondary applications; secondaries are dependent on the primary.



# General Timeline

- Continue working on HPAP/asking for LORs
- **Submit your HPAP and get scheduled for your Applicant Coaching Session**

- **May 1st: strongly suggested deadline for HPAP + HPLP**
- **Formal primary applications open**

- Continue drafting secondaries
- **Start submitting secondary applications**

- **Most interview offers begin**

**FEBRUARY**

**APRIL**

**JUNE**

**AUGUST**

**MARCH**

**MAY**

**JULY**

**SEPTEMBER**

- **Open and start working on the Health Professions Applicant Portfolio (HPAP)**
- Begin asking for letters of recommendation
- Formally request LORs through the **Health Professions Letter Packet (HPLP)**

- **Meet with our office for your Applicant Coaching Session**
- Start drafting your personal statement and meeting with the W Center + Center for Career Development for feedback

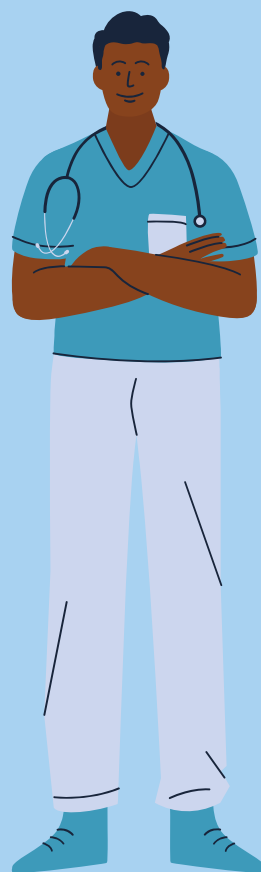
- **Submit your primary application as soon as possible**
- Begin drafting your second application essays while waiting for your primary to be verified

- **Submit all secondary applications within two weeks of receiving them**





# STANDARDIZED TESTS



# MCAT (Medical College Admissions Test)

- \*The MCAT is **7** hours and **30** minutes long

- \*It has **four** different sections

- \*The test is scored from **472** to **528**

Our office recommends that applicants aim to score **no lower than a 125** in each of the four sections

A strong threshold score for applicants to MD programs is a **510**

--each year, we see a range of applicants get accepted with scores between 500 and 525+



# MCAT (Medical College Admissions Test)

\* We strongly recommend that applicants take the MCAT **no later than July**.

--registration for January through June dates is open as of late October

--registration for July through September dates will open on February 7th

\* On average, people spend about **three to four months** studying for the MCAT

--study plans differ for every applicant, but it is important to take as many practice exams as possible while studying!!





# MCAT (Medical College Admissions Test)

**\*The registration fee is \$330**

(with the AAMC Fee Assistance Program it's \$135)

**\*You can take the MCAT...**

- up to three times in a single testing year
- up to four times in two consecutive years
- up to seven times in a lifetime

**\*You cannot schedule for two dates at one time, but you can schedule another date 48 hours after testing**

**\*You will get charged to reschedule or cancel your test; fees increase the closer you get to your testing date**



# MCAT (Medical College Admissions Test)

## The MCAT Essentials for Testing Year 2023

--how to register, what to know about test day, scores, etc

## Testing Accommodations

--if you're taking the MCAT in May, it is recommended that you apply for accommodations by late-January

--if you are taking the MCAT in June, it is recommended you apply in early-March

## How to Create a Study Plan for the MCAT

## MCAT Study Resources



# DAT (Dental Admission Test)

- \*The DAT is **5** hours and **15** minutes long

- \*It has **four** different sections

- \*The test is scored from **1** to **30**

The national average for applicants taking the DAT is

**19** and the UConn average is **21**

--each year, we see a range of applicants get accepted with scores between **17** and **26**

- \*The DAT is offered year-round; our office recommends taking it by May of your application year





# DAT (Dental Admission Test)

**\*The registration fee is \$525**

Partial fee waivers are available if you:

- are a first-time examinee
- have not previously received a fee waiver
- are a U.S. citizen or resident alien
- have demonstrated financial hardship
- received financial aide from UConn

**\*You can take the DAT up to **four times** in twelve months**

**\*You must wait **60-days** between testing attempts**



# DAT (Dental Admission Test)

## DAT 2022 Candidate Guide

--exam content and preparation materials

## ADA Accommodations

--to receive accommodations, you must submit the PDF form while applying to take the DAT and not before you have scheduled a testing appointment

## FAQs about the DAT

## Apply to take the DAT

## Find a testing site



# OAT (Optometry Admission Test)

- \*The OAT is **5** hours and **5** minutes long
- \*It has **four** different sections
- \*The test is scored from **200** to **400** in increments of **10**

## The Optometry Admission Test (OAT)

--about the OAT, testing policies, FAQs, apply to take the OAT, etc.

## OAT 2022 Candidate Guide

--testing accommodations p. 15 - 16



# Physician Assistant/Associate

PA programs differ in the standardized tests they require/will accept:

- \*No standardized tests
- \*GRE
- \*MCAT

## Podiatry

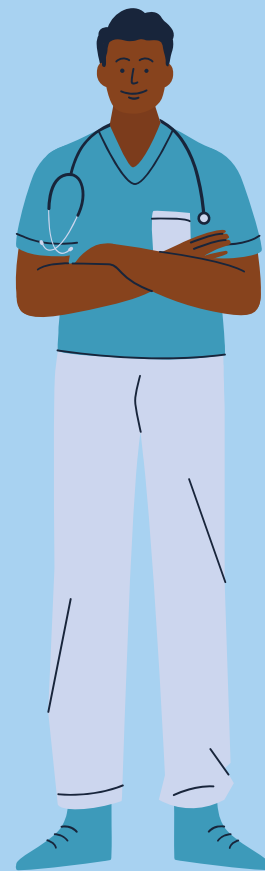
All podiatry programs require the MCAT for entrance

- \*most programs will accept a June MCAT at the latest, with a few exceptions





# LETTER PACKET PROCESS



# What is a Letter Packet?

For the 2024 Cycle, our office will be offering a **letter packet** to those applicants that choose to participate in our applicant support process.

## **The letter packet includes:**

- \*An individualized, non-evaluative cover letter
- \*Your individual letters of recommendation



# What is it used for?

The **letter packet** counts as **one** of the four main application components [1) primary application, 2) secondary application, 3) standardized test, 4) letters of recommendation]

**Our office will formally submit your letter packet to the application services that you're applying through:**

- \*AMCAS [MD programs]
- \*AACOMAS [DO programs]
- \*AADSAS [Dental programs]
- \*OPTOMCAS [Optometry programs]



# Numbers

In the 2023 cycle, we submitted letter packets for **243 unique applicants** to health professional schools:

\*199 MD

\*20 MD/PhD

\*77 DO

\*39 Dental

\*14 Texas

\*1 Optometry

\*International schools...





# How do I get one?



Submit the **Health Professions Applicant Portfolio** application (UConn Quest Portal)



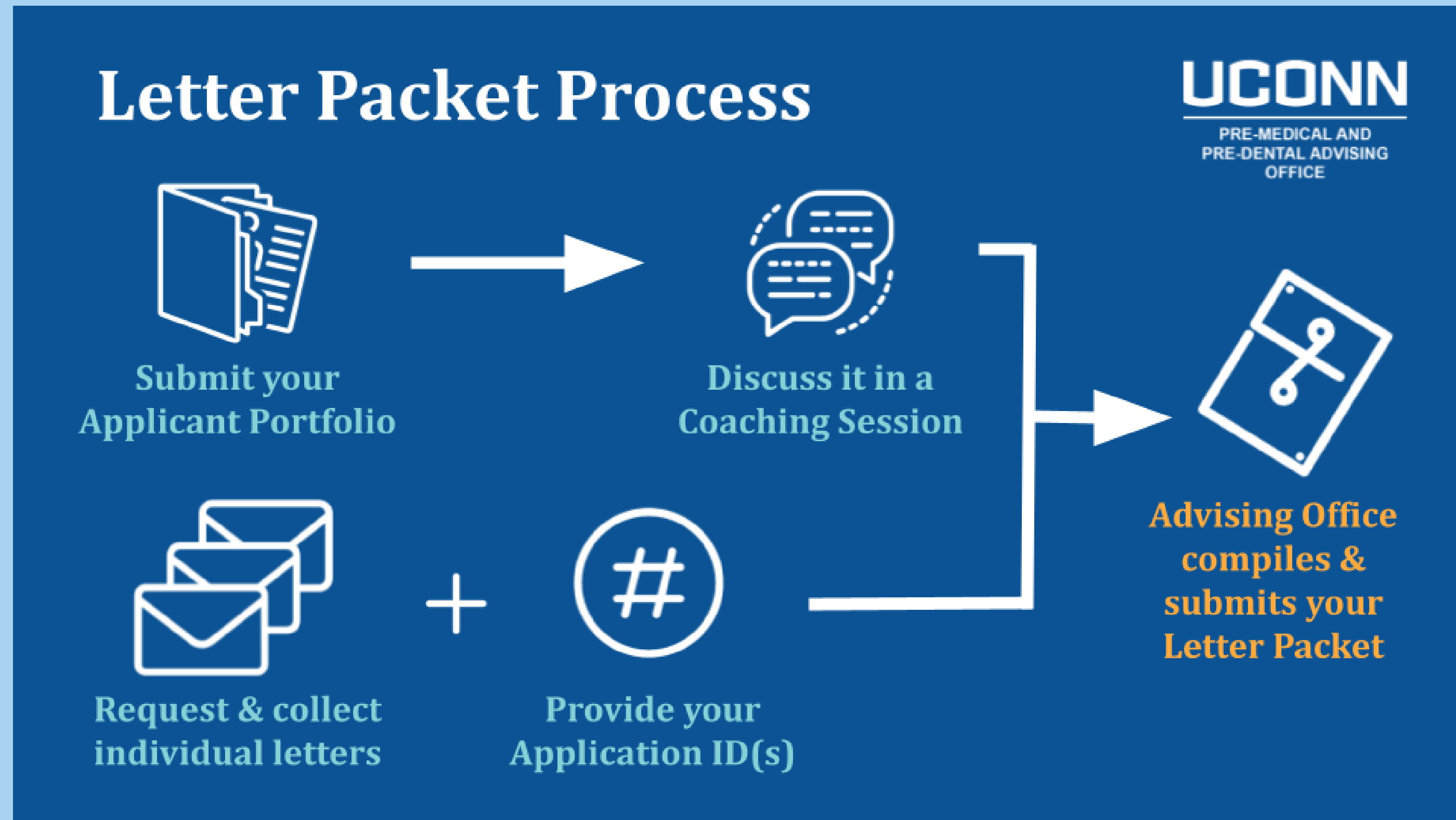
Participate in a 45-minute Applicant Coaching Session



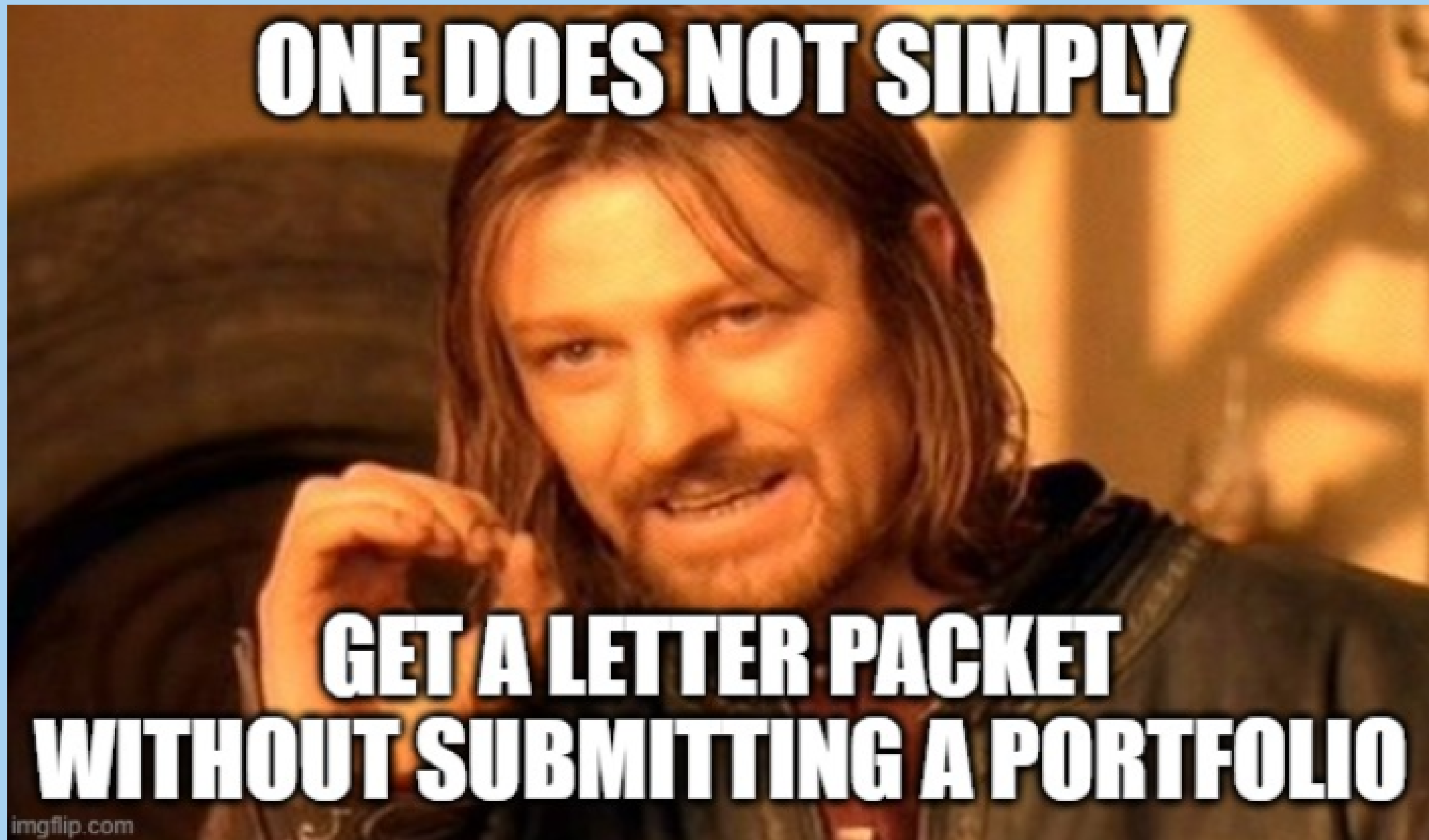
Collect your individual letters of recommendation through the **Health Professions Letter Packet** application (UConn Quest Portal)



# Letter Packet Process



# Letter Packet Process



# What is the Health Professions Applicant Portfolio (HPAP)?

























## The purposes of the HPAP are:

- ✦ For our advisors to learn more about you and be able to write you a strong cover letter
- ✦ To prepare you for your primary and secondary applications
- ✦ To allow you to engage in self-reflection and identify your "story" and personal and professional strengths





# What is the Health Professions Applicant Portfolio (HPAP)?

	 Student Registration	
	 Competency Self-Assessment	
	 Competency-Based Reflection	
	 Questions	
	 Exams (optional)	
	 Resume	
	 UConn Transcript (Unofficial)	
	 Additional Unofficial Transcript(s) (Optional) (optional)	



# What is the Health Professions Applicant Portfolio (HPAP)?

1. What are your primary motivations for pursuing the health professions beyond simply “helping people?” How have your experiences thus far reinforced (or changed) your desire to pursue this field? What excites you the most about entering the medical profession?

4. Describe one academic experience that has been “transformative” for you and explain how it has affected you.



# What is the Health Professions Applicant Portfolio (HPAP)?

6. Identify and elaborate on the three extracurricular experiences that are most meaningful to you. Reflect on the impact you made while engaging in each activity and the personal growth you experienced as a result of your participation. Consider clinical, research, leadership, involvement, service, and other seminal experiences that you have engaged in as you select your most meaningful experiences.

a. Experience 1



# What happens after I submit my HPAP?

Once you mark all tasks in the application complete and then formally submit the application, you will get scheduled for your **Applicant Coaching Session!**

**You will be asked to include your availability in your HPAP**

Please make sure it is up-to-date and within the hours of 9a.m. and 4p.m.

--if you are not available during these hours because of work, we will work with you to find a suitable time





# What happens after I submit my HPAP?

Our office will schedule your Applicant Coaching Session and contact you via email with your date and time.

**Because the HPAP is meant to prepare you for working on your primary application, we strongly encourage you to meet with us before submitting your primary.**

The longer you wait to submit your HPAP, the busier our office will get with compiling and submitting letter packets!



# How do I prepare for my Applicant Coaching Session?

- ✦ Be thorough, detailed, and thoughtful in answering the questions in the HPAP
- ✦ Be ready to ask our advisors for specific feedback about your written and oral responses
- ✦ Come prepared to ask questions about what you don't understand about the application process--that's what we're here for!
- ✦ Get psyched to have a blast with us, your cool and hip advisors



# How do I prepare for my Applicant Coaching Session?



**We're not a regular Pre-Med/Dent Office. We're a cool Pre-Med/Dent Office.**



# **What is the Health Professions Letter Packet (HPLP)?**

**The HPLP is where you collect your individual letters of recommendation.**

You request all letters, UConn- and non-UConn affiliated

Once all letters get submitted to the HPLP, you submit the HPLP to our office

Your submission of the HPLP prompts our office to begin formally compiling your letter packet





# Whom do I ask for a letter?

- ✦ 1 - 2 Science Faculty (Biology, Chemistry, Physics)
- ✦ 1 Non-Science Faculty (e.g. Sociology, Statistics, etc.)
- ✦ 1 Clinician (some DO schools require a DO letter)
- ✦ 1 Research PI (if applicable)
- ✦ 1 - 2 Character Reference(s) (e.g. volunteer coordinator, work supervisor, sports coach, academic advisor, etc.)



# How do I ask for a letter?

- \* **Ask people who know you well**
- \* Never assume someone will write--ask directly and ask early
- \* Be ready to share your resume / personal statement draft
- \* **Explain the submission process and formatting requirements**
- \* Share what core competencies you want them to highlight



# What are the formatting requirements?

## ✦ Date

\* If you are a reapplicant or deferral, make sure your letters are dated to this cycle year

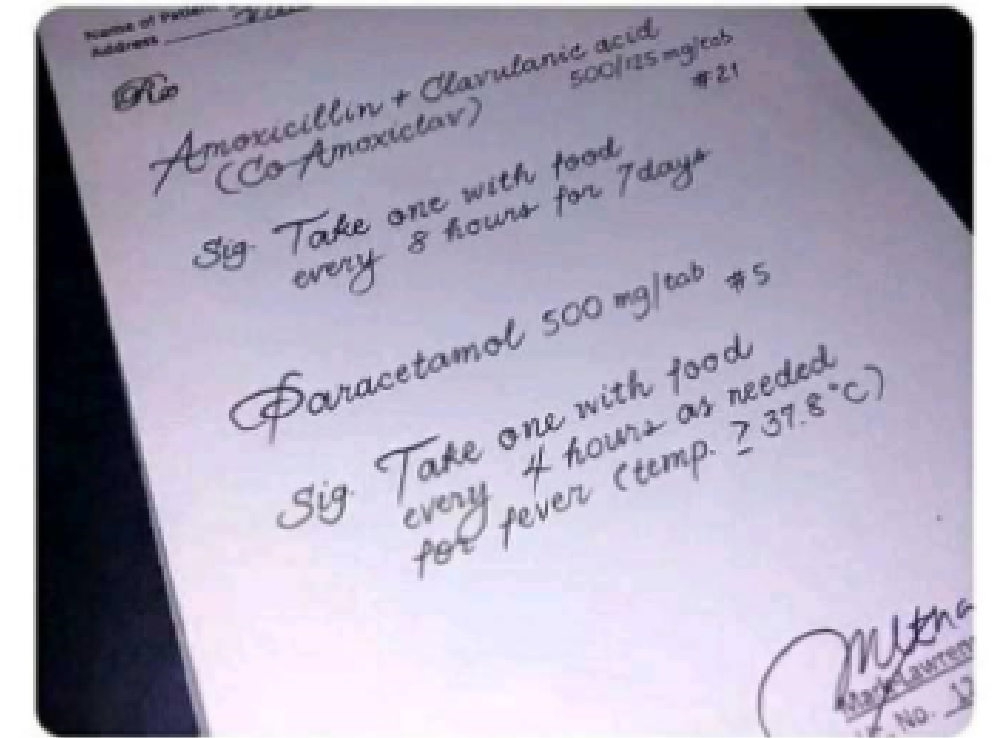
## ✦ Official Letterhead

\* If your writer doesn't have access to official letterhead, they can create personal letterhead

## ✦ Hand signature

\* Electronic hand signatures are OK; typed "signatures" are not

This one is a shame to the medical profession . Such unprofessional handwriting.



# Say thanks!

**Don't forget to thank your recommenders for their hard work!**

Our top three letter writers from the 2023 Cycle wrote 21, 20, and 18 letters of recommendation respectively--that's a lot of letters!

There were fifteen people who wrote ten or more letters!

\* Send your recommenders a message thanking them for the time they dedicated in support of your application

\* Keep them updated throughout the process





# Letter Packet Timeline



## February 1st

Health Professions Applicant Portfolio (HPAP)  
+ Health Professions Letter Packet (HPLP)  
applications open in the UConn Quest Portal



## May 1st

Strongly suggested HPAP deadline!!  
Primary applications open at the beginning of May, and we want you all to be done working with our office before beginning that step of the process



## August 1st

Formal HPAP deadline--if you submit after this point, you will not be eligible to receive a cover letter from our office

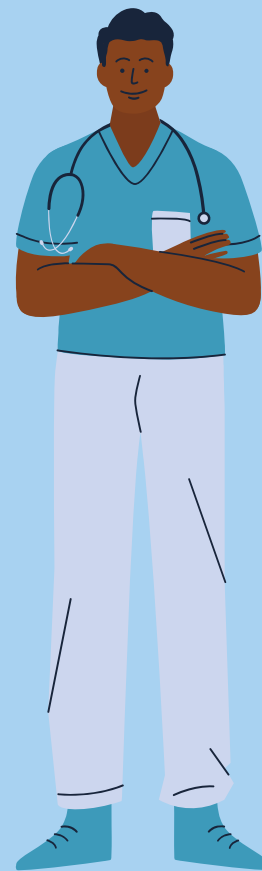


## October 1st

Formal HPLP deadline--if you submit after this point, you will not be eligible to receive a letter packet from our office



# PRIMARY APPLICATIONS



# What is the primary application?

The "common application"

## **The AMCAS Application**

- Identifying Information
- Schools Attended
- Biographic Information
- Course Work
- Work/Activities
- Letters of Evaluation
- Medical Schools
- Essay(s)
- Standardized Tests

**THE SAME  
INFORMATION  
GETS SENT TO  
EVERY SCHOOL  
YOU'RE  
APPLYING TO**



# What is the primary application?

## Course Work

Add Course

Please be sure to enter all course(s) in the correct academic year, academic term, and year in school to avoid delays in application processing time.

Reminder: The AMCAS year begins with summer and ends with spring. Courses taken in the summer should be entered with the next academic year, even if your institution considers them in the previous academic year. For example, if you took a course in the first summer session of 2016, you should enter it as the 2016–2017 academic year, even if your school considers it in the 2015–2016 academic year.

Academic Year \*

Select Year

Academic Term \*

Select Academic Term

Year in School \*

Select Year in School

Course Number

Please enter course number

Course Name \*

Please enter course name

Course Classification \*

Please review additional information about Course Classification in the AMCAS Applicant Guide.

Select Course Classification

Although an asterisk does not appear next to Transcript Grade and Credit Hours indicating these fields are required, you must complete these fields if the information appears on your official transcript.

In certain cases, it may be appropriate to leave these fields blank. Please review the coursework section of the AMCAS Applicant Guide for more information. Failure to include required grades and credit hours may result in application processing delays, missed

Applicants should use a personal copy of their **official** transcript to complete this section.

USE THE **AMCAS APPLICANT GUIDE** TO FIGURE OUT COURSE CLASSIFICATIONS

**MAKE SURE YOUR OFFICIAL TRANSCRIPT IS RECEIVED BEFORE YOU SUBMIT!**



# What is the primary application?

## Work/Activities

### Add Work/Activities

Experience Type \*

Select Experience Type ▼

Experience Name \*

Indicate the total number of hours that you spent completing (or expect to complete) this work experience or activity during the date range that you indicate. If this is a repeated experience, enter the total number of hours for each date range you provide.

Start Date \*

Select Month ▼  
Select Years ▼

End Date \*

Select Month ▼  
Select Years ▼

Total Hours \*

Repeated \*

☐ Yes  
☐ No

Organization Name

Country

Select Country ▼

City

Contact Title \*

- Maximum of 15 entries  
Applicants can enter 3 additional date ranges for repeated activities
- Maximum of 3 “Most Meaningful”

### Most Meaningful Experience Summary \*

This is your opportunity to summarize why you have selected this experience as one of your most meaningful. In your remarks, you might consider the transformative nature of the experience; the impact you made while engaging in the experience and the personal growth you experienced as a result of your participation.

1025 characters left / 1025

Cancel

Save & Add Another

Save



LIKE YOUR  
"RESUME"--  
EXAMPLES  
SHOULD BE SAVED  
FOR MOST  
MEANINGFUL  
EXPERIENCES



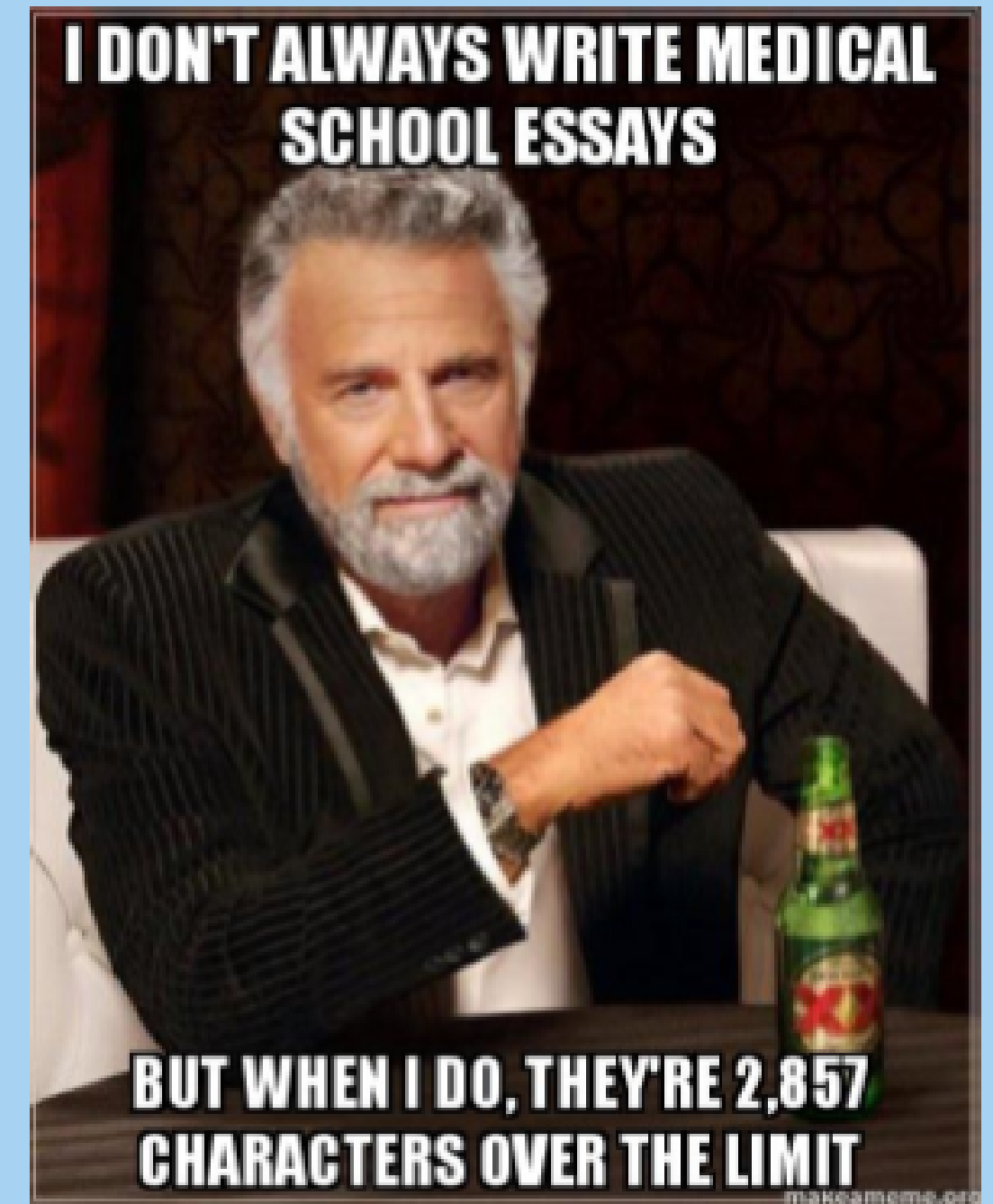


# What is the primary application?

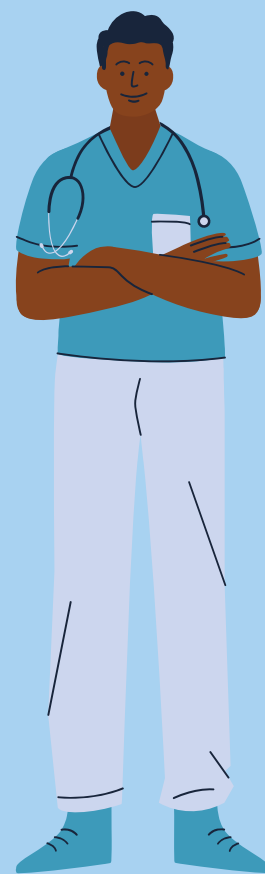
## Includes your personal statement!

The personal statement is your way to:

- \* Tell an admissions committee who you are
- \* Explain how you are a unique candidate
- \* Illustrate why you are pursuing a career in medicine
- \* Discuss formative experiences
- \* Communicate about competency strengths



# APPLICATION SERVICES



# MD Programs

AAMC (Association of American Medical Colleges)

**AMCAS** (American Medical College Application Service)

2023 Cycle AMCAS Applicant Guide

## **2024 Cycle dates:**

- May 2nd, 2023 (5/2/23)-- primary application opens
- May 30th, 2023 (5/30/23)-- submission opens
- June 30th, 2023 (6/30/23)-- verified primary applications begin getting sent to individual schools



# MD Programs

## 2023 Cycle fees:

- Initial application fee (one school included): **\$170**
- Additional school(s) fee: **\$43 per school**
- AAMC Fee Assistance Program (FAP)  
Provides access to the Medical School Admission Requirements tool, reduced fees for MCAT exam, waived MCAT preparation costs, waived AMCAS application fees, waived AAMC PREview fee

FAP Essentials 2023 Testing Year

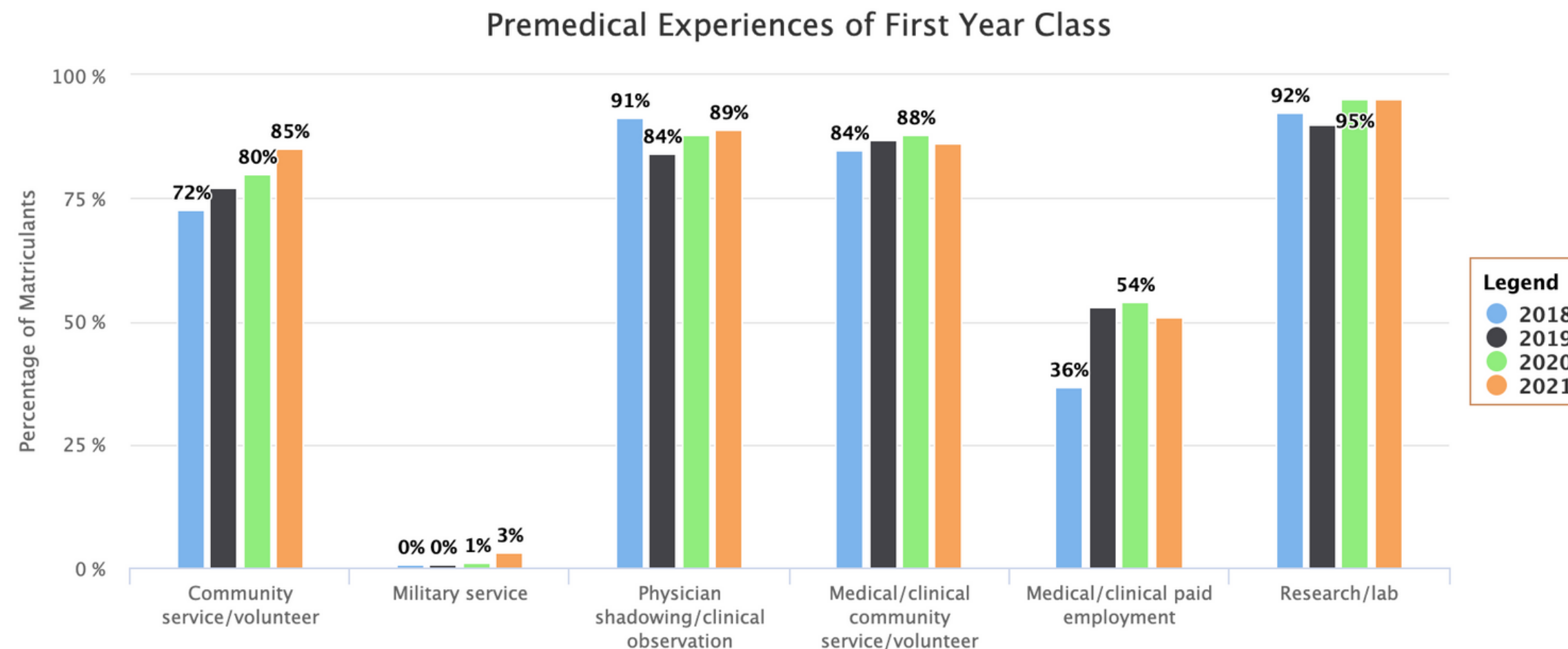


# MD Programs

## Medical School Admission Requirements tool (MSAR)

- 1-year subscription: \$28
- 2-year subscription: \$36

### Premedical Experience ?



Source: AAMC Data Warehouse, Applicant Matriculant File, as of October 29, 2021



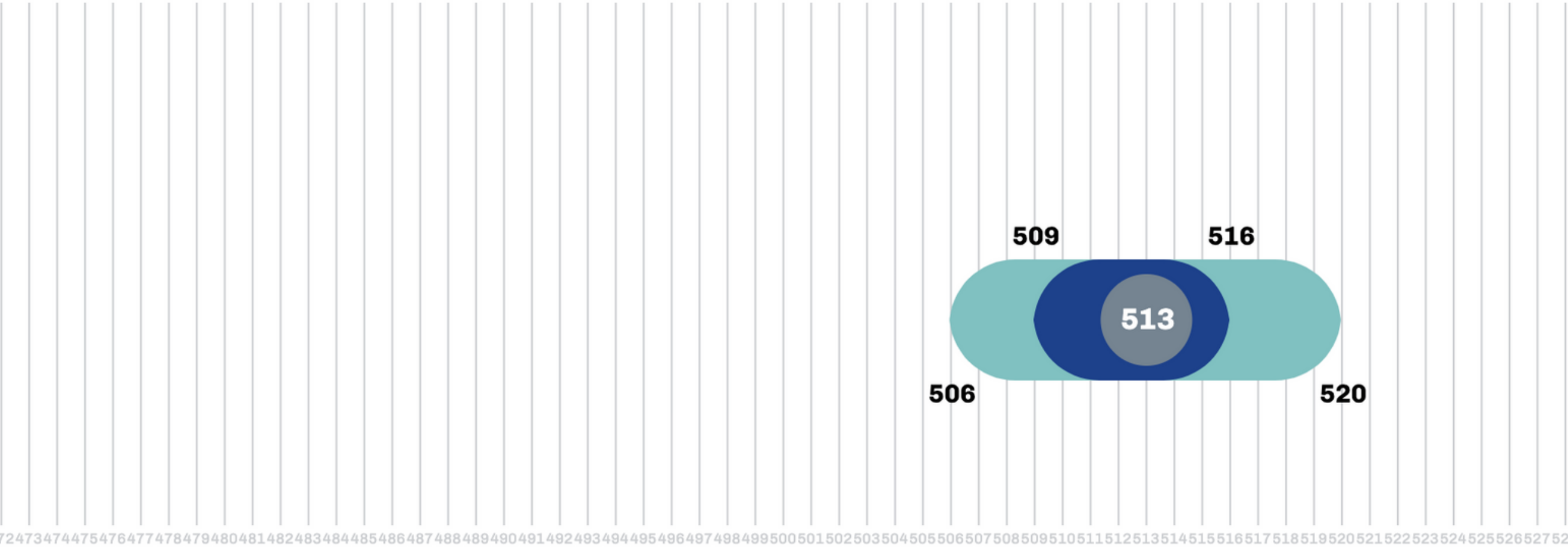


# MD Programs

MCAT Total Score

Your Score  
Median

10th - 90th Percentile Range  
25th - 75th Percentile Range



# DO Programs

AACOM (American Association of Colleges of Osteopathic Medicine)

**AACOMAS** (American Association of Colleges of Osteopathic Medicine Application Service)

[AACOMAS Applicant Help Center](#)

## **2023 Cycle dates:**

- May 4th, 2022 (5/4/22)-- primary application opens
- May 9th, 2022 (5/9/22)-- document processing starts



# DO Programs


## 2023 Cycle fees:

- Initial application fee (one school included): **\$198**
- Additional school(s) fee: **\$50 per school**
- AACOMAS Fee Waiver Program  
Covers the initial cost of application to one school (**\$198**) and AACOM's Big Interview platform free-of-charge



# DO Programs

## Choose DO Explorer



Return to the Choose DO Explorer

General Information

Curricular Offerings

Dual Degree Programs

Preparatory Programs

Application Information

Acceptances

Premedical Coursework

Tuition & Financial Aid

First-Year Class Matriculants (Entering Class 2021)

Self-Reported Race/Ethnicity	
American Indian/Alaska Native	0.0%
Asian	18.5%
Black or African American	2.5%
Hispanic/Latino	5.4%
Native Hawaiian/Pacific Islander	0.0%
White	68.8%
Multiple Races	1.3%
Undisclosed	3.5%

Majors of First-Year Matriculants



New York Institute of Technology  
College of Osteopathic Medicine - NYITCOM

Old Westbury, NY & Jonesboro, AR |  
Private Institution | Urban &  
Suburban Campuses

Application Deadline:  
03/01/2023

International Students:  
No

In-State Tuition  
\$60,450

Out-of-State Tuition  
\$60,450

Learn More

School Type (Private or Public)

☐ Private (38)

☐ Public (7)

For Profit or Not for Profit

☐ Not-for-Profit (39)

☐ For-Profit (6)

International Students Accepted

☐ No (26)

☐ Yes (13)

☐ Case-by-Case (7)

School Setting

☐ Suburban (28)

☐ Rural (16)

☐ Urban (14)



# Dental Programs

ADEA (American Dental Education Association)  
**AADSAS** (Associated American Dental Schools  
Application Service)

[AADSAS Applicant Help Center](#)

## **2023 Cycle dates:**

- May 10th, 2022 (5/10/22)-- primary application opens
- June 1st, 2022 (6/1/22)-- submission opens





# Dental Programs

## 2023 Cycle fees:

- Initial application fee (one school included): \$264
- Additional school(s) fee: \$115 per school
- AADSAS Fee Assistance Program  
Covers the initial cost of application to one school and two additional program designations, for a total of three designations



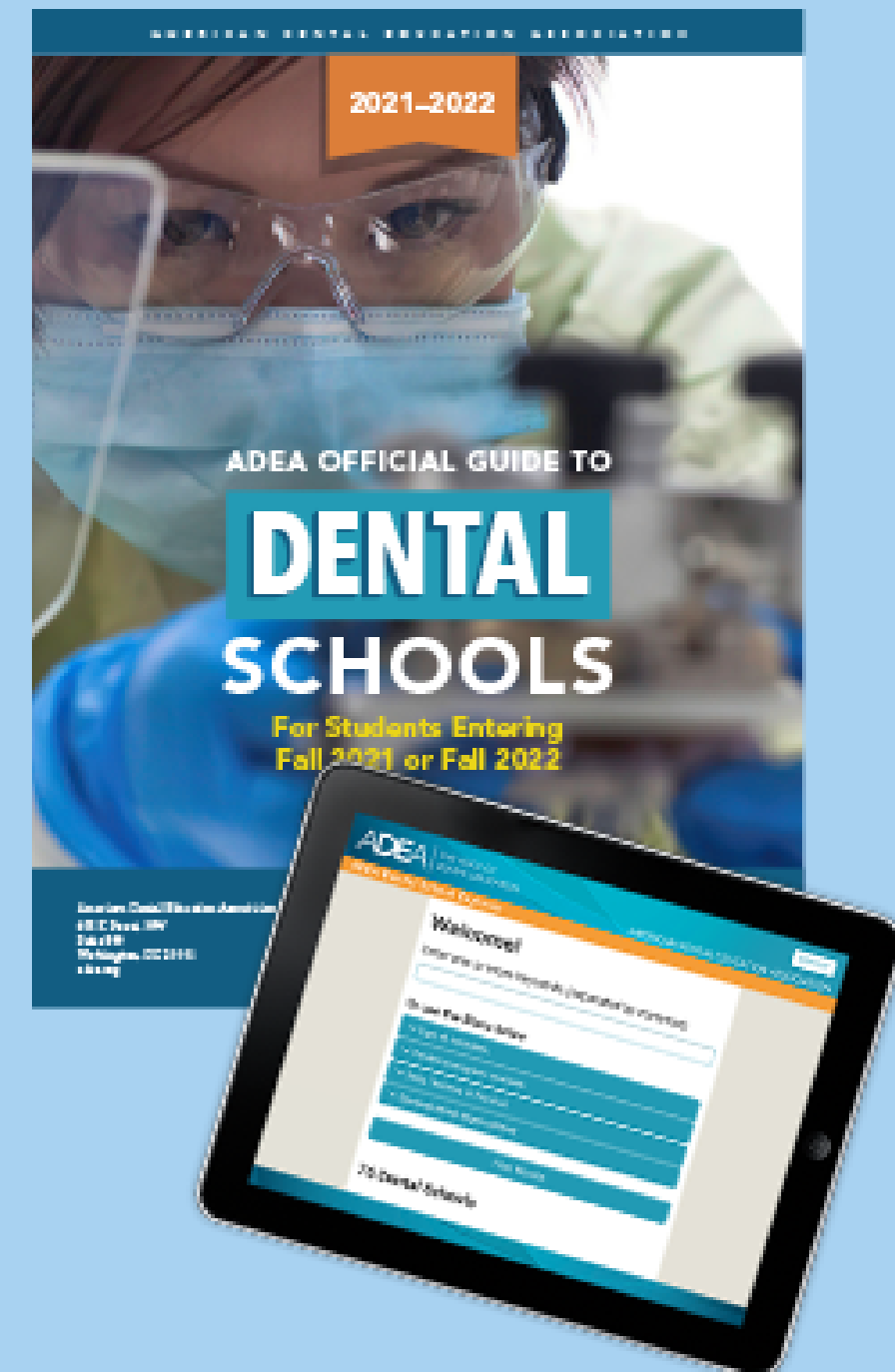
# Dental Programs

## ADEA Official Guide to Dental Schools

+

## ADEA Dental School Explorer

- Includes PDF book and one-year online subscription
- Cost: \$35



# Texas Medical + Dental Schools

TXHES (Texas Health Education Service)

**TMDSAS** (Texas Medical and Dental School Application Service)

[TMDSAS Application Guide](#)

## **2023 Cycle dates:**

- May 2nd, 2022 (5/2/22)-- primary application opens
- May 16th, 2022 (5/16/22)-- submission opens

## **2023 Cycle fees:**

\$200 flat fee



# Physician Assistant/Associate Optometry Podiatry

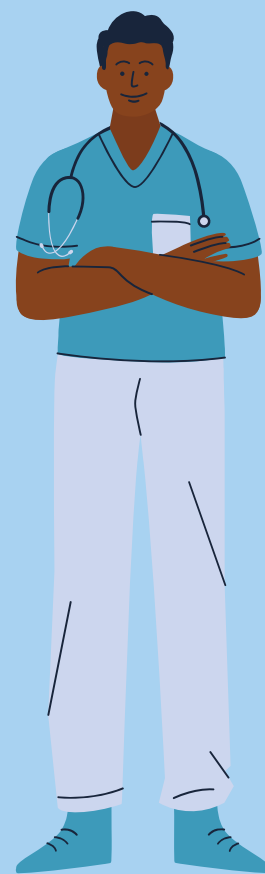
All information for...

- Application services
- Dates
- Fees
- Search tools
- etc.

can be found on our website's primary application page



# SECONDARY APPLICATIONS





# What are the secondary applications?

- ✦ School-specific, supplemental essays designed to determine whether or not an applicant is a good "fit"
- ✦ Secondary fees vary by school; average is about \$75

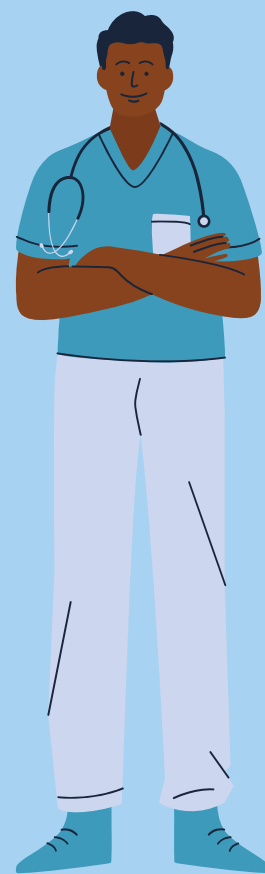


# What are the secondary applications?

- ✦ Top tips for completing your secondaries:
  - Submit within two weeks, a few days for top-choice programs
  - Remain organized and create a plan to prioritize and submit in a timely manner
  - Pre-write secondaries using database questions
  - Plan to use specific, illustrative examples
- ✦ Situational judgement tests (SJTs)
  - CASPer exam (Altus Suite/Acuity Insights)
  - AAMC PREview exam



# INTERVIEWS, UPDATES, ETC.



# Interviews

- ✦ Interview invites typically start getting sent out in **August and continue through February**
- ✦ Traditional interviews vs. Multiple Mini Interviews (MMIs)



# Interviews

## Resources

- 1 Interview Pairing Program
  - Get matched with UConn alumni for up to three schools
- 2 Center for Career Development (CCD)
  - Mock interviews
  - Husky Mentor Network
  - Big Interview virtual practice





# Updates

- ✦ If you continue to strengthen your application after submission and want to bolster your candidacy, you can consider sending updates

## Consider that...

- 1 Many programs *do not accept* updates
  - If you are interested in sending them, check with the program first to confirm they are open to receiving them
  - Some schools allow you to provide updates through your secondary application
- 2 Update letters should be concise and reiterate your interest in the particular program
  - Tie recent activities to the school's values and commitments



# Deferring

✦ If, at any point in the application cycle, you decide to defer your application until a later cycle, **please contact our office as soon as you arrive at that decision**

1 Any information in the HPAP + HPLP will be saved  
--Our office will still have access to your letters of recommendation once the application closes

2 You will need to go through our applicant support process again  
--After the HPAP + HPLP applications close, you cannot edit them



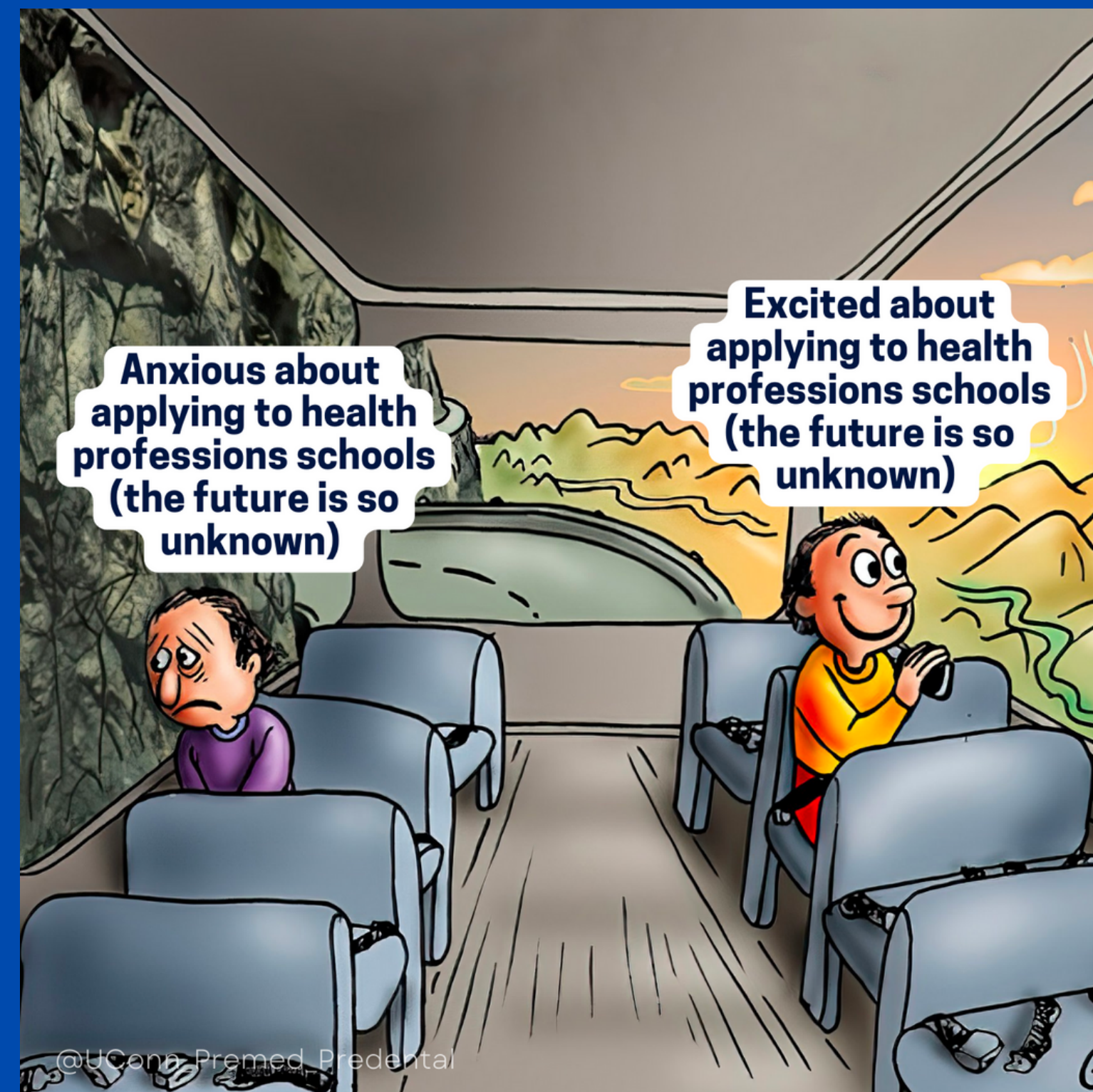


# Takeaways

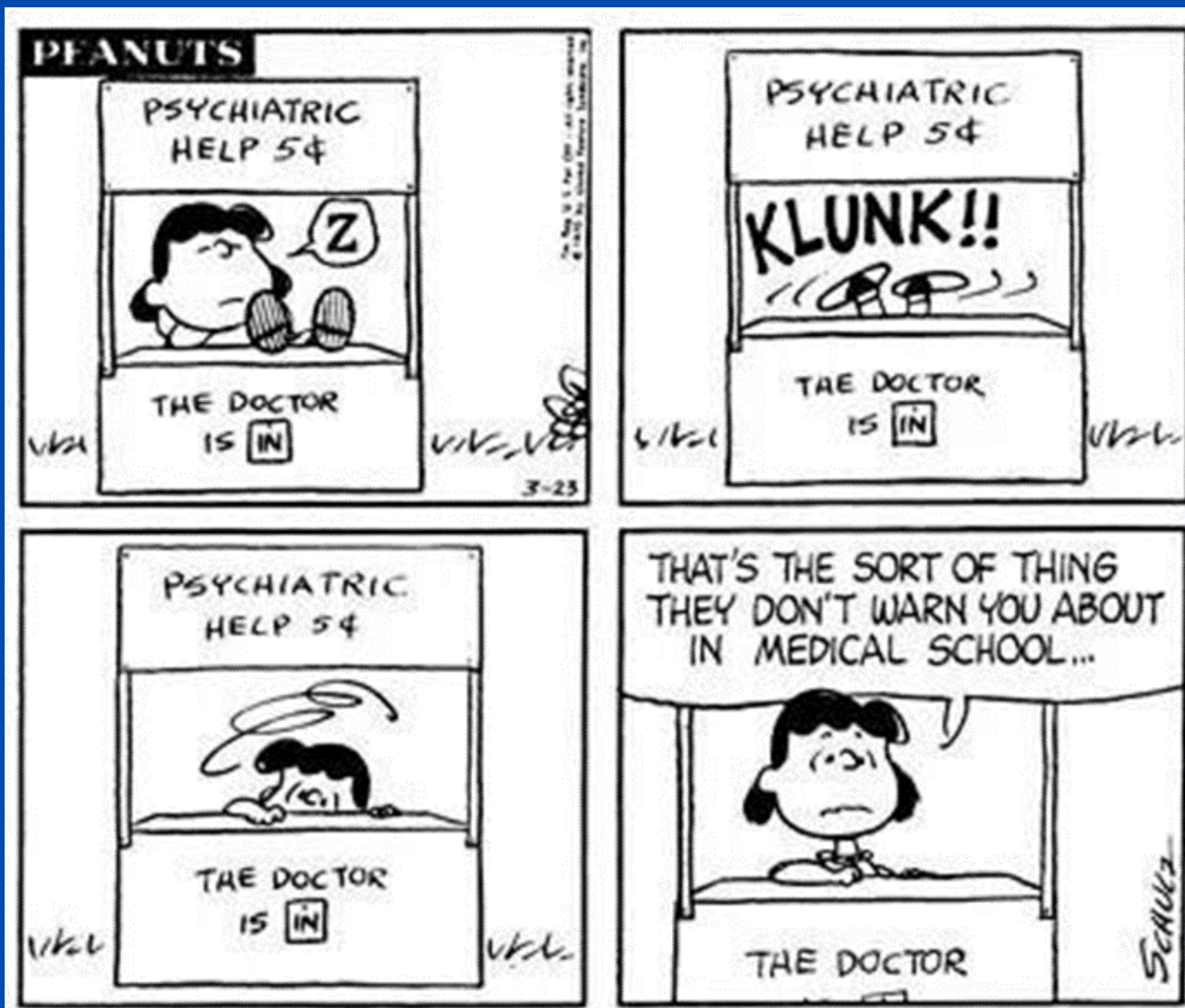
- 1 Run Your Own Race**
  - Every person's path is different, and that is something to be celebrated!!
- 2 Start Early**
  - This process is a whole lot easier the sooner you begin and the more you break it down into its component parts
- 3 Take Care of Yourself**
  - Your best application is the one that you complete when you feel safe, healthy, and prepared













# CONNECT WITH US!

Visit our website

**[premed.uconn.edu](https://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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