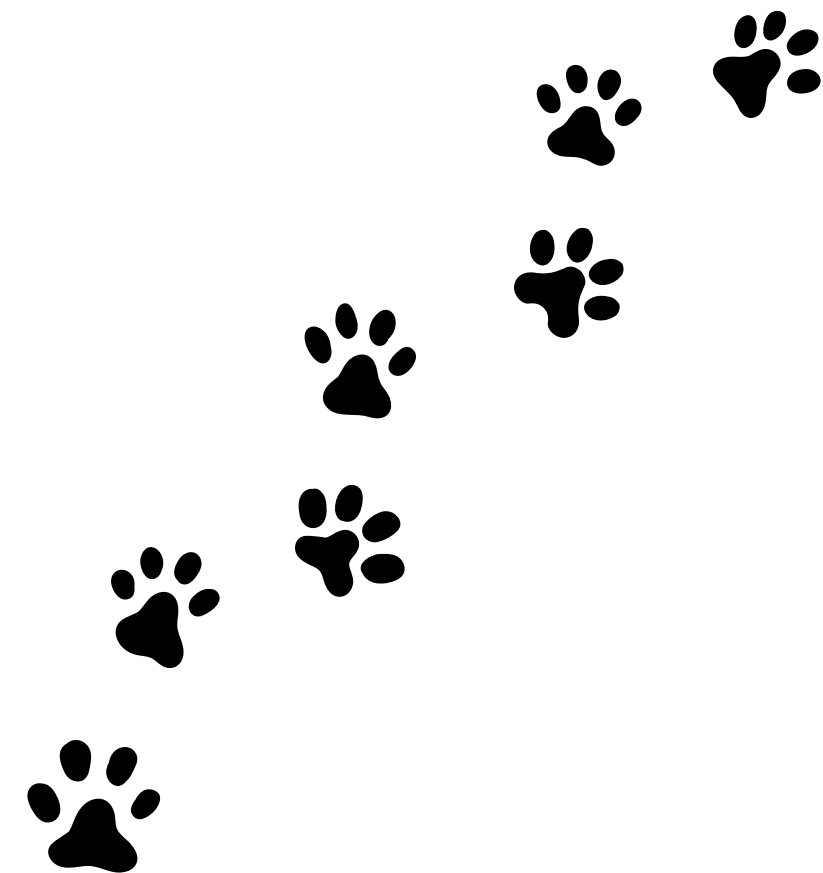# UNIVERSITY OF CONNECTICUT

2025 Cycle Application Orientation

UCONN | UNIVERSITY OF CONNECTICUT

OFFICE OF PRE-PROFESSIONAL ADVISING

GET TO KNOW US!

Dr. Sarah Scheidel
Director

Krista Rogers
Asst. Director

Chrissy Gray
Pre-Professional
Advisor

Megan Baro
Health Professions
Advisor

Sue Ruggiero
Program Assistant

Dr. Keat Sanford
Pre-Medical Advisor

GET TO KNOW US!

Health Professions Peer Ambassadors (HPPAs)

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

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

GENESIS ROSARIO '24
MAJOR: ALLIED HEALTH SCIENCES
PRE-MEDICAL TRACK

EMILY STRICKLAND '24
MAJORS: MCB & NUTRITIONAL SCIENCES
PRE-MEDICAL TRACK

TY ZACCAGNINI '25
MAJOR: PHYSIOLOGY & NEUROBIOLOGY
MINORS: NEUROSCIENCE, MOLECULAR & CELL BIOLOGY
PRE-MEDICAL TRACK

How can students connect with us?

- Group Advising
- 1:1 Advising
- Drop-In Advising
- Workshops/Events

- Alumni Engagement
  - Chat w/Alumni
  - Interview Pairing Prog.
  - Featured Workshops
- Instagram
- Newsletters

Get to know us!

Where are we?
Storrs campus
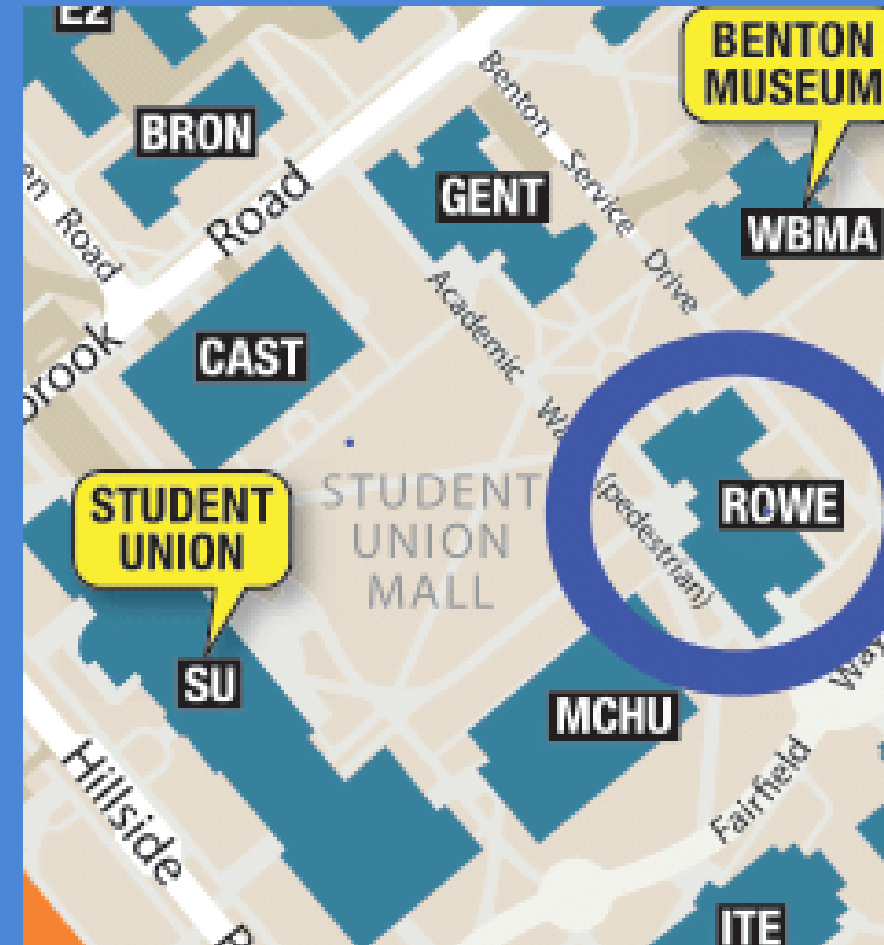ROWE Building, 4th Floor
Virtual Webex appts

How can you connect with us?
Join our newsletter!
Website: premed.uconn.edu
Email: premed_predental@uconn.edu
Instagram: uconn_premed_predental

Get to know us!

How do I make a one-on-one appointment?
https://premed.uconn.edu/advising-appointments/

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

(*effective Tuesday January 16th - finals week*)
- Mondays from 2pm - 4pm (In-Person; check-in outside of ROWE 403)
- Tuesdays from 10am - 12pm (Virtual via WebEx)
  - *No Drop-Ins from 10 - 11am until February 13, 2024*
- Wednesdays from 10am - 12pm (Virtual via WebEx)
- Thursdays from 2pm - 4pm (In-Person; check-in outside of ROWE 403)

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

ENRICHMENT PROGRAMS

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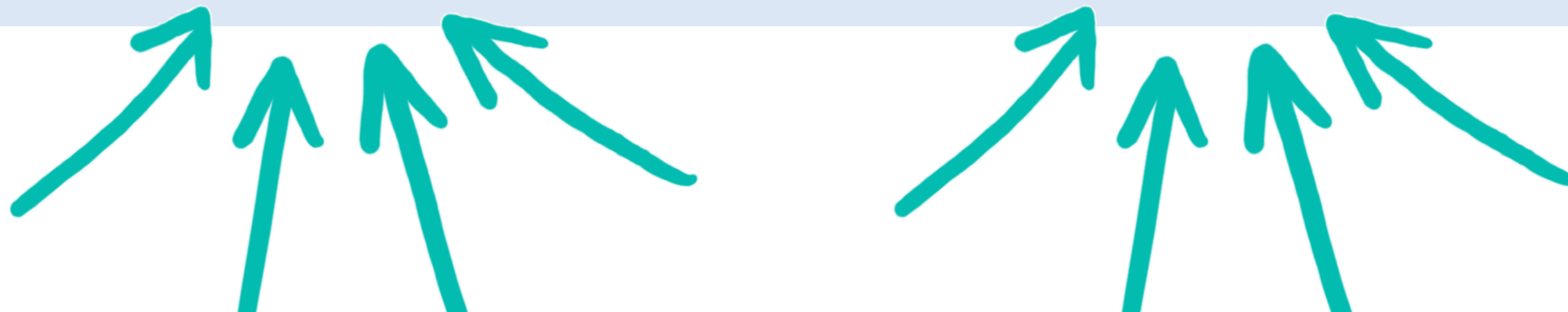
Our Commitment

At the Pre-Professional 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.

UCONN

ENRICHMENT PROGRAMS

UCONN

OFFICE OF
PRE-PROFESSIONAL
ADVISING

Goals

1 Enable you to gauge <u>whether you feel ready to put your best foot forward in applying</u> 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
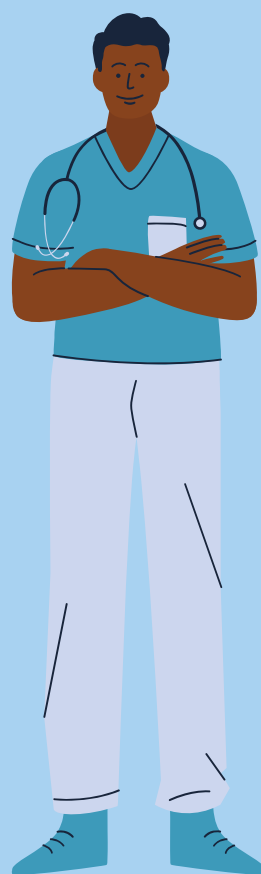
3 Have fun 😁

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!

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.**

Finding the right time

✦ **Growth years**

According to the **AAMC 2023 Matriculating Student Questionnaire**, the percentage of medical students who have taken at least one growth year before beginning their professional education is **73.2**% (out of 14,775 self-reporting respondents).

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**
--[pre-med] 100+ hours of **healthcare exposure**/**direct patient care** (ex. EMT, CNA, medical assistant, patient care tech, ER tech, medical scribe, phlebotomist, UCHL volunteering, KDSAP screenings, etc.)
--[pre-dent] 50+ hours of **shadowing**

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, chair-person for sorority/fraternity, etc.)

What makes a strong applicant?

✦ **Evidence of strength in the core competencies**
The AAMC has identified 17 competency areas, including oral communication, teamwork & collaboration, 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.

Core Competencies

- Commitment to Learning and Growth
- Cultural Awareness
- Cultural Humility
- Empathy and Compassion
- Ethical Responsibility to Self & Others
- Interpersonal Skills
- Oral Communication
- Reliability and Dependability
- Resilience and Adaptability
- Service Orientation
- Teamwork and Collaboration
- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Written Communication
- Human Behavior
- Living Systems

What makes a strong applicant?

✦ **Strong Academic Metrics**

--average MD matriculant GPA: 3.77

--average DO matriculant GPA: 3.48

--average Dental matriculant GPA: 3.61

✦ **Strong Testing Metrics**

--average MD matriculant MCAT score: 511.7

--average DO matriculant MCAT score: 502.8

--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

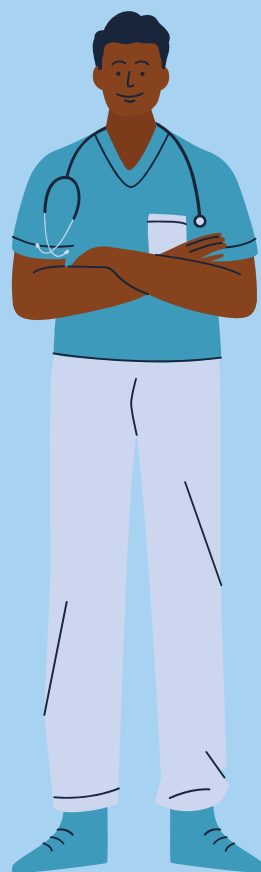| TOP ACCEPTED DENTAL PROGRAMS	+
TOP MATRICULATED DENTAL PROGRAMS	+
ALL ACCEPTED DENTAL PROGRAMS	+

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

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

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 <u>as they are received</u>, 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.

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**

- July 1st: Formal HPAP Deadline
- Continue drafting secondaries
- **Start submitting secondary applications**

- **Sept. 1st: Formal HPLP Deadline**
- 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**)
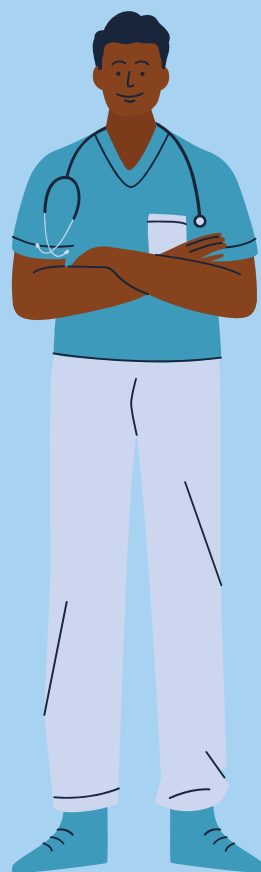
- **Meet with our office for your Applicant Coaching Session**
- Start drafting your personal statement and meeting with the W Center + Center for Career Development for feedback

- **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 <u>strongly recommend</u> that applicants take the MCAT **no later than July.**
--registration for January through June dates are open as of late October
--registration for July through September dates will open on February 27th

✳ 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 $335**
(with the AAMC Fee Assistance Program it's $140)

✳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

2024 Schedule for the Medical College Admission Test® (MCAT®)*

AAMC | Medical College Admission Test®

JAN
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEB
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MAR
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APR
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUN
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JUL
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUG
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEP
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Exam Date	Score Release
Jan. 12	Feb. 13
Jan. 13	Feb. 13
Jan. 18	Feb. 20
Jan. 26	March 1
March 9	April 9
March 22	April 23
April 12	May 14
April 13	May 14
April 26	May 29
April 27	May 29
May 4	June 4
May 10	June 11
May 11	June 11
May 16	June 18
May 24	June 25
June 1	July 2
June 14	July 16
June 15	July 16
June 22	July 23
June 27	July 30
July 13	Aug. 13
July 26	Aug. 27
Aug. 2	Sept. 4
Aug. 17	Sept. 17
Aug. 23	Sept. 24
Aug. 24	Sept. 24
Sept. 5	Oct. 8
Sept. 6	Oct. 8
Sept. 13	Oct. 15
Sept. 14	Oct. 15

*The highlighted dates above indicate the U.S. MCAT test dates.
For Canadian and International test dates, please visit students-residents.aamc.org/mcatregister.

Note: The MCAT exam is not offered in February or October through December 2024.

Standard start time will be 8 a.m. each day.

24-001A [08/23]

🐦 @AAMC_MCAT

MCAT® is a program of the Association of American Medical Colleges

aamc.org/mcat

MCAT (Medical College Admissions Test)

The MCAT Essentials for Testing Year 2024
--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; <u>our office recommends taking it by May of your application year</u>

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 2024 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](#)

LETTER PACKET PROCESS
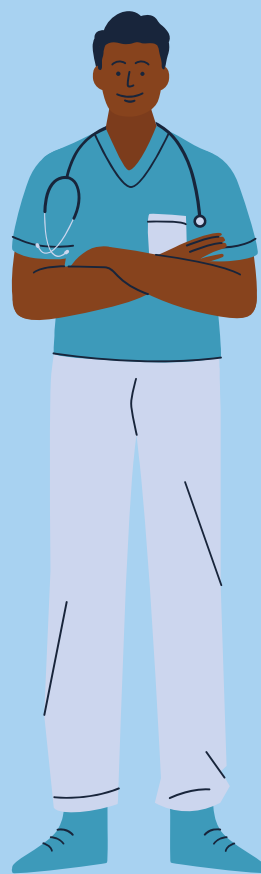
What is a Letter Packet?

For the 2025 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 **general, non-evaluative** cover letter describing our process and your involvement in it
*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

For the 2024 cycle, we submitted letter packets for **253 unique applicants** to health professional schools:

* ✳196 MD
* ✳84 DO
* ✳52 Dental
* ✳6 Texas
* ✳1 Optometry
* ✳4 Other (e.g. International schools...)

For the 2024 cycle, we held 289 applicant coaching sessions, a 23% increase from last cycle, and we submitted 343 letters so far , a 12% increase from last year)

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
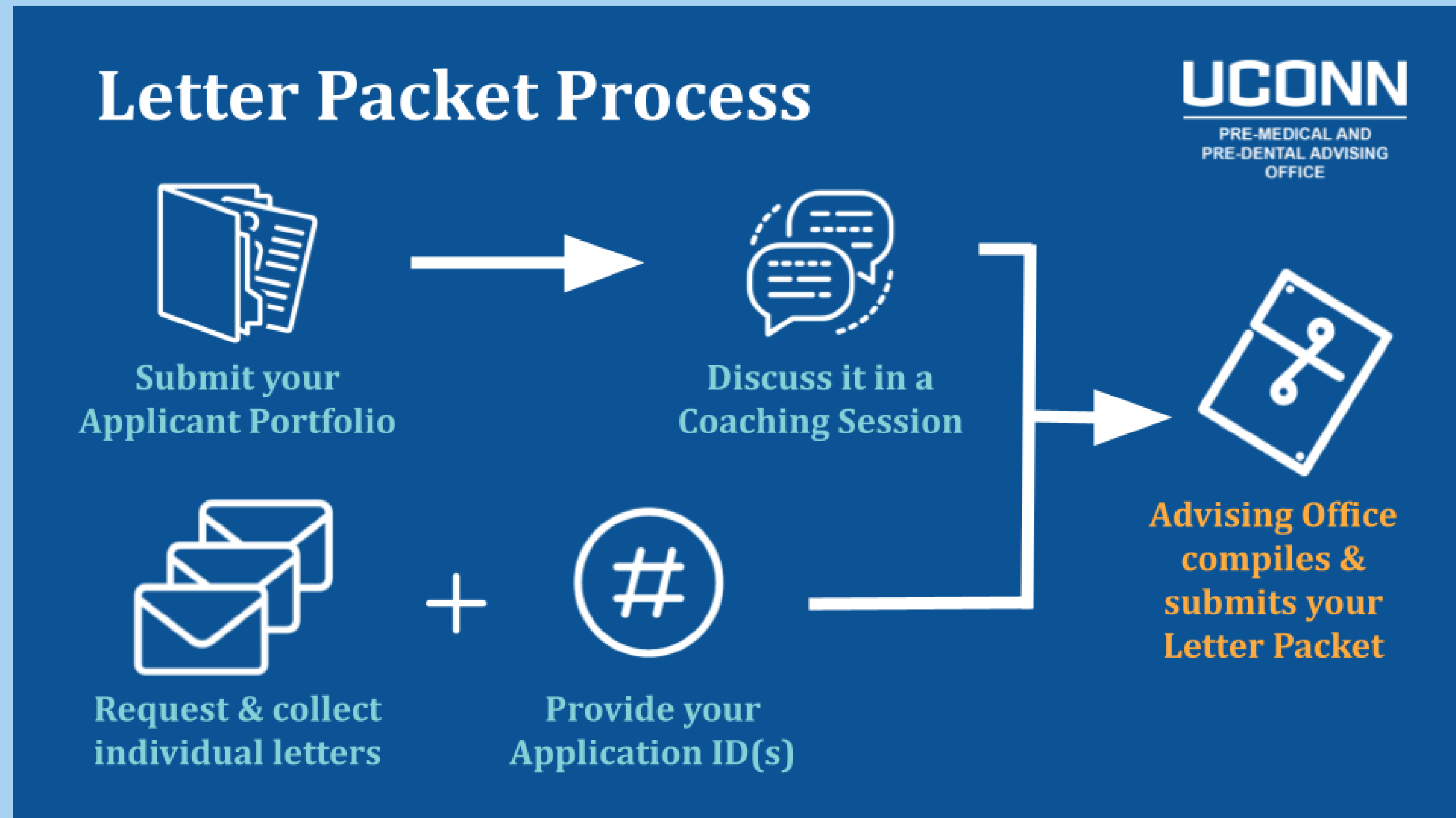
Letter Packet Process
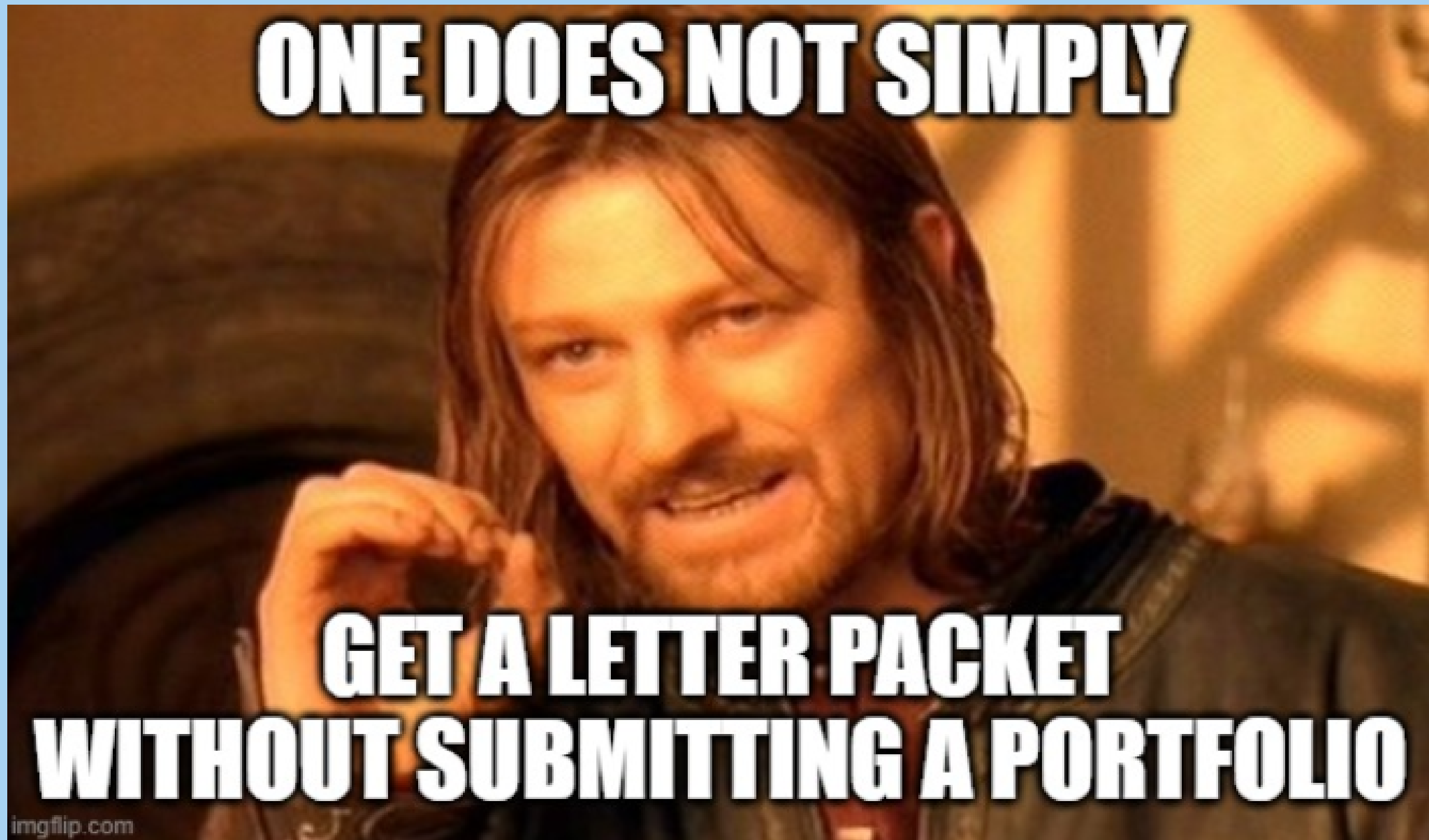
What is the Health Professions Applicant Portfolio (HPAP)?

The purposes of the HPAP are:

- For our advisors to learn more about you and help coach you with many aspects of your application

- 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 an email to schedule your **Applicant Coaching Session**!

Coaching sessions are typically offered 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 email you so you can schedule your Applicant Coaching Session, using **Calendly**.

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!

	2024 Cycle - Monthly		
	coaching sessions	(letters - DRAFTED)	(SUBMITTED letter packets)
February	16	5	
March	25	16	
April	61	26	
May	83	14	0
June	62	98	72
July	22	56	82
August	20	42	53
September	0	15	29
Oct-Dec	0	5	17
TOTALS ➡	**289**	**277**	**253**
	Coaching Sessions	**Letters Drafted**	**Letters Submitted!**

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; dental schools may want a general dentist 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

IMPORTANT !

What are the formatting requirements?

✦ **Date**
✻ If you are a reapplicant or deferral, make sure your letters are dated to this cycle year
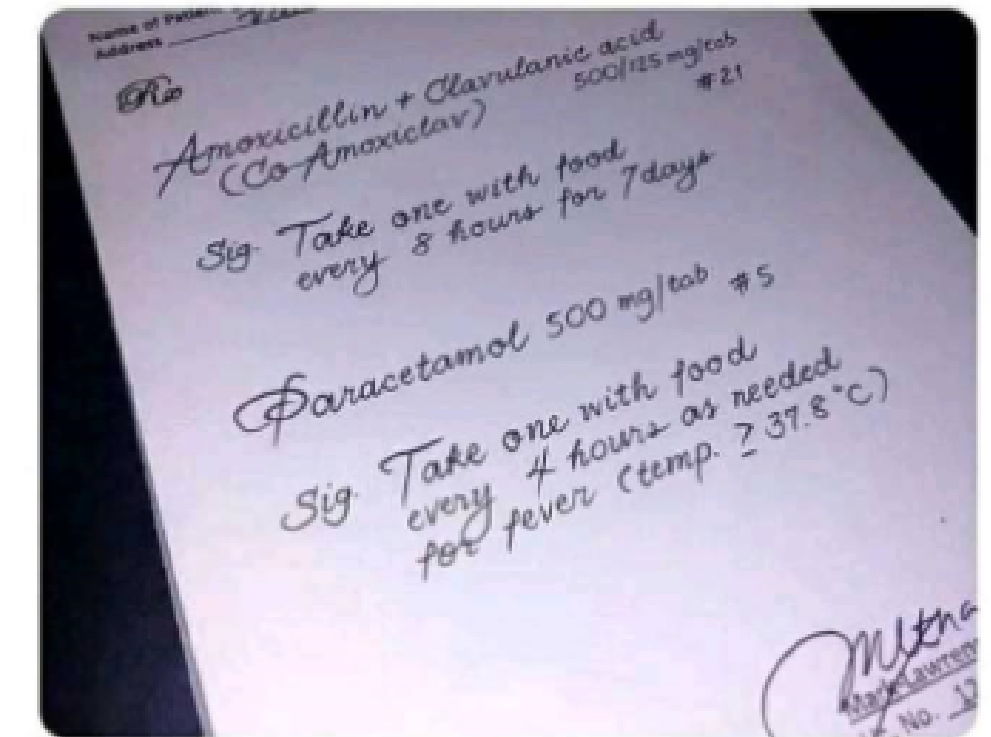
✦ **Official Letterhead**
✻ If your writer doesn't have access to official letterhead, they can create personal letterhead

✦ **Hand signature**
✻ Electronic hand signatures are OK; typed "signatures" are not

Say thanks!

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

Our top three letter writers from the 2024 Cycle wrote 22, 20, and 17 letters of recommendation respectively--that's a lot of letters!
There were 12 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
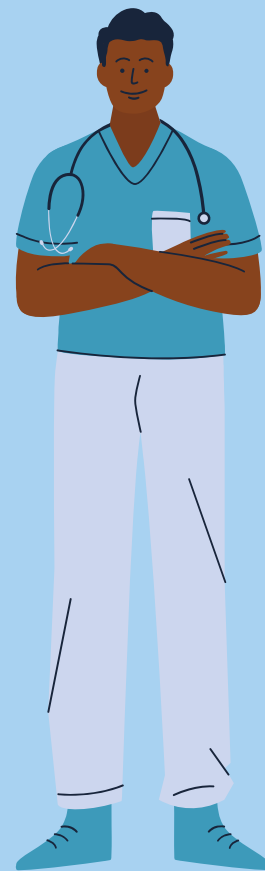working with our office before beginning that step of the process

July 1st
Formal HPAP deadline--if you submit after this point, you **will not** be
eligible to receive a letter packet from our office

September 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 ✕

ℹ 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   **Course Name** *

Please enter course number   Please enter course name

Course Classification *

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

Select Course Classification ▾

ℹ 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.

🩺 AAMC

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 *

i 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 *   End Date *   Total Hours *
Select Month   Select Month
Select Years   Select Years

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.

1325 characters left / 1325

Cancel   Save & Add Another   Save

AAMC

LIKE YOUR "RESUME"-- EXAMPLES SHOULD BE SAVED FOR MOST MEANINGFUL EXPERIENCES
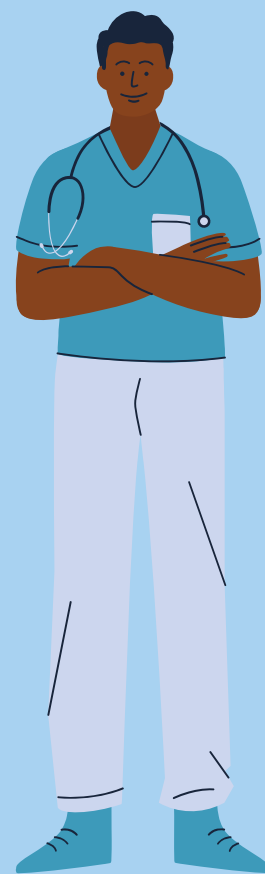
What is the primary application?

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

I DON'T ALWAYS WRITE MEDICAL SCHOOL ESSAYS

BUT WHEN I DO, THEY'RE 2,857 CHARACTERS OVER THE LIMIT
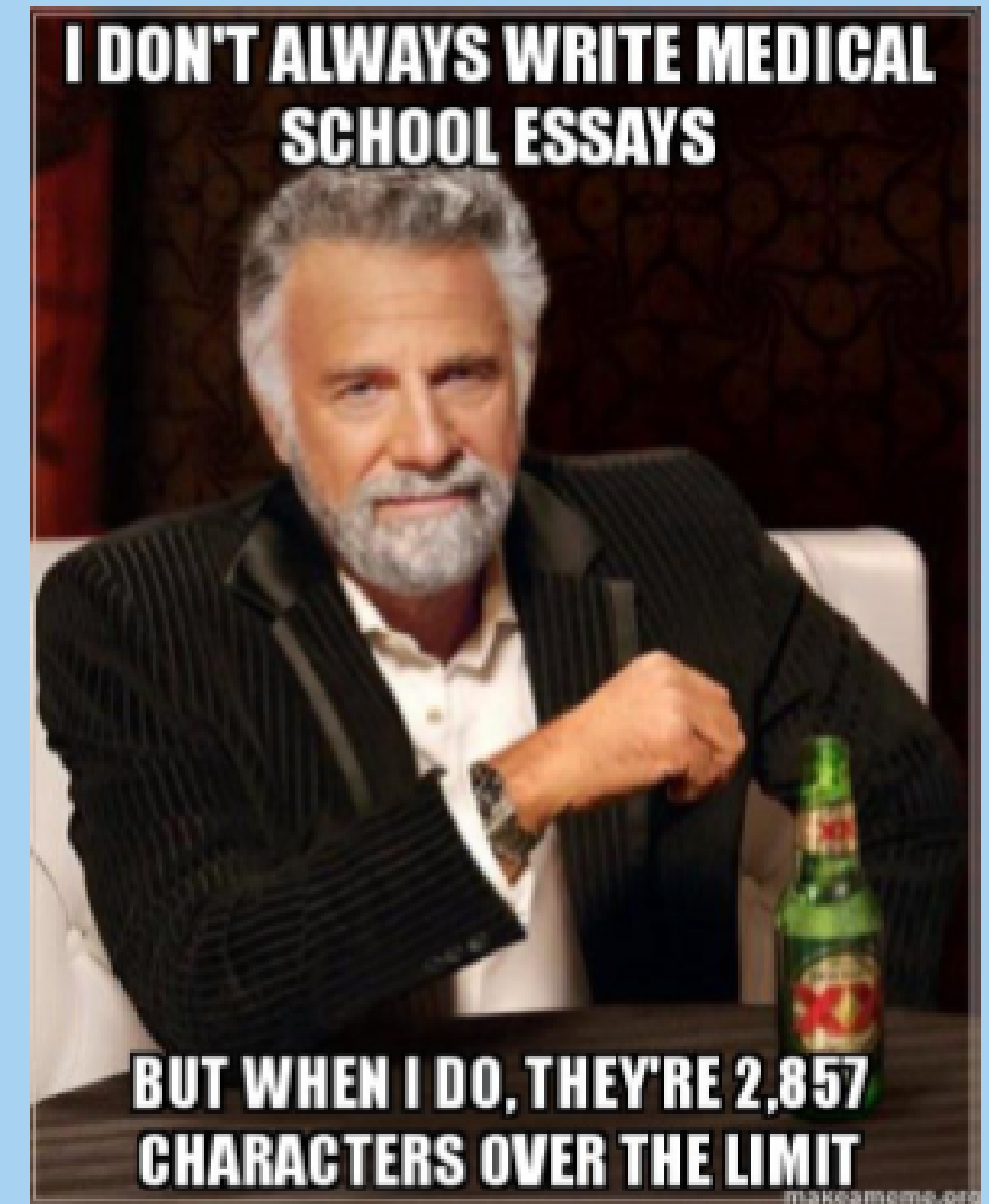
APPLICATION SERVICES

MD Programs

AAMC (Association of American Medical Colleges)
AMCAS (American Medical College Application Service)

2024 Cycle AMCAS Applicant Guide

2024 Cycle dates (2025 not available yet...):
○ May 2nd, 2023 (5/2/23)-- primary application opened

○ May 30th, 2023 (5/30/23)-- submission opened

○ June 30th, 2023 (6/30/23)-- verified primary applications began getting sent to individual schools

MD Programs

2024 Cycle fees were:

○ Initial application fee (one school included): $175

○ Additional school(s) fee: $45 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

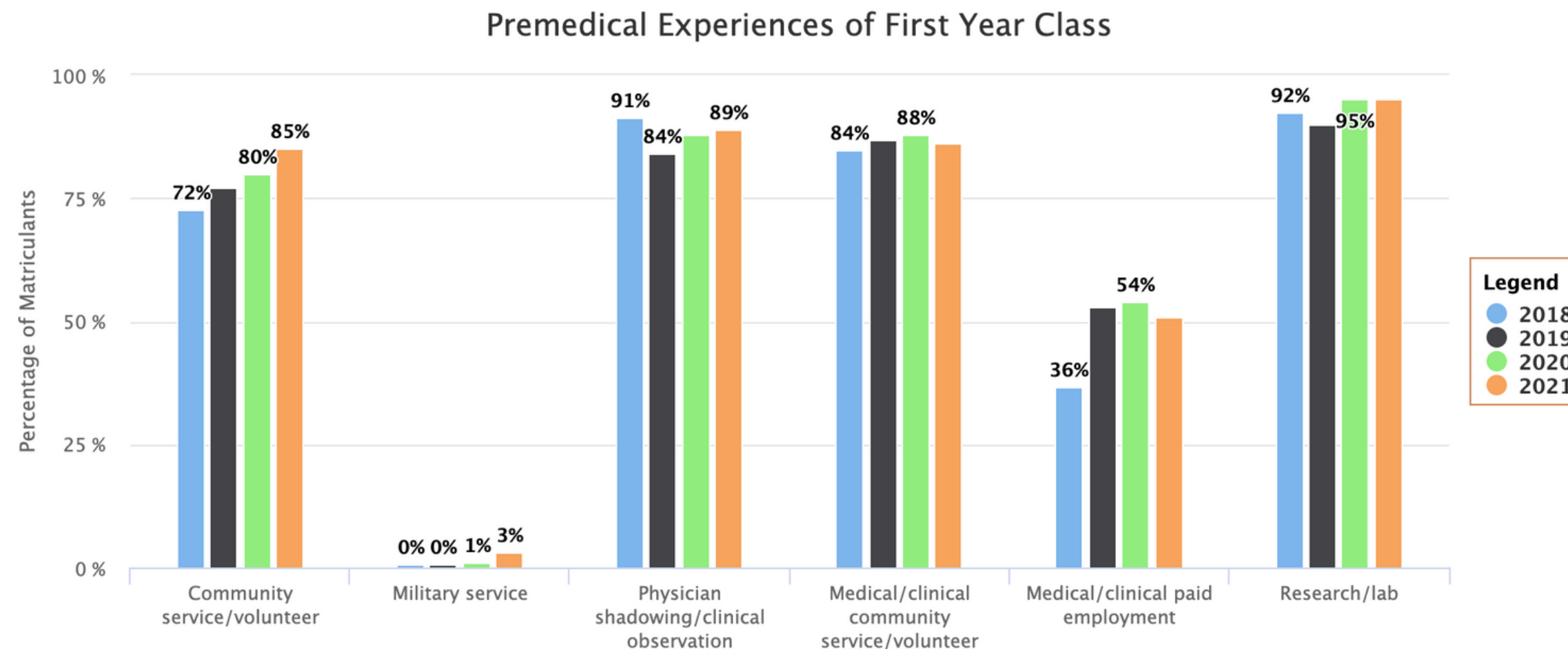[FAP Essentials 2024 Testing Year](#)

MD Programs

Medical School Admission Requirements tool (MSAR)
○ 1-year subscription: $28
○ 2-year subscription: $36
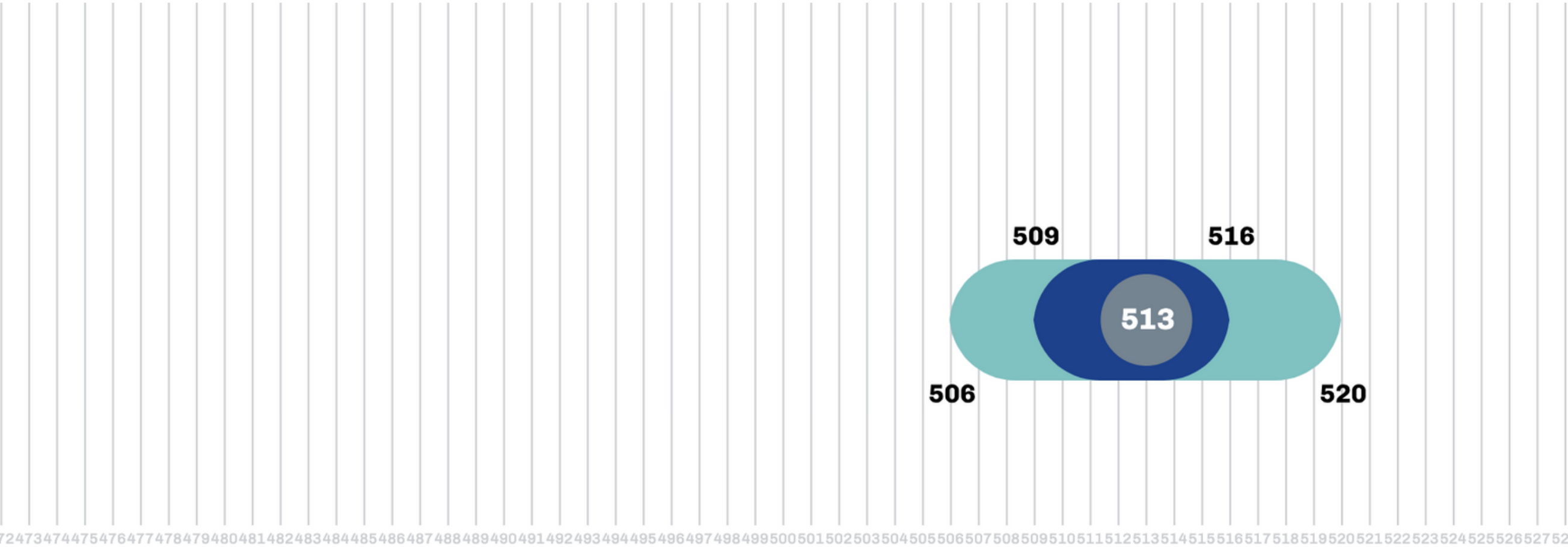
MD Programs

DO Programs

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

AACOMAS Applicant Help Center

2024 Cycle dates were:
○ May 4th, 2023 (5/4/23)-- primary application opens

DO Programs

2024 Cycle fees:

- Initial application fee (one school included): $198

- Additional school(s) fee: $55 per school

- <u>AACOMAS Fee Waiver Program</u>
  Covers the initial cost of application to one school ($198) and AACOM's Big Interview platform free-of-charge

DO Programs

Choose DO Explorer

LECOM

First-Year Class Matriculants (Entering Class 2021)

Return to the Choose DO Explorer

General Information

Curricular Offerings

Dual Degree Programs

Preparatory Programs

Application Information

Acceptances

Premedical Coursework

Tuition & Financial Aid

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

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	**In-State Tuition** $60,450
International Students: No	**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

"The 2024-2025 ADEA AADSAS application cycle will open in mid-May."

2024 Cycle dates were:
○ May 9th, 2023 (5/9/23)-- primary application opens

○ May 30th, 2023 (5/30/23)-- submission opens

Dental Programs

2024 Cycle fees were:

- Initial application fee (one school included): $264

- Additional school(s) fee: $115 per school

- <u>AADSAS Fee Assistance Program</u>
  Covers the initial cost of application to one school and two additional program designations, for a total of three designations
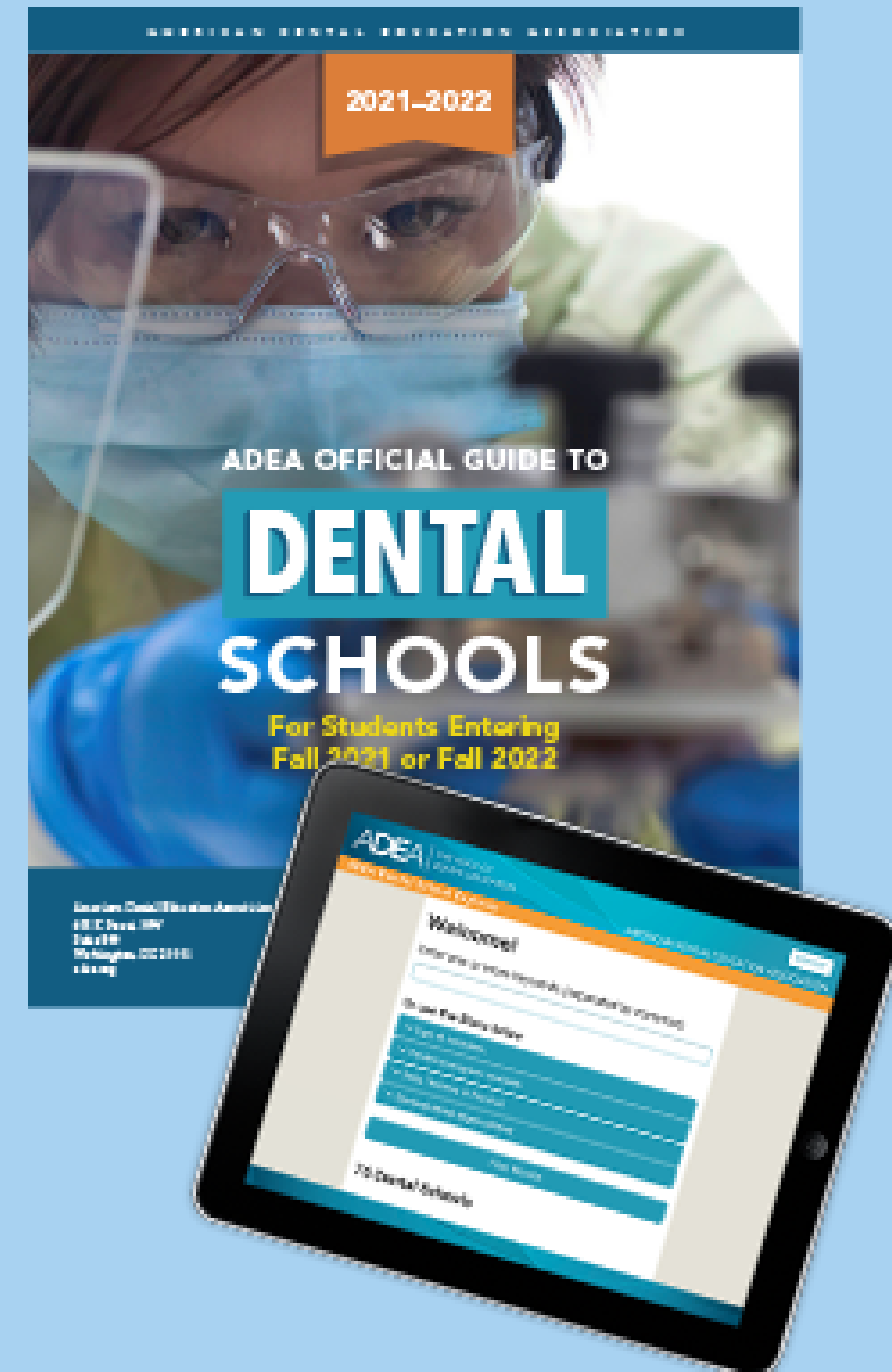
Dental Programs

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

2024 Cycle dates were:
○ May 1st, 2023 (5/1/23)-- primary application opens

○ May 15th, 2023 (5/15/23)-- submission opens

2024 Cycle fees:
$215 flat fee

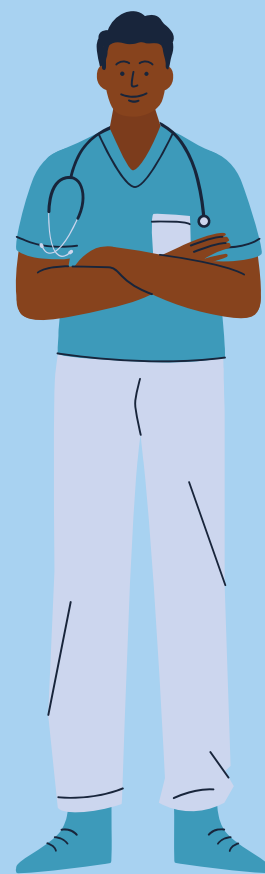# Physician Assistant/Associate
Optometry
Podiatry

All information for...
- Application services
- Dates
- Fees
- Search tools
- etc.

can be found on our website's <u>primary application</u> 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.
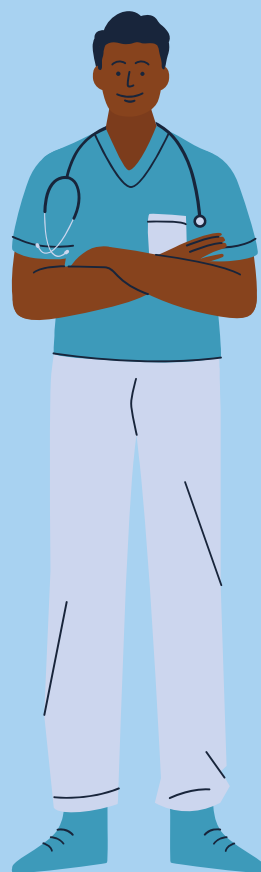
Interviews

- 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

me who just got my first med school interview

older UConn student who attends said medical school & is willing to help me prep for the interview

.@UConn_Premed_Predental

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

OPPORTUNITY FOR FGEN STUDENTS/ALUM

https://uconn.co1.qualtrics.com/jfe/form/SV_agbR5DAXX7kzQsS

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premed.uconn.edu
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premed_predental@uconn.edu
at any time with questions

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OFFICE OF PRE-PROFESSIONAL ADVISING