



UNIVERSITY OF CONNECTICUT

Fall 2024
Group Advising

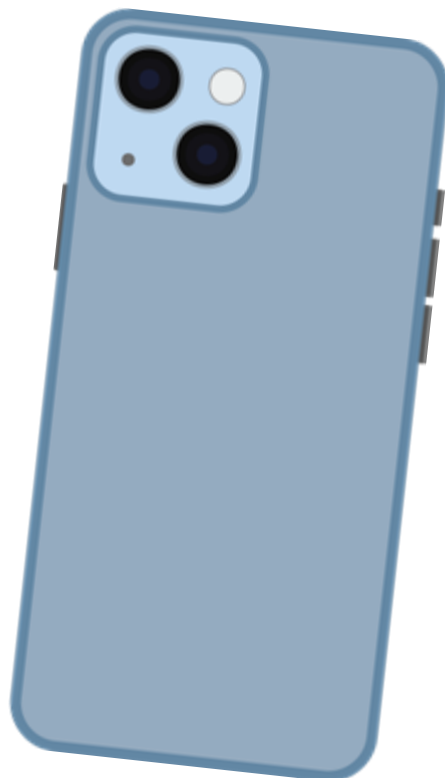
UConn

OFFICE OF
PRE-PROFESSIONAL
ADVISING



NEWSLETTER SIGN UP

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



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.



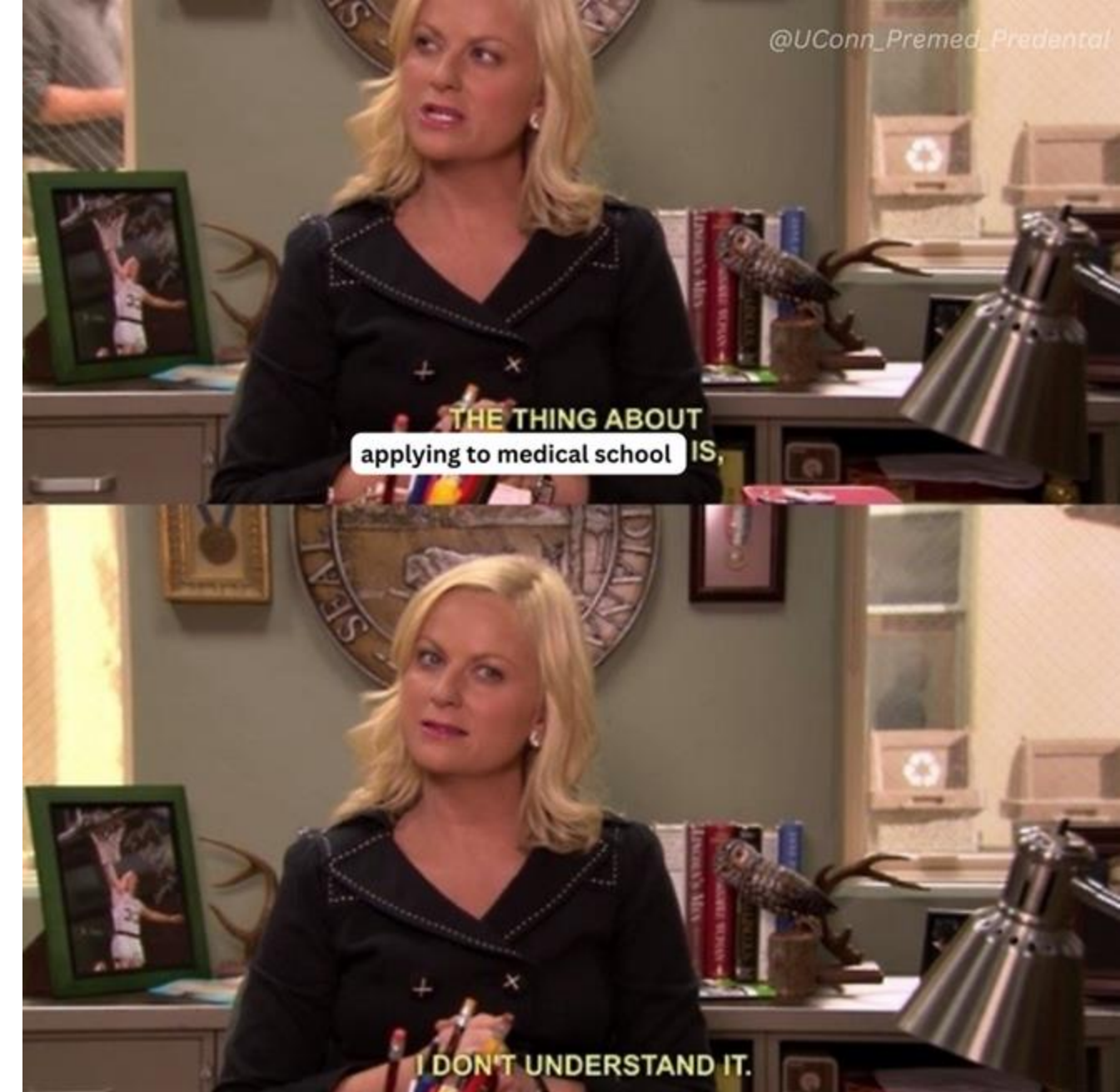
Topics & Goals

Topics:

1. Get to know us
2. Explore
3. Prepare (Fact vs. Fiction Game!)
4. Apply
5. Key Takeaways
6. Q&A

Goals:

- ★ Give you a comprehensive understanding of pre-medical + pre-dental prerequisite coursework
- ★ Provide information about the importance of cultivating co-curricular experiences
- ★ Connect you to resources so that you can get engaged at UConn and beyond





1.

GET TO KNOW US

The PPA Staff and how to connect!

Office of Pre-Professional Advising



Dr. Sarah Scheidel
Director



Krista Rogers
Assistant Director



Chrissy Gray
Pre-Professional Advisor



Megan Baro
Pre-Professional Advisor



Sue Ruggiero
Program Assistant



Dr. Keat Sanford
Pre-Medical Advisor



Office of Pre-Professional Advising



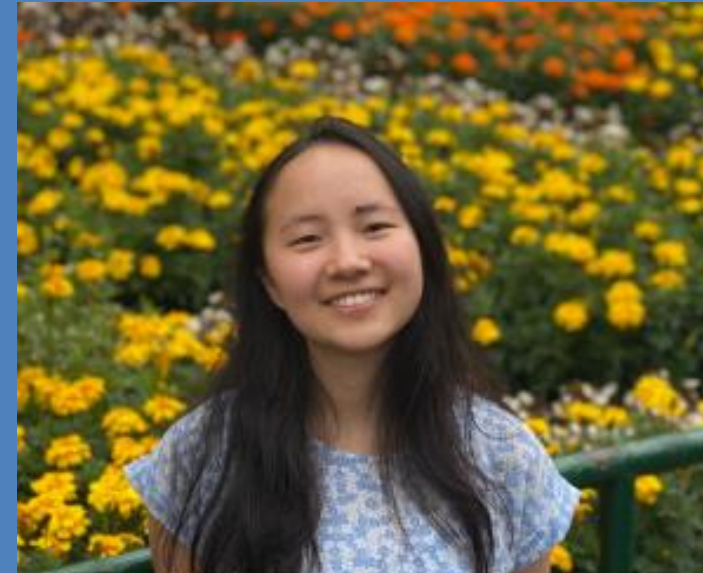
AKSHITHA CHAGANTI '26
MAJOR: MOLECULAR & CELL BIOLOGY
MINOR: PHYSIOLOGY & NEUROBIOLOGY
PRE-MEDICAL TRACK



LINDSEY JONES '26
MAJOR: PHYSIOLOGY & NEUROBIOLOGY
MINORS: HUMAN DEV. & FAMILY SCIENCES & MCB
PRE-MEDICAL TRACK



KRITHIKA SANTHANAM '25
MAJORS: MOLECULAR & CELL BIOLOGY AND
INDIVIDUALIZED: HEALTH POLICY & RACIAL DISPARITIES
PRE-MEDICAL TRACK



GRACE XIONG '25
MAJORS: MOLECULAR AND CELL BIOLOGY & INDIVIDUALIZED:
GLOBAL HEALTH, HUMAN RIGHTS & FOOD JUSTICE
PRE-DENTAL TRACK



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

Health Professions Peer Ambassadors (HPPAs)



One-on-one peer advising meetings, online "Ask a Question" form, and more!



Where are we?

- ROWE Building, 4th Floor
- Virtual Webex appts

How can you connect w/us?

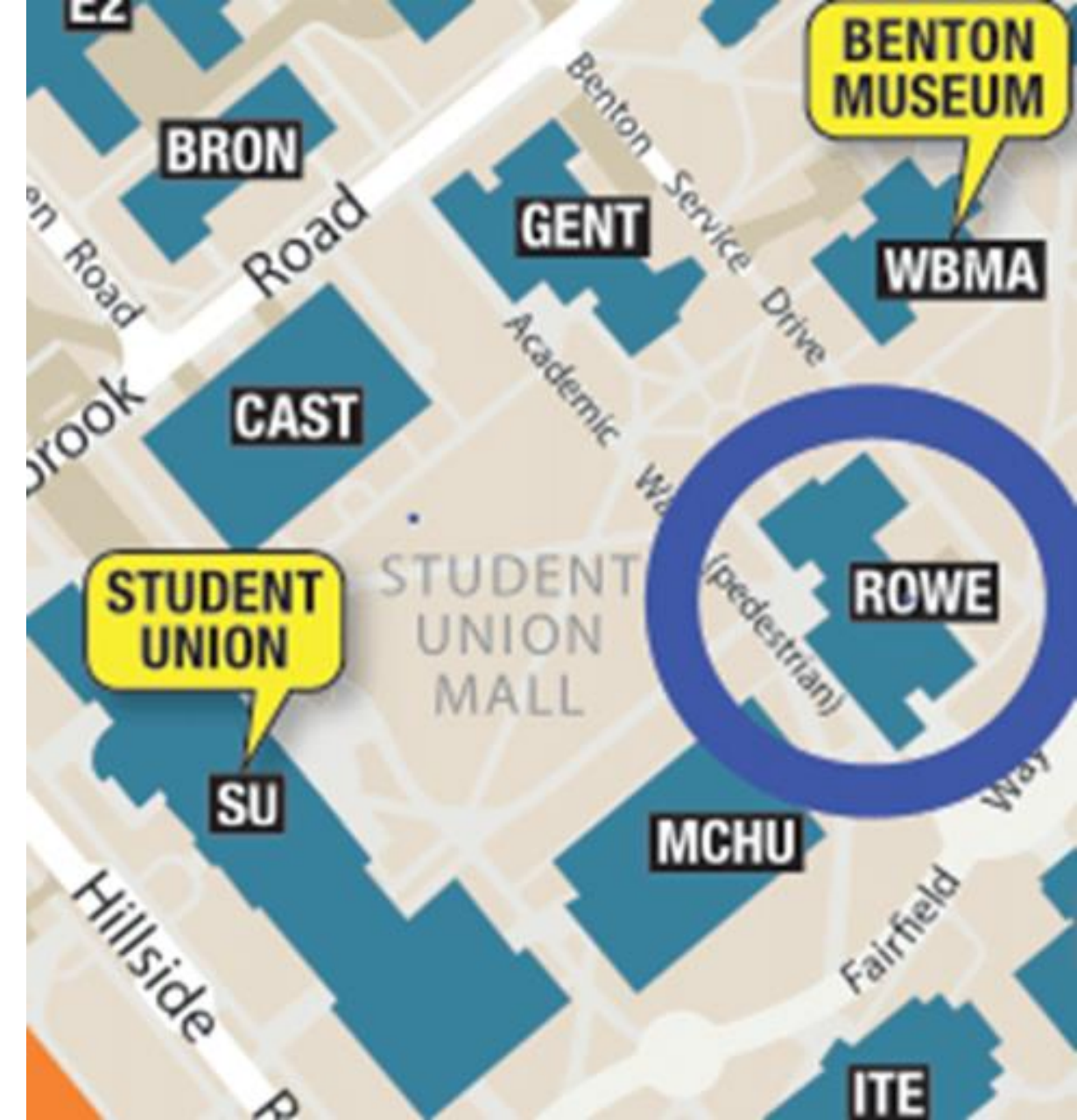
- Join our newsletter!
- Website: premed.uconn.edu
-  premed_predental@uconn.edu
-  [uconn-premed-predental](https://www.instagram.com/uconn-premed-predental)
- Workshops, appts., drop-ins, etc...

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

- [Nexus link](#) or QR code on right

Drop-in advising (10 minutes or less)

- Virtual and in-person: [schedule on website](#)
- Come ask about: AP/ECE credit, retaking courses, application basics, MCAT scores, etc.



Navigating the Healthcare Admissions Interview

9:00-10:15 AM
INTERVIEWING SKILLS
PRESENTATION
10:30-11:45 AM
MMI WORKSHOP
7:00-8:00 PM
ALUMNI PANEL



* Come to all sessions or just one!
* Hosted in collaboration with the UConn Center for Career Development

2025 CYCLE APPLICATION ORIENTATION

THURSDAY, JANUARY 25TH
6:00-7:30PM
S.UCONN.EDU/PREMEDI/



CHAT WITH ALUMNI DISABILITIES IN HEALTHCARE

WEDNESDAY 10/26
7:00 TO 8:00PM
uconnvtc.webex.com/join/PREFADVIS



VIRTUAL SPRING SERIES 2022 SELECTING SCHOOLS



Dr. Keat Sanford
Shivam Desai
Central Michigan University
Miriam Katz
NY Medical College
Sandhya Sanapala
UCONN School of Medicine

ALUMNI

TUNE IN AT S.UCONN.EDU/PREMEDI



FINANCIAL MASTERY FOR MEDICAL & DENTAL SCHOOL APPLICANTS: NAVIGATING COSTS, AID, & SCHOLARSHIPS

Embark on your journey to medical or dental school with confidence by mastering the financial landscape. This comprehensive workshop is designed to equip aspiring healthcare professionals with essential knowledge and strategies to navigate the financial complexities of applying to and attending med/dental school.

Join in the PPA WebEx:
s.uconn.edu/PPAWebEx

Led by UConn Health's First Generation Medical Dental Group covering topics such as:

- Navigating the Application and Financial Aid Timeline
- Understanding Costs
- Applying for Fee Assistance
- Scholarships and Financial Opportunities
- Empowering Financial Resources



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What career(s) are you interested in pursuing?

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2.

EXPLORE

Clubs, Organizations, Resources, etc...

Clubs + Organizations

- ✦ Develop or discover your passions
- ✦ Engage in community service
- ✦ Improve your teamwork and leadership skills
- ✦ Find an opportunity for networking



On-Campus Resources

- ✦ Strengthen your skills and readiness for health professional school
- ✦ Engage with the campus community
- ✦ Find fulfilling employment and/or research opportunities



UCONN
WOMEN'S
CENTER



Off-Campus Resources

✦ First-generation students

✦ International students

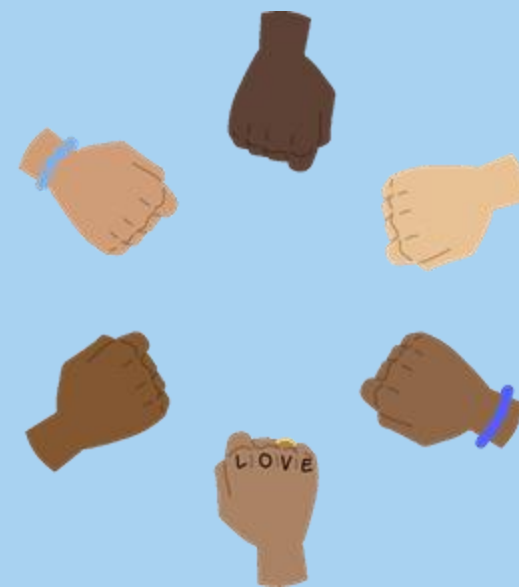
✦ LGBTQIA+ students

✦ Students of color

✦ Students with Disabilities

✦ Undocumented students

✦ Women in STEM



3.

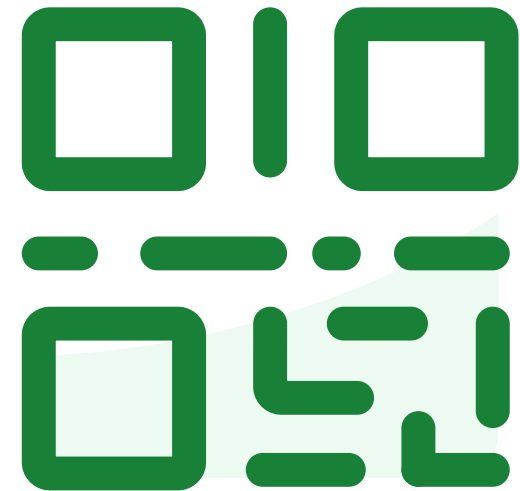
PREPARE

Fact or Fiction?!?

More to think about/remember...academics,
clinical, service, research and more!

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#2634248**

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Pre-Medical, Pre-Dental, and Pre-PA are options for majors here at UConn.

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You can major in anything as a pre-health student.

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Our office recommends that you major in the biological sciences (or a closely related major) in order to best meet your pre-requisites for medical, dental, or PA school.

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Applicants who do major in Biological Sciences, on average, perform better on the MCAT (the medical school admissions test) than those who major in the Humanities or Social Sciences.

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If you don't start in your first year of college, it's too late to pursue a pre-professional track like pre-medical or pre-dental.

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Admission into medical or dental school is all about GPA and test scores.

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Engaging in community service is an important factor for health professional school admissions.

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Studying abroad is not an option for pre-health students due to their rigorous pre-requisites.

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Once in college, it's best to align all of your extra-curricular activities (clubs, leadership, service, etc) with the health professions in some way to show admissions committees you're passionate about becoming a doctor/dentist/health professional.

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On average, the applicants to health professional schools that our office works with take 2 growth/gap years after graduating with their bachelor's degree before starting their professional program.

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Some Takeaways...Choosing your Major

- ✦ You can major in *anything* as long as you demonstrate strength in the core entrance requirements
- ✦ About 16% of applicants pursue a secondary major
- ✦ Almost 50% of applicants added at least one minor to their plan of study

Finding out that you don't have to be a biology major to apply to medical school:



Breadth

- ✦ Typically refers to pursuing upper-level courses in the arts, humanities and social sciences

Depth

- ✦ Typically refers to pursuing upper-level courses within your major or an area of interest

Rigor

- ✦ Typically refers to pursuing upper-level courses that necessitate a certain level of academic dedication



Course Requirements

✦ **Biology:** BIOL 1107 + 1108

- ★ Pre-medical students can skip BIOL 1108 if they wish, as long as they take at least one additional, upper-level BIOL course with a laboratory component
- ★ Pre-dental students must take BIOL 1108 as a part of their preparation

✦ **Chemistry:** CHEM 1124 + 1125 + 1126 OR CHEM 1127 + 1128

✦ **Organic Chemistry:** CHEM 2443 + 2444 + 2445

✦ **Biochemistry:** MCB 2000

- ★ Depends for dental schools

✦ **Physics:** 1201 + 1202 OR 1401 + 1402 [OR 1501 + 1502]

✦ **English:** One year (two semesters) of English classes

✦ **Math/Statistics:** vary by school

- ★ Most medical schools recommend 1-2 semesters of college-level mathematics, such as one semester of Statistics and/or one semester of Calculus
- ★ Some dental schools require Statistics or Calculus; the DAT includes basic Algebra



AP Credit Policies

- ✦ The majority of health professions schools will accept AP credit if it is supplemented by upper-level coursework in that discipline.
 - ★ Most schools require one year of collegiate-level Biology, Chemistry, Organic Chemistry, and Physics with a laboratory component
- ✦ UConn SOM does not accept AP credit for any prerequisite course requirements. UConn SODM does accept AP credit.
- ✦ Early College Experience courses are collegiate-level coursework and will count to fulfill prerequisite requirements.



The Core Competencies

"Successful medical school applicants are able to demonstrate skills, knowledge, and abilities in these areas. One experience can illustrate proficiency across multiple competencies." (AAMC)

- ★ Reflect regularly on your level of mastery of each of the core competencies
- ★ Make plans to develop those competency areas where you have less experience
- ★ Document examples of how you have demonstrated those competencies with which you have significant familiarity

[Self-Assessment Guide](#)

[Real Stories](#)

[The 17 Competencies](#)



Clinical Experience

Shadowing is a passive experience through which you get to learn about and explore which fields of medicine you might be interested in

★ Aim to gain 50+ hours of shadowing experience

★ Reflect on:

- the provider's ability to connect with their patients
- the specialty + work environment
- the clinician's work ethic



Direct Patient Care is hands-on experience you gain by having one-on-one interactions with patients and/or providing care in some form

★ Aim to gain 100+ hours of direct patient care experience

★ Reflect on:

- the core competencies you cultivated
- how you grew more ready to become a physician
- what you learned about the populations you want to work with



Community Service/Volunteering

✨ Community service is a broad term that refers to any kind of volunteer work that is done in service of others.

✨ Community service does not need to be medically-related to be a valuable addition to your application.

Examples:

- * Hole in the Wall Gang Camp -- Ashford, CT
- * Integrated Refugees and Immigrant Services -- New Haven, CT
- * Planned Parenthood -- Willimantic, CT
- * Windham No Freeze Shelter -- Windham, CT
- * Crisis Textline -- virtual

MIRACLE NETWORK DANCE MARATHON
HUSKYTHON

UContact

UConn
UNIVERSITY OF CONNECTICUT
STUDENT ACTIVITIES

UConn
STUDENT ACTIVITIES
COMMUNITY OUTREACH

subog



Research/independent scholarship

✨ Research does not need to be within your major field, or even necessarily in a traditional STEM field

✨ Great avenue for developing and enhancing certain competencies such as critical thinking, scientific inquiry, and teamwork

✨ Research is an element of a pre-health application that is not necessarily "required" in the same way that clinical experience and community service are, though it does add significant strength to any application



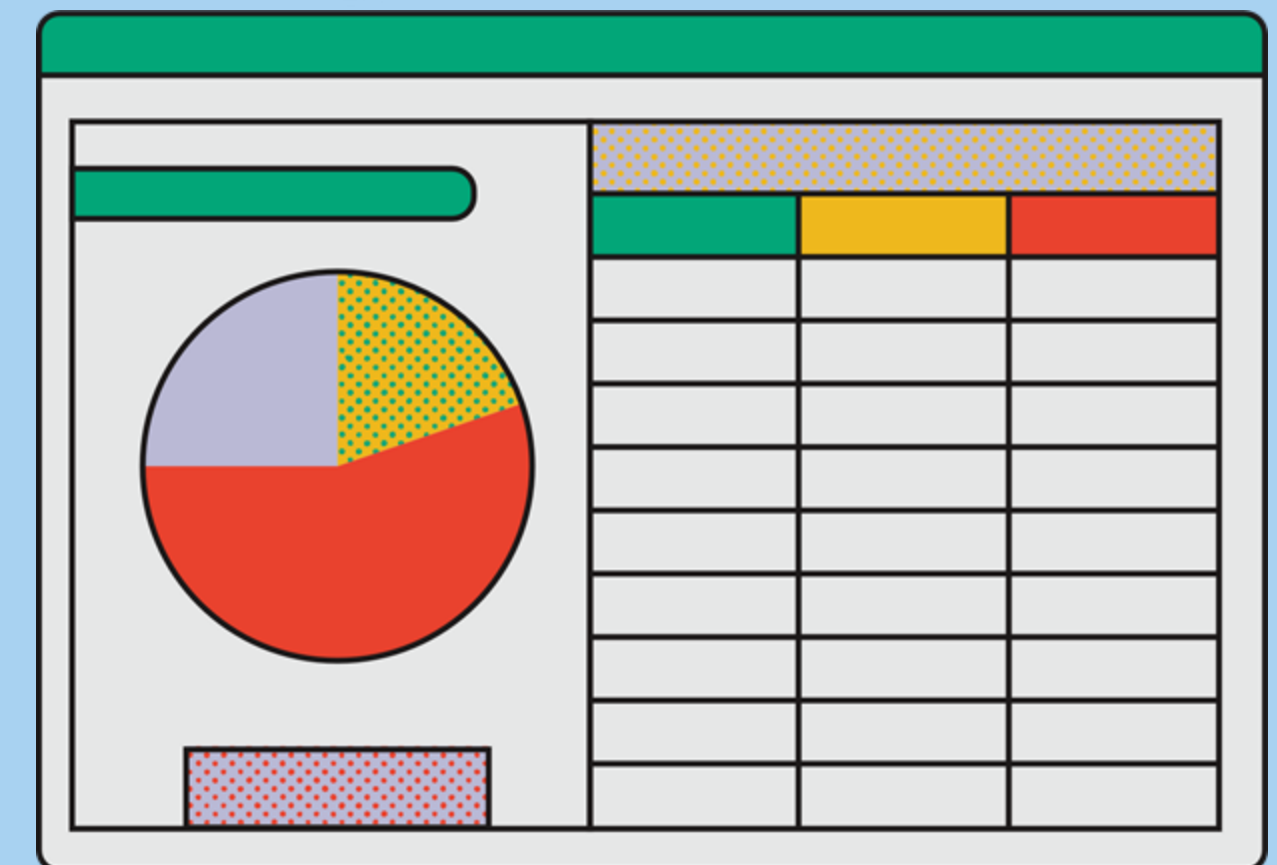
BOLD
WOMEN'S LEADERSHIP NETWORK

COURAGE. AUTHENTICITY. VISION.



Keep some kind of tracking document (spreadsheet, Google document, etc.)

so you can continuously and contemporaneously log hours for your various experiences





4.

APPLY

Holistic admissions
Application Overview
Support

Holistic Admissions

"Holistic review is an admissions process that considers each applicant individually by balancing their academic metrics with experiences and attributes." (AAMC)

"Holistic review-a flexible, individualized applicant assessment tool-provides admissions committees a balanced means of considering candidates' personal experiences, attributes and academic credentials, along with qualities and characteristics that would prove valuable in both dental school and the oral health profession." (ADEA)



Application Overview

Timeline

Applicants formally begin applying during the summer usually more than one year prior to when they plan to matriculate to health professional school.

Rolling Admissions

Committees evaluate applications as they are received

Main Application Components

- ★ Primary application (personal statement, work/activities, transcripts, evaluation requests/ID submission)
- ★ Secondary application
- ★ Standardized testing scores
- ★ Letters of recommendation



Applying to MD/DO/Dental Schools

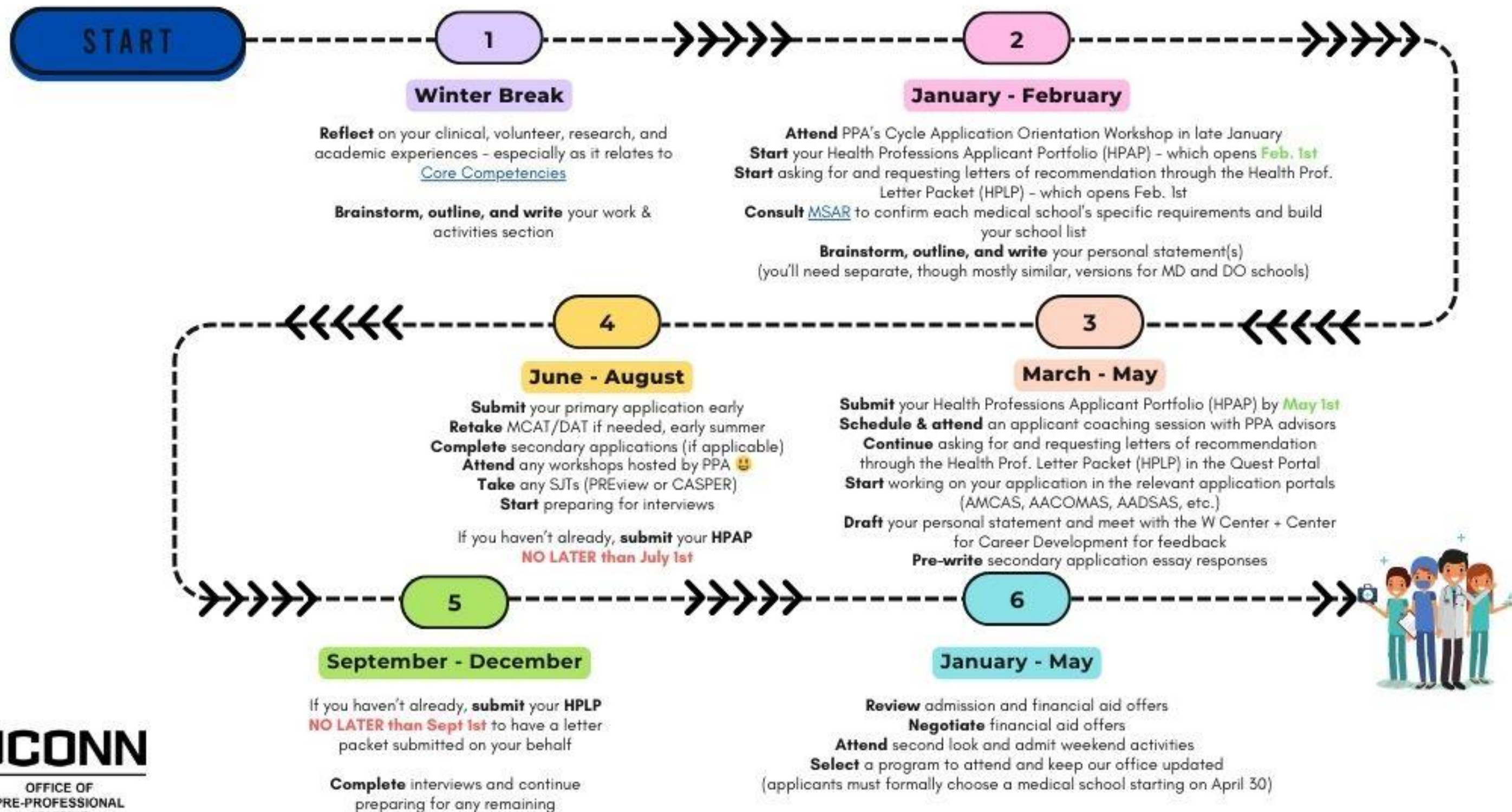
Important Things to Remember

Everyone's journey looks different! This is just an example of an [ideal timeline](#) when applying to health professions schools.

The best time to start on health professions school applications is around a **year and a half** from your starting term.

(So, if you're starting the health professions school in Fall 2026, you should get started around the beginning of the calendar year in 2025). Starting early is especially important if you want to be a competitive applicant.

The goal is to apply to schools as early as you can **WITHOUT** sacrificing the quality of your application.



Applicant Support Process

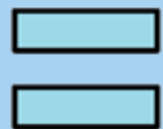
Health Professions Applicant Portfolio (HPAP)



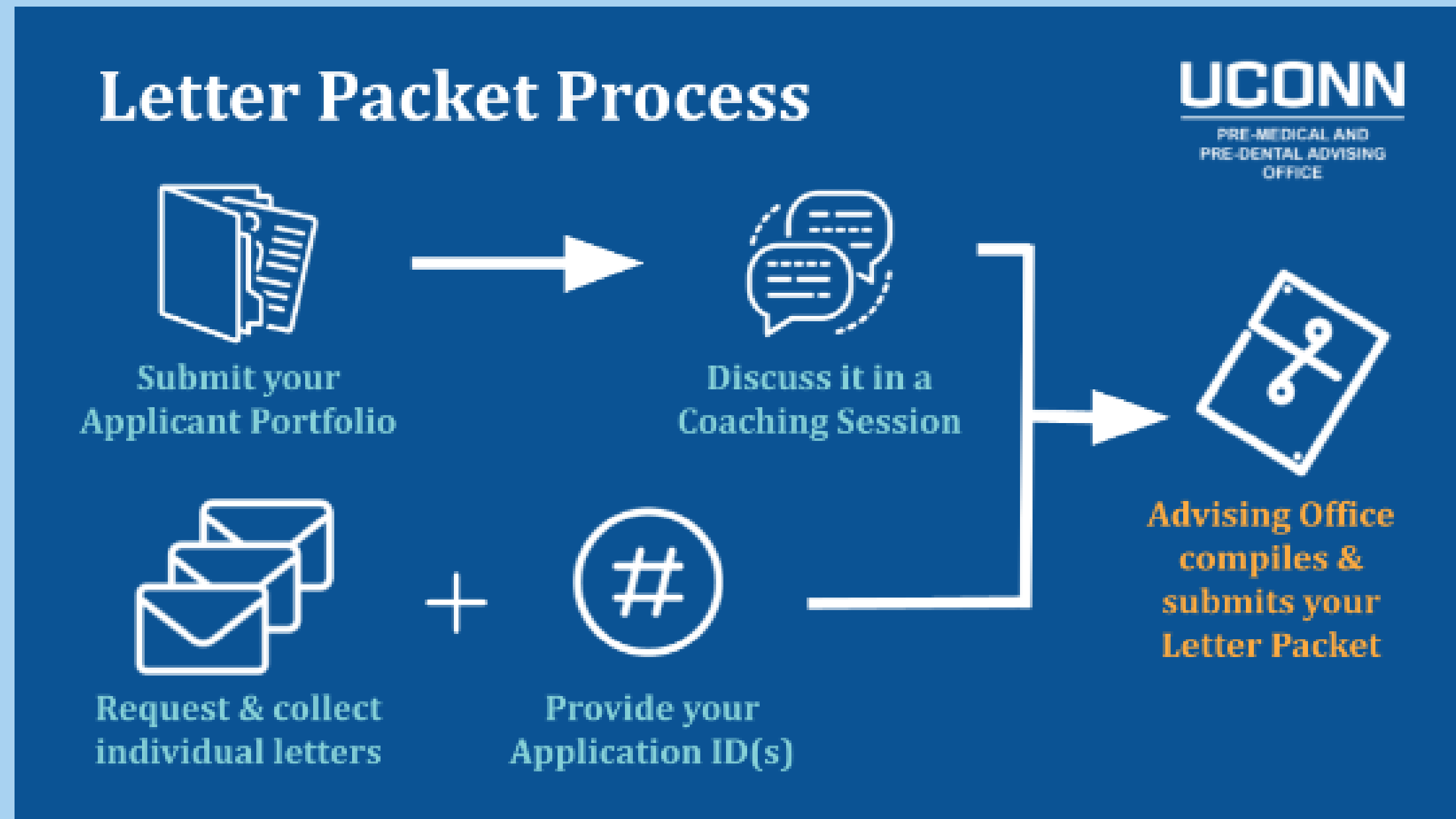
45-minute Applicant Coaching Session



Health Professions Letter Packet (HPLP)

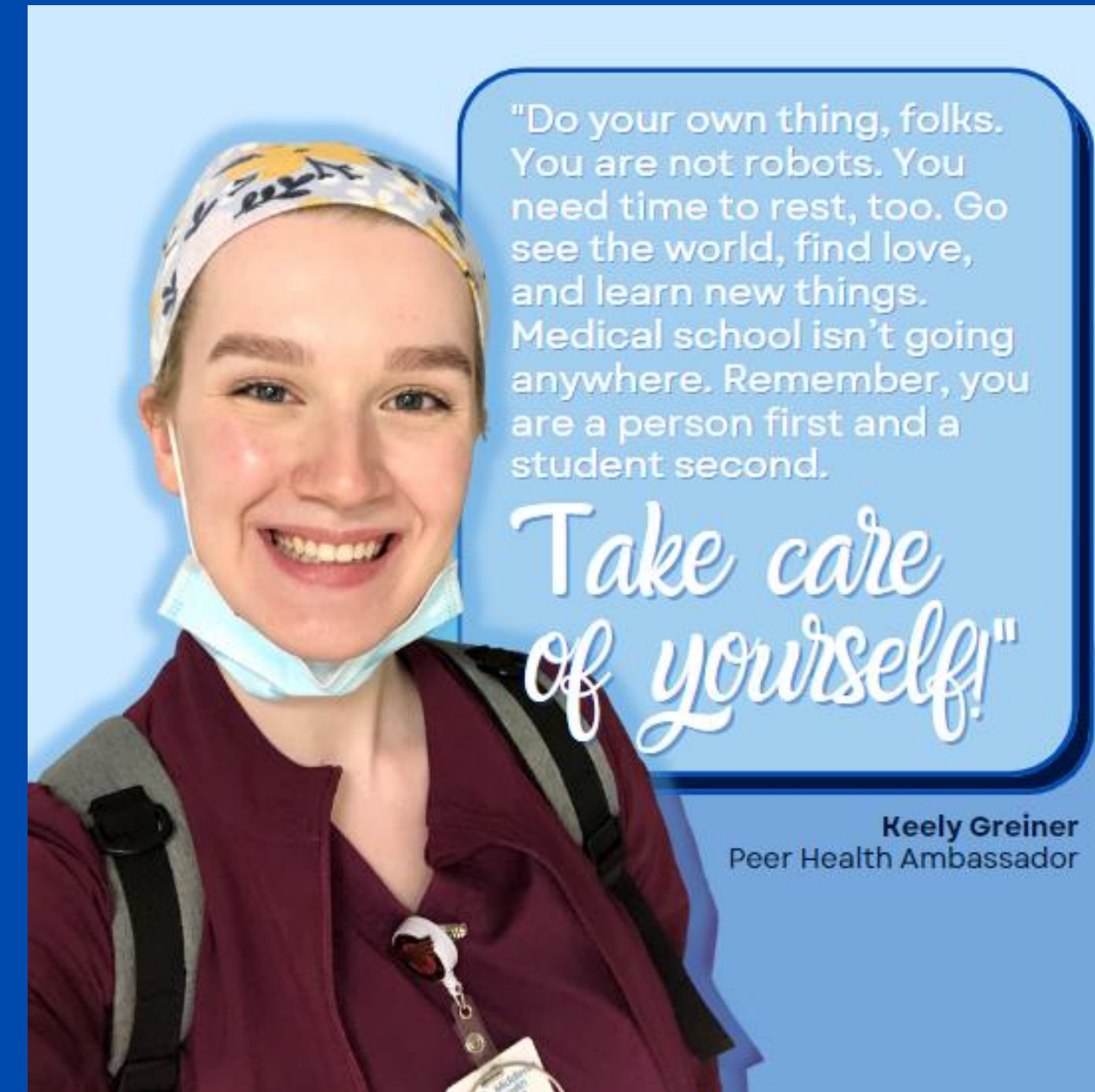


Letter Packet



Takeaways

- ✦ Pursue your passions
- ✦ Health professional schools are interested in interesting people
- ✦ Explore and get the most out of your undergraduate education
- ✦ Consider different healthcare careers!
- ✦ Don't rush; stay open to growth years



CONNECT WITH US!

Visit our website: premed.uconn.edu
if you want more information about our
office

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