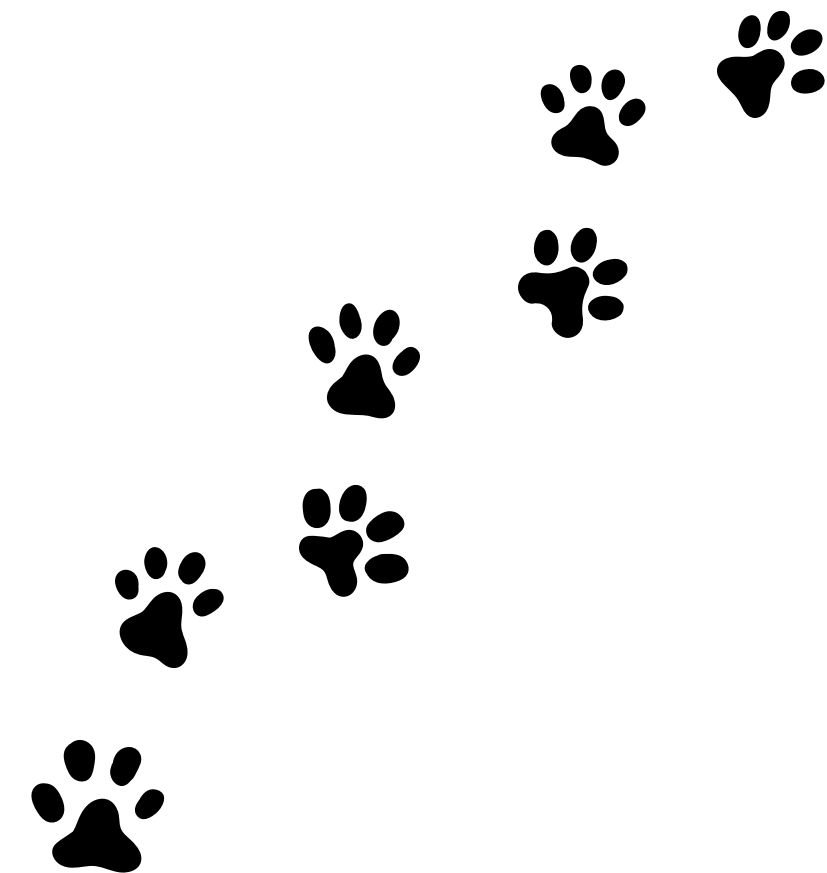




UNIVERSITY OF CONNECTICUT

2026 Cycle Application Orientation



GET TO KNOW US!



Dr. Sarah Scheidel
Director



Krista Rogers
Asst. Director



Chrissy Gray
Pre-Professional
Advisor



Megan Baro
Pre-Professional
Advisor



Andre Johnson
Grad Assistant, PPA



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



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-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

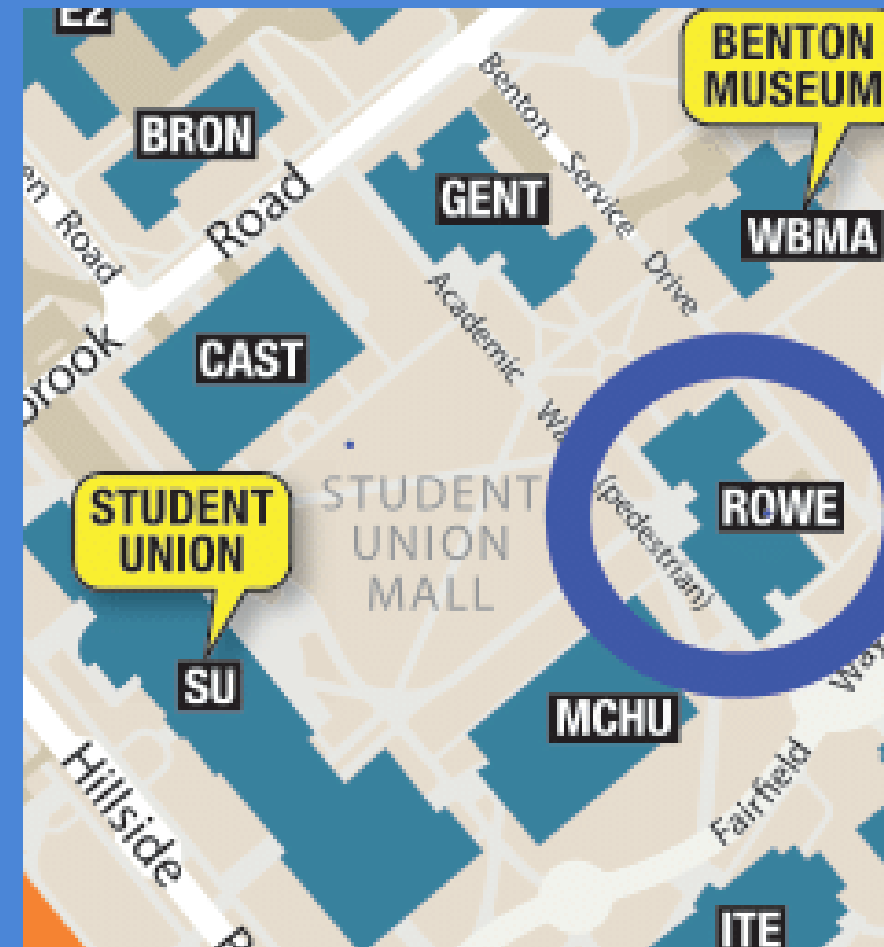
How can you connect with us?

Join our newsletter!

Website: premed.uconn.edu

Email: premed_predental@uconn.edu

Instagram: [uconn_premed_predental](https://www.instagram.com/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*)

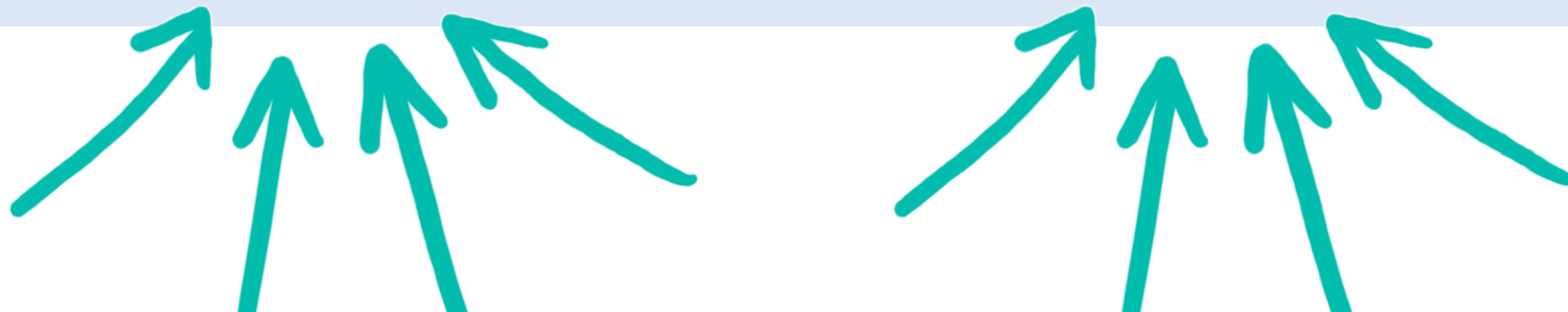
(effective Tuesday January 21st - finals week)

- Mondays from 10am - 12pm (In-Person; check-in outside of ROWE 403)
- Tuesdays from 10am - 12pm (Virtual via WebEx)
- Wednesdays from 2pm - 4pm (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 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 😊

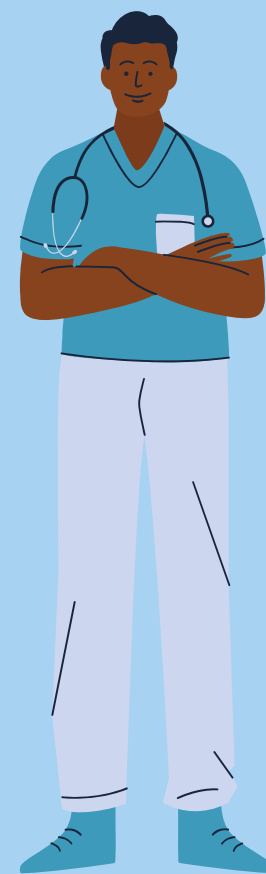


Agenda

- 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!



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.**



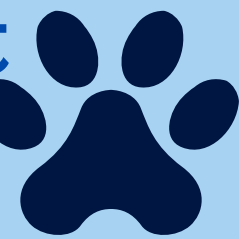
Finding the right time

✦ 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).

77% of applicants in the 2023 Cycle took at least one growth year and **76% of applicants in the 2024 cycle** took at least one growth year, with the average number of years being slightly below two for each cycle.

Of applicants that matriculated to medical school in the 2024 Cycle, about 85% of them had taken at least one growth year; 36% of dental matriculants had taken at least one growth year.



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?



Pre-Application Readiness Survey

- ✦ We highly recommend completing the "[Pre-Application Readiness Survey](#)" before starting the HPAP to help you assess whether you're fully prepared to apply this cycle.



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, chairperson 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: 3.79
- average DO matriculant GPA: 3.61
- average Dental matriculant GPA: 3.65

✦ **Strong Testing Metrics**

- average MD matriculant MCAT score: 512
- average DO matriculant MCAT score: 502
- 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	+



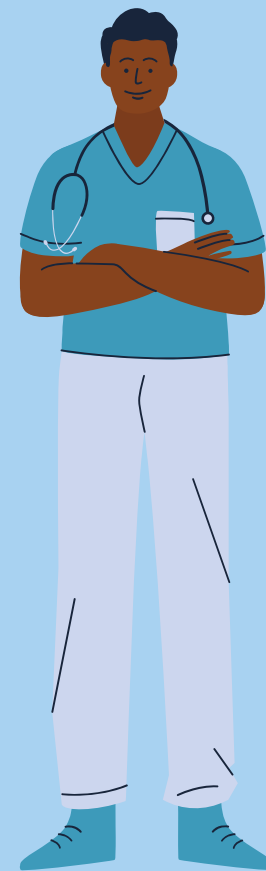
Holistic Admissions

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**

- **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)**

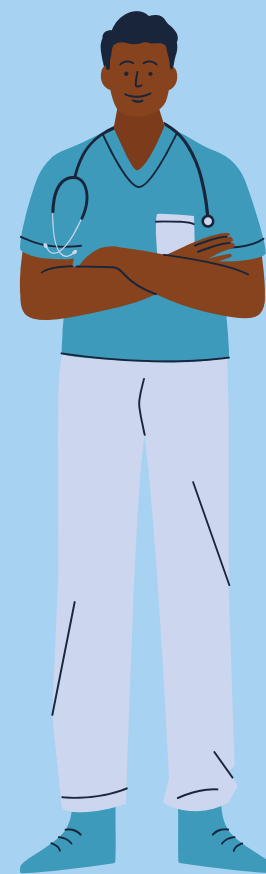
- **Meet with our office for your Applicant Coaching Session**
- Start drafting your personal statement and meeting with the W Center + Center for Career Development for feedback

- **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 strongly recommend 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 19th

* 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 \$345**

(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

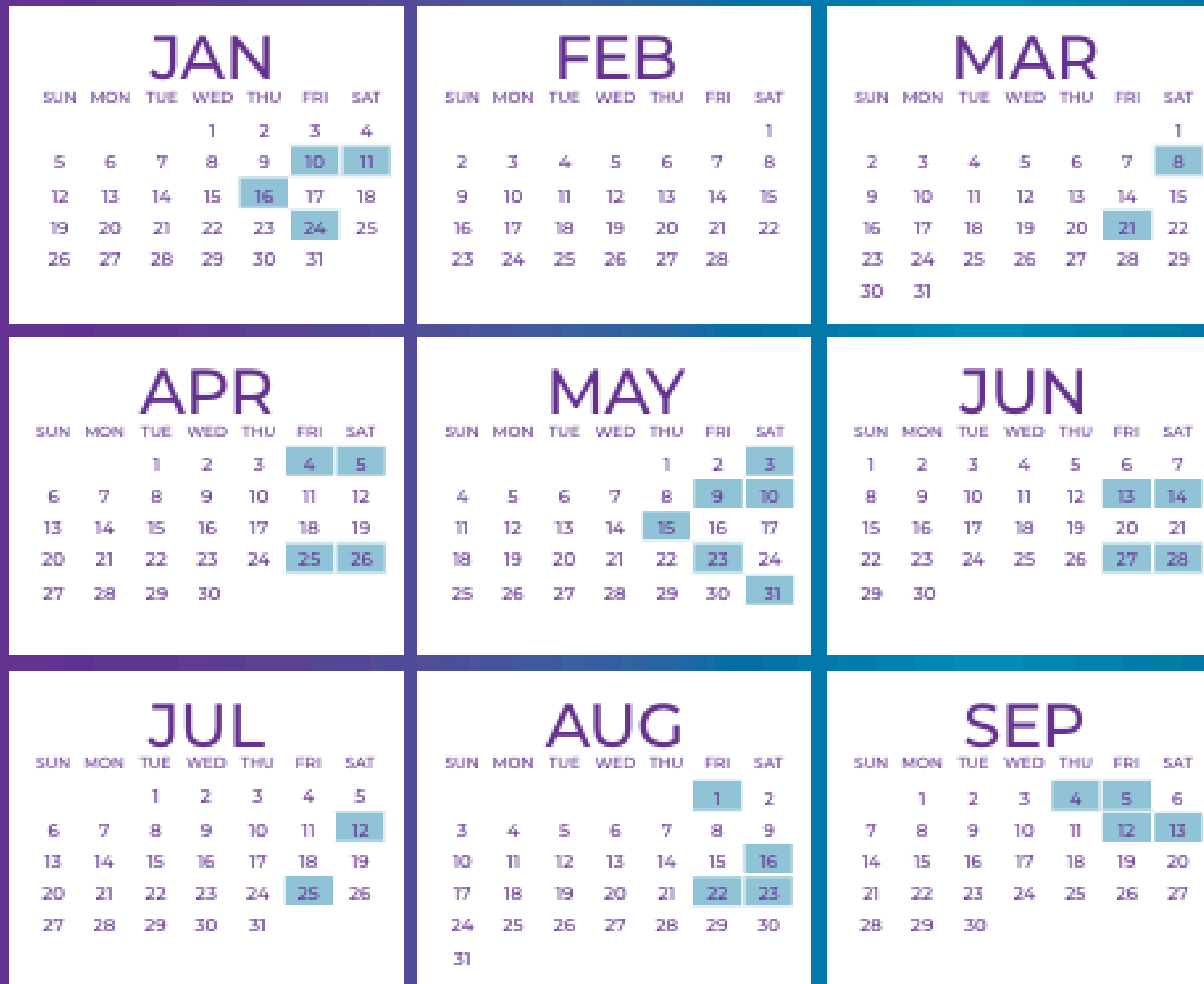
***You cannot schedule for two dates at one time, but you can schedule another date 48 hours after testing**

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





2025 Schedule for the Medical College Admission Test® (MCAT®)*

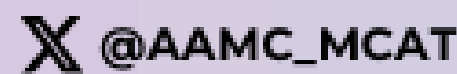


Exam Date	Score Release
Jan. 10	Feb. 11
Jan. 11	Feb. 11
Jan. 16	Feb. 18
Jan. 24	Feb. 28
March 8	April 8
March 21	April 22
April 4	May 6
April 5	May 6
April 25	May 28
April 26	May 28
May 3	June 3
May 9	June 10
May 10	June 10
May 15	June 17
May 23	June 24
May 31	July 1
June 13	July 15
June 14	July 15
June 27	July 29
June 28	July 29
July 12	Aug. 12
July 25	Aug. 26
Aug. 1	Sept. 3
Aug. 16	Sept. 16
Aug. 22	Sept. 23
Aug. 23	Sept. 23
Sept. 4	Oct. 7
Sept. 5	Oct. 7
Sept. 12	Oct. 14
Sept. 13	Oct. 14

*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 2025.

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



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 2025

--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 currently scored from **1** to **30** (*this will change in March 2025 to a 200-600 scoring scale, with no changes to content - Dental schools will be prepared to accept/interpret both score types*)

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/June of your application year



DAT (Dental Admission Test)

***The registration fee is \$560**

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

* No more unofficial score reports (as of March) and scores will take up to 4 weeks to receive
(so, remember, you might want to take it in May at the latest)



DAT (Dental Admission Test)

[DAT 2025 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

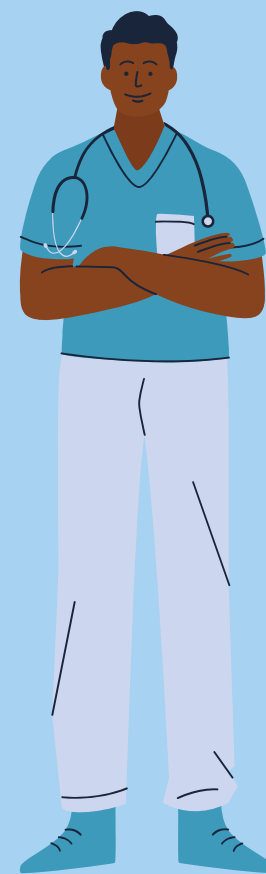
[FAQs about the DAT](#)

[Apply to take the DAT](#)

[Find a testing site](#)



LETTER PACKET PROCESS



What is a Letter Packet?

For the 2026 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 2025 cycle, we submitted **333 letter packets** for **253 unique applicants** to health professional schools:

*188 MD

*86 DO

*46 Dental

*6 Texas

*1 Optometry

*6 Other (e.g. International schools...)

For the 2025 cycle, we held 303 applicant coaching sessions,
a 23% increase from last cycle!

So...complete the HPAP and schedule a coaching session early ;)



How do I get one?



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



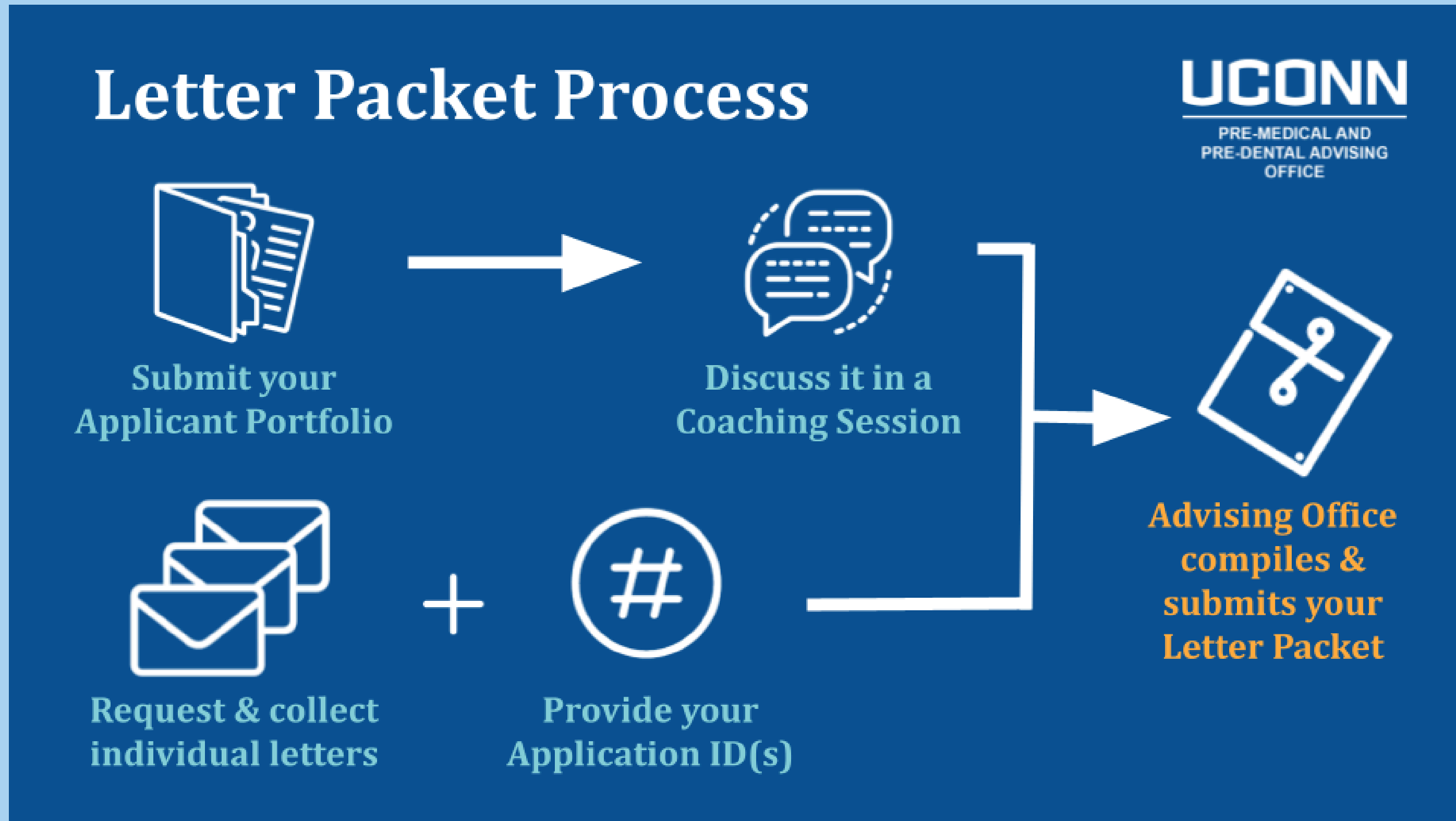
Participate in a 45-minute Applicant Coaching Session



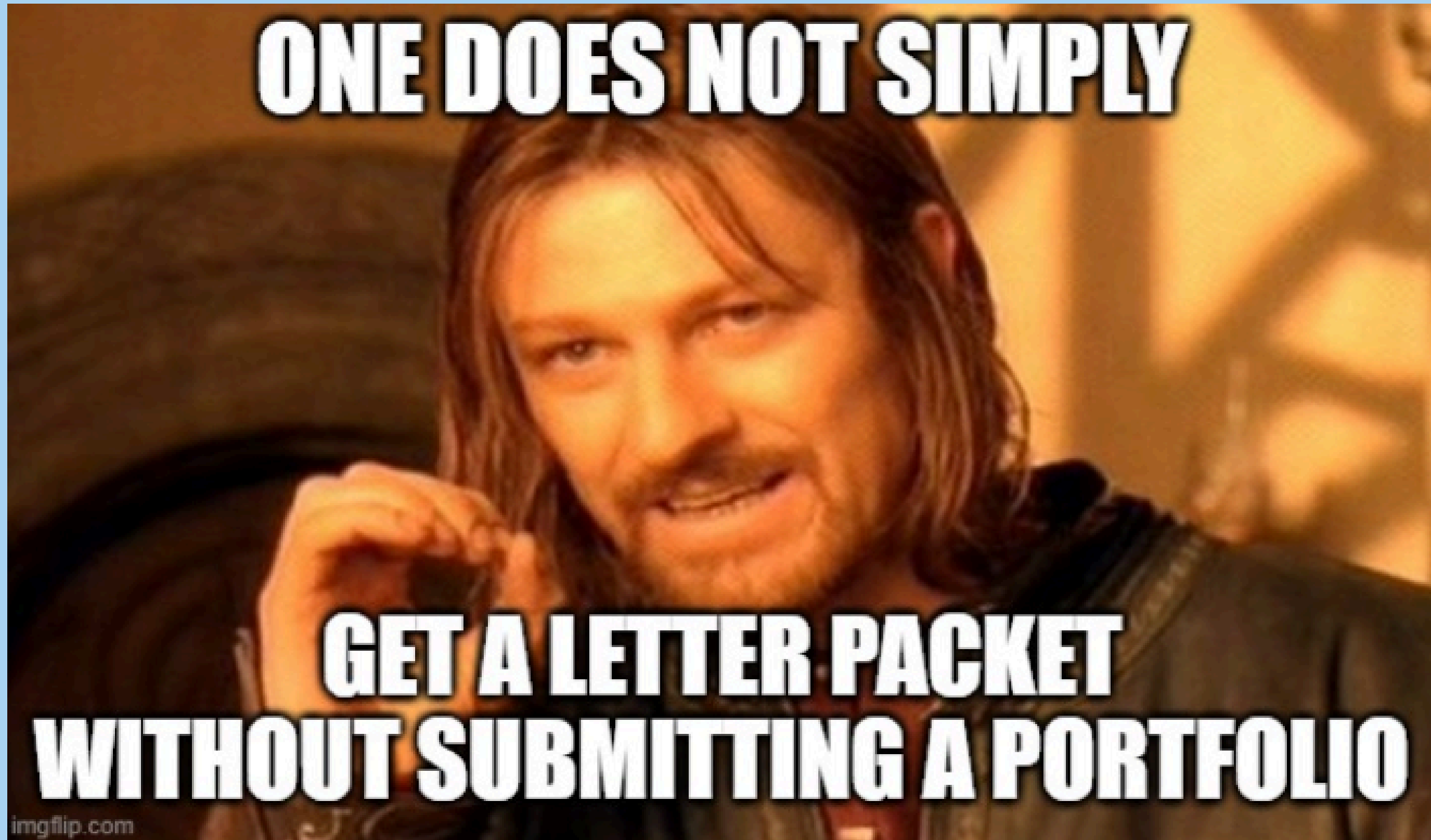
Collect your individual letters of recommendation through the **Health Professions Letter Packet** application (UConn Quest Portal)



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 offered within the hours of 9a.m. and 4p.m. on weekdays

--For very specific and limited circumstances, we may be able to accommodate times outside of this, however we ask you to be as flexible as possible in making our scheduled times work.



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!



	2025 Cycle - Monthly			
	HPAPs Received	Coaching sessions	HPLPs Received	Letters Submitted!
February	32	10	0	n/a
March	71	32	1	n/a
April	73	32	8	n/a
May	78	68	53	20
June	28	73	79	64
July	25	75	73	101
August	n/a	13	37	45
September	n/a	n/a	11	21
Oct-Dec	n/a	n/a	n/a	2
TOTALS ➡	307	303	262	253
	Coaching Sessions	Coaching Sessions	HPLPs Received	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

You'll receive a request to add your Application IDs so we can submit your letter packet - please complete this promptly



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.)

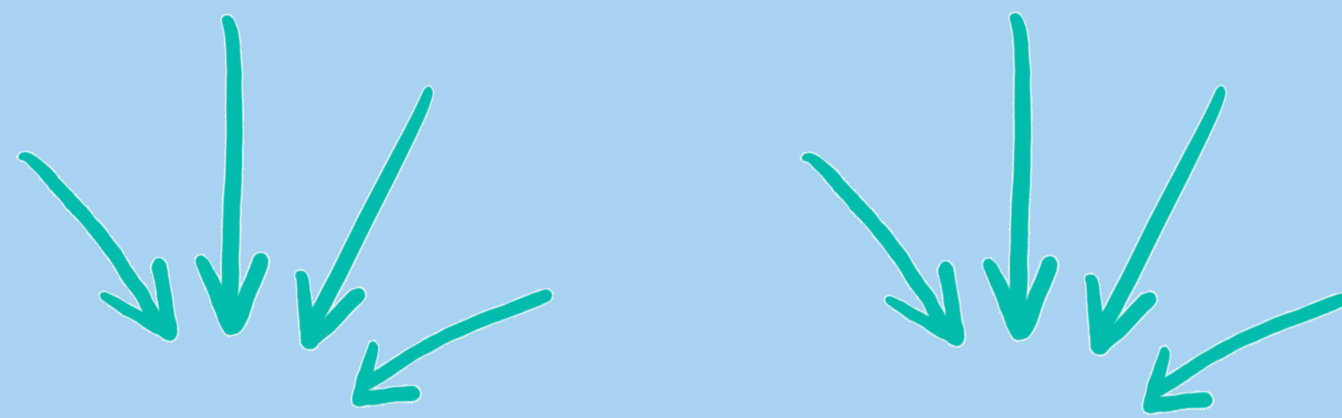


How do I ask for a letter?

- * **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

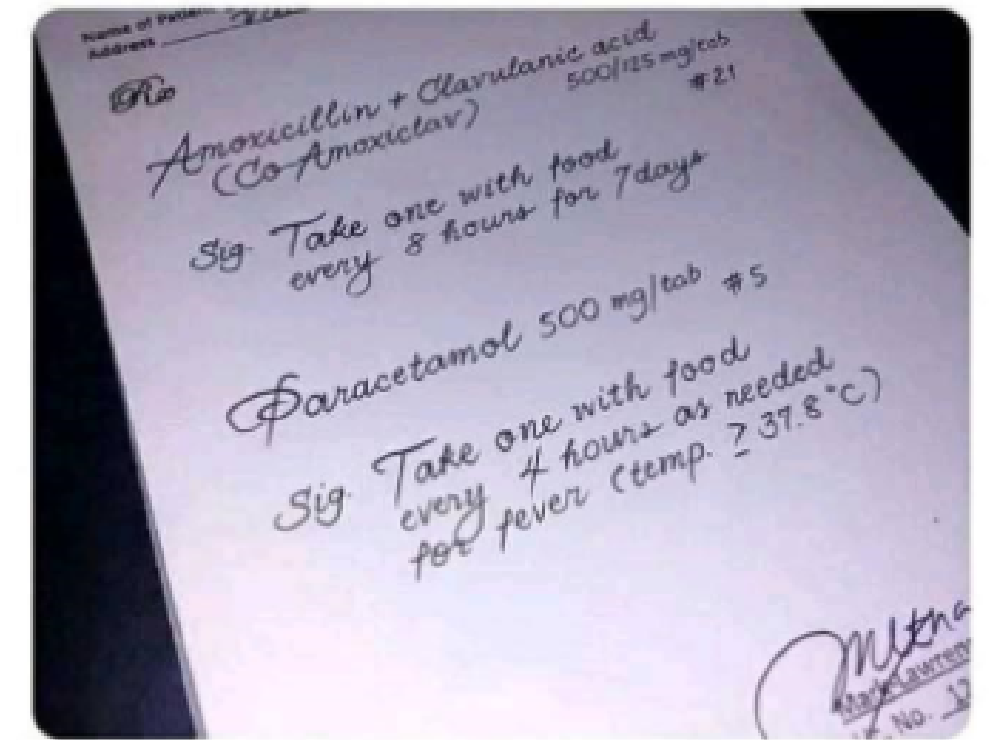
✦ **Hand (Wet) signature**

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

✦ **Not School Specific**

* Addressed "To Whom it May Concern" or "Dear Medical Admissions Committee" etc.

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 2025 Cycle wrote 30, 22, and 20 letters of recommendation respectively--that's a lot of letters!

There were 16 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

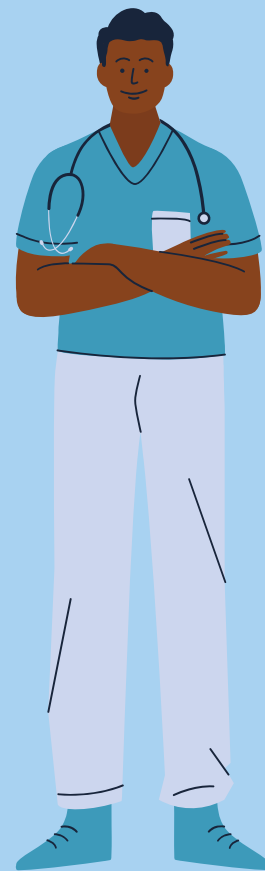
Formal HPAP deadline--if you submit after this point, you **will not** be eligible to receive a letter packet from our office

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 X

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.

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 *

Experience Name *

Indicate the total number of hours that you spent competing (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 *

Repeated *

Yes
 No

Organization Name

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.

0/25 characters left / 125

Cancel

Save & Add Another

Save

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

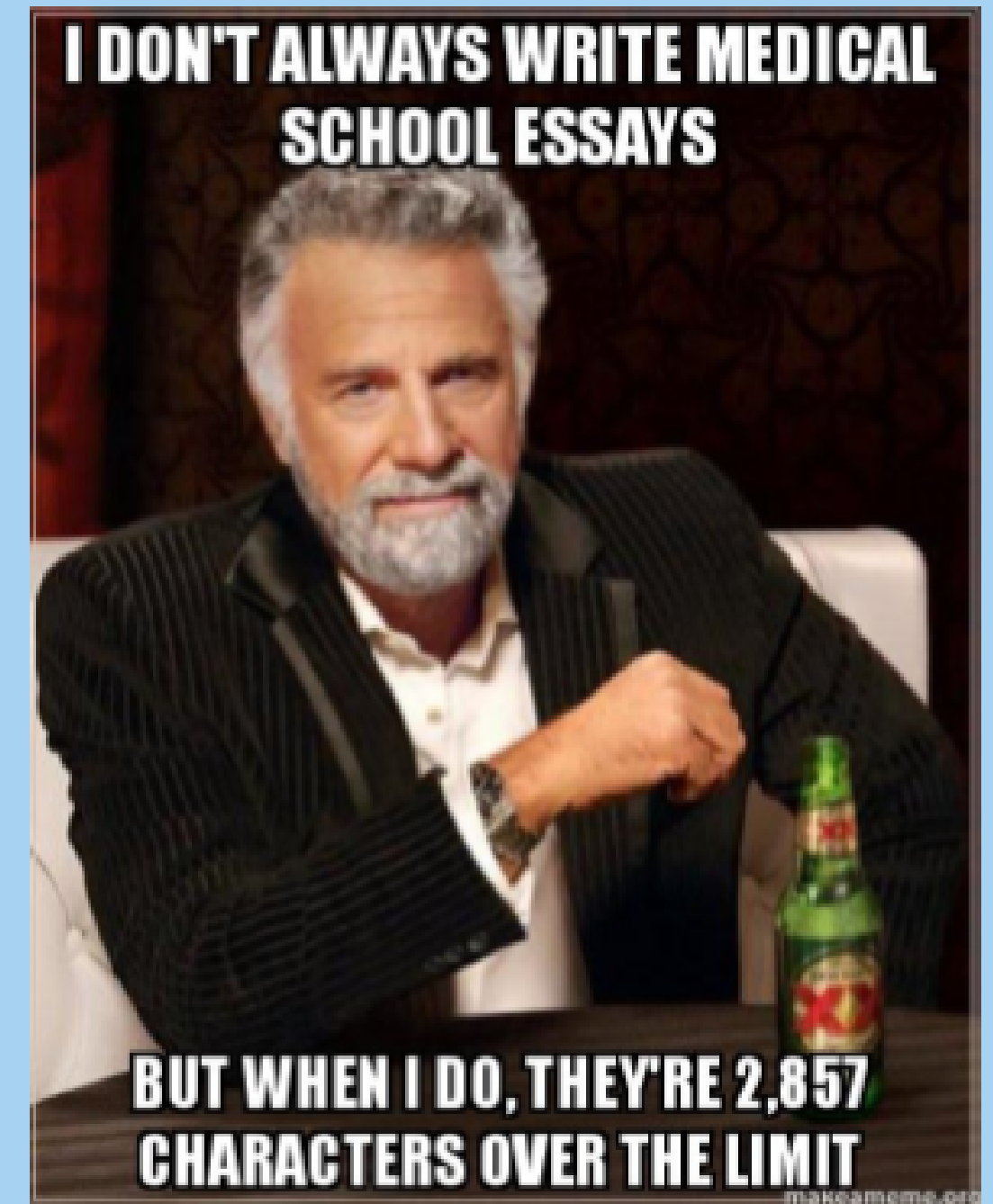


What is the primary application?

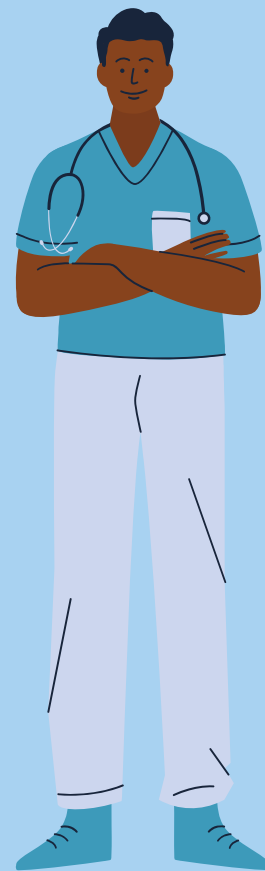
Includes your personal statement!

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)

2025 Cycle AMCAS Applicant Guide

2025 Cycle dates (2026 not available yet...):

- May 1st, 2024 (5/1/24)-- primary application opened
- May 28th, 2024 (5/28/24)-- submission opened
- June 28th, 2024 (6/28/24)-- verified primary applications began getting sent to individual schools



MD Programs

2025 Cycle fees:

- Initial application fee (one school included): **\$175**
- Additional school(s) fee: **\$46 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

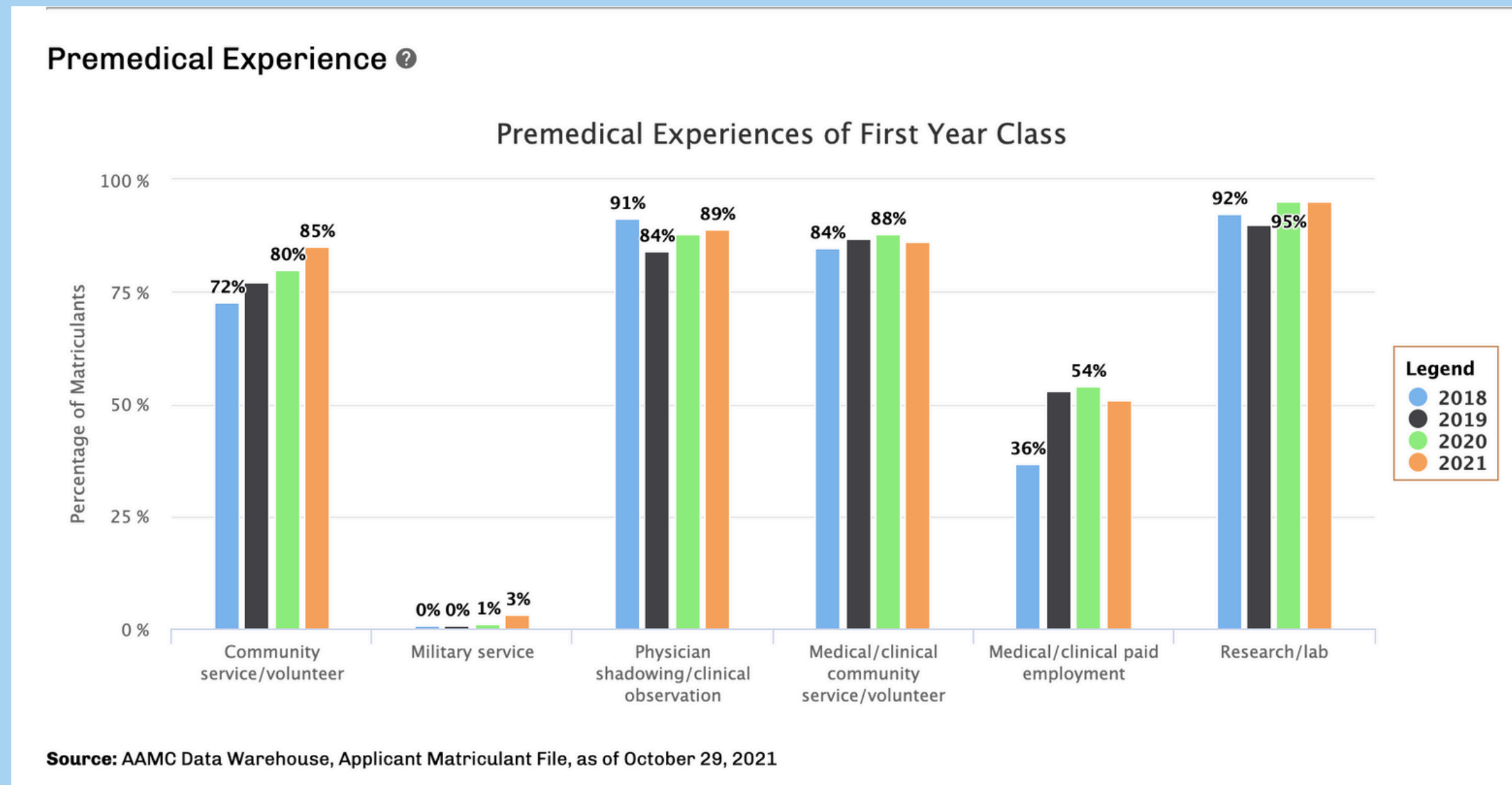
[FAP Essentials 2025 Testing Year](#)



MD Programs

Medical School Admission Requirements tool (MSAR)

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



MD Programs

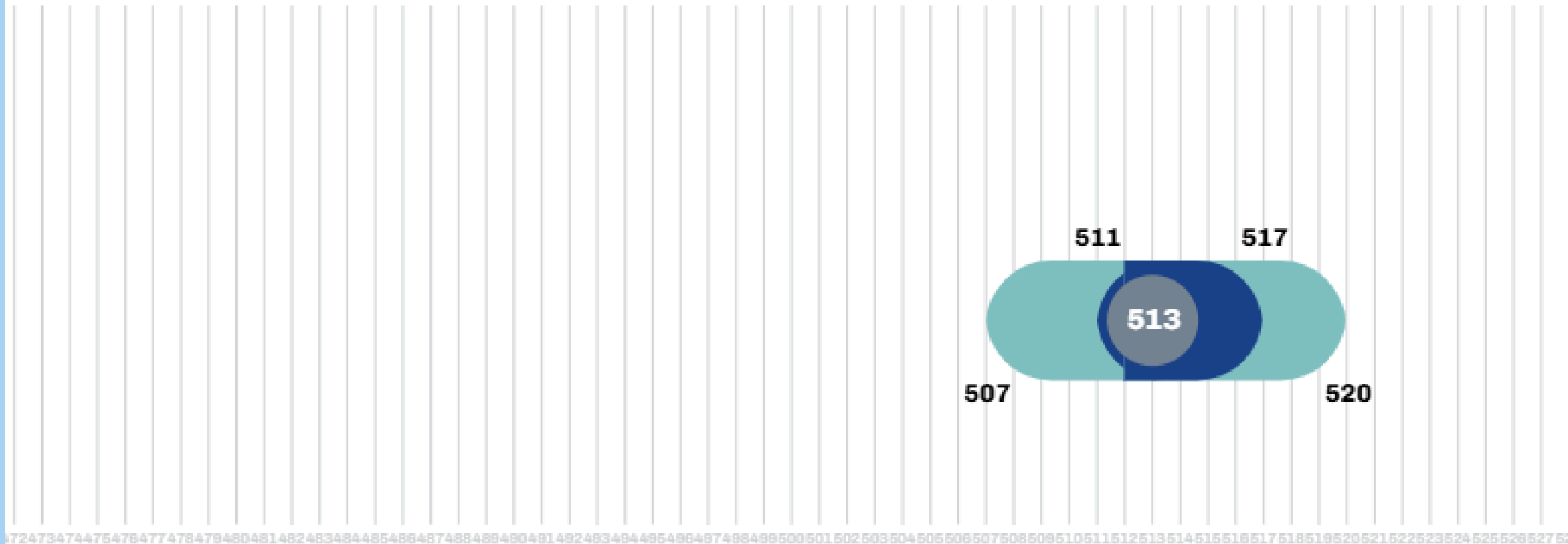
MCAT Total Score

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](#)

2025 Cycle dates:

- May 4th, 2024 (5/4/24)-- primary application opens



DO Programs

2025 Cycle fees:

- Initial application fee (one school included): **\$198**
- Additional school(s) fee: **\$55 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




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%

[Return to the Choose DO Explorer](#)

- General Information
- Curricular Offerings
- Dual Degree Programs
- Preparatory Programs
- Application Information
- Acceptances
- Premedical Coursework
- Tuition & Financial Aid

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:	In-State Tuition
03/01/2023	\$60,450
International Students:	Out-of-State Tuition
No	\$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](#)

2025 Cycle dates:

- May 14th, 2024 (5/14/24)-- primary application opens
- June 4th, 2024 (6/4/24)-- submission opens



Dental Programs

2025 Cycle fees were:

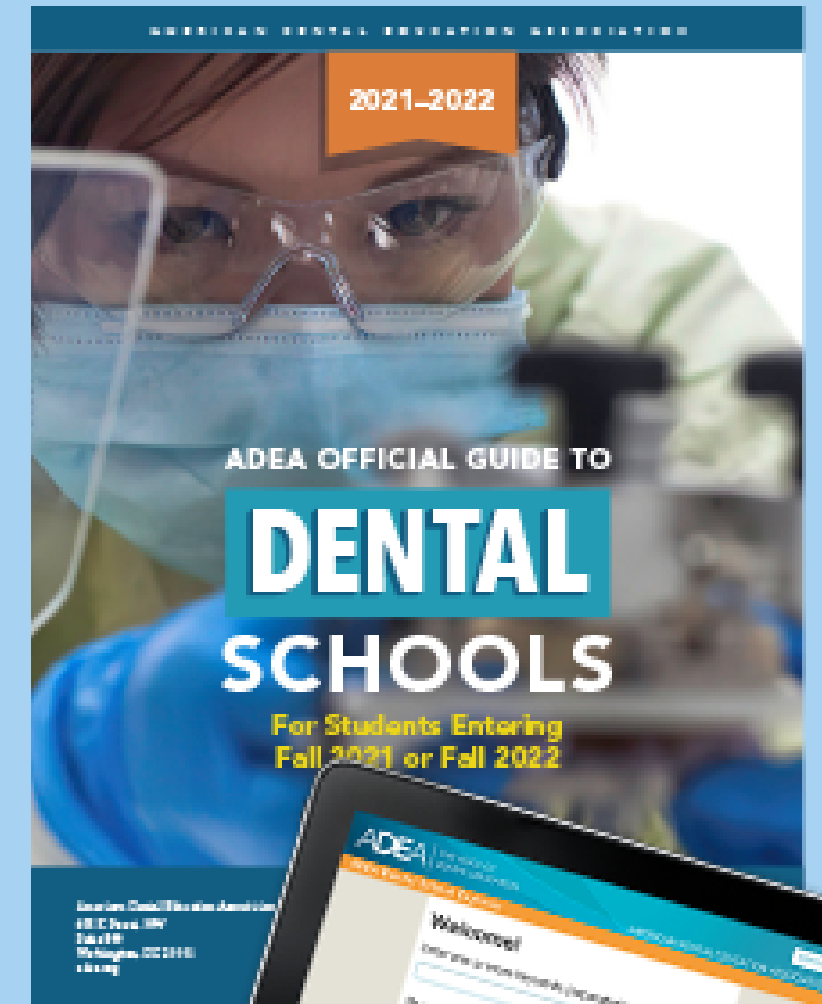
- Initial application fee (one school included): \$264
- Additional school(s) fee: \$115 per school
- AADSAS Fee Assistance Program
Covers the initial cost of application to one school and two additional program designations, for a total of three designations



Dental Programs

ADEA Official Guide to Dental Schools + ADEA Dental School Explorer

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



DAT SCORES: FIRST-YEAR, FIRST-TIME ENROLLEES

Score Type	Mean	5th and 95th Percentiles
Academic Average	21	18-24
Perceptual Ability	19.8	15-23
Total Science	20.9	18-25



Texas Medical + Dental Schools

TXHES (Texas Health Education Service)

TMDSAS (Texas Medical and Dental School Application Service)

[TMDSAS Application Guide](#)

2025 Cycle dates:

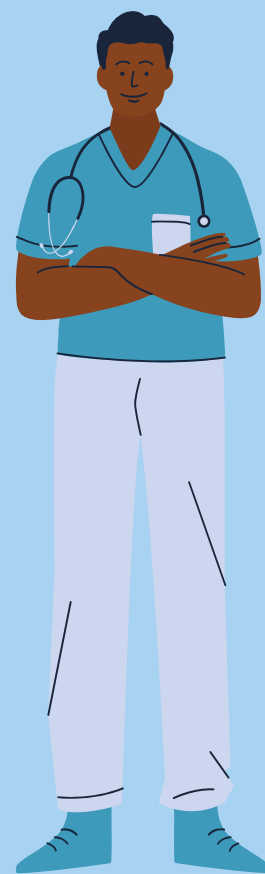
- May 1st--primary application opens
- May 15th--submission opens

2025 Cycle fees:

\$220 flat fee



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

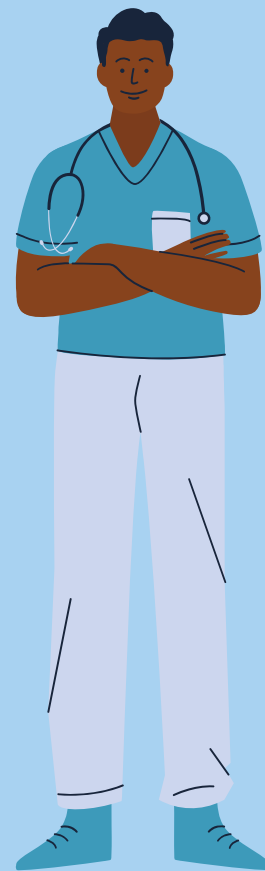


What are the secondary applications?

- ✦ 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**
 - ✦ The earliest interview invitations went out in July last cycle.
- ✦ Traditional interviews vs. Multiple Mini Interviews (MMIs)



Interviews

Resources

- 1 Interview Pairing Program
 - Get matched with UConn alumni for up to three schools
- 2 Career Center
 - 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



**WHEN YOU BUST YOUR BUTT
GETTING INTO MEDICAL SCHOOL**

**BUT NOW YOU HAVE
TO DO MEDICAL SCHOOL**



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





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if you want more information about our office

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at any time with questions

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