



UConn Health: Health Career Opportunity Programs

Isabela Londono and Ada Nduka



Introductions!



Isabela Londono

I graduated from the University of Connecticut this May 2025 with a major in Psychological Sciences. My dream is to attend medical school, and I am interested in Pediatric Psychiatry. I am passionate about working with minority youth populations and have been actively involved in community-based organizations throughout my undergraduate career. In my free time, I enjoy traveling, exercising, and spending quality time with family and friends!



Ada Nduka

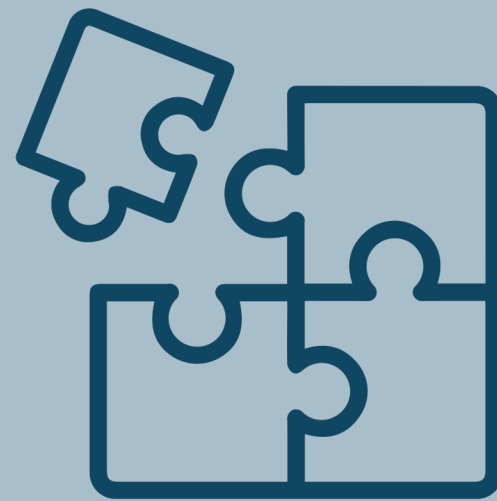
I graduated from the University of Connecticut in May of 2025 with a major in Molecular and Cell Biology and a minor in Sociology. I was first introduced to HCOP by my cousin during my freshman year of undergrad, however, I got the opportunity to learn more about it in an organization called the UConn Minority Association of Pre-Health Students. I plan on attending medical school and hope to bridge gaps in healthcare access especially for underserved communities. In my free time, I enjoy hiking/exercising, traveling, and dancing.

Overview



Overview of HCOP

- HCOP's purpose
- HCOP Programs for College Students
- Application Process



Daily-Life as an HCOP Intern

- Housing and Transportation
- Daily Schedule
 - Seminars
 - Scheduled- Study Time
 - Work/Activities, Personal Statement, and Interview Workshop



HCOP's Lasting Impact

- Community- Building
- Networking
- Insight into UConn Health
- Strategic Study Skills for the MCAT
- Vocalize our 'Why'

Purpose of HCOP



- **Expand access** to health careers for students from disadvantaged or underrepresented backgrounds
- **Strengthen academic and professional skills** through hands-on experiences and enrichment
- **Provide mentorship** and exposure to real-world clinical and research settings
- **Foster a diverse and culturally competent future healthcare workforce**
- **Support students' success** in pursuing and completing graduate-level health programs



Programs Offered for College Students

- Medical/Dental Preparatory Program
(We took part in the Medical Prep Program!)
- Summer Research Fellowship Program
- Health Disparities Clinical Summer Research Fellowship Program



Health Professions Partnership Initiative Programs

Middle School Students

- [Doctors Academy](#)
- [Great Explorations Doctors Academy](#)

High School Students

- [Bridge to the Future Health Career Pathways Mentoring Conference](#)
- [High School Mini Medical/Dental School Program](#)
- [High School Student Research Apprentice Program](#)
- [Jumpstart Doctors Academy](#)
- [Junior Doctors Academy](#)
- [Pre-College Academic Enrichment Program: UConn Storrs](#)
- [Pre-College Academic Enrichment Program: Central Connecticut State University](#)
- [Pre-College Research Program](#)
- [Senior Doctors Academy](#)

College Students


- [Bridge to the Future Health Career Pathways Mentoring Conference](#)
- [Health Disparities Clinical Summer Research Fellowship Program](#)
- [Medical/Dental Preparatory Program](#)
- [Summer Research Fellowship Program](#)

Application Process

- Find application on [UConn Health's HCOP Website](#)
- Open to college sophomores, juniors, seniors, and recent graduates
- Complete a Qualtrics Survey
 - Official Transcript
 - Score reports (SAT, MCAT/DAT, etc.)
 - Prerequisite Courses (MCAT/DAT Program)
 - 2 Letters of Recommendation (one science professor)
 - Tax Form 1040
 - Long Essay Response

How to Apply

Please review the [Frequently Asked Questions](#) before submitting your application. Please also review this [application template .doc](#) to preview questions and items needed for your online application.

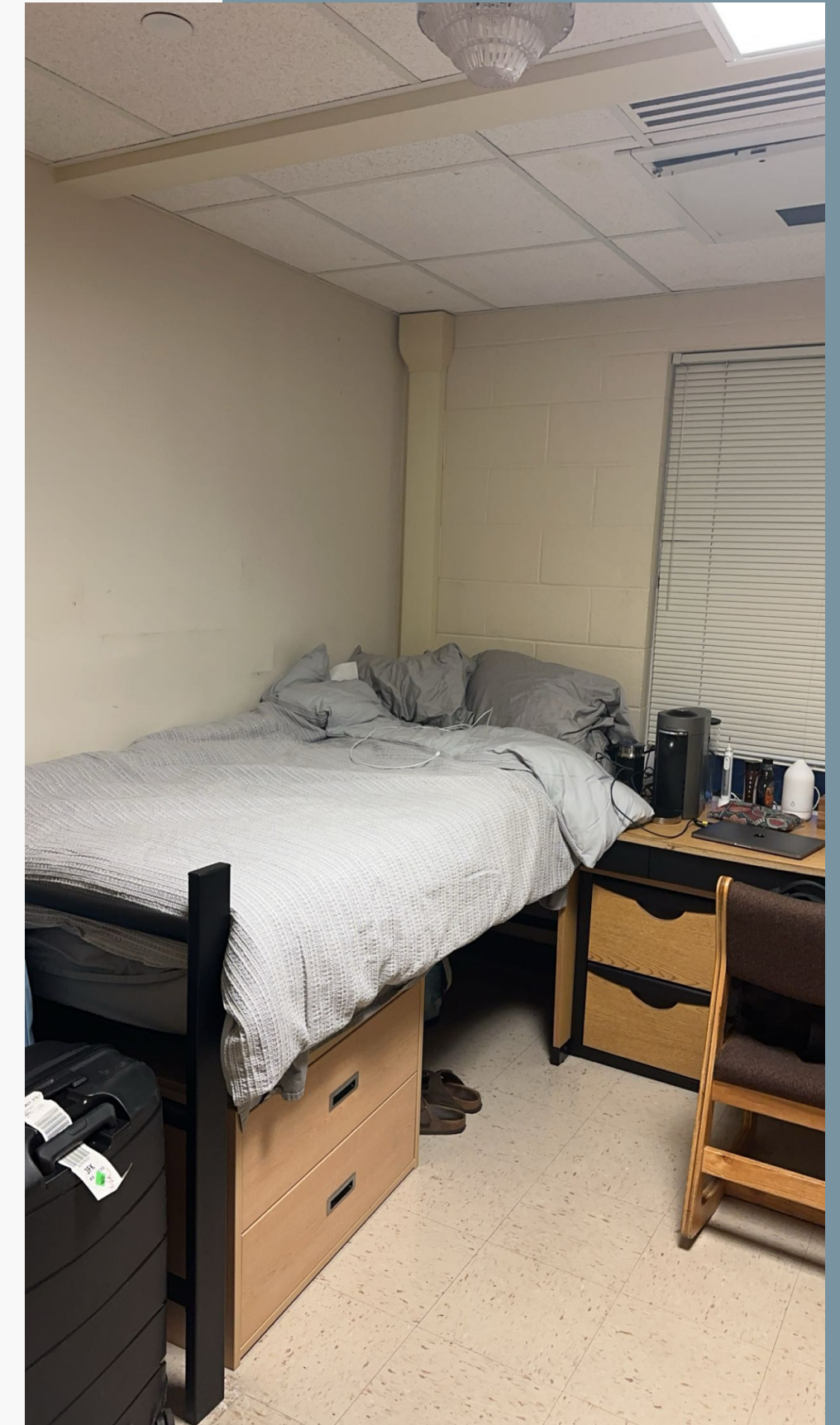
- Submit a completed online [application](#)  electronically.
- Submit supplemental material electronically with online application submission.
 - Score reports for all exams taken: SAT, PEAU, ACT, GRE, and MCAT/DAT.
 - An official transcript from each college or university attended.*
 - Two letters of recommendation (at least one from a science instructor) submitted directly by recommenders via specified link.
 - Provide a copy of your Federal Income Tax Form 1040 or equivalent for the current tax year – only page reflecting number of dependent adjusted gross income (submit 1040 when completed and filed).

Note: Only completed applications with supplemental materials submitted through the online application system will be reviewed.

* Only official transcripts as e-scripts will be submitted to hcop@uchc.edu. Official transcripts that cannot be submitted as an e-script can be submitted by mail (please see [FAQs](#) for instructions on how to mail transcripts).

Housing Life, Transportation, Meal-Plan

- Housing is at Central Connecticut State University
- Bus provided to UConn Health
- Parking is optional and can park your car at CCSU and UConn Health
- Rooms are double rooms
 - Twin XL
 - Laundry is on the first floor!
 - Bring anything you would like in a typical dorm room!
- Blue Chip cards are given that you can use at local restaurants, gas stations, and grocery stores
- Given a meal card that you can use at UConn Health's cafeteria
 - Various food options that are cooked fresh!



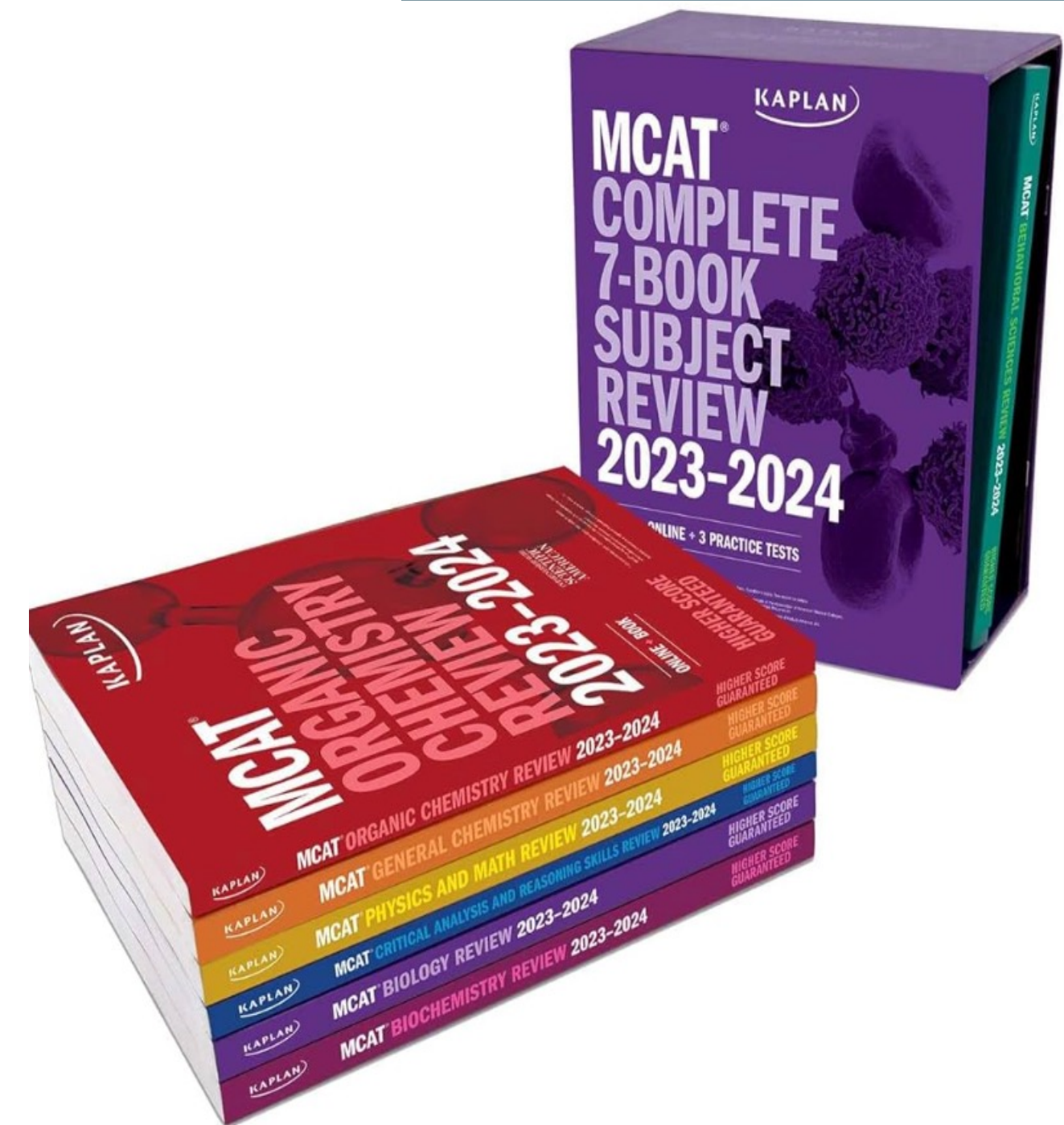
Resources Provided

Kaplan/AAMC Resources:

- Kaplan review books
- Kaplan synchronous course (attended every morning)
- Kaplan online platform
- AAMC Question Bank and Practice Exams FLs

Tutoring

- Two tutors for MCAT and DAT Program
- Structured Tutoring during the day
- For MCAT, scheduled tutoring one-on-one 1-2 times a week (at CCSU)
- Can sign up for additional individual or group tutoring sessions during the week



Daily Schedule

First week:

- Consisted of shadowing, orientation, simulation/anatomy labs


Weekly Schedule – Medical - MCAT					
Week 1 – June 3 – June 7, 2024					
Revised 6/26/2024					
TIME	MONDAY 6/3	TUESDAY 6/4	WEDNESDAY 6/5	THURSDAY 6/6	FRIDAY 6/7
8:00 – 8:30	Students Remain at CCSU in Morning for Processing of Identification and Blue Chip Cards 11:15 Bus Pick Up for Health Center	Orientation/ Enrichment Classroom B9	Clinical Rotation Classroom B9 SIM Session Group 1	Clinical Rotation Classroom B9	Clinical Rotation Classroom B9
8:30 – 9:00					
9:00 – 9:30					
9:30 – 10:00					
10:00 – 10:30					
10:30 – 11:00	ORIENTATION 11:45 (lunch included)	Lunch Break	Wednesday Seminar Classroom B9		Lunch
11:00 – 11:30					
11:30 – 12:00	Processing of Participant Photos Participant Profiles Photo ID Badges Distribution of Program Material Dinner Local Professionals Low Learning Center	Clinical Rotation Classroom B9	Clinical Rotation Classroom B9 2:45pm-4:00pm Tour of Marja Hurley Lab Room E3029-Grp 1 Clinical Rotation Classroom B9	Clinical Rotation Classroom B9 2:30pm-3:15pm Tour of Marja Hurley Lab Room E3029-Grp 2 Clinical Rotation Classroom B9	SIM Session Group 2 Clinical Rotation Classroom B9
12:00 – 12:30					
12:30 – 1:00					
1:00 – 1:30					
1:30 – 2:00					
2:00 – 2:30		Dinner	Dinner	5:00p Dinner/Bus 6:30p	Dinner
2:30 – 3:00					
3:00 – 3:30					
3:30 – 4:00					
4:00 – 4:30					
4:30 – 5:00	Bus	Bus	Bus	Local Professionals	Bus
5:00 – 5:30					
5:30 – 6:00					
6:00 –					
	Free Time	Free Time	Free Time	Low Learning Center	Free Time
*Orientation at UConn Health will be held in Dental Friends Conference Room					
Week 2 – June 10 – June 14, 2024					
TIME	MONDAY 6/10	TUESDAY 6/11	WEDNESDAY 6/12	THURSDAY 6/13	FRIDAY 6/14
8:00 – 8:30	Breakfast Hour	Breakfast Hour	Breakfast Hour	Breakfast Hour	Breakfast Hour
8:30 – 9:00					
9:00 – 9:30	MCAT Diagnostic Classroom B16	Science Question Strategy in Chem/Phys Classroom B9	Science Passage Strategy In Chem/Phys Classroom B16	CARS Passage Strategy Classroom B9	CARS Question Strategy Classroom B9
9:30 – 10:00		Structured Tutoring Classroom B9	Structured Tutoring Classroom B16	Structured Tutoring Classroom B9	Structured Tutoring Classroom B9
10:00 – 10:30					
10:30 – 11:00		Lunch with Dr. Marja Hurley	Wednesday Seminar Classroom B16	Lunch Break	Lunch Break
11:00 – 11:30					
11:30 – 12:00	Application Essay Workshop Classroom B9	Self-Study Classroom B16	Self-Study Classroom B16	Clinical Rotations Room B9	Self-Study Classroom B9
12:00 – 12:30					
12:30 – 1:00					
1:00 – 1:30					
1:30 – 2:00					
2:00 – 2:30	Break	3:30pm Structured Tutoring Classroom B9	Structured Tutoring Classroom B16	Struct. Tutoring Room B9	Structured Tutoring Classroom B9
2:30 – 3:00					
3:00 – 3:30					
3:30 – 4:00					
4:00 – 4:30					
4:30 – 5:00	Local Professionals Low Learning Center	Dinner	Dinner	Dinner	Dinner
5:00 – 5:30					
5:30 – 6:00					
6:00 –					
	Bus/Free Time	Bus/Free Time	Bus/Free Time	Bus/Free Time	Bus/Free Time
	Structured Tutoring	Structured Tutoring	Structured Tutoring	Structured Tutoring	Structured Tutoring

The rest of the program:


- Two hours with Kaplan instructors
- Structured tutoring
- Seminars
- Lunch with doctors or healthcare professionals
- Additional tutoring with medical students in the CCSU dorms

Seminars


Medical/Dental Preparatory Program MCAT Medical Seminar Speakers Wednesday 12:00pm – 1:00pm		
Date	Location	Speaker
June 5, 2024	Classroom B9	Beiyan Zhou, Ph.D. Professor Immunology UConn Health
June 12, 2024	Virtual	Gualberto Ruano, M.D., Ph.D. Assistant Professor of Psychiatry Assistant Director, Special Projects Cato T. Laurencin Institute for Regenerative Engineering UConn Health
June 26, 2024	Classroom B9	Kwame Amankwah, M.D., M.Sc., FACS, FSVS, RPVI Chief, Vascular & Endovascular Surgery Vascular Surgery UConn Health
July 10, 2024	Classroom B9	Liisa Kuhn, Ph.D. Professor and Associate Department Head Biomedical Engineering UConn Health




Beiyan Zhou
“Mouse Models to Human Diseases”



Gualberto Ruano, M.D., Ph.D.
“Quo Vadis Personalized Medicines?
Reflections on a 30-Year Journey
as Physician Innovator”



Kwame Amankwah, M.D.
“Surviving Medical School &
Vascular Surgery”



Liisa Kuhn, Ph.D.
“Innovation in Medical Devices
with Biomaterials”

Seminar Speakers:

- Each week, we had a speaker come in to give us insight about their field, how they got there, and what opportunities exists within these fields
- Took place in our designated classrooms and lecture hall

Shadowing Various Specialties

- Shadow at UConn Health and Connecticut Children's
- Rank your preferences of various specialties you wish to shadow
- Each shadowing rotation is 4 hours, and we shadow a total a 4 times (total of 16 hours)
- Built into our daily schedules
- Can walk, take shuttle, or provided a taxi service to the location
- Example specialties we shadowed are: Neurosurgery, Pediatric Nephrology, Podiatry, Oncology, ENT, Neurology, and Dermatology



Insight as Medical Student at UConn Health

- Q&A Sessions from medical and dental students at UConn Health
- Tour of the Simulation and Anatomy Labs
- Meet one-on-one with Dr. Hurley (Associate Dean of HCOP)
- Insights on admission process and common interview questions by Dr. Regan (Assistant Dean of Admissions)
- Access to study in the library during structured study time and during the weekend
- Learned UConn Health's Curriculum
 - CLIC Program
 - Team-Based Learning



Personal Statement, Personal Development & Work/Activities Workshops

Personal Statement:

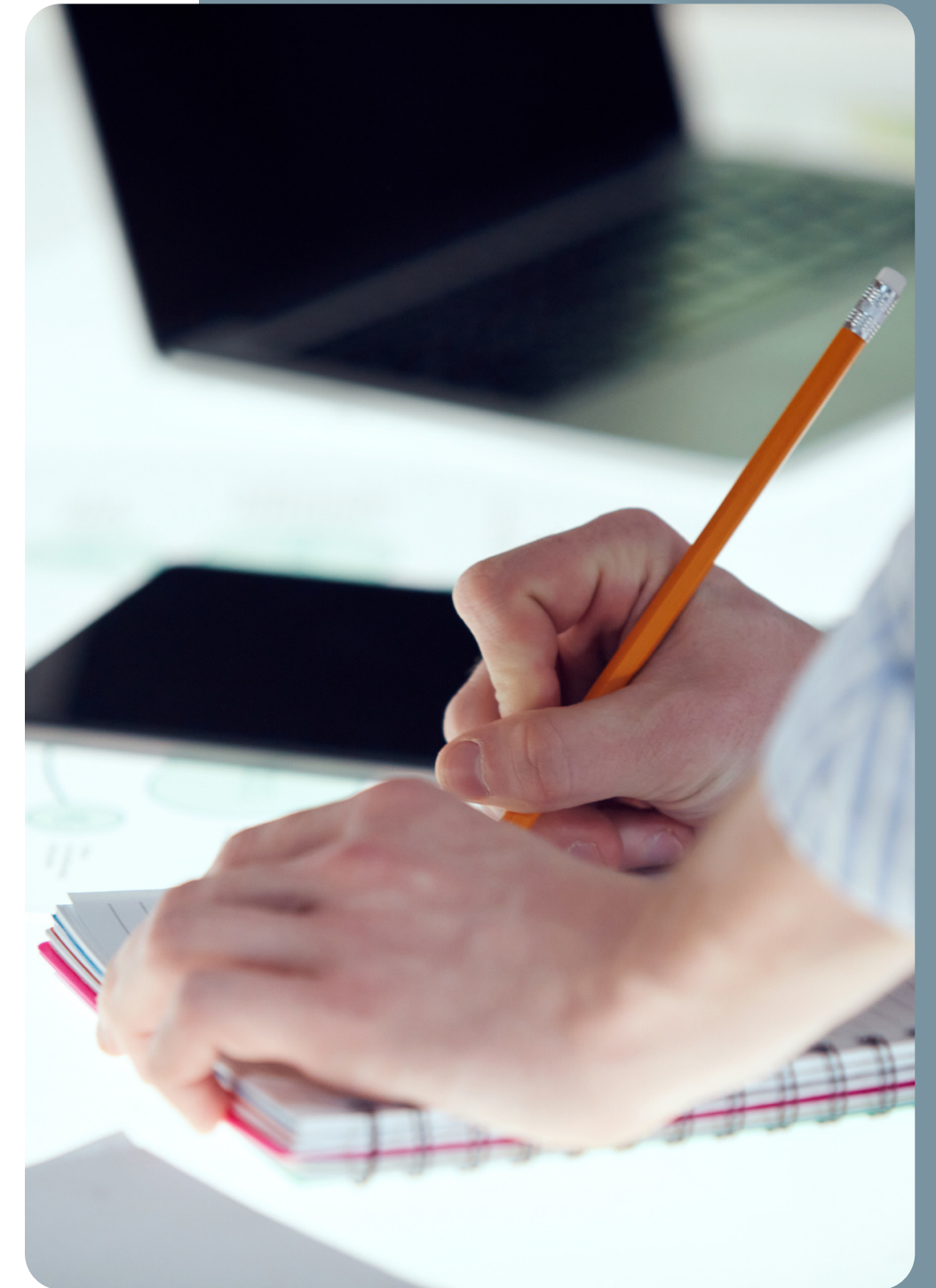
- Had a professional writer gives us examples of essays that helped those get into medical school
- The same writer gave us feedback on our own personal statements to make it stronger

Personal Development:

- Mock interviews
- Met 1 on 1 to discuss how to go about a medical school interview

Work/Activities:

- Review the different categories
- Edit our own CV



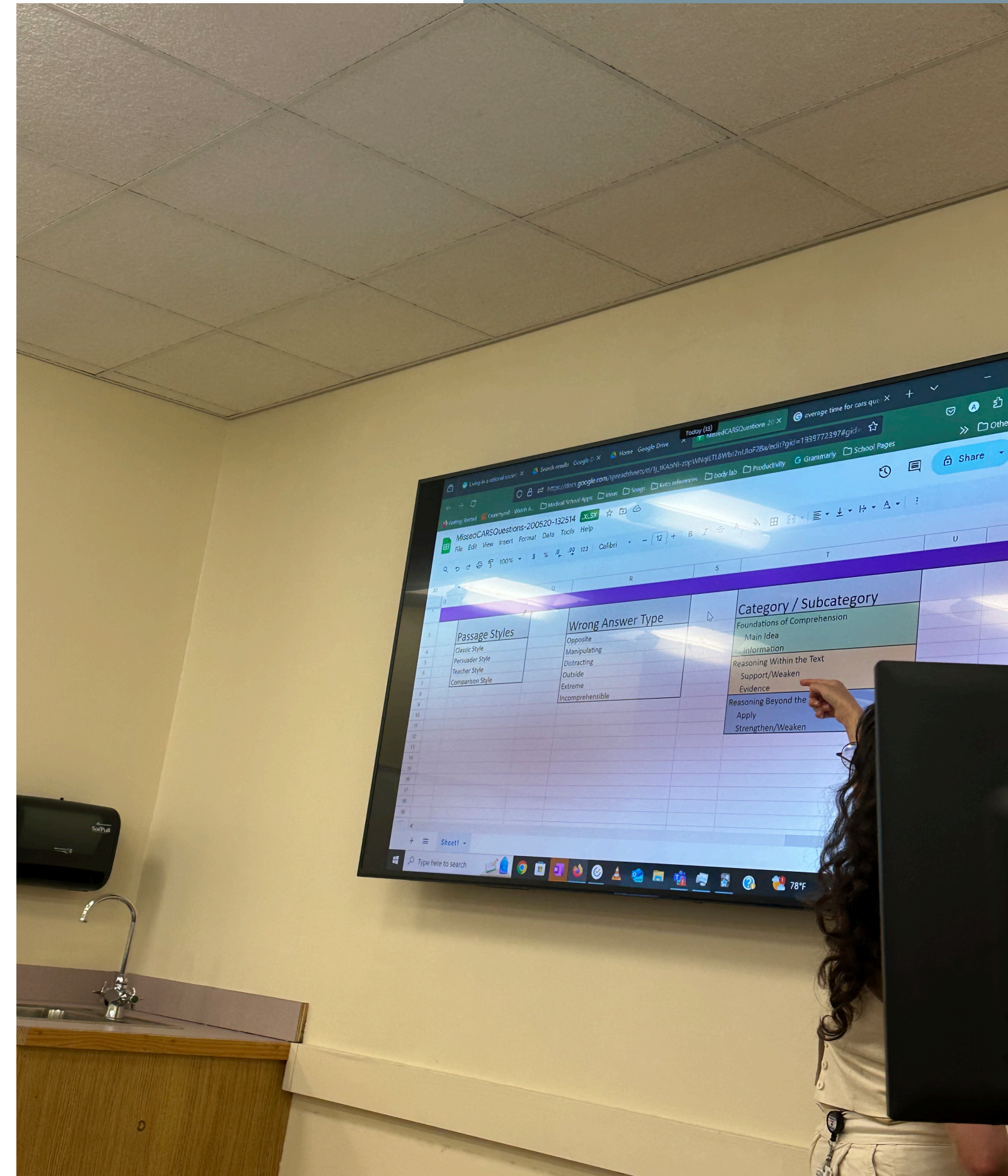
Networking

- We are still in touch with the physicians, and we have shadowed time outside of the program!
- Tutors still answered my questions and assisted me after the program ended!
- Meet physicians and healthcare professionals from various areas of academia - seminars, workshops, and meetings



Study Strategies

- Learning to create a study schedule
- How to remain consistent
- Anki for spaced repetition
- Holding a positive mindset during a long and challenging process
- How to tackle problems
- How to learn and track mistakes
- Learn to recreate the setting of taking the exam
- Built testing endurance
- P/S: MCAT Bros 300-page document and 96-page document



Community Building

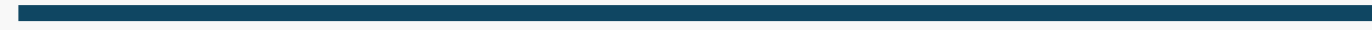
- From studying for the MCAT to preparing to apply – you are not alone!
- Studying for the MCAT does not need to be an isolating experience – we would all work and help each other understand topics and keep each other motivated
- We still are in contact to this day and we meet people from all the summer programs



Finding Our 'Why' & Skills We Gained

- Program helped us learn how to vocalize our 'Why'
- HCOP community maintained a supportive, optimistic, and motivating environment
- Communication, empathy, and resilience skills enhanced
- Medical students and tutor served as source of inspiration





Thank you

Feel free to reach out with any additional
questions:

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