Pre-health Applicant’s Orientation

For Students Entering Medical or Dental Programs in Fall 2018
BY NOW YOU SHOULD HAVE...

- **Completed Your Volunteering Experience**
  - MEDICAL
    - U.S. hospitals, nursing homes, urgent care centers (patient interactive)
    - At least 150 hours before you apply
  - DENTAL
    - Shadowing an oral health professional
    - Approximately 80 hours
- **Requested Your Letters of Recommendation**
  - At least 7 for medical (3 science)
  - At least 4 for dental (2 science)
  - One from every outside activity/experience, including research
  - If you don’t receive a letter, it can’t be included in your Committee Letter Packet
  - More is better!
- **Reserved your seat and/or taken the MCAT/DAT**
APPLICATION TIME FRAME

January 2017
- Review your pre-health file
- Plan date for MCAT (Reserve seat as soon as available)
- Request any outstanding Letters of Reference (Must arrive in Pre-Health Office by May)
- Begin drafting Personal Statement
- SUBMIT PREHEALTH COMMITTEE LETTER APPLICATION (MON, JANUARY 23)

March 2017
- Deadline to schedule 1-hour appointment with Mrs. Wood-Hill

Spring/Summer 2017
- Submit applications for following school year (i.e., apply Summer 2017 for entering class of Fall 2018)
- Take MCAT/DAT

Fall/Winter 2017
- Applications received, secondaries completed, interviews scheduled, continue classes

Winter/Spring 2017-2018—Acceptances

Spring 2018
- Continue classes/research/relax

Fall 2018
- Entering medical or dental school!
IMPORTANT DEADLINES

- **Monday, January 23, 2017**—Pre-Health Committee Letter Application Due
- **Monday, March 6, 2017**—Deadline to schedule 1-hour meeting with Mrs. Wood-Hill
- **May 2017**—AMCAS online application opens for inputting data
- **June 2017**—AMCAS/AADSAS/ACCOMAS Applications Open
ARE YOU READY TO APPLY?

YES

- BCPM GPA is at 3.7 (3.3 for dental) or better and has improved each semester
- Diverse extracurricular activities on and off campus
- Volunteer work completed (approximately 150 hours)
- Research completed or ongoing
- Current academic schedule compensates for MCAT/DAT prep (6-9 months)

NO

- BCPM GPA is low (MED: 3.5 and below, DENT: 3.0 and below) and grades progressively worse as courses get harder
- Few activities
- No volunteer work
- Research not begun
- Schedule so tight there is no time for test prep
WHY STUDENTS ARE NOT ACCEPTED

- Filed application/letters/scores LATE!!! (AMCAS/AADSAS has 6-week verification period AFTER application is submitted and before schools see it)
- Low MCAT/DAT Scores
- Low BCPM (Science) GPA
- Lack of clinical and/or ER experience
- Few extracurricular activities/interests (on AMCAS you have up to 15 experiences to list)
- Failed to qualify for a Committee letter
What Are Medical and Dental Schools Looking For?

- Integrity and Ethics
- Reliability and Dependability
- Service Orientation
- Social and Interpersonal Skills
- Teamwork
- Capacity for Improvement
- Resilience and Adaptability
- Oral Communication
- Competitiveness of academic schedule

*These will all be discussed and weighed in your Committee Letter*
What's the difference between community service, research, and clinical exposure?

- Community service can include your clinical experiences but is broader.
  - Community service includes things you do that support your College community, your religious community, or the outside community of Washington Heights
- Research can include clinical work with patients or not.
  - If you do clinical research, and interact significantly with physicians and patients, you can certainly use this as part of your clinical experience. But remember that clinical exposure should be broad-based: some hospital work, maybe something with different age groups, etc.
- Clinical work is part of community service but absolutely requires interactions with patients and health care providers.
WAITING A YEAR

- Medical and dental schools see 7,000-10,000 applications PER YEAR
- They want to see yours ONCE!
- If you’re not absolutely ready, strongly consider waiting a year.
- The first question Admissions Officers ask of a re-applicant is, “Why am I reading this AGAIN?”
DON’T BE LATE!

BY FRIDAY, SEPTEMBER 15, 2017

Students who did not—

- Submit their Pre-Health Application OR
- Schedule their 1-hour meeting OR
- Submit their MCAT/DAT test scores

Will receive a generic “credentials letter” and not an official Committee letter

DON’T LET THIS HAPPEN!
PRE-HEALTH APPLICATION

DEADLINE: MONDAY, JANUARY 23, 2017

This includes detailed information/essays on:
- Academic Background
- Introductory Essay
- Research Experience
- Medical/Dental Related Experience
- Community Service
- Extracurricular activities

Purpose of Application
- Basis for 1-hour committee letter meeting with Pre-Health Advisor
- Preparation for your Personal Statement and application essays
WHAT IS A COMMITTEE LETTER?

- In depth letter from Pre-Health Advisor
- Detailed overview of applicant’s background and accomplishments
- Sent in addition to all individual letters of recommendation
- ALL students (pre-med and pre-dent) MUST schedule 1-hour appointment with Pre-Health Advisor
WHAT IS SENT TO THE DESIGNATED SCHOOLS ON YOUR APPLICATION?

- Pre-health Committee Letter—a detailed 2-5 page cover letter by the Pre-Health Advisor including quotes from individual letters of recommendation
- All letters of recommendation
- Committee Letter Waiver Form
PERSONAL STATEMENT

PROVE YOU’RE READY FOR MEDICAL OR DENTAL SCHOOL

- Plan Ahead (at least 4-5 drafts)
- DON’T WASTE TIME! Send your basic idea to Pre-Health Office BEFORE you start the narrative
- Work with the Writing Center for polish

A Personal Statement IS:

- About YOU, not your parents or other mentors
- Proving to the school that you’ve earned a seat in their upcoming class. (Every applicant has deeply-felt reasons why they WANT to be a doctor or dentist. Show what you’ve done to demonstrate this.)
- Written in a simple, conversational tone. BIG WORDS do not impress Admissions Committees (other than technical references regarding specific research.)

A Personal Statement is NOT:

- A literary exercise
- A reiteration of your resume/experiences
- Full of quotes or obscure references
- An essay on the state of health care and how you’ll change it
When to take the test? No later than August for medical schools and SEPTEMBER for dental schools.

The best way to prepare is to start early and be consistent.

Test prep courses can help if you need someone to help you manage your time.

Private tutors can help you pinpoint trouble areas.

Studying with one or two others can help!

DON’T TAKE THE TEST UNTIL YOU’RE READY!
Be Prepared—

May

- 1 Thursday date (18th)
- 1 Friday date (19th)

June

- 2 Thursday dates (1st, 28th)
- 2 Friday dates (16th, 29th)
MCAT/DAT PREP OPTIONS

Sze Yan
[mcatsze@gmail.com]

Dr. Jim Romano ("Orgoman")
http://orgoman.com/

Kaplan
Ms. Marie McGrew
marie.mcgrew@kaplan.com

Think MCAT
http://thinkmcat.com/
Scott Roberts:
THINKMCAT@GMAIL.COM

Examkrackers
http://www.examkrackers.com/

Princeton Review
http://www.princetonreview.com/medical/mcat-bootcamp-course

Berkeley Review
http://www.berkeley-review.com/

YU does not endorse one particular test prep company
In 2016, most MD schools used the percentile earned in individual sections rather than the total percentile. They all want to see at least a 125 in each section.

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MD: 87-100th Percentile (510+)
(NY Schools—512+)

DO: 57-100th Percentile (504+)

ISRAELI: 43-100th Percentile (500+)
DENTAL ADMISSIONS TEST (DAT)

Offered 365 days a year
Scores are available immediately

RANGES

- Non Science
  - 18-19 in each section
- Science sections
  - 20+
- Academic Average
  - 20+
AMCAS/AADSAS ONLINE APPLICATION

- Live on or about June 1, 2017
- AMCAS—Applications open approximately 4 weeks prior for entering data and ordering transcripts
- Check transcripts NOW for any unusual grades
- Order transcripts from all post-secondary courses taken outside of YU
- Israeli credits—you will not need to order your Israeli transcripts but you will need to list the classes on your application.
- Attend MANDATORY Application Overview sessions in May (separate sessions for AMCAS and AADSAS)
AMCAS VERIFICATION PROCESS (APPROXIMATELY 6 WEEKS)

Transcript:
- Student
- Registrar’s Office

Application:
- Student
- AMCAS
- (Verification)
- Medical Schools

Recommendation:
- Student
- Pre-Health Office
- Virtual Evaluations
- Student
- MCAT

http://www.yu.edu/transcript/
PRE-HEALTH WEBSITE

HTTP://WWW.YU.EDU/ACADEMIC-ADVISING/UNDERGRADUATE-MEN/EC11

- Applicant’s Handbook (by chapter)
- Mentor Contact
- Required courses for medical and dental school
- All forms
- Orientation PP Presentation
WE’RE HERE TO HELP

Stay in touch with the Pre-Health Office throughout process
Be pro-active. Don’t procrastinate.
Ask NOW, not in June. There no such thing as a “dumb”
question...
BUT....
Do NOT “drop by” unannounced with a “quick question” that
can be found: (1) the online manual on our Pre-Health
website; OR the extensive AMCAS/AADSAS manuals; OR on a
school’s website; OR using common sense!

GOOD LUCK!
QUESTIONS