



PRE-HEALTH APPLICANT'S ORIENTATION

FOR STUDENTS ENTERING MEDICAL OR DENTAL PROGRAMS IN FALL 2021

BY NOW
YOU
SHOULD
HAVE...

RESERVED YOUR SEAT AND/OR TAKEN THE MCAT/DAT
COMPLETED YOUR HEALTH-RELATED VOLUNTEERING
EXPERIENCE

Medical

- ✓ U.S. hospitals, nursing homes, urgent care centers (patient interactive), suicide hotlines
- ✓ At least 150 hours before you apply (and NOT all in one summer)

Dental

- ✓ Shadowing an oral health professional
- ✓ Approximately 100 hours with varied dental practitioners

REQUESTED YOUR LETTERS OF RECOMMENDATION

- ✓ At least 7 for medical (3 science)
- ✓ At least 5 for dental (3 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!

BY NOW
YOU
SHOULD
HAVE...

TRANSCRIPTS

- ✓ Reviewed ALL transcript entries
- ✓ AMCAS/AADSAS require original transcripts from EVERY post-secondary class (science and non-science)
- ✓ No incompletes, no pending, no other problem grades

You should have been meeting on a regular basis with the Pre-Health Advisor to review coursework and other activities.

ARE YOU READY TO APPLY?

YES

- BCPM GPA is **approximately 3.7 or better for medical (approximately 3.3 or better for dental)** and has improved each semester
- Diverse extracurricular activities on and off campus (outside your comfort zone!)
- Volunteer work completed (approximately 100-150 hours)
- Current academic schedule allows for MCAT/DAT prep (6-9 months)
- FOR PRE-MEDS (and PRE DENTAL INTERESTED IN TOP SCHOOLS) Research completed or ongoing

NO

- BCPM GPA is low (MED: approximately 3.4 and below, DENT: approximately 3.0 and below) and grades progressively worse as courses get harder
- Few activities
- Little volunteer work
- Research not begun
- Schedule so tight there is no time for test prep

What Are Medical and Dental Schools Looking For?

- ***Integrity and Ethics***—CHEATING
- ***Reliability and Dependability***—Keeps appointments, submits assignments on time, meets deadlines
- ***Service Orientation***—Making yourself accessible to others in diverse communities
- ***Social and Interpersonal Skills***—Get along with your advisors? Listens to others with respect.
- ***Teamwork***—sports, clubs, other extracurricular activities
- ***Capacity for improvement***—grades improve each semester
- ***Resilience and Adaptability***—involved in activities outside your comfort zone. Meets challenges.
- ***Oral Communication***—being able to articulate issues and concerns
- ***Competitiveness of academic schedule***—multiple sciences courses in summer?
- ***Professionalism***—problems keeping lab space neat? Keeps appointments. Appropriate emails (i.e, Hey, Mrs. Wood-Hill or Hey, Lolita.)

These will all be discussed and weighed in your Committee Letter

BEYOND THE
NUMBERS

- Filed Committee Letter Application/letters/scores LATE!!! (AMCAS/AADSAS has 6-week verification period AFTER application is submitted and before schools see it)
- Failed to stay on top of messages regarding application completion
- Low MCAT/DAT Scores
- Low BCPM (Science) GPA
- Lack of clinical and/or shadowing experience
- Few extracurricular activities/interests (on AMCAS you have up to 15 experiences to list)
- Failed to qualify for a Committee Letter—ALL applicants (pre-med and pre-dental MUST submit their applications by the beginning of the FALL 2020 semester. NO EXCEPTIONS!)

WHY STUDENTS ARE NOT ACCEPTED

SOME DEFINITIONS

What's the difference between community service, research, and clinical exposure?

Community service can include your clinical experiences but is broader.

- Community service includes activities 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.

What does diverse mean?

- Diversity in working with patients and other professionals means being comfortable working alongside those with different cultures, languages, sexual orientation, etc.

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?" What has changed? You need to make this clear.

APPLICATION TIMELINE

November—December 2019

- ❑ Attend Applicant's Orientation
- ❑ Complete Self-Assessment
- ❑ Complete Committee Letter Application

January 2020

- ❑ Review your pre-health file with Advisor
- ❑ Plan date for MCAT (Reserve seat as soon as available) 2020 dates are available online at <https://students-residents.aamc.org/search/?q=2020%20MCAT%20Dates>
- ❑ Request any outstanding Letters of Reference (Must arrive in Pre-Health Office by May)
- ❑ Begin drafting Personal Statement
- ❑ SUBMIT PREHEALTH COMMITTEE LETTER APPLICATION (DUE MONDAY, JANUARY 27, 2020)

March 2020

- ❑ Deadline to schedule one-hour appointment with Mrs. Wood-Hill

APPLICATION TIMELINE

Spring/Summer 2020

MAY—AMCAS online application opens for to enter info

JUNE—AMCAS, AADSAS, and ACCOMAS applications open

- ❑ Attend MANDATORY Application Overview
- ❑ Submit applications for following school year (i.e., apply Summer 2020 for entering class of Fall 2021)
- ❑ Take MCAT/DAT

Fall/Winter 2020

- ❑ Applications received
- ❑ Schedule mock Interviews
- ❑ Secondaries completed,
- ❑ Interviews scheduled,
- ❑ Continue classes
- ❑ Submit FAFSA

APPLICATION TIMELINE

Winter/Spring 2020-2021

- Acceptances!

Spring 2021

- Continue classes/research
- Relax

Fall 2021

- Entering medical or dental school!

- **Wednesday, November 20, 2019**—Self Assessment Due
- **Monday, January 27, 2020**—Committee Letter Application Due
- **Monday, March 4, 2020**—Deadline to schedule 1-hour meeting with Mrs. Wood-Hill
- **May 2020**—AMCAS online application opens for inputting data
- **June 2020**—AMCAS/AADSAS/ACCOMAS Applications Open

You can only schedule your 1-hour meeting with Mrs. Wood-Hill if you have:

- Completed Self-Evaluation
- Completed Committee Letter Application
- A majority of your letters of recommendation have arrived

**IMPORTANT
DEADLINES**

COMMITTEE LETTER APPLICATION

DEADLINE:

MONDAY, JANUARY 27, 2020

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

PURPOSE OF APPLICATION

- Basis for one-hour committee letter meeting with Pre-Health Advisor
- Preparation for your Personal Statement and application essays

WHAT IS A COMMITTEE LETTER?

- In depth letter 4-5 page letter from the Pre-Health Advisor
- Detailed overview of applicant's background, motivations, and accomplishments. It tells YOUR story.
- Sent in addition to all individual letters of recommendation
- ALL students (pre-med and pre-dent) MUST schedule one-hour appointment with Pre-Health Advisor in order to receive your Committee Letter.

PRE-HEALTH COMMITTEE LETTER PACKET

WHAT IS SENT TO THE DESIGNATED SCHOOLS ON YOUR APPLICATION?

Pre-health Committee Letter—a detailed 4-5 page cover letter by the Pre-Health Advisor including quotes from individual letters of recommendation

All supporting letters of recommendation

Committee Letter Waiver Form

You do NOT have to wait for your Committee Letter to submit your application.

The Personal Statement is the most time-consuming part of the application. Plan ahead!

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

Support

- Career Center
- Writing Center
- Pre-Health office

PERSONAL STATEMENT

MCAT/DAT PREPARATION

- When to take the test? No later than early August for medical schools and mid-September for dental schools
- The best way to prepare is to start early and be consistent. Study during hours you plan to take the test.
- 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!
- **AMCAS LINK:**
<https://www.aamc.org/data/facts/applicantmatriculant/>
- Download: Table A-19: MCAT Scores and GPAs for Applicants to U.S. Medical Schools by State of Legal Residence, 2017-2018 (Posted online at <https://www.yu.edu/academic-advising/undergraduate-men/healthstart>)

MCAT/DAT PREP OPTIONS

YU does not endorse one particular test prep company

Sze Yan

[mcatsze@gmail.com]

Dr. Jim Romano (“Orgoman”)

<http://orgoman.com/>

Kaplan

Jean Cataldi

jean.cataldi@kaplan.com

Think MCAT

<http://thinkmcat.com/>

Scott Roberts: thinkmcat@gmail.com]

Examcrackers

<http://www.examcrackers.com/>

Princeton Review

<http://www.princetonreview.com/medical/mcat-bootcamp-course>

Berkeley Review

<http://www.berkeley-review.com/>

MCAT SCORING

MCAT Total Score	Percentile Rank
528	100
527	100
526	100
525	100
524	100
523	100
522	99
521	99
520	98
519	98
518	97
517	96
516	95
515	93
514	91
513	89
512	87
511	85
510	83
509	80
508	77
507	74
506	71
505	68
504	64
503	61
502	57
501	54
500	51
499	47
498	43
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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.

**MD: 86-100 Percentile (512+)
(NY Schools—514+)**

**DO: 61-100 Percentile (502+)
NY Schools: 505+**

ISRAELI: 49-100 Percentile (500+)

DENTAL ADMISSIONS TEST (DAT)

Offered 365 days a year

Scores are available immediately, but the schools require your verified scores, which takes four weeks.

RANGES (approximately 18 in each section)

Non Science

18-19 in each section

Science sections

Approximately 20+

Academic Average

Approximately 20+

AMCAS/AADSAS ONLINE APPLICATION

Live on or about June 1, 2020

Applications open approximately 4 weeks prior for entering data and ordering transcripts

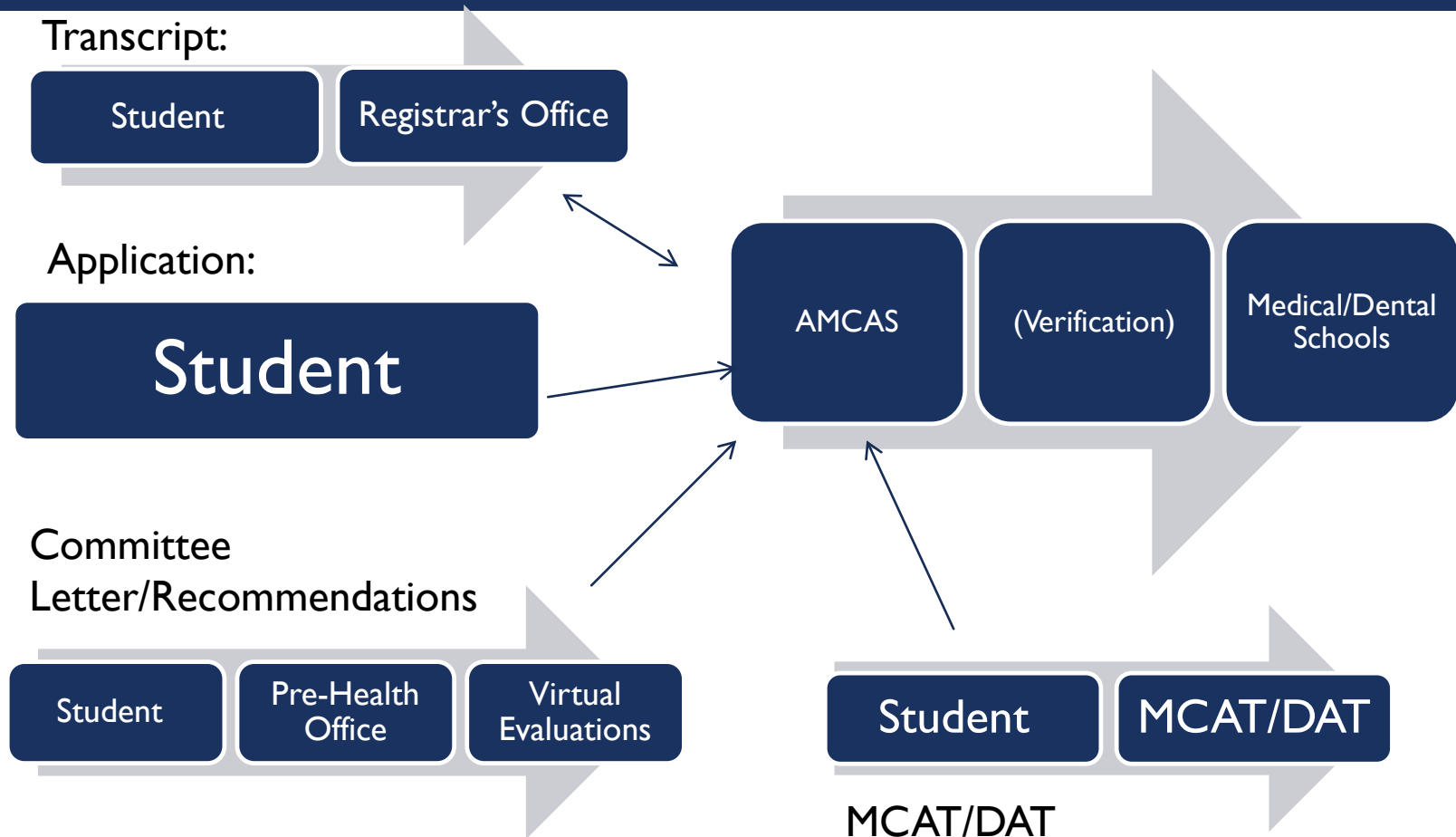
Check transcripts NOW for any unusual grades or discrepancies

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. Use your S. Daniel Abraham transcript.

Attend MANDATORY Application Overview sessions in May (separate sessions for AMCAS and AADSAS)

AMCAS/AADSAS VERIFICATION PROCESS (APPROXIMATELY 6 WEEKS)



DON'T BE LATE!

BY THE FIRST DAY OF FALL 2021 SEMESTER

Students who did not—

Submit their Pre-Health Application OR

Schedule their one-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!

FINAL THOUGHTS



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?