GENERAL PRE-HEALTH ORIENTATION FOR UNDERCLASSMEN ENTERING THE PRE-HEALTH TRACK

THURSDAY, OCTOBER 7, 2021
There is a full-time pre-health advisor and coordinator, PLUS--

- Two general advisors
- Student Support Services
- International Advising
- Career Services
- Counseling Services
- Morning Program Advisors
- Major Advisors
- Peer Mentors
- Tutors

WE ALL WORK TOGETHER!
YOUR PRE-HEALTH TEAM

Lolita Wood-Hill, MS
Executive Director, Pre-Professional Advising
woodhill@yu.edu

Debbie Beaudreau
Pre-Professional Advisement Coordinator
beaudrea@yu.edu

Office of Pre-health Advising
500 West 185th Street
Furst Hall, Room 107A
646.592.4426
You should meet with the pre-health advisor once a semester.

You may schedule an appointment with Mrs. Wood-Hill via the online calendar at

https://yuacad.mywconline.com/

Be sure to select “Pre-Professional Advising” from the drop-down menu.

If these times don’t work for you please contact Debbie and she can arrange other times for meetings.

We are here to help...HOWEVER...

“Drop In” with “quick questions” are strongly discouraged! Please send an email if you truly think it will be an easy answer.
2023 PRE-HEALTH PEER MENTORS

PRE-MEDICAL
Jared Benjamin jebenjam@mail.yu.edu
Shimshon Benji sbenji@mail.yu.edu
David Hanelin hanelin@mail.yu.edu
Jeremy Purow jipurow@mail.yu.edu
Akiva Rube akivarube@gmail.com
Yoni Sacknovitz yoni.sack@gmail.com

PRE-DENTAL
Moshe Brum mbrum@mail.yu.edu
Elie Zaghi eliezaghi@gmail.com
PREHEALTH WEBSITE

✓ Mentor Contact Info
✓ Required Pre-Health Courses
✓ Pre-Health Clubs
✓ Professional Experience
✓ Volunteer Opportunities
✓ Letters Of Recommendation
✓ MCAT/DAT Preparation
✓ MD/PhD Programs
✓ Guide For Pre-Dental Students
✓ Helpful Websites

The prehealth site is currently being updated. An announcement will be sent in the next few days.
JOIN THE PREHEALTH LISTSERVE

To stay on top of important information, please be sure to join the pre-health serve.

✓ Events
✓ Volunteer Opportunities

To join, email Debbie Beaudreau at beaudrea@yu.edu
THE INTERVIEW STARTS NOW!

In three or four years you’ll be sitting across from an Admissions Officer trying to convince them you’re medical or dental school material.

WHAT WILL YOU SAY?

Start NOW to lay the foundation for a strong medical or dental application.

Spend the next two-three years showing that...
- you’re academically ready for the rigors of medical and dental schools;
- you’ve thoroughly investigated the day-to-day life of a doctor or dentist (both the good and bad);
- you can work with a wide range of patients (old/young, black/white, male/female, etc.);
- you have the maturity, leadership and responsibility to succeed as a practitioner;
- you can work as part of a team;

PROVE YOU’RE READY FOR MEDICAL OR DENTAL SCHOOLS!
COURSEWORK

KNOW THE REQUIRED COURSES TO ENTER MEDICAL AND DENTAL SCHOOL.

A complete list of required courses is available online at https://www.yu.edu/academic-advising/undergraduate-men/prehealth

THE GRADES YOU’LL NEED: (Biology, Chemistry, Physics, Math=BCPM)

• The average BCPM for accepted students to MD schools in the Northeast has been consistent at 3.7. For Osteopathic schools in the Northeast, the average BCPM has been 3.5 for accepted students.

• The average BCP (dental schools do not use math as part of the science GPA) for dental schools 3.3 or higher. Use this link to calculate your BCMP GPA https://www.yu.edu/registrar/students

A competitive course load means taking two sciences together at least three times throughout your YU career. (includes math classes)

Also, only one science course in summer school!

REMEMBER THAT YOUR COMPETITION IS NOT OTHER YU STUDENTS. IT’S YU STUDENTS AND STUDENTS FROM EVERY OTHER COLLEGE IN THE COUNTRY.
How Do You Get to That A- or B+ Average?

YOU DON’T HAVE TO EARN ALL A’S

• Student X received a B+ in biology 2, Comparative Anatomy, Genetics and Biochemistry Lecture. He also received a B in micro lab. He earned A’s in other biology courses, organic chemistry, calculus, stats and physics. His overall BCPM was a 3.69!

• Student Y earned a B- in biology 2 lab, B+ grades in chem I and II lectures, a B+ in biochemistry, and a B+ in Intro to Public Health. His other science grades were all A’s or A-. His BCP was a 3.59!

CHECK YOUR SCIENCE GPA EVERY SEMESTER
SUGGESTED TIMELINE—CHEMISTRY FIRST

1st Year

- General Chemistry I
- General Chemistry II Lab
- Cores
- FYWR
- Hebrew/Bible
- Calculus I
- Statistics
- Clubs/Comm. Service

2nd year

- Biology I and II and Labs
- Organic Chemistry I and II
- JHI/Bible
- Cores
- Organic Chemistry Lab

Summer

- Physics I with lab
- Physics II with Lab
- Dental Shadowing

3rd year

- Major Courses
- Cores
- JHI/Bible
- DAT Prep

Summer

- APPLICATION SEASON
- Dental Shadowing

4th year

- Finish Requirements for Graduation
- Research (optional)
- Interviews
SUGGESTED TIMELINE—BIOLOGY FIRST

1st Year
- Biology I and II and Labs
- Statistics
- Cores
- FYWR
- Calculus I
- Hebrew/Bible
- Clubs/Comm. Service

2nd Year
- General Chemistry I (no lab)
- General Chemistry II and Lab
- JHI/Bible
- Psy/Soc
- Cores
- Physics I and II with Labs

Summer
- Organic Chemistry I
- Organic Chemistry Lab
- Clinical work

3rd Year
- Major Courses
- Cores
- JHI/Bible
- MCAT Prep

Summer
- APPLICATION SEASON
- Research
- Clinical work

4th Year
- Finish Requirements for Graduation
- Research/Clinical Work
- Interviews
PRE-MED REQUIREMENTS

GENERAL CHEMISTRY I
CHEM 1045R

GENERAL CHEMISTRY II
CHEM 1046R

GENERAL CHEMISTRY LAB
CHEM 1047L

PRINCIPLES BIOLOGY I
WITH LAB
BIO 1011R, BIO 1011L

PRINCIPLES BIOLOGY II
WITH LAB
BIO1012R, BIO1012R

GENETICS
OR
CELL STRUCTURE
OR
CELL BIOLOGY
OR
IMMUNOLOGY

ORGANIC CHEMISTRY I
WITH LAB
CHEM 1213R, CHEM 1213L

ORGANIC CHEMISTRY II
WITH LAB

BIOCHEMISTRY
WITH LAB
BIO 1376R, BIO 1376L

PHYSICS I
WITH LAB
PHY 1031R, PHY 1031L

PHYSICS II
WITH LAB
PHY 1032R, PHY 1032L

FUNDAMENTALS OF CALC
MAT 1410

AND
CALCULUS II
MAT 1413

PSYCHOLOGY OR SOCIOLOGY

ENGLISH (2 SEMESTERS)

OR

FUNDAMENTALS OF CALC
MAT 1410

AND
STATISTICS
STA 1021

SCIENCE GPA:
RANGE
3.55 - 3.7
THE CLOSER YOU STAY TO
3.7 THE BETTER YOUR CHANCES!!
PRE-DENT REQUIREMENTS

Science GPA: Range: 3.15 - 3.3 or better (B or better)
BEYOND THE NUMBERS:

CORE COMPETENCIES FOR ENTERING MEDICAL AND DENTAL STUDENTS

The 15 Core Competencies for Entering Medical Students (defined below) have been endorsed by the AAMC Group on Student Affairs (GSA) Committee on Admissions (COA). The competencies fall into four categories: Interpersonal, Intrapersonal, Thinking and Reasoning, and Science.

**Interpersonal Competencies**
- Service Orientation
- Social Skills
- Cultural Competence
- Teamwork
- Oral Communication
- Professionalism

**Intrapersonal Competencies**
- Ethical Responsibility to Self and Others
- Reliability and Dependability
- Resilience and Adaptability
- Capacity for Improvement

**Thinking and Reasoning Competencies**
- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Written Communication

**Science Competencies**
- Living Systems
- Human Behavior
BEYOND THE NUMBERS: WHAT DO STUDENTS DO?

CLUBS

• Pre-med
• Pre-dent
• Public Health
• Medical Ethics
• Project Start/Teach
• Literacy Program
• President’s Circle Tutoring
• College EDge
• Neuroscience
• Music Vs

OTHER ACTIVITIES

• Research on or off campus
• Clinical work—ER, Nursing homes, EMT, Urgent Care Centers, camps/homes for the disabled
• Peer Advising
• Peer Tutoring
  • Writing Center
  • Sciences/Math
• Sports –fencing, hockey, etc.
• Radio Station/Theatre
• Student Rep for campus committees
• RA’s in dorms

Clubs and Extracurricular Activities are Essential
Think **OUTSIDE** your comfort zone!
1ST-2ND YEAR ON CAMPUS

✓ Take lower-level science courses
  ✓ Intro to Biology, Intro to Chemistry, Statistics, Calculus
  ✓ Build relationships with faculty – you will need letters of rec from them!

✓ Medical/Dental Related Volunteering: Urgent Care Centers, hospitals, geriatric centers, dental clinics – EMT’s, scribes, dental assistants...
  ✓ Medical—Approximately 150 hours
  ✓ Dental—Approximately 100 hours

✓ Community Service
  ✓ Project START, YU Literacy Program, College Edge, YU Global Health Club, Public Health Club, Music VS, Project TEACH

✓ Extracurricular Activities
  ✓ Pre-Med Club, Pre-Dental Club, Medical Ethics Society, Student government, sports, radio station
3RD YEAR ON CAMPUS

✔ Take upper-level science courses
  ✔ Organic Chemistry, Biochemistry, Physics
  ✔ Request letters of Recommendation (7 for medical, 4 for dental)
  ✔ Science Faculty, Non-Science Faculty, Volunteering, Research, Extracurricular Activities

✔ PRE-MED
  ✔ Last chance to begin Research!
  ✔ Take on a leadership role
  ✔ Enhance resume
  ✔ Start preparation for application

✔ PRE-DENT
  ✔ Shadow Dentist
  ✔ Enhance Manual Dexterity Skills (piano, guitar, woodcarving, sculpture...)
  ✔ Take on a leadership role
  ✔ Do a summer of research
  ✔ Start preparation for application.
STARTING NOW, THERE’S NO SUCH THING AS A SUMMER VACATION!

SPEND YOUR SUMMERS AS—

• Camp counselor for critically ill or mentally disabled
• Research
• Science class
• EMT training
• Volunteer/community service
# STATISTICS (2020-2021 CYCLE)

<table>
<thead>
<tr>
<th></th>
<th>APPLIED</th>
<th>ACCEPTED</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL APPLICANTS</td>
<td>28</td>
<td>27</td>
<td>96%</td>
</tr>
<tr>
<td>TOTAL MEDICAL (Allopathic)</td>
<td>16</td>
<td>16</td>
<td>100%</td>
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<tr>
<td>TOTAL MEDICAL (DO)</td>
<td>5</td>
<td>4</td>
<td>80%</td>
</tr>
<tr>
<td>TOTAL DENTAL</td>
<td>7</td>
<td>7</td>
<td>100%</td>
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</tbody>
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- 8 pre-medical students received multiple acceptances
- 5 pre-dental students received multiple acceptances

Since 2015, we have an 89% or higher success rate for medical school admissions
And an 93% success rate for dental school admissions.
Students also attend:

- Podiatry school (DPM)
- Physician Assistant (PA)
- Nursing (BSN)
- Physical Therapy (DPT)
- MS/PhD Science Programs
- Law School
- Business School

For information, visit the Allied Health Careers Page at

https://www.yu.edu/academic-advising/undergraduate-men/prehealth/allied-health-careers
QUESTIONS??