



PRE-HEALTH APPLICANT'S ORIENTATION

FOR STUDENTS ENTERING MEDICAL OR DENTAL PROGRAMS
IN FALL 2024

WEDNESDAY, SEPTEMBER 14, 2022

PRE-HEALTH MENTORS

PRE-MEDICAL

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BY NOW
YOU
SHOULD
HAVE...

NOW IS THE TIME TO MAKE SURE ALL OF THE FOLLOWING ARE COMPLETED OR IN PROGRESS. DO NOT WAIT UNTIL THE APPLICATIONS OPEN IN JUNE.

- ✓ **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 (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!

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.

IMPORTANT DEADLINES

Monday, November 28, 2022—Self Assessment Due

Monday, January 30, 2023—Committee Letter Application Due

March 2023—Deadline to schedule 1-hour meeting with Mrs. Wood-Hill

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*

May 2023—Attend separate orientations for AMCAS and AADSAS

May 2023—AMCAS online application opens for inputting data

June 2023—AMCAS/AADSAS/ACCOMAS Applications Open

APPLICATION TIMELINE

September—December 2022

- ✓ Submit Contact Form (Link to be emailed)
- ✓ Attend Applicant's Orientation
- ✓ Complete Self-Assessment (DUE MON, NOV 28, 2022)
- ✓ Complete Committee Letter Application

January 2023

- ✓ Review your pre-health file with Advisor
- ✓ Plan date for MCAT (Reserve seat as soon as available)
2022/2023 dates are available online at [U.S. MCAT Calendar, Scheduling Deadlines, and Score Release Dates | AAMC](#)
- ✓ The DAT is offered year-round through the American Dental Association (ADA) at Prometric Test Centers.
<https://www.ada.org/education/testing/exams/dental-admission-test-dat>
- ✓ 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 30, 2023)

APPLICATION TIMELINE

March 2023

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

Spring/Summer 2023

- ✓ 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 2022 for entering class of Fall 2024)
 - ✓ Take MCAT/DAT

Fall/Winter 2023

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

APPLICATION TIMELINE

Winter/Spring 2023-2024

- Acceptances!

Spring 2024

- Continue classes/research
- Relax

Fall 2024

- Entering medical or dental school!

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 (medical only)

Schedule so tight there is no time for test prep

BEYOND THE NUMBERS

What Are Medical and Dental Schools Looking For?

After medical schools review your GPA/test scores, they want to know about you as a person. What is your background? What have you done to prepare yourself? Are you ready?

- ***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 ranked in your Committee Letter

WHY STUDENTS ARE NOT ACCEPTED

Filing your application late is one of the biggest causes for rejection. Understand “rolling admissions” and learn to multitask. You should be able to work study for the MCAT/DAT and work on your personal statement.

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 2023 semester. NO EXCEPTIONS!) We cannot write letters once school starts again.

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

Is waiting a year your best
option?

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.

COVID-19

BE PREPARED

COVID-19 is the most virulent public health crisis of this generation. Both medical and dental programs will want to know what you did during the crisis.

The following questions will be asked in our pre-health application.

- How did COVID-19 affect you personally?
- Discuss family life—who had the disease in your immediate family, how long you and your family were affected and in which ways were you all affected (health, job loss, living in close quarters, etc.)
- What did you do during the pandemic to help others? You should discuss any volunteering you did outside the home (EX: Crisis Text Line, Schleppers, EMT work, etc.).

If you did nothing outside of what you did with your own family during this time, you should be prepared to explain **thoroughly**.

COMMITTEE LETTER APPLICATION

DEADLINE:

MONDAY, JANUARY 20, 2023

- 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.

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 assist you with managing 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://students-residents.aamc.org/taking-mcat-exam/taking-mcat-exam>

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/prehealth#resources>)

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
https://www.kaptest.com/mcat?gclid=Cj0KCQjwwY-LBhD6ARIsACvT72PCmaejawokaU7b2Kx_Ac_KkuQ1xilBQCOFedSMb2mJa-WnWTMAqaUaAhBDEALw_wcB&gclidsrc=aw.ds

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/>

AMCAS/AADSAS ONLINE APPLICATION

Live on or about June 1, 2023

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.

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

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?