

Pre Health FAQs

General

QUESTION	ANSWER
What GPA do I need to be competitive for medical school?	Over the past three years the average BCPM (biology, chemistry, physics and math) GPA has been 3.7 for accepted students. (<i>The average for Albert Einstein COM was 3.8 BCPM for accepted students.</i>)
What GPA do I need to be competitive for dental school?	The average BCPM GPA for dental schools is 3.3. Please note that the average for programs in the northeast is 3.4.
I am not sure I want to be a doctor. What other doctoral programs in the health field are available to me?	You can be an optometrist, a podiatrist, a physical therapist or a pharmacist. These are all doctoral level programs. Popular non-doctoral programs include Physician's Assistant and Nursing. Information about other health care careers can be found at: explorehealthcareers.org
With the dual curriculum my grades are not as strong as they could be. Will my health professions schools take this into account?	It is a buyer's market! Schools have many students they can choose from. If your grades are subpar you are likely to be rejected. You should work on getting a solid "A" average in your science/math courses for at least one complete year at YU. And you should be sure to take several upper division courses in biology or chemistry to show you are capable of the workload you will have as a medical/dental student.
I just decided that I'd like to go to medical school and I am a senior. What are my options?	You can stay at YU and complete the courses needed. Or you can apply to formal post baccalaureate programs.
What is required from a post baccalaureate program and where are they located?	Postbac programs allow you to complete all of the science and math requirements you need for your health professions career. They will provide you with academic guidance, course selection and scheduling information as well as write a letter on your behalf when you apply. Completing the work at YU will allow you to stay in an area you are familiar with but some of the postbac programs may be better suited to your personal circumstances. Each has its own

	<p>set of admission criteria and deadline dates. In NYC there are four major programs:</p> <ul style="list-style-type: none"> ✓ Columbia ✓ NYU ✓ Hunter ✓ City College <p>For a complete listing of post baccalaureate programs across the country visit https://apps.aamc.org/postbac/#/index.</p> <p>Also, consult the Post-Bac Program chapter in this guide.</p>
<p>I don't have a lot of professors that know me well enough for a letter of recommendation. Can I just ask for letters from other people?</p>	<p>You MUST have at least three letters of recommendation from science and/or math faculty. Take your resume and transcripts to them and ask for a one-to-one meeting so you might give them information they might need to write a letter on your behalf.</p>

The Application Process

QUESTION	ANSWER
<p>I keep hearing that the application process is long and complicated. What should I do to avoid the stresses that I see others going through when they apply?</p>	<p>The application process <u>is</u> long and complicated. It last approximately 18 months from submitting your application to matriculation at your chosen school. However, the process is manageable if you understand the process and don't procrastinate. Students should begin preparing their files at least a year before they take their professional school exams.</p> <ul style="list-style-type: none">✓ Make sure you've been following up on your letters of recommendations.✓ Check your file in the Pre-Health Office once a semester to confirm your requests have arrived in our office.✓ Collect reading/study material you will need to prepare you for these tests.✓ Update your resume every semester.✓ File for your Committee letter well before the stated deadline; we will assign people on a first come, first served basis. <p>If you wait too long and we are unable to provide a letter for you schools will ask WHY! Letting schools know that you missed important deadlines that impacted on your ability to get a letter from us will certainly harm your application.</p>

Your Committee Letter

QUESTION	ANSWER
<p>What is the Committee letter?</p>	<p>Your Committee letter is a very extensive, personalized letter written by the Pre-Health Advisor on behalf of the school. This introductory letter is IN ADDITION to your individual letters or recommendation. The comments made in all of these letters are the “meat and potatoes” of your Committee letter. Too few comments will make your letter weak and ineffective. This in turn will translate into no interviews! You are responsible for gathering these letters together!</p>
<p>How many letters do I need for a Committee letter?</p>	<p>Students need to obtain seven letters if they are pre-med, at least three of which must be from science and/or math teachers. Pre-dental students need four letters, two of which must be from science and/or math teachers. All recommendations are kept on file in the Pre-Health Office.</p>
<p>Why does the Pre-Health Office want its own application?</p>	<p>The purpose of the Pre-Health Application is two-fold. First, the background information contained in the application (along with the 1-hour interview) form the basis of the Committee Letter which the Pre-Health Advisor writes on your behalf. Second, the essays and narratives required in the application are also requested on the online application, so thinking about your Personal Statement and experiences in January months before the online applications open makes the process easier.</p>
<p>Why must I get copies of all transcripts when transfer courses are listed on my YU transcript?</p>	<p>Students must have on file any transcripts for schools they have attended other than YU. These courses may be listed on your transcript but your professional schools will want each individual transcript from every post-secondary American or Canadian school you’ve attended. We need them as well in the event there is a problem or discrepancy that needs to be addressed. Your Israeli transcripts and morning transcripts are <u>not</u> needed by either medical or dental schools.</p>

<p>Why do I have to have an interview with the Pre-health advisor?</p>	<p>The pre-health advisor meets with you in person to (1) provide the most comprehensive committee letter on your behalf, and to (2) provide you with practice on answering potential questions in an interview setting.</p>
<p>What happens once I've completed all of the above?</p>	<p>Once we have your completed Pre-Health Application and you've met with the Pre-Health Advisor, a letter is drafted. When your AMCAS/AADSAS application is submitted, you are placed in a queue in which finalized Committee letters are transmitted in the order in which the applications are submitted.</p>
<p>How soon will my letter be ready after the interview with the advisor?</p>	<p>It will take several weeks to finish your letter. It has to be written, discussed, and then final revisions are made. Once the letter is finalized we will upload the letter to the appropriate service. Please do not call or stop by for daily updates on the status of your letter. You will receive an email confirmation when it is sent.</p>
<p>Is there a fee for sending my letters?</p>	<p>No, Yeshiva does not charge you a fee for the letter service.</p>

Standardized Tests (MCAT/DAT)

QUESTION	ANSWER
<p>Should I take a test prep course?</p>	<p>Test prep courses are expensive and often require classroom time. However, if you are someone who needs outside pressure to get your work done a test prep program may be worth the money. YU does not endorse any particular test prep company.</p>
<p>Why do I have to release my scores to the Pre-Health Adviser?</p>	<p>Your Pre-Health Advisor, like Admissions Committees, needs every bit of information in order to offer you the best advice. MCAT/DAT scores are a crucial factor in determining how competitive your application is, which schools you should be applying to, etc. The YU Pre-Health Office does not share the scores with others. We do not use the scores to rate you or compare you to other YU students. However, if a health professions school contacts us about your application we need to know what your scores are so we might address any concerns the schools may have.</p>
<p>My test scores are bad. Should I apply anyway?</p>	<p>Admissions Officers read thousands of applications each cycle. Their first question is "Why should I spend valuable time reading this?" If you're scores aren't competitive, they may look no further. Before you apply, discuss your options with the Pre-Health Advisor, (i.e., retaking your MCAT or DAT, post-bac programs, osteopathic schools, etc.) The most crucial part is to be realistic about your options and not decide based on, "Well, my friend was accepted with a such and such MCAT score." Your scores are the biggest factor in the admissions process. If you have bad or even marginal scores your chances of success are greatly diminished. Before spending a lot of money on an application you should try and retake the exam and improve upon your performance. There is no substitute for a poor score.</p>

What is a good score?	<p>MEDICAL: If you are applying to medical school the MCAT is the test you will take. The average MCAT score for accepted students is 512 for Northeast schools. However, schools in the Tri-State region have significantly higher scores for accepted students. There is a chart published by the AAMC that gives acceptance rates based on GPA and MCAT scores.</p> <p>DENTAL: Students applying to dental school take the DAT. The DAT tests your knowledge of Biology, Chemistry, Organic Chemistry, Reading, and Math. Physics is required to enter dental school but it is not tested on the DAT. Accepted student scores had an average of 20 on the DAT in 2010. Top schools such as Columbia and UPenn had significantly higher scores for accepted students. The most recent test also tests your ability to manipulate and interpret statistical data.</p>
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Updated: September 20, 2016