



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

THURSDAY, SEPTEMBER 10, 2020



YOUR ADVISING TEAM

There is a full-time pre-health advisor and coordinator

- General advisor
- 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 Office

500 West 185th Street
Furst Hall, Room 107A
646.592.4426

PREHEALTH ADVISING OFFICE

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

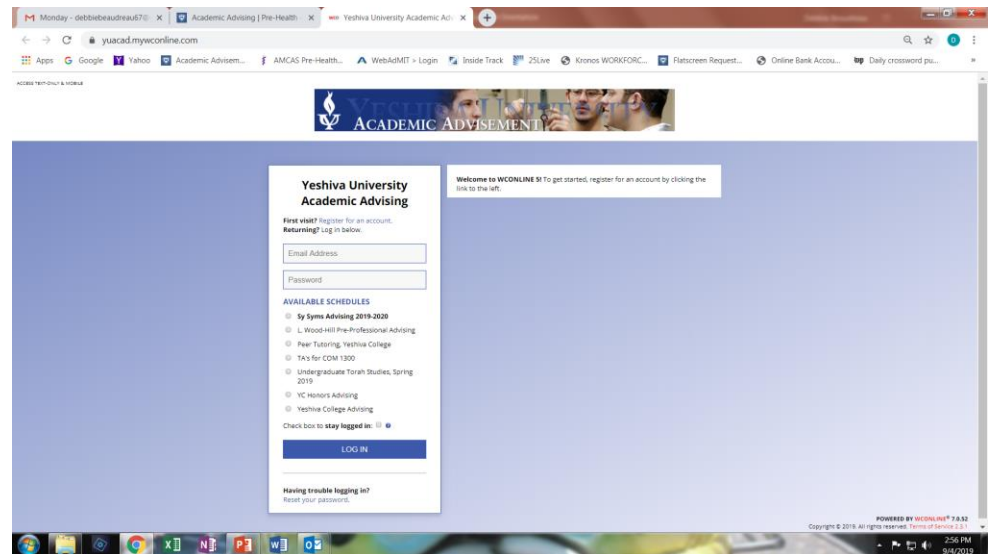
<https://yuacad.mywconline.com/>

Be sure to select **“Pre-Professional Advising”** from the drop-down menu. **ALSO, YOU MUST REGISTER BEFORE USE THE CALENDAR.**

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.



Pre-Health Listserv

1. The Pre-Health listserv is an important means of keeping up to date on current events, news, and other timely information.
2. Please be sure to add your email address to today's chat so it be included on the listserv.
3. Otherwise, email Debbie at beaudrea@yu.edu to be added to the list.
4. THERE WILL BE A LOT OF EMAILS FROM US! PAY ATTENTION TO THEM!

WHILE DEBBIE SENDS THESE, I HAVE VETTED THEM AS IMPORTANT
ENOUGH TO SEND!



PRE-HEALTH PEER MENTORS

MEDICAL



Albert Dweck
adweck99@gmail.com



Zev Narrowe
zevnarrowe1@gmail.com



Ariel Sacknovitz
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Aaron Stolarov
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DENTAL

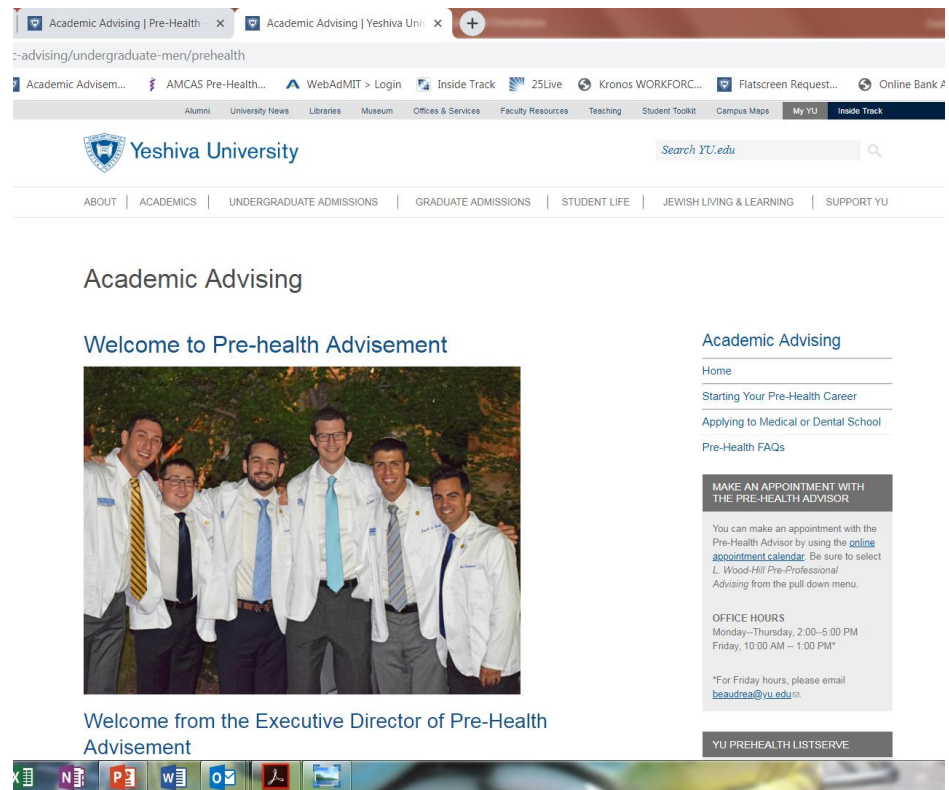


Calev Glick
Calev.glick@gmail.com

PRE-HEALTH WEBSITE

<http://www.yu.edu/academic-advising/undergraduate-men/prehealth/>

- ✓ **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 screenshot shows the Yeshiva University Academic Advising Pre-Health website. The header includes the Yeshiva University logo and a search bar. The main navigation bar lists various university resources. The page title is "Academic Advising" and the sub-header is "Welcome to Pre-health Advisement". A large photo of six men in white lab coats is featured. Below the photo, it says "Welcome from the Executive Director of Pre-Health Advisement". On the right side, there is a sidebar with links: "Academic Advising", "Home", "Starting Your Pre-Health Career", "Applying to Medical or Dental School", and "Pre-Health FAQs". A section titled "MAKE AN APPOINTMENT WITH THE PRE-HEALTH ADVISOR" provides information on how to make an appointment, including a link to the "online appointment calendar" and "Office Hours" (Monday-Thursday, 2:00-5:00 PM; Friday, 10:00 AM - 1:00 PM). At the bottom, there is a "YU PREHEALTH LISTSERVE" button.

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 MD medical schools has been consistent, ranging from 3.64 to 3.77 for accepted students in NY and NJ. For Osteopathic schools in the Northeast, the average BCPM has been **3.5** for accepted students (DO schools will not accept grades lower than a C).

- 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 BCPM 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 full year 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?

- 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.

**THESE STUDENTS WERE SUCCESSFUL TWO YEARS AGO.
EVERY YEAR THE NUMBERS GO UP!**

YOU DON'T HAVE TO EARN ALL A'S

**But don't expect faculty to change your grades because you
need a better GPA!**

GPA's for Individual Schools in NY and NJ

Under 3.80

1. Albany 3.64
2. Buffalo 3.75
3. Cooper Rowan 3.75
4. Downstate 3.75
5. Hackensack 3.77
6. Rutgers –N J Med 3.75
7. Rutgers -- RWJ 3.79



Over 3.80

1. Einstein 3.81
2. Cornell 3.9
3. Columbia 3.91
4. Hofstra 3.82
5. Mt. Sinai 3.87
6. NYU 3.95
7. Stonybrook 3.82
8. Rochester 3.83

SUGGESTED TIMELINE—CHEMISTRY FIRST

1st Year

General Chemistry I

General Chemistry II

Cores

FYWR

General Chem II Lab

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

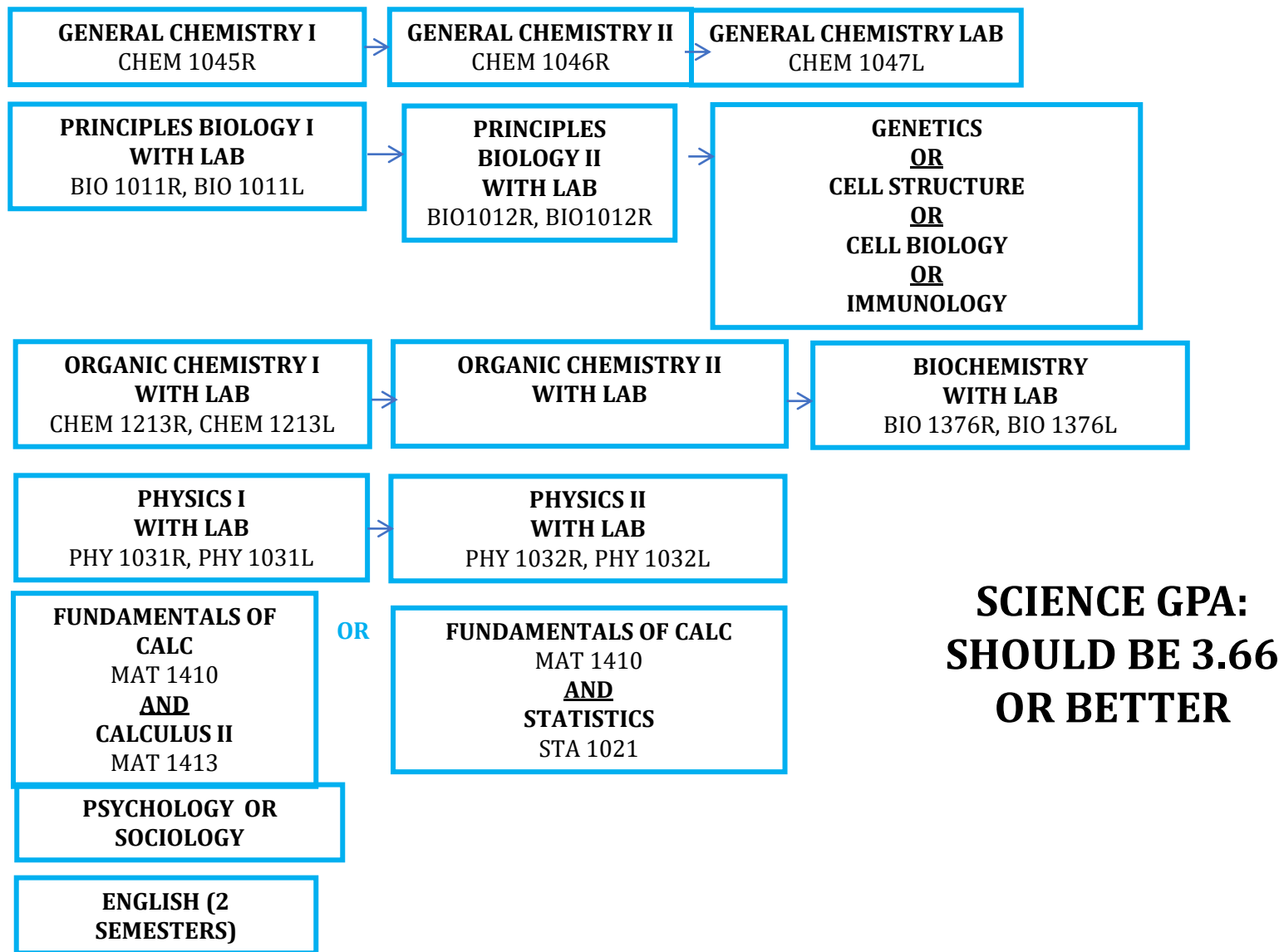
Research (optional)

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



PRE-DENT 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

**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

FUNDAMENTALS OF CALC
MAT 1410
AND
STATISTICS
STA 1021

Science GPA: 3.3 or better (B+ or better)

COMPETITIVE GPA SCORES

NUMBER OF APPLICANTS							
Category	Applied		Accepted		Matriculated		
	Sch.	Nat.	Sch.	Nat.	Sch.	Nat.	
All Applicants	71	51454	39	21935	35	19934	

MEAN GPA							
Category	Applied		Accepted		Matriculated		
	Sch.	Nat.	Sch.	Nat.	Sch.	Nat.	
CUM UG BCPM	3.65	3.48	3.81	3.66	3.81	3.66	
CUM UG AO	3.83	3.72	3.89	3.81	3.89	3.81	
CUM UG	3.74	3.58	3.85	3.72	3.84	3.72	

Note difference
between **applied** and
accepted and
between **national**
average and **YC**
average for
acceptance

COMPETITIVE MCAT SCORES

NUMBER OF APPLICANTS						
Category	Applied		Accepted		Matriculated	
	Sch.	Nat.	Sch.	Nat.	Sch.	Nat.
All Applicants	71	51454	39	21935	35	19934
Applicants with Scores from MCAT Exams After January 31, 2015	70	50778	39	21418	35	19462
Applicants with Scores from MCAT Exams Before January 31, 2015	0	63	0	23	0	14

MEAN MCAT						
After January 31, 2015						
Section	Applied		Accepted		Matriculated	
	Sch.	Nat.	Sch.	Nat.	Sch.	Nat.
Chemical and Physical Foundations of Biological Systems	127.6	126.5	128.3	127.8	128.5	127.8
Critical Analysis and Reasoning Skills	127.6	125.9	128.4	127.1	128.5	127.1
Biological and Biochemical Foundations of Living Systems	128.2	126.8	129.3	128.1	129.3	128.1
Psychological, Social and Biological Foundations of Behavior	128.2	127.2	128.8	128.6	128.8	128.6
Total	511.5	506.4	514.8	511.6	515.1	511.6
Before January 31, 2015						
Section	Applied		Accepted		Matriculated	
	Sch.	Nat.	Sch.	Nat.	Sch.	Nat.
Verbal Reasoning	N/A	7.2	N/A	9.9	N/A	9.6
Physical Sciences	N/A	8.3	N/A	10.8	N/A	10.1
Biological Sciences	N/A	8.4	N/A	10.9	N/A	10.6
Total	N/A	23.9	N/A	31.6	N/A	30.4

Non-released applicants from your institution have matriculated to the following schools:

Nova Southeastern University Dr. Kiran C. Patel College of Allopathic Medicine
Tulane University School of Medicine

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

See handout for details

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—(INTERACTING WITH PATIENTS) 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!

ALSO—STAND OUT! DON'T PICK THE SAME ACTIVITIES AS EVERYONE ELSE!

Online Opportunities

- <http://www.savvypremed.com/savvy-pre-med/2020/5/4/the-best-volunteer-opportunities-for-pre-meds-during-coronavirus-without-leaving-home>
- Resources during the pandemic (PDF)
- • Catchafire. ...
- • Smithsonian **Digital Volunteers**. ...
- • Amnesty Decoders. ...
- • Translators Without Borders. ...
- • Crisis Text Line. ...
- • Zooniverse. ...
- • Project Gutenberg.

Volunteering should take place year round!

1ST-2ND YEAR ON CAMPUS

- ✓ **Take lower level science courses**
 - ✓ Intro to Biology, Intro to Chemistry, Statistics, Calculus
 - ✓ Build relationships with faculty
- ✓ **Medical/Dental Related Volunteering:** Urgent Care Centers, hospitals, geriatric centers, dental clinics
 - ✓ 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** [PICK WHAT INTERESTS YOU!]
 - ✓ 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
 - ✓ Begin Research [you should have built relationships with yu faculty with labs]
 - ✓ Take on a leadership role AND GROW IN YOUR ACTIVITIES
 - ✓ Enhance resume
 - ✓ Start preparation for application AND MCAT
 - ✓ START COLLECTING LETTERS OF RECOMMENDATION
- ✓ 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 AND DAT
 - ✓ START COLLECTING LETTERS OF RECOMMENDATION

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](#) [ALWAYS CHECK PRE-APPROVED LIST]
- EMT training
- Volunteer/community service
- Public Health Intern

STATISTICS (2019—2020)

MEDICAL

- **88% ACCEPTANCE**
- **25 of 22**
- **8 pre-medical students received multiple acceptances**

national average is 45%

DENTAL

- **100% acceptance**
- **8 of 8**
- **5 pre-dental students received multiple acceptances**

Over the past 10 years we have an 88% or higher success rate for medical school admissions and an 81% success rate for dental school admissions.

ALTERNATIVES

Students also attend:

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

A list of allied health careers is available online at
<https://www.yu.edu/academic-advising/undergraduate-men/prehealth/allied-health-careers>



QUESTIONS??