

THE BASICS



Although you are just starting your pre-health career, there are several steps you can take now to ensure a smoother application process as you become upperclassmen.

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 three-four 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, etc.);
- you can work as part of a team;
- you have the maturity, leadership and responsibility to succeed as a practitioner.

PROVE YOU ARE READY FOR MEDICAL OR DENTAL SCHOOLS!

GET ORGANIZED NOW

Familiarize yourself with these important aspects in the process:

- MCAT, DAT or other standardized test information:
- AMCAS, AADSAS, or other application service information

- MSAR: Medical School Admissions Requirements
- ADEA
- PRE-HEALTH OFFICE materials
- PRE-HEALTH WEBSITE/WIKI WEBSITE

Please make a point to visit the YU Pre-Health website on a consistent basis.

<http://www.yu.edu/academic-advising/undergraduate-men/prehealth/> This is where you will find the most up-to-date information on events, visits with admissions officers, and other important reference materials.

Wiki Pre-Health Website. We have also established a wiki website at

<http://yuPre-Health.wikispaces.com> which contains similar information.

JOIN THE PRE-HEALTH LISTSERVE

To join the pre-health listserv, email Debbie Beaudreau at beaudrea@yu.edu with your name and email address. You will receive important announcements about deadlines, speakers, programs, as well as new information forwarded to you by Mrs. Wood-Hill from the National Listserv of Pre-health Advisors and Health Professional School Admissions Deans.

UPDATE YOUR E-MAIL ADDRESS AND YOUR VOICE MAIL MESSAGE

Schools may try to contact you either by phone or email to schedule interviews, request additional information, or for a number of other reasons, so it's important that you maintain a professional demeanor with all correspondence.

Change your e-mail address to your name with your middle initial and a number, if need be. It is not professional to be teddybear@gmail.com. Try jonathanagreen22@gmail.com. Use your YU email address.

Similarly, change your voice-mail to clearly and slowly announce your first and last names (not nicknames!) only. Please speak distinctly when setting up your greeting. Listen to it yourself and ask someone else to listen to it and comment on it. Do not enhance it with music, commentary or background noise. When you leave voicemail messages, say your name at the beginning of the call, then spell your name and repeat your telephone number slowly, twice, at the end.

READ YOUR E-MAIL FROM THE PRE-HEALTH LISTSERV

For you to function effectively, you must make a daily practice of reading announcements that are forwarded to the Yeshiva College Pre-health Listserv, as well as e-mail will receive from other key application sources.

KEEP IN TOUCH

The Pre-Health Office is here to help. Students should take full responsibility for staying in touch and asking questions whenever necessary. Remember, there's no such thing as a dumb question! Conversely, it is rare that your "quick question" can be answered without thoughtful contemplation, so plan well ahead and set-up an appointment if you require assistance.

RECOMMENDATION LETTERS/VOLUNTEERING

More about these are covered in their respective sections, but it's never too early to request letters of recommendation and investigate volunteer and research opportunities. More volunteer hours and letters of recommendation received now avoid a mad dash in the coming years. The Pre-Health Office will open a file for you and keep the letters indefinitely.

REVIEW YOUR TRANSCRIPT

Following the close of each semester you should review your transcript carefully for "incompletes," "in progress," or other anomalous grades which require your attention. Correct any discrepancies as soon as possible to avoid delays when you're ready to apply. Also, be sure to have official transcripts from courses taken outside YU forwarded to the Registrar's office and confirm these courses appear on your official YU transcript.

THE ROAD NOT TAKEN: PODIATRY, PHYSICAL THERAPY, OPTOMETRY

There are many alternatives to the standard four-year "MD" degree. Now is the time to investigate these options and discuss your path with the Pre-Health Advisor to explore alternative health careers, including physical therapy and physician's assistant programs. You can also visit www.explorehealthcareers.org for more information about other health fields.

Please see "Your Options" for more information.

QUESTIONS

Please consult this guide first for answers. If the answer to your question is not here, then feel free to contact the Pre-health Office. E-mail is the best and most efficient, and you may e-mail Ms. Wood-Hill at woodhill@yu.edu. If we think the question would be better answered in conversation, either by phone or in person, we will invite you in for a face-to-face meeting. Please include your cell phone number and your legal name at the bottom of every e-mail so we know who you are and can pull your file if needed.

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