Applicant Orientation
(for students planning to apply to medical/dental school)

Caroline Piotrowski
Coordinator | Pre-Health Advising Office

Amanda Spohn
Pre-Dent/Optometry Advisor | Pre-Health Advising Office

Office of the Vice-President for Instruction
About the Pre-Health Advising Office

- Our office advises all UGA students interested in health-care careers.
  - Medical, dental, optometry, PA, PT, OT, AA, nursing, etc.

- We are located in 130 Memorial Hall
  - Website: prehealth.uga.edu
  - Email: premed@uga.edu
  - Phone: 706-542-0444

- Join our Pre-HealthUGA listserv
  - Primary means of communication from our office to you!

- Check out our Pre-Health Event Calendar for upcoming meetings/workshops/events.

- Make an appointment with a Pre-Health Advisor by visiting our website.
Meet our Staff!

- **Caroline Piotrowski (Coordinator/Pre-Medical Advisor)** - If you are a third year, fourth year or a UGA alumnus, then you should schedule an appointment with Caroline Piotrowski.
  - [eolyn@uga.edu](mailto:eolyn@uga.edu)
  - [dirpremed@uga.edu](mailto:dirpremed@uga.edu)

- **Jabari Robinson (Pre-Medical Advisor – Freshman and Sophomores)** - If you are a first or second year student, *regardless of credit hours earned*, you should schedule an appointment with Jabari Robinson.
  - [Jabari.Robinson@uga.edu](mailto:Jabari.Robinson@uga.edu)

- **Amanda Spohn** (Pre-Dental/Optometry Advisor)
  - [aspochn@uga.edu](mailto:aspochn@uga.edu)

- **Anna Williams** (Physician Assistant & Allied Health (PT, OT, etc.)
  - [aaw1@uga.edu](mailto:aaw1@uga.edu)

- **Mandy Skinner** (Nursing & Allied Health (PT, OT, etc.)
  - [amanda.skinner@uga.edu](mailto:amanda.skinner@uga.edu)
Important Upcoming Application Dates
For the 2018-2019 application cycle:

- **AMCAS** (Medical School)
  - May 2: Application opens
  - June 1: Submission begins
  - June 30: Schools begin receiving verified applications

- **AACOMAS** (Osteopathic Medical School)
  - May 4: Application opens and submissions begin
  - June 15: Schools begin receiving applications

- **AADSAS** (Dental Schools)
  - May 15th: Application Opens
  - June 5th: Submission begins

- **TMDSAS** (Texas Medical and Dental Schools)
  - May 1: Application opens and submissions begin
Orientation Overview

- Application and Timeline
- Components of Application
  - Academic Transcript and GPA
  - MCAT/DAT
  - Activities
  - Personal Statement
  - Letters of Evaluation
- Where should I apply?
- Interviews
- Should I take a Gap-Year?
- What if I am not competitive?
Medical and Dental Schools in Georgia

- **Medical Schools**
  - Emory University (Atlanta, GA)
  - Medical College of Georgia (Augusta, GA)
    - Satellite campus in Athens, GA
  - Mercer University (Macon, GA)
    - Satellite campus in Savannah, GA
  - Morehouse University (Atlanta, GA)

- **Dental Schools**
  - Dental College of Georgia (Augusta, GA)

- **Osteopathic Medical Schools**
  - Philadelphia College of Osteopathic Medicine (PCOM; Suwanee, GA)
Primary Application

- **Centralized Application Services**
  - AMCAS (for medical school)
  - AACOMAS (for DO school)
  - AADSAS (for dental school)
  - TMDSAS (for Texas medical and dental schools)

- Each application has an instruction manual—download it!

- Submit your primary application as early as possible!
  - Takes approximately 4-6 weeks to be verified (peaks in July/August)
Secondary Applications

- Each school you apply to will send you a secondary application.
  - Additional essays and questions specific to that school.
  - Some schools screen applicants first (minimum GPA/MCAT/DAT)

- Google secondary prompts from previous year and work on those while your primary application is being verified.

- Submit secondary applications within 2 weeks of receipt!

- Avoid repeating content from AMCAS/AADSAS essay in your secondary essays.
# Medical School Application Timeline

## Junior Year

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>Shadow/Volunteer/Research and register for Spring MCAT dates in October</td>
</tr>
<tr>
<td>Jan-May</td>
<td>Study for MCAT</td>
</tr>
<tr>
<td>Feb/March/April</td>
<td>Ask for Letters of Evaluation (give letter-writers at least 1-month to compose)</td>
</tr>
<tr>
<td></td>
<td>Write Personal Statement</td>
</tr>
<tr>
<td>April/May/June</td>
<td>Take MCAT</td>
</tr>
<tr>
<td>May</td>
<td>Begin completing AMCAS Application</td>
</tr>
</tbody>
</table>

## Summer

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>June</td>
<td>Submit AMCAS Application (submit early as possible—even if MCAT score or LOEs are not received)</td>
</tr>
<tr>
<td>June/July</td>
<td>Prepare for Secondary Applications (look online for previous year’s questions)</td>
</tr>
<tr>
<td>July/August</td>
<td>Complete Secondary Applications (within 2 weeks of receiving each application)</td>
</tr>
</tbody>
</table>

## Senior Year

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>Interview (beginning late August/early September through Spring)</td>
</tr>
<tr>
<td></td>
<td>Shadow/Volunteer/Research</td>
</tr>
<tr>
<td>Spring</td>
<td>Graduate</td>
</tr>
</tbody>
</table>
# Dental School Application Timeline

## Junior Year

<table>
<thead>
<tr>
<th>Timeframe</th>
<th>Tasks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>Shadow/Volunteer/Write Personal Statement/Study for DAT</td>
</tr>
<tr>
<td>Jan/May</td>
<td>Register for DENTPIN Study for DAT</td>
</tr>
<tr>
<td>Feb/March/April</td>
<td>Ask for Letters of Evaluation (give letter-writers at least 1-month to compose and upload into Interfolio)</td>
</tr>
<tr>
<td>March/April/May</td>
<td>Take DAT</td>
</tr>
</tbody>
</table>

## Summer

<table>
<thead>
<tr>
<th>Timeframe</th>
<th>Tasks</th>
</tr>
</thead>
<tbody>
<tr>
<td>June</td>
<td>Complete and submit AADSAS Application (submit as early as possible)</td>
</tr>
<tr>
<td>June/July</td>
<td>Prepare for Secondary Applications (look online for previous year’s questions)</td>
</tr>
<tr>
<td>July/August</td>
<td>Complete Secondary Applications (within 2 weeks of receiving each application)</td>
</tr>
</tbody>
</table>

## Senior Year

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<tr>
<td>Fall</td>
<td>Interview Shadow/Volunteer</td>
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<td>Spring</td>
<td>Graduate</td>
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</table>
Primary Components of Application

1. Academics
   - Overall GPA vs. Science GPA
   - Trends

2. Exam Performance (MCAT/DAT)

3. Activities/Experiences
   - Shadowing (Exposure to "doctor-patient" interaction)
   - Volunteering (Commitment to helping others and community involvement)
   - Leadership (Extracurricular engagement)
   - Research

4. Personal Statement and Secondary Essays

5. Letters of Evaluation
**Academics AMCAS**

- Overall GPA vs. Science GPA
  - Biology, Chemistry, Physics, Math (BCPM)
  - ~3.7 GPA is average for accepted applicants

- Submit a transcript from every institution you attended.

- Trends
  - Did you challenge yourself?
  - Did you improve over time?
  - Did you take your science courses at UGA?
  - Do you have only 1-2 withdrawals?

- AP credit
  - Medical College of Georgia no longer accepts AP credit for Biology or Chemistry

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**AMCAS® Application Course Classification Guide**

- Behavioral & Social Sciences (BESS)
  - Anthropology
  - Economics
  - Family Studies
  - Psychology
  - Sociology

- Business (BUSI)
  - Accounting
  - Finance
  - Human Resources Studies
  - Management
  - Marketing
  - Organizational Studies

- Communications (COMM)
  - Journalism
  - Media Production & Studies
  - TV, Video & Audio

- Computer Science & Technology (COMP)
  - Computer Science
  - Computer Engineering
  - Information Systems
  - Telecommunications

- Education (EDUC)
  - Counseling & Personnel Services
  - Curriculum & Instruction
  - Educational Administration
  - Educational Policy
  - Health Education
  - Human Development
  - Physical Education (Except for sports courses)
  - Special Education

- Engineering (ENGI)
  - Aerospace Engineering
  - Biomedical Engineering
  - Chemical Engineering
  - Civil Engineering
  - Electrical Engineering
  - Environmental Engineering
  - Engineering
  - Nuclear Engineering

- English Language & Literature (ENGL)
  - Composition & Rhetoric
  - Creative Writing
  - Literature

- Fine Arts (ARTS)
  - Art
  - Art History
  - Dance
  - Fine Arts
  - Music
  - Photography
  - Theatre

- Foreign Languages, Linguistics, & Literature (FLAN)
  - American Sign Language
  - Comparative Literature
  - Foreign Languages & Literature
  - Linguistics

- Government, Political Science, & Law (GOVT)
  - Criminology & Criminal Justice
  - Government
  - International Relations & Studies
  - Law/Legal Studies
  - Political Science
  - Public Affairs & Policy
  - Urban Policy & Planning

- Health Sciences (HEAL)
  - Allied Health
  - Chiropractic
  - Dentistry
  - Hearing & Speech Studies
  - Hospital Administration
  - Kinesiology
  - Nursing
  - Optometry
  - Occupational Therapy
  - Osteopathy
  - Physiatry
  - Physical Therapy
  - Physician Assistant

- History (HIST)
- History

- Natural & Physical Sciences (NPSC)
  - Agriculture
  - Animal & Avian Sciences
  - Environmental Science & Policy
  - Forestry
  - Geography
  - Geology
  - Geosciences
  - Landscape Architecture
  - Meteorology
  - Natural Resources
  - Oceanography

- Other (OTH)
  - (All courses that do not fit appropriately in another classification)
  - Architecture
  - Library Science
  - Military Science
  - Sports (similar, golf, aerobics, etc.)

- Philosophy & Religion (PHIL)
  - Ethics
  - Logic
  - Philosophy
  - Religion
  - Theology

- Special Studies (SSTU)
  - Afro-American Studies
  - American Studies
  - Gender Studies

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**UNIVERSITY OF GEORGIA**

Pre-Health Advising Office
Academics AADSAS

- **Overall GPA vs. Science GPA**
  - Biology, Chemistry, Physics (BCP)
  - "Other Sciences" see attached image for a list of these courses.
  - ~3.60 overall GPA is average for accepted applicants
  - ~3.51 "science" and "BCP" GPA is average for accepted applicants

- **Submit a transcript from every institution you attended.**

- **Trends**
  - Did you challenge yourself?
  - Did you improve over time?
  - Did you take your science courses at UGA?
  - Do you have only 1-2 withdrawals?

- **AP credit**
  - Currently the Dental College of Georgia accepts AP credit. However, this may change so keep an eye on each institution's website regarding their acceptance of AP credit.
MCAT

- Take the MCAT no later than Spring/early Summer of the year you plan to apply
  - Offered in January and March-September each year.
  - Registration opens in October for Jan-June dates and in February for July-September dates.

- Courses you need before the exam:
  - BIOL 1107/1108
  - CHEM 1211/1212 and CHEM 2211
  - BCMB 3100
  - PHYS 1111/1112
  - **Recommended:** STAT 2000, PSYC 1101, SOCI 1101, CBIO 3400, GENE 3200, and a Physiology course

- MCAT scores range 472-528
  - Try to score at least 510 (85th percentile)

- You can study for the MCAT on your own or take a MCAT prep-course
  - Key is to make a study plan and take at least 5-6 full-length practice tests!
DAT

- Take the DAT no later than early Summer of the year you plan to apply.
  - Offered nearly year-round.
  - Must wait 90 days before you can retake.

- Courses you need before exam:
  - BIOL 1107/1108
  - CHEM 1211/CHEM 1212
  - CHEM 2211/CHEM 2212
  - **Recommended:** GENE 3200, VPHY 3100, CBIO 3710 or PMCY 3000, Art Courses, and English/Literature.

- DAT scores range 1-30.
  - You’ll receive two scores, one for the first 3 sections and one for Perceptual Ability.
  - Try to score at least an Academic Average of 20 and a Perceptual Ability score of 20
  - DCG’s competitive applicants score around an AA: 20 and PAT: 21

- You can study for the DAT on your own or take a DAT prep-course
  - Key is to make a study plan and take several practice tests!
Activities & Experiences (for Medical School)

- AMCAS allows you to include up to 15 “Work/Activities”
  - You do not have to list 15 total, but ideally you should have at least 10.
  - You will only have 700 characters to describe the activity.
  - Do not fill this area with fluff.
  - Can include hobbies (but try to stick to only 1 or 2 that you’re very passionate about).

- You can mark up to three experiences as the “Most Meaningful.”
  - You are granted an additional 1325 characters to describe these experiences.
  - You should focus on the transformative nature of these experience.

- Anything you add is fair game for an interview!
  - Include activities in which you were actively engaged.
  - Highlight specific qualities (e.g. leadership, teamwork, compassion, etc.).
  - Try to avoid including things in which you are a passive participant.
Activities & Experiences (for Dental School)

- Applicants use the Experiences section to provide detailed information about:
  - **Academic Enrichment**: Programs sponsored by colleges, universities or other not-for-profit organizations (e.g., Summer Medical and Dental Education Program/Summer Health Professions Education Program).
  - **Dental Shadowing**: Time spent officially following and observing a health care professional at work, preferably a dentist.
  - **Employment**: Paid work done outside of the health care field; for example, a retail or restaurant job.
  - **Extracurricular Activities**: Any sports teams and other activities through a college or university.
  - **Research**: Research projects done in addition to classroom work; research should NOT appear as credit on a school transcript.
  - **Volunteer**: Volunteer work done outside of the health care field; for example, working for Habitat for Humanity, tutoring students, participating in or working for a fundraiser walk or blood drive, etc.

- You can mark up to six experiences as the “Most Meaningful.”
  - You can list as many experiences as you would like, but ideally you should have at least 10.
  - You will only have 600 characters to describe the activity.
  - Do not fill this area with fluff.
  - Make sure you have your resume completed and use it to fill out this section of the application.

- Anything you add is fair game for an interview!
  - Include activities in which you were actively engaged.
  - Highlight specific qualities (e.g. leadership, teamwork, compassion, etc.).
  - Try to avoid including things in which you are a passive participant.
Personal Statement

- Your chance to inform committee about yourself beyond transcript.
  - 5300 characters (medical)/4500 characters (dental)—~ 1 page, single-space
  - Triple-check for grammar and spelling errors!

- Need to answer these questions:
  - Why do you want to be a doctor (or dentist)?
  - Why do I want to pursue a dental/medical education?
  - Why have you selected the field of medicine (or dentistry)?
  - What motivates you to learn more about medicine (or dentistry)?
  - What do you want medical schools to know about you that hasn’t been disclosed in other sections of the application?
  - Explain a defining moment that helped steer you toward a career in medicine (or dentistry).

- Start early! Give yourself at least two months to work on your statement.
  - Have several people read it (letter-writers, advisor, etc.)
  - UGA resources: Honors College, Milledge Hall Writing Center, Career Center
Letters of Evaluation

- **Medical school: Need at least 3 letters**
  - 2 science professors
  - 1 non-science professor
  - 1 physician
  - Additional letters from another academic professional, physician, a supervisor, or someone who knows the you well enough to speak positively on the your behalf.

- **Dental school: Need 4 letters**
  - 2 hard science professors
  - 1 general dentist
  - Additional letter from another academic professional, dentist, a supervisor, or someone who knows the you well enough to speak positively on the your behalf.

- Letters should come from people who know you!
  - Will need to describe your character traits—behavior, communication skills, maturity-level, etc.

Pre-Health Advising Office
Regarding Committee/Pre-Med Advisor Letters

- The Pre-Health Advising office no longer writes nor submits letters of evaluation.

- The Medical College of Georgia will ask for the name of the individual who wrote your “pre-med letter.”
  - You should put the name of the individual you believe wrote your “strongest” letter, preferably a science professor.
  - Do not put the pre-med advisor in our office (unless she wrote you a letter).

- The absence of a committee or pre-med advisor letter will not negatively affect your application.
How should I ask for Letters of Evaluation?

- Ask early! January-March of year you plan to apply.
- Email about meeting in person, then ask for letter during meeting.
- Always ask whether they can write you a positive letter!
- Provide the following to your letter-writers:
  - Resume or CV
  - Draft of personal statement
  - Information about the programs you’re applying to and your goals
  - Guidelines for Letter-Writers handout (provided by Pre-Health Advising Office)
How should my Letters be submitted?

- Several options to submit letters, but best option is **electronically**.
  - **Electronic Submission:**
    1. Interfolio (preferred method)
    2. AMCAS Letter Writer Service
  - Regular Mail to AMCAS or AADSAS
    - Ask letter-writer if they will need postage
  - Work with letter-writer to make submission as easy as possible.

- **Always** waive your right to view your letters of evaluation!
Where should I apply to medical school?

- Recommend applying to 15-20 schools.
  - Admissions committees can be fickle. Many variables affect likelihood of interview.
  - There are no true “back-up” medical schools.

- Apply to every school in Georgia

- Apply to private out-of-state schools.
  - State institutions are very particular about residency, private schools are not.

- Use the *Medical School Admissions Requirement (MSAR) handbook*
  - Overview and admissions data for every accredited medical school in US
  - Digital and paper versions
Where should I apply to dental school?

- Recommend applying to ~10 schools.
  - Admissions are very fickle. Many variables affect likelihood of interview.

- Apply to Dental College of Georgia

- Be careful applying to public, state institutions—consider private.
  - State institutions are very particular about residency, private schools are not.

- Use the *ADEA Official Guide to Dental Schools*
  - Overview and admissions data for every accredited dental school in US
  - Digital and paper versions
Background Check

- Report anything you think might be an issue.
  - Honor Code violations
  - Legal issues
- Not reporting is considered the same as lying.
- If you have had a violation expunged, be sure to pull record and verify.
- If something happens after you apply or are accepted, you must report.
- Bottom-line, try to keep your nose clean!
Interviews

- Interview season begins in August/September and will continue into the Spring.
- An invitation to interview typically means your “numbers” are good.
- Interviewers are trying to find out who you are.
  - No right/wrong answers—more about how you answer and interpersonal communication skills.
- Tips:
  - Know your application inside and out.
  - Dress conservatively (no tattoos, minimal jewelry, beards trimmed, comfy shoes)
  - Interview begins the minute you step on campus
  - Send thank-you notes within 2-weeks of interview (email or hand-written)
- Career Center conducts mock interviews
  - Schedule early! Try for Spring.
- Pre-Health Advising Office conducts Interview Panel every August—watch for announcement
Gap Year

- Why take a Gap Year?
  - I didn’t get in.
  - I am not ready to apply.
  - I need a break from school.

- Work on weak spots in your application.
  - Complete post-bac or Master’s program
  - Retake MCAT or DAT
  - Increase clinical involvement and experience

- Key to Gap Year is planning.
  - Try to stay busy and do things that allow you to grow and cultivate new skills
What if I am not competitive?

- It’s okay not to get in the first time! Plenty of people have to reapply.

- Take a Gap Year to work on becoming more competitive.
  - Take additional courses or complete a graduate degree
  - Re-take the MCAT or DAT
  - Seek out more volunteering and shadowing opportunities

- Apply to Osteopathic School (DO)
  - Very similar to MD program, but apply through AACOMAS
  - One program in GA: Philadelphia College of Osteopathic Medicine (PCOM)

- Consider another career in healthcare
  - Nursing, Physician Assistant, Physical Therapist, Genetic Counseling, etc.
Fee Assistance Programs

- **Medical School**
  - The AAMC offers a fee assistance program to assist students registering the MCAT or applying to medical school.
  - Importantly, benefits are not retroactive! Apply for fee assistance well before you register for MCAT or submit your AMCAS application.
  - Also provides you access to the MSAR Handbook.
  - [Link to program website](#).

- **Dental School**
  - The ADEA AADSAS Fee Assistance Program was created for dental school applicants who demonstrate an extreme need for financial assistance.
  - Needs to be the first thing you do before registering for the DAT or applying.
  - [Link to program website](#).
Recent Medical Admissions Data (2017-2018)

University of Georgia

- 184/484 (accepted/applicants): 38%
- 140/342 (first-time applicants): 41%
- Average applicant vs. accepted GPA:
  - 3.49/3.60 vs. 3.70/3.76
- Average applicant vs. accepted MCAT:
  - 505 vs. 510
- Matriculated into 66 medical schools
  - Including: MCG, USF, Virginia, Wake Forest, Washington University, Tulane, Meharry and many more.

National

- 50,774/17,286: 34%
- Average applicant vs. accepted GPA:
  - 3.47/3.57 vs. 3.68/3.74
- Average applicant vs. accepted MCAT:
  - 505.7 vs. 511.9
Recent Dental Admissions Data (2016-2017)

**University of Georgia**
- 121/63 (applicants/accepted): 52%
- Average applicant (BCP/Overall) vs. matriculant (BCP/Overall) GPA:
  - 3.34/3.66 vs. 3.54/3.75
- Average applicant Science vs. matriculant Science GPA:
  - 3.37 vs. 3.55
- Average applicant vs. matriculant DAT:
  - AA: 19 vs. 20
  - PAT: 20 vs. 20
- Matriculated into 17 dental schools
  - Including: Columbia, NYU, DCG, UAB, University of Louisville, University of Florida, UPenn, Howard, UNC, LECOM-FL, and others.

**National**
- 11,873/6,122: 52%
- Average applicant vs. matriculant GPA:
  - 3.27/3.40 vs. 3.47/3.56
- Average applicant vs. matriculant DAT:
  - AA: 19.3 vs 20.4
  - PAT: 19.3 vs 20.1
Major Takeaways

- Plan out each step in advance!
- Submit your application as early as you can (but don’t rush it)!
- Be positive about your chances of acceptance but always have a plan for if you do not get in!
  - Make sure you have a gap year plan.
  - Make sure you keep up with your academic and extracurricular responsibilities after you hit submit.
- Utilize the Pre-Health Advising Office!
  - Join the Pre-Health listserv
  - Meet with Pre-Health Advisor
  - Review our website
Questions?

Pre-Health Advising Office
Website: prehealth.uga.edu
Email: premed@uga.edu
Phone: 706-542-0444

To make an appointment with Pre-Health Advisor, please visit website or call.