



UNIVERSITY OF
GEORGIA

Pre-Health Advising Office

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
 - 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
- **Amanda Spohn (Pre-Dental/Optomety Advisor)**
 - aspohn@uga.edu
- **Anna Williams (Physician Assistant & Allied Health (PT, OT, etc.))**
 - aaw1@uga.edu
- **Mandy Skinner (Nursing & Allied Health (PT, OT, etc.))**
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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

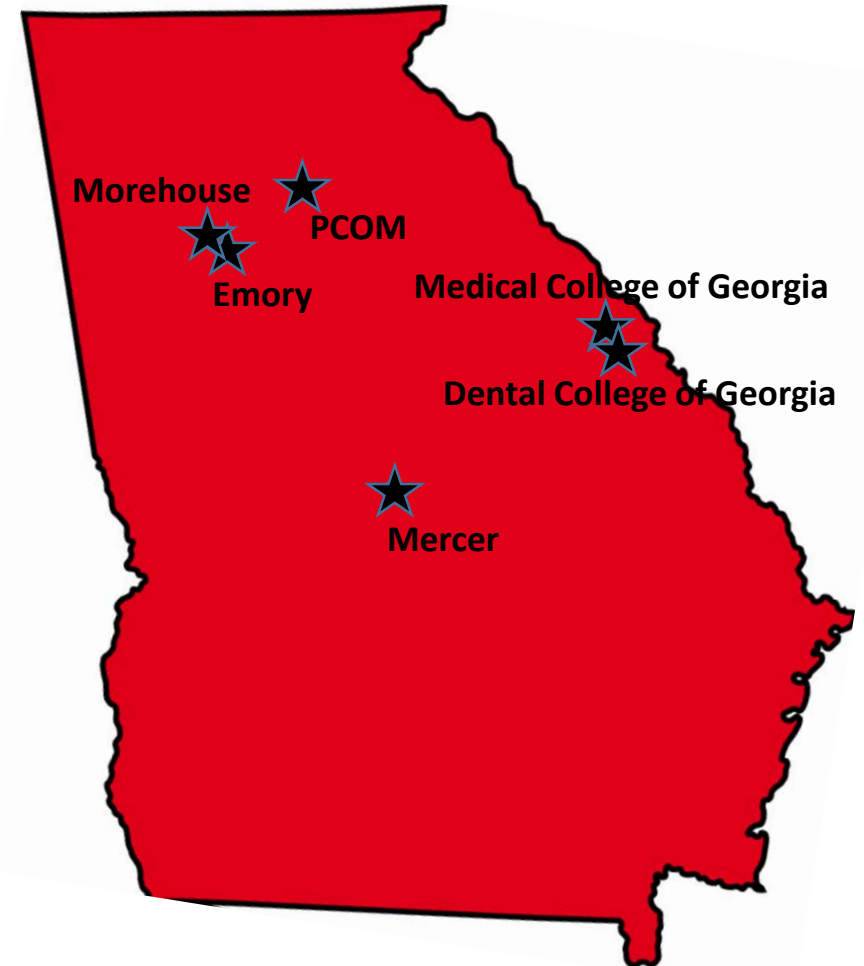
- Emory University (Atlanta, GA)
- Medical College of Georgia (Augusta, GA)
 - Satellite campus in Athens, GA
- Mercer University (Macon, GA)
 - Satellite campus in Savannah, GA
- Morehouse University (Atlanta, GA)

■ 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

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

Summer

June	Submit AMCAS Application (submit early as possible—even if MCAT score or LOEs are not received)
June/July	Prepare for Secondary Applications (look online for previous year's questions)
July/August	Complete Secondary Applications (within 2 weeks of receiving each application)

Senior Year

Fall	Interview (beginning late August/early September through Spring) Shadow/Volunteer/Research
Spring	Graduate



Dental School Application Timeline

Junior Year

Fall	Shadow/Volunteer/Write Personal Statement/Study for DAT
Jan/May	Register for DENTPIN Study for DAT
Feb/March/April	Ask for Letters of Evaluation (give letter-writers at least 1-month to compose and upload into Interfolio)
March/April/May	Take DAT

Summer

June	Complete and submit AADSAS Application (submit as early as possible)
June/July	Prepare for Secondary Applications (look online for previous year's questions)
July/August	Complete Secondary Applications (within 2 weeks of receiving each application)

Senior Year

Fall	Interview Shadow/Volunteer
Spring	Graduate



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

AMCAS® Application Course Classification Guide

The following guide provides examples of how courses are often categorized. Please select course classifications based on the primary content of the course.

In the case of interdisciplinary courses, where two or more subject matters are combined into one course, refer to the description of the course on your school's website or consult with your Pre-health Advisor to choose the most appropriate course classification.

Biology (BIOL)

- Anatomy
- Biology
- Biophysics
- Biotechnology
- Botany
- Cell Biology
- Ecology
- Entomology
- Genetics
- Histology
- Immunology
- Microbiology
- Molecular Biology
- Neuroscience
- Physiology
- Zoology

Chemistry (CHEM)

- Biochemistry
- Chemistry
- Physical Chemistry
- Thermodynamics

Physics (PHYS)

- Astronomy
- Physics

Mathematics (MATH)

- Applied Mathematics
- Biostatistics
- Mathematics
- Statistics

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
- 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 Language(s) & 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
- Nutrition
- Occupational Therapy
- Optometry
- Osteopathy
- Physical Therapy
- Physician Assistant

- Public Health
- Pharmacology & Pharmacy
- Sports Medicine
- Veterinary Medicine

History (HIST)

- History

Natural & Physical Sciences (NPSC)

- Agriculture
- Animal & Avian Sciences
- Environmental Science & Policy
- Forestry
- Geography
- Geology
- Horticulture
- Landscape Architecture
- Meteorology
- Natural Resources
- Oceanography

Other (OTHR)

(All courses that do not fit appropriately in another classification)

- Architecture
- Library Science
- Military Science
- Sports (tennis, golf, aerobics, etc.)

Philosophy & Religion (PHIL)

- Ethics
- Logic
- Philosophy
- Religion
- Theology

Special Studies (SSTU)

- Afro-American Studies
- American Studies
- Gender Studies



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 institutions website regarding their acceptance of AP credit.

2016-2017 ADEA AADSAS (Dental) Course Subjects

Biology

Anatomy
Biochemistry (BIO Dept.)
Biology
Biological Anthropology
Biomedical Engineering
Biophysics (BIO Dept.)
Biopsychology (Any Dept.)
Biomedical Science
Bioinformatics
Biotechnology
Botany/Plant Biology
Brain and Behavior (Any Dept.)
Cognitive Psychology (Any Dept.)
Cognitive Science
Cellular & Molecular Biology
Cellular Pathology
Dental Anatomy (DENT Dept.)
Ecology
Evolution
Epidemiology
Genetics
Hematology
Histology
Immunology
Medical Mycology
Medicine
Microbiology
Neuropsychology (Any Dept.)
Neuroscience
Oral Anatomy/Physiology (DENT Dept.)
Oral Microbiology (DENT Dept.)
Oral Pathology (DENT. Dept.)
Pathology
Pharmacy/Pharmacology
Physiology
Psychopharmacology (Any Dept.)
Structural Biology
Surgery
Virology
Toxicology
Zoology

Chemistry

Biochemistry (CHEM dept)
Chemistry
General Chemistry
Inorganic Chemistry
Organic Chemistry

Physics

Biophysics (PHYSICS dept)
Magnetism
Mechanical Heat
Physics
Thermodynamics

Other Science

Agriculture
Animal Sciences (Any Dept.)
Animal Anatomy and Physiology
Astronomy
Audiology
Biostatistics
Biometrics
Computer Science (Programming/Software)
Clinical Sciences
Chair Assisting
Civil Engineering
Dental Hygiene
Dentistry
Dental Materials
Dietetics
Earth Science
Engineering
Entomology
Environmental Science
Electronics
Exercise Physiology
Exercise Science
Flight Science
Food Science
Health Technology
Geology
Kinesiology (Non-PE)
Lab Safety
Limnology
Mathematics
Meteorology
Nursing
Nutrition (Any Dept.)
Speech Pathology
Oral Radiology (DENT. Dept.)
Oceanography
Physical Sciences
Plant Sciences (Any Dept.)
Radiology
Sports Sciences
Soil Science
Statistics (Any Dept.)
Veterinary Medicine



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.



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, U Penn, 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.

