Introductory Orientation
(for 1st and 2nd year pre-med/dent students)

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 and appointment with Jabari Robinson.
  - Jabari.Robinson@uga.edu

- **Amanda Spohn** (Pre-Dental/Optometry Advisor)
  - aspohn@uga.edu

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

- **Mandy Skinner** (Nursing & Allied Health (PT, OT, etc.)
  - amanda.skinner@uga.edu
Orientation Overview

- Medical and Dental Schools in GA
- Application and Timeline
- Admission Requirements
- MCAT and DAT
- Choosing a major
- Volunteering/Shadowing
- Research
- Letters of Evaluation
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)
What should I major in?

- Major does not matter!
  - Biology (or other science majors) are sometimes more convenient since the typical medical/dental prerequisite courses are already a part of the curriculum. However, admissions committees will not lend weight to your major.
  - Pre-med and pre-dent are not majors.

- Challenge yourself, take a full-load (15/16+ hours per semester), and pursue things that interest you.
  - Remember that GPA is very important so it should be one of your primary focuses. Don’t overwhelm yourself!

- Overall GPA vs. Science GPA
  - Medical Science GPA = Biology, Chemistry, Physics, Math (BCPM)
  - Dental Science GPA = “BCP” Biology, Chemistry, Physics and “Science GPA” which includes “BCP” and “other courses” listed by ADEA/AADSAS.
Medical School Admission Requirements

- Always double-check with schools you are interested in!
  - Requirements can change year-to-year

<table>
<thead>
<tr>
<th>General Medical School Requirements</th>
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<tbody>
<tr>
<td><strong>Biology</strong></td>
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<tr>
<td>BIOL 1107/L and BIOL 1108/L</td>
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<tr>
<td><strong>General Chemistry</strong></td>
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<tr>
<td>CHEM 1211/L and CHEM 1212/L</td>
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<tr>
<td><strong>Organic Chemistry</strong></td>
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<tr>
<td>CHEM 2211/L and CHEM 2212/L</td>
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<tr>
<td><strong>Biochemistry</strong></td>
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<tr>
<td>BCMB 3100</td>
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<tr>
<td><strong>Physics</strong></td>
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<tr>
<td>PHYS 1111/L and PHYS 1112/L or PHYS 1211/L and PHYS 1212/L</td>
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<tr>
<td><strong>Statistics</strong></td>
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<tr>
<td>STAT 2000 or BIOS 2010</td>
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<tr>
<td><strong>Misc. Recommended</strong></td>
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<tr>
<td>PSYC 1101, MATH 2250, GENE 3200, CBIO 3400, VPHY 3100, CBIO 3010/L</td>
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Dental School Admission Requirements

- Always double-check with schools you are interested in!
- Requirements can change year-to-year

<table>
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Is AP credit accepted?

- AP credit can sometimes be used for medical or dental requirements. However, these policies vary from school to school and are subject to change. If you have AP credit for one of the prerequisite courses please consult with one of our advisors to see what the next steps are.
  - Don’t jump at re-taking AP credit. You may not need to or you may be able to substitute in a higher level course.

- MCG does not accept AP credit for Biology or Chemistry
  - If you have AP credit, you will need to take upper-level courses as substitute.

- Dental College of Georgia currently accepts AP credit

- Important to check with individual schools you hope to apply to.
What is the MCAT?

- MCAT is the test you’ll need to apply to medical school

- MCAT contains 4 sections:
  1. *Biological and Biochemical Foundations of Living Systems*
  2. *Chemical and Physical Foundations of Biological Systems*
  3. *Critical Analysis and Reasoning Skills (CARS)*
  4. *Psychological, Social, and Biological Foundations of Behavior*

- MCAT scores range 472-528
  - Each section is scored 118-132
  - A score of 500 is ~50th percentile

- The length of the MCAT is now ~7½ hours.
What courses are needed before the MCAT?

- **Required Pre-MCAT**
  - **Biology**: BIOL 1107/L and BIOL 1108/L
  - **Chemistry**: CHEM 1211/L and CHEM 1212/L
  - **Organic Chemistry**: CHEM 2211/L
  - **Biochemistry**: BCMB 3100 or BCMB 4020
  - **Physics**: PHYS 1111 and PHYS 1112 or PHYS 1211/L & 1212/L

- **Recommended Pre-MCAT**
  - Physiology (VPHY 3100, PMCY 3000, CBIO 3710), GENE 3200, CBIO 3400, STAT 2000 or BIOS 2010, PSYC 1101, SOCI 1101, and English/Literature

- You can study for the MCAT on your own or take a MCAT prep-course
  - Key is to make a study plan and take several practice tests!
What is the DAT?

- The Dental Admissions Test (DAT) is the test you’ll need to apply to dental school.

- DAT contains 4 sections:
  1. Survey of the Natural Sciences (Biology, General Chemistry, Organic Chemistry)
  2. Reading Comprehension
  3. Quantitative Reasoning
  4. Perceptual Ability

- DAT scores range 1-30.
  - Each section is scored 1-30
  - A score of 18 is ~50th percentile
  - You’ll receive two scores, one for the first 3 sections and one for Perceptual Ability. You will receive your unofficial scores immediately and it will take 3-4 weeks from the date that you take the DAT for the official scores to be reported and verified by the ADA.
  - Average score for DCG Class of 2019: AA – 20, PAT – 21

- The length of the DAT is ~5 hours.
What courses are needed before the DAT?

- **Required Pre-DAT**
  - **Biology**: BIOL 1107/L and BIOL 1108/L
  - **Chemistry**: CHEM 1211/L and CHEM 1212/L
  - **Organic Chemistry**: CHEM 2211/L and CHEM 2212/L
  - **Highly recommend physiology pre-DAT**

- **Recommended Pre-DAT**:
  - Courses in GENE 3200, Physiology (VPHY 3100, PMCY 3000, CBIO 3710), BCMB 3100 or 4020, Art courses and English/Literature.

- **Not Necessary Pre-DAT**
  - MIBO 3500 or 3000/L or 2500/L, PHYS 1111/L & 1112/L or 1211/L & 1212/L

- 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!
Core Competencies

- Medical and dental schools have placed an increased focus on whether an applicant is competent in several key areas.
  - Competencies speak to personal qualities that define an applicant, rather than focusing solely on grades and test scores.
  - Evidence for each competency should be reflected in the activities you’ve engaged in while at UGA.

- The AAMC Core Competencies include:
  - **Interpersonal Competencies:** The skills dealing with how you interact with others.
  - **Intrapersonal Competencies:** The attitudes and qualities unique within you as an individual.
  - **Thinking & Reasoning Competencies:** The ability to reason and use your thought processes to form conclusions, inferences, or judgments.
  - **Science Competencies:** The knowledge and academic proficiency necessary for managing science content present in medicine.
Shadowing

- Shadowing involves observing physicians providing care to patients.
  - Exposure to “doctor-patient” interaction
  - Experience reality of being a doctor/dentist—not always about healing or curing!

- No minimum number of hours for med schools, but >100 is a good benchmark for med. For dental schools 170 hours is a good benchmark. However, the Dental College of Georgia prefers students that have around 300 hours of shadowing.
  - Variety is encouraged.

- Start with your family physician or dentist, if possible.
  - Connect with campus clubs, they can point you in right direction.

- Do not engage in activity that could be considered practice of medicine!
  - Especially important for medical and dental mission trips and abroad experiences.
Volunteering

- Volunteering involves doing good work and giving back to your community.
  - You want to be a doctor or dentist to help people? Well, how have you so far?

- Volunteer experiences **do not** have to be medical or dental!

- No minimum hours, simply show consistent level of commitment.
  - Find something where you’re helping regularly, not just one-offs. Medical and dental programs value depth of commitment.
  - Follow your passion!

- Keep record of experiences.
  - Dates, location, who you worked with, what you did, etc.
  - You will not be able to simply upload a resume to the application.
Volunteer Opportunities in Athens (or nearby)

- Hospitals/Clinics:
  - Piedmont Athens Regional Medical Center
  - St. Mary’s Health Care System
  - Mercy Health Center
  - Athens Nurses Clinic
  - Athens Neighborhood Health Center

- Hospices:
  - St. Mary’s Hospice
  - Gentiva Hospice
  - Athena Healthcare & Hospice
  - Hospice Advantage
  - Pruitt Health

- Non-medical:
  - Thomas Lay After-school Program
  - Summer camps (Camp Hardgrove, Camp Twin Lakes, Camp Kudzu, Camp Kesem, etc.)
  - Action Ministries of Athens
  - Boys & Girls Club of Athens
  - Athens-Area Humane Society

- Clinical work experiences:
  - Medical Scribing
  - Medical Assistant
  - Phlebotomist

- Many, many more. Follow your interests!
Leadership

- Get involved in student organizations and the community!
  - Medical and dental schools like applicants who can excel in rigorous coursework as well as those who demonstrate leadership abilities and a desire to help the community.

- Attending meetings is helpful but look for leadership opportunities.
  - Active involvement is what matters. You don't need to have the title of president or vice president, but you need to show that you are capable of being a leader.

- Check these out:
  - American Medical Student Association (AMSA)
  - Alpha Epsilon Delta Pre-Medical Honor Society (AED)
  - Pre-Dental Society (PDS)
  - Women in Science (WiSci)
  - Minority Student Science Association (MSSA)
  - MED-LIFE @ UGA
  - Whatever It Takes (WIT)
Research

- Research is recommended for med school but not required for med or dental schools.
  - Can do it for course credit, for pay, or as a volunteer.
  - Very important for dual-degree programs (e.g., MD/PhD)
  - Begin looking for research early ideally freshman or sophomore year.

- Only do research if you’re actually interested in it.
  - Plan to be involved in a lab or on a project for at least a year.
  - You must be able to discuss the research in depth as well as be able to give a quick elevator speech on your work and the goals of the project and its applications.

- Does not have to be medical or translational!

- Search UGA departmental websites for possible research mentors.
  - Email professors detailing who you are and that you’re interested in their work.
  - Ask about current projects.
Summer Internships and Opportunities

- Start researching programs early.
  - Most deadlines are in February and March.
  - Google “summer program” and the name of the institution you’re interested in.

- Does not have to be strictly medical—could be research intensive.

- Augusta University (MCG and DCG) hosts **STAR** and **SEEP** summer programs.

- Medical Summer Programs
  - [https://www.aamc.org/members/great/61052/great_summerlinks.html](https://www.aamc.org/members/great/61052/great_summerlinks.html)
  - [https://services.aamc.org/summerprograms/](https://services.aamc.org/summerprograms/)

- **Summer Health Professions Education Program**
  - For pre-medical and pre-dental students
  - Multiple sites nationwide
  - Must be a freshman or sophomore
Letters of Evaluation for Medical School

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

- Letters should come from people who know you!
  - Will need to describe you as an individual—behavior, character traits, maturity-level, etc.
Letters of Evaluation for Dental School

- **Need four letters:**
  - 2 hard science professors
  - 1 general dentist (not a specialist)
  - Additional letters from another academic professional, dentist, supervisor, or someone who knows you well enough to speak positively on your behalf.

- Letters should come from people who know you!
  - Will need to describe you as an individual—behavior, character traits, maturity-level, etc.
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

- Major in what you’re interested in and do well in your science courses.

- Start getting involved early and stay committed.
  - Consider how your activities fit into the Core Competencies but be sure to follow your passions and get involved in things you genuinely care about.

- Utilize the Pre-Health Advising Office!
  - Join the Pre-Health List-Serv
  - Meet with Pre-Health Advisor
  - Review our website (prehealth.uga.edu)
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.