

# Planning Your Application to Health Professional School

Kathleen Scheltens, Ph.D.

Director of Premedical Programs

University of Dayton

October 2013

# Choosing a Health Career

- How much do I wish to deal with people?
- Am I comfortable in a health care setting?
- Am I a team player?
- What lifestyle do I envision?

# Seven Key Characteristics of Great HPS Candidates

- Academic Ability
  - National GPA ave. ~ 3.6. (MED)
- Non-Academic Competence/Skills
  - Wide range of real world skills and real-life experiences.
- Contribution to the Welfare of Others.
- Commitment and Follow-through.
- Emotional Intelligence/Inherent Understanding of People.
- Communication Skills
- Fitness for the Profession

# Assessing Your Personal Path

- Academic History
  - CUM GPA
  - BCMP
  - PRE-REQS
- Co-Curricular Experiences
  - Service
  - Clinical Experiences
  - Research
- Admission Test Scores (MCAT, DAT, GRE, PCAT)

# Deciding on your Timeline

- Apply after Junior Year (matriculate in Fall 2015)
- Apply after Senior Year (matriculate in Fall 2016)
  - If you apply to medical school after senior year, will you take MCAT in 2014 or 2015?

**PRE-REQUISITES FOR HEALTH PROFESSIONAL SCHOOLS**

**Non-MED MAJORS**

The following chart outlines the most common course requirements for various health professional schools. NOTE: Students MUST check for any individual differences at the schools to which they intend to apply. Also note that most professional schools require health care experience. Some require a specific number of documented hours of experience. Again, check individual schools for their specific requirements.

COURSE		Accelerated									
		MD/DO	DDS	RN <sup>1</sup>	OT <sup>2</sup>	OD <sup>3</sup>	PharmD <sup>4</sup>	DPT <sup>5</sup>	PA <sup>6</sup>	DPM <sup>7</sup>	DVM <sup>8</sup>
BIO 151 + L BIO 152 + L	Concepts of Biology	*	*			*	*	*	*	*	*
CHM 123 + L CHM 124 + L	General Chemistry	*	*			*	*	*	*	*	*
CHM 313 + L CHM 314 + L	Organic Chemistry	*	*			*	*		*	*	*
PHY 201 + L PHY 202 + L	General Physics <sup>11</sup>	*	*			*	*	*	*	*	*
MTH 148/149 MTH 168/169	Introductory Calculus	*	*			*			*	*	*
ENG 101/102 or ENG 114	College Composition	*	*				*		*	*	*
ENG ____	English (2 <sup>nd</sup> course if needed)	*	*						*	*	*
CHM 420 or 451 +L	BIOCHEM	*	*						*	*	*
BIO 411 +L	MICROBIOLOGY*	*	*	*		*	*		*	*	*
BIO 312	GENETICS	*	*	*		*	*		*	*	*
BIO 475 +L	HUMAN ANATOMY *	*	*	*	*	*	*	*	*	*	*
BIO 403 +L	PHYSIOLOGY *	*	*	*	*	*	*	*	*	*	*
BIO 309	COMPARATIVE ANATOMY*										*
BIO 427	IMMUNOLOGY*	*	*								*
BIO 440	CELL BIOLOGY*	*	*								*
PSY 101	PSYCHOLOGY	*	*		*	*	*	*	*	*	*
SOC 101	SOCIOLOGY*				*	*	*	*	*	*	*
PSY 351	CHILD DEVELOPMENT			*							
	PATHOPHYSIOLOGY *			*							
	PHARMACOLOGY			*							
PSY 251 or PSY 351+353	LIFESPAN DEVELOPMENT			*	*	*	*	*	*	*	*
MTH 207 or 367	STATISTICS			*	*	*	*	*	*	*	*
HSS 295	NUTRITION <sup>9</sup>			*							
	WELLNESS <sup>10</sup>							*			
	ECONOMICS						*				
UDI 396	MEDICAL TERMINOLOGY							*	*		
	ADMISSION TEST	MCAT	DAT	GRE	GRE	OAT	PCAT	GRE		MCAT	GRE/ MCAT

# Co-Curriculars

- Clinical Experience
- Service
- Research?

# Clinical Shadowing

- Primary Care Experience (MED)
  - Family and community medicine
  - Internal medicine
  - Pediatrics
  - Geriatrics
  - Obstetrics/Gynecology
- Specialties?
- MVH Internship
- Experience in a Dental Environment (DEN)



# Service – An important component to being a viable applicant

- Can be clinical or non-clinical
- Clinical
  - Reach Out
  - Global Brigades
  - Dayton Children's (Through AED or Healing Hearts)
  - Hospice
- Non-Clinical
  - Habitat for Humanity, DECA tutor, volunteer coach, etc.

# REQUIRED HCE FOR PA

- Most require “direct” patient contact.
- Number of documented hours vary greatly by school.
- Some ways to get HCE:
  - Home health aid
  - Phlebotomy
  - Reach Out
  - Hospital volunteer (if direct pt care)
  - Hospice
  - Medical Scribe

### Health Professional School Admission Tests

MCAT	Allopathic, Osteopathic and Podiatric Medicine <a href="https://www.aamc.org/students/applying/mcat/">https://www.aamc.org/students/applying/mcat/</a>
DAT	Dental <a href="http://www.ada.org/dat.aspx">http://www.ada.org/dat.aspx</a>
OAT	Optometry <a href="https://www.ada.org/OAT/">https://www.ada.org/OAT/</a>
PCAT	Pharmacy <a href="http://www.aacp.org/resources/student/pharmacyforyou/admissions/Pages/PCAT.aspx">http://www.aacp.org/resources/student/pharmacyforyou/admissions/Pages/PCAT.aspx</a>
GRE	DPT, PA, OT, DVM <a href="http://www.ets.org/gre/">http://www.ets.org/gre/</a>

# Admissions Tests

## MCAT 2014

- \$270 Computerized exam
- Test dates Jan – Sep.
- Test Content:
  - Physical Sciences
  - Verbal Reasoning
  - Biological Sciences
- All scores out of 15 pts.
- Ave Scores of accepted students: ~10
- Test results in 4-6 weeks
- <https://www.aamc.org/students/download/63060/data/mcatessentials.pdf>

## DAT

- \$360 Computerized exam
  - Includes cost of sending scores to 5 schools.
- Offered Year Round
- Test Content:
  - Survey of Natural Sciences
  - Perceptual Ability Test
  - Reading Comprehension
  - Quantitative Reasoning
- All scores out of 30 pts
- Ave scores of accepted students: 19-20
- Test results immediate
- [http://www.ada.org/sections/educationAndCareers/pdfs/dat\\_examinee\\_guide.pdf](http://www.ada.org/sections/educationAndCareers/pdfs/dat_examinee_guide.pdf)

# MCAT Basics

- Standardized test administered by AMCAS (American Medical College Application Service)
- Tests ability to rapidly apply basic sciences and verbal knowledge.

# Dental Admission Test

- Quantitative Reasoning
  - Algebra, fractions, decimals, percentages, probability and stats, geometry, trigonometry, applied math problems.
- Survey of Natural Sciences
  - Biology, chemistry, organic chemistry

# Dental Admission Test

- Perceptual Ability
  - 6 sub-sets: apertures, angle discrimination, cube counting, 3D form development, paper folding, view recognition
- Reading Comprehension
  - Assess ability to read, organize, analyze, comprehend and remember new information.

# When to Take the MCAT/DAT

- During Spring Semester?
- After Spring Semester?
- Later in Summer? – What's the risk?
- MCAT/DAT Review Course?
- Note: Test Seats fill up quickly, register early.
- Re-Take?



# Letters of Evaluation (LOE's)

HPS	Individual Letters	Composite Letter
MEDICAL SCHOOLS	X	X
DENTAL SCHOOLS	X	X
OPTOMETRY	X	X
PODIATRY	X	X
PHYSICIAN ASSISTANT	X	

# Letters of Evaluation

- Individual letters vs. Composite
- Ask faculty, “Can you write a strong letter on my behalf?”
- Letters should go beyond grades – help prof know about you as a person.
- Stress promptness!
- Consider science faculty
- Diversify your letters
- Some schools require letters from profession

# Personal Statement

- No universal formula....but should be personal!
- Your personal journey
- Important experiences and what you have learned from them.
- Strengths, goals, how you will contribute to the diversity of your class.
- Personal anecdotes that reflect who you are as a person.
- Get Feedback!

# Interviews:

## What are they really looking for?

- Your understanding of the career
- Your motivation
- Your level of maturity and judgment
- Your intellectual curiosity
- Your interpersonal skills

**Table 24: MCAT and GPA Grid for Applicants and Acceptees to U.S. Medical Schools, 2010-2012 (aggregated)**



The table below displays the acceptance rates at different MCAT and GPA levels for applicants and accepted applicants from 2010 to 2012. The frequencies are combined totals of all three years. Please email us at [facts@aamc.org](mailto:facts@aamc.org) if you need further assistance or have additional inquiries.

Acceptance rate for applicants, 2010-2012 (aggregated)		Total MCAT Scores									All Applicants	
		5-14	15-17	18-20	21-23	24-26	27-29	30-32	33-35	36-38		39-45
<b>Total GPA</b>												
3.80-4.00	Acceptees	2	8	80	336	1,376	4,126	6,536	5,552	3,150	1,255	22,421
	Applicants	80	176	517	1,408	3,401	6,334	8,134	6,444	3,500	1,377	31,371
	Acceptance rate %	2.5	4.5	15.5	23.9	40.5	65.1	80.4	86.2	90.0	91.1	71.5
3.60-3.79	Acceptees	.	12	99	387	1,223	3,724	5,763	4,108	1,647	372	17,335
	Applicants	165	382	1,006	2,220	4,580	7,622	8,239	5,211	1,999	446	31,870
	Acceptance rate %	.	3.1	9.8	17.4	26.7	48.9	69.9	78.8	82.4	83.4	54.4
3.40-3.59	Acceptees	2	18	95	383	1,038	2,371	3,539	2,285	799	188	10,718
	Applicants	299	529	1,204	2,541	4,557	6,808	6,804	3,496	1,122	236	27,596
	Acceptance rate %	0.7	3.4	7.9	15.1	22.8	34.8	52.0	65.4	71.2	79.7	38.8
3.20-3.39	Acceptees	1	9	74	258	612	1,051	1,463	891	333	70	4,762
	Applicants	318	513	1,099	2,060	3,260	4,257	3,876	1,793	527	107	17,810
	Acceptance rate %	0.3	1.8	6.7	12.5	18.8	24.7	37.7	49.7	63.2	65.4	26.7
3.00-3.19	Acceptees	1	13	49	155	329	530	530	331	97	19	2,054
	Applicants	405	484	948	1,479	2,007	2,247	1,766	777	206	33	10,352
	Acceptance rate %	0.2	2.7	5.2	10.5	16.4	23.6	30.0	42.6	47.1	57.6	19.8
2.80-2.99	Acceptees	.	4	25	72	151	144	174	86	29	11	696
	Applicants	339	394	631	814	1,010	976	745	274	87	24	5,294
	Acceptance rate %	.	1.0	4.0	8.8	15.0	14.8	23.4	31.4	33.3	45.8	13.1
2.60-2.79	Acceptees	.	3	13	28	53	66	71	32	13	2	281
	Applicants	270	275	343	443	485	421	297	113	37	11	2,695
	Acceptance rate %	.	1.1	3.8	6.3	10.9	15.7	23.9	28.3	35.1	18.2	10.4
2.40-2.59	Acceptees	.	.	2	6	17	21	23	9	3	.	81
	Applicants	184	144	179	208	225	157	105	47	17	2	1,268
	Acceptance rate %	.	.	1.1	2.9	7.6	13.4	21.9	19.1	17.6	.	6.4
2.20-2.39	Acceptees	.	.	2	2	9	7	.	2	.	.	22
	Applicants	137	61	90	71	77	61	27	14	3	2	543
	Acceptance rate %	.	.	2.2	2.8	11.7	11.5	.	14.3	.	.	4.1
2.00-2.19	Acceptees	.	.	.	.	1	1	2	.	.	.	4
	Applicants	64	45	39	28	27	15	17	2	.	1	238
	Acceptance rate %	.	.	.	.	3.7	6.7	11.8	.	.	.	1.7
1.47-1.99	Acceptees	.	.	.	.	1	.	.	.	.	.	1
	Applicants	43	13	10	7	6	10	7	1	.	.	97
	Acceptance rate %	.	.	.	.	16.7	.	.	.	.	.	1.0
All	Acceptees	6	67	439	1,627	4,810	12,041	18,101	13,296	6,071	1,917	58,375
	Applicants	2,304	3,016	6,066	11,279	19,635	28,908	30,017	18,172	7,498	2,239	129,134
	Acceptance rate %	0.3	2.2	7.2	14.4	24.5	41.7	60.3	73.2	81.0	85.6	45.2

# Holistic Review: Experiences, Attributes, and Metrics (EAM)

- Experiences
- Attributes
  - Skills and Abilities
  - Personal Characteristics
  - Demographic Factors
- Metrics
  - GPA (CUM and BCMP)
  - MCAT

# How Does one Admissions Committee Decide on Acceptances?

Application Considerations	Score from Interviewer
Personal Statement	
Letters from Faculty	
Experiences	
Attributes	

Deliberator then gives scores for 3 components of holistic review: Experience, Attributes and Metrics.

- Superior = 1
- Strong = 2
- Acceptable = 3
- Weak/Red Flag = 4

<http://medicine.osu.edu/students/admissions/Pages/index.aspx>

# What to do NOW

- Work on GPA
- Develop relationships with potential evaluators
- Add breadth/depth to co-curriculars
- Consider coursework for Spring term
  - COMPLETED BIO 151/152, CHM 123/124, CHM 313/314, PHY 201/202
  - AS MANY OF THE FOLLOWING AS POSSIBLE:  
BIOCHEMISTRY, MICROBIOLOGY, GENETICS,  
PHYSIOLOGY



# What to do NOW

- Consider MCAT/DAT Review Program
  - Exam Crackers
  - Kaplan
  - U Cincinnati
  - Princeton Review
- Consider if you will be applying to MD and/or DO schools.

# What to do in Spring Term

- Attend the Premedical Programs Office Application Workshop II – Jan 28 or Jan 29, 5:00 p.m.
- Follow directions for obtaining a composite letter packet (if applying to medical, dental, optometry or podiatry school).
- Apply to take the Standardized Test for your Health Professional School.

# What To Do After Spring Term

- **Apply to the Centralized Service for the Health Professional School of your choice.**

Professional School	Centralized Service	Website
Allopathic Medicine	AMCAS	<a href="https://www.aamc.org/students/applying/amcas/">https://www.aamc.org/students/applying/amcas/</a>
Dentistry	AADSAS	<a href="https://www.aamc.org/students/applying/amcas/">https://www.aamc.org/students/applying/amcas/</a>
Osteopathic Medicine	AACOMAS	<a href="http://www.aacom.org">http://www.aacom.org</a>
Podiatric Medicine	AACPMAS	<a href="http://www.aacpm.org">http://www.aacpm.org</a>
Pharmacy	PHARMCAS	<a href="http://www.pharmcas.org/">http://www.pharmcas.org/</a>
Public Health	SOPHAS	<a href="http://www.sophas.org/">http://www.sophas.org/</a>
Veterinary Medicine	VMCAS	<a href="http://www.aavmc.org/vmcas/vmcas.htm">http://www.aavmc.org/vmcas/vmcas.htm</a>
Optometry	OptomCAS	<a href="http://www.optomcas.org/">http://www.optomcas.org/</a>
Physician Assistant	CASPA	<a href="https://portal.caspaonline.org/">https://portal.caspaonline.org/</a>

# Take your Admission Test

MCAT	Allopathic, Osteopathic and Podiatric Medicine <a href="https://www.aamc.org/students/applying/mcat/">https://www.aamc.org/students/applying/mcat/</a>
DAT	Dental <a href="http://www.ada.org/dat.aspx">http://www.ada.org/dat.aspx</a>
OAT	Optometry <a href="https://www.ada.org/OAT/">https://www.ada.org/OAT/</a>
PCAT	Pharmacy <a href="http://www.aacp.org/resources/student/pharmacyforyou/admissions/Pages/PCAT.aspx">http://www.aacp.org/resources/student/pharmacyforyou/admissions/Pages/PCAT.aspx</a>
GRE	DPT, PA, OT, DVM <a href="http://www.ets.org/gre/">http://www.ets.org/gre/</a>

# What to Expect in Summer

- Test Scores Reported
- Secondaries
- Composite Packet from UD Premed Advisor Submitted.

University of Dayton  
Checklist for Applicants to Health Professional Schools

Note: Be sure to keep a copy of all items for your records.

- **February or Before**
- Register with the Premedical Programs Office (<http://premed.udayton.edu>)
- Attend Jan 28 or Jan 29 Application Workshop
- Identify and talk to potential evaluators and complete evaluation form letters.
- Register for appropriate pre-professional exam (MCAT, OAT, DAT, etc)
- **March**
- Complete online and hard copy forms included in Request for Evaluation Packet. Complete packet due to PPO March 7.
- **April**
- PPO begins to process Evaluation Packets for delivery to faculty evaluators.
- **June**
- Order transcripts from all colleges attended
- Centralized Application Service websites open – Applications become available.
- **Spring/Summer**
- Take the appropriate pre-professional exam (MCAT, OAT, DAT, etc)
- Complete and submit primary applications as early as possible.
- Submit to PPO (online) final list of schools along with application service ID number.
- Watch for secondary notices! Complete and submit secondaries within one week!
- Check in with application service and/or schools to be sure they have received all application materials.
- Notify PPO when you receive a secondary notice.
- **August**
- Aug 12 – Last date PPO will accept outside letters of support to include in Composite packet. After this date, outside letters must be delivered directly to your school(s).
- **Fall**
- Notify PPO when you receive interview invitations and acceptances.
- Prepare and practice for your interviews!