



## **An Introduction to Pre-Medical, Pre-Dental and Pre-Physical Therapy Programs at the UI**

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# Introduction and Overview

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- Criteria for getting admitted to health professional schools
- Choosing a major at the UI
- “Pre-” Course requirements
- Best advice to make you competitive for admission and to build your resume

# Criteria Used for Admission to Health Professional Schools

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- **GPA, and your science GPA**
- **MCAT, DAT, or GRE test scores**
- Health/Clinical Experience
- Letters of recommendation
- Application/personal statements
- Activities/experiences that speak to your unique abilities: university/community involvement, leadership, volunteerism, undergrad research etc.

# Choosing a Major

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- Choose an interesting major!
- Take your “pre-” courses early and evaluate your career path—**test your interest and your aptitude!!!**
- Have fun and don’t take life and school too seriously. Just set your goals, gradually get going, and you will be surprised at how quickly your resume and experience grows.

# Prerequisite Courses for Medical and Dental Schools

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- Carefully check admission requirements for your desired schools
- Pre-requisite courses: typically, a one-year sequence with labs
  - Biology
  - Physics
  - General Chemistry
  - Organic Chemistry
- Plus 1 lecture course in Biochemistry is strongly recommended

# Prerequisite Courses for Physical Therapy Schools

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- Carefully check admission requirements for your desired schools
- Typically, one-year sequences with labs
  - Human Anatomy & Physiology
  - General Chemistry
  - Physics
  - plus
  - some Upper Division Biology
  - Statistics
  - some Psychology & Sociology/
  - Anthropology / Health Science

# Being Competitive for Admission: GPA/Grades

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- Maintain high GPA and good science course grades (but don't drive yourself crazy to get a 4.0). Take 15-18 cr per semester.
- Successful applicants to MD programs have an average GPA of 3.65-3.70.
- Take your freshman grades very seriously!
- Develop excellent study and time management skills during your freshman year
- Stay balanced! Make social connections!

# Being Competitive for Admission: MCAT, DAT, and GRE

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- Focus on learning the course material which will be covered on the MCAT (Medical College Admission Test), DAT (Dental Admission Test), and GRE (Graduate Record Examination).
- In terms of the MCAT, DAT and GRE, consider buying a preparation guide and going through it as you're working on your prerequisite courses.
- These exams are important, so it's worthwhile to prepare for them well in advance.

# Being Competitive for Admission: Going Beyond Grades/Test Scores

- Initial screening for med school is by computer based on your GPA and MCAT scores
- Become a well-rounded, broadly-educated, interesting person!
- Get involved and grow your experience, build your resume! Do it for the right reasons!
- Consider developing a 4-yr “dream resume” as a goal setting exercise, then work to make it happen with target GPA, extracurricular activities, volunteer/work experiences, honors, etc.

# Health/Clinical Experience

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- Get volunteer medical experience in health/clinical settings.
- Find out if medicine, dentistry or PT is right for you!!
- Volunteer, work, observe, and spend hours over the summer and during the school year. Spend time with health care workers and patients!!
- Show that you are serious and be able to justify through experience that you know that you want your targeted career.
- Maintain a formal work/volunteer log as most med school applicants will have several hundred hours of volunteer time. Consider different volunteer experiences that engage you.

# Health/Clinical Experience

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- Gritman Hospital
- Snake River Free Health Clinic, Lewiston
- Hospice of the Palouse
- Good Samaritan (Retirement) Village
- Muscular Dystrophy Assn. (Spokane)
- Palouse Crisis Hotline
- People-Pet Partnership
- Be an EMT (contact the local fire department)
- Be a Nurse Assistant
- Etc.

# Volunteer Experience

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- Soup Kitchens
- Big Brothers
- Planned Parenthood
- Stepping Stones
- American red Cross (Colfax)
- Palouse-Clearwater Environmental Inst.
- Republican/Democratic Office
- Etc.

# Develop your Personal, Interpersonal, and Leadership Skills.

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- Develop, practice and demonstrate personal attributes and strengths (leadership, involvement, service, volunteerism etc.) that set you apart from other applicants. Do a mixture of things that interest you.
- Get involved and build a strong resume through fun, interesting, co-curricular and extracurricular activities.
  - Consider joining the Honors Program and/or an Honors living community.
  - Consider study abroad and/or national student exchange.
  - Consider undergraduate research.
  - Consider joining professional clubs and organizations
  - Consider leadership opportunities
  - Consider applying for awards/recognitions such as the ASUI Outstanding Freshmen, Sophomore, Junior, and Senior Awards.

# Get Involved



# Get Involved



# Service/Volunteerism

- Consider a mixture of volunteer/service activities
- Maybe target one service activity each semester.
- Consider a spring or winter ASB trip



# Work/Internship/Research Experience

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- Find meaningful summer work, internships, and/or research experiences. Examples include:
  - Biomedical research (INBRE)
  - NSF Research Experiences for Undergraduates (REUs)

# Steps in Applying to Professional Schools

- Study for MCAT, DAT, GRE, take practice tests, then take the real test, typically at the end of your junior year.
- Complete on-line applications. Get lots of feedback on your written applications (personal statement).
- Solicit reference letters.
- Schedule a “mock, videotaped interview”
- Interview, get accepted, and make decision!



# Letters of Recommendation

- **You need Glowing letters!!!**
- **Cultivate strong relationships with faculty mentors and other professional references.** Ask for advice and share your goals.
- Get to know your professors from day one!. Set a goal of finding at least one professor each semester who knows you well enough to write a reference letter for summer jobs, scholarships, honor nominations, and ultimately for professional school.
- Choose professors carefully
- Help your references write strong letters by giving them your resume (activities and accomplishments) and perhaps even list a few bullet points or real life examples that help them laud your unique skills and background.
- Say thank you!!

# Find Good Mentors/Advisers



# Summary: Best Advice

- Make good grades!
- Make high test scores, prepare early
- Get lots of health care experience
- Get involved in interesting activities and develop your unique skills
- Find good mentors/advisers for advice and for “glowing” reference letters
- Become people-oriented
- Keep your options open, and have a “Plan B”
- Don’t “burn out!”
- Make lots of social connections!
- Get your **Exercise!**



# Which programs give preferential treatment to ID residents?

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- **Medical School**

- University of Washington (WWAMI program)
- University of Utah

- **Dental School**

- Idaho Dental Education Program (IDEP):  
Idaho State University + Creighton University  
School of Dentistry

- **Physical Therapy**

- Idaho State University's Doctor of Physical  
Therapy Program
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# UI Resources

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- Allied Health Adviser: Alton Campbell
- Pre-med club
- Allied health web page
  - <http://www.webs.uidaho.edu/alliedhealth/>
- **Pre-med manual**
  - <http://www.sci.uidaho.edu/biosci/faculty/Pre-Med%20Manual.pdf>



# UI allied health information including pre-med manual: <http://www.webs.uidaho.edu/alliedhealth/>

Allied Health Home Page, University of Idaho - Windows Internet Explorer

http://www.webs.uidaho.edu/alliedhealth/

Allied Health Home Page, University of Idaho

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ALLIED HEALTH  
DIRECTORY

Athletic Training  
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Pre-Optometry  
Pre-Pharmacy  
Pre-Physical Therapy  
Pre-Veterinary  
Advising

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updated: February 2006

### Allied Health at the University of Idaho

Students at the UI interested in pursuing a career in any health-related profession should start here.

Allied Health at the University of Idaho is the source of information for UI students interested in pursuing an advanced degree in any health-related field.

You can major in any field and go on to pursue a health-related profession. Use this Allied Health site to find the right tools to pursue your dream.

This site provides tips and links for important information for pursuing health-related professions, including:

- applying to medical school,
- UI advisors in health-related fields,
- taking DAT exams,
- taking GRE exams,
- taking MCAT exams,
- taking OAT exams,
- taking PCAT exams,
- taking NET exams,
- taking VCAT exams,
- and much more!

**Still looking for your field? Check the list below.**

**Pre-Medicine and**  
Pre-Osteopathic Medicine  
Pre-Physician Assistant  
Pre-Podiatry  
Pre-Chiropractic Medicine  
Sports Medicine

**Pre-Dental and**  
Pre-Dental Hygiene

### News & Notes...

**FAQ**  
Frequently Asked Questions  
in Allied Health

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# UI allied health information including pre-med manual: <http://www.webs.uidaho.edu/alliedhealth/>

Pre-Medicine, Allied Health, University of Idaho - Windows Internet Explorer

http://www.webs.uidaho.edu/alliedhealth/premed/index.htm

Pre-Medicine, Allied Health, University of Idaho

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## Pre-Medicine and Related Fields

Pre-Chiropractic | Pre-Med | Pre-Osteopathic |  
Pre-Physician Assistant | Pre-Podiatry | Sports Medicine

### Pre-Medicine

- **Association of American Medical Colleges (AAMC):** Important site for **MCAT** and **AMCAS** applications. (MCAT: Medical College Admission Test; AMCAS: American Medical College Application Service) AMCAS is a non-profit, centralized application processing service for applicants to the first-year entering classes at participating U.S. medical schools. In the U.S. most medical schools participate in the AMCAS. Applicants to medical schools that do not participate in AMCAS, as well as all advanced standing and transfer applicants, should contact schools directly for application instructions. This site includes **links to U.S. and Canadian allopathic medical schools.**
- UI Pre-Medical Advisor: **Rolf Ingermann**
- **UI Pre-Med Student Manual** (PDF file, requires **Adobe Reader**)

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### Pre-Osteopathic Medicine

- **American Association of Colleges of Osteopathic Medicine (AACOM):** Important site for **AACOMAS** applications. (AACOMAS: American Association of Colleges of Osteopathic Medicine Application Service) AACOM offers prospective students a convenient, centralized application service on-line for accredited osteopathic medical schools. Through AACOMAS, students can file one electronic application then AACOMAS verifies and distributes the information to each of the colleges designated by the applicant. This site includes **links to U.S. osteopathic medical schools.**

### Medical programs of specific interest to Idaho residents:

- **WWAMI Medical Education Program, University of Washington:** ([www.washington.edu/medicine/som/](http://www.washington.edu/medicine/som/) and [www.webs.uidaho.edu/wwami/](http://www.webs.uidaho.edu/wwami/)) The WWAMI program is a regional cooperative medical program in the states of Washington, Wyoming, Alaska, Montana and Idaho. 18 seats are allocated annually to legal Idaho residents in this program.

Allied Health Home  
Athletic Training  
Pre-Dental  
Pre-Med  
Pre-Nursing  
Pre-Optometry  
Pre-Pharmacy  
Pre-Physical Therapy  
Pre-Veterinary  
Advising

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# End Quotes

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- “Some of you will succeed. Some will fail. What will make the difference is how you use your ‘scraps of time.’” Alex Gorsky, sharing a quote from the Dean of Academic Affairs when he was a cadet at a military academy. From Kevin Cashman, Leadership from the Inside Out: Becoming a Leader for Life.
- “The formula for success is simple: practice and concentration, then more practice and concentration.” Babe Didrikson Zaharias

# Enjoy College

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## Questions?

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# MD or DO?

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## Physician

### Allopathic

### Osteopathic

Medical degree:	MD	DO
Prereqs:	As given	Same
MCAT required:	Yes	Yes
Years of med school:	4	4
Residency necessary?	Yes	Yes
Specialities	Any	Any (but generally primary care)
Deliver babies, surgery, prescribe meds, etc.	Yes	Yes

# MD or DO?

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	<b>Physician</b>	
	<u>Allopathic/MD</u>	<u>Osteopathic/DO</u>
Avg successful GPA:	3.65	3.50
Avg successful MCAT:	31 (3-45)	25
Number of programs	131	26 (34 locations)
Seats (2009)	18,390	4,693
Applicants (2009)	42,269	12,617

**Allopathic and osteopathic tracks are both viable paths to becoming a physician.**

# Optimal Application Timeline

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- Start **15 months** before you intend to enroll. Start early!

<u>Action</u>	<u>Timeline</u>
Take MCAT/DAS	Spring or before
Apply	Summer (into fall)
Submit Sec. apps	Late summer/fall
Interview	Fall/spring
Wait for acceptance	Fall/spring
Enroll	The "next" fall

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# Take MCAT/DAT Exams

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- Late spring or before
- Take MCAT or DAT Exams (computer based & offered multiple times per year,)
  - Prepare/study
  - Take timed practice tests
- Scores are generally valid for 3 years, from taking to enrolling in med/dental school, 2 years: from taking to initiating application process

# Apply to Med/Dental Schools

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- Summer (into fall): apply June 1 – Oct. 1
- Apply through AMCAS (American Medical College Application Service), AACOMAS (Osteopathic Application service), AADSAS (Dental Application Service)
- Apply early. You are seen as organized and motivated. You're applying for all seats, as none have been filled.
- Apply early. Tendency to get earlier interviews, you also optimize chances of getting better loan packages.
- Application:
  - List of all of your college classes & calculation of GPA
  - List of schools to which your are applying.
  - Miscellaneous personal information
  - The "essay"

# Secondary Applications

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- Submit in late summer/fall after schools receive your primary application
- Essentially everyone gets invited to submit a secondary application.
- Components of the secondary application
  - Application fee (\$\$)
  - 0-3 new essays
  - Additional personal info
  - Letters of recommendation

# Interviews

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- Fall/Spring:
- Travel to many locations. It's expensive.
- Generally friendly, chit-chatty, low stress; they're trying to recruit you.
- See pre-med manual for interview tips & list of questions.
- Schedule a UI mock, videotaped interview
- Sometimes (e.g., UW SoM) challenging, almost antagonistic; how well can you function in a stressful situation?

# Wait for acceptance

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- Fall/Spring: wait to hear from med/dental schools
- Spring: Receive acceptance. **Celebrate!!!**
- Next Fall: start med or dental school