



Pre-Health Advising

Pre-Professional Advising Office

UNIVERSITY OF GEORGIA

Introductory Orientation

(for 1st and 2nd year pre-med students)

Michele Johnson

Senior Pre-Med Advisor | Pre-Professional Advising Office

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Pre-Med Advisor | Pre-Professional Advising Office

Office of the Vice President for Instruction



About the Pre-Health Advising Office

- Our office advises all UGA students interested in healthcare careers.
 - Medicine, dentistry, vet, optometry, allied-health (PA, PT, OT, AA), and nursing.
- We are located in 130 Memorial Hall
 - **Website:** prehealth.uga.edu
 - **Email:** premed@uga.edu
 - **Phone:** 706-542-0444
- Visit our website:
 - To join our [Pre-Health UGA listserv](#)
 - To check out our Pre-Health Event Calendar for upcoming meetings/workshops/events.
 - To [make an appointment](#) with a Pre-Health Advisor.



Meet our Staff!

- **Amanda Spohn** (Coordinator)
 - aspohn@uga.edu
 - dirpremed@uga.edu
- **Michele Johnson** (Pre-Medical Advisor) - If you are a junior, senior, graduate student, or UGA alumni, please schedule with Ms. Johnson.
 - mtjohnso@uga.edu
- **Jennifer Letchuk** (Pre-Medical Advisor) - If you are a **freshman, sophomore, or you have less than 75 credit hours completed**, please schedule with Ms. Letchuk.
 - jletchuk@uga.edu
- **Lise Kalla** (Pre-Dental & Optometry Advisor)
 - lkalla@uga.edu
- **Casey Ellis** (Nursing & Allied Health (PT, OT, etc.))
 - cme18@uga.edu
- **Taz Qadri** (Pre-Physician Assistant & Veterinary)
 - tqadri@uga.edu



Orientation Overview

- Medical Schools in GA
- Application and Timeline
- Admission Requirements
- MCAT
- Choosing a major
- Volunteering/Shadowing
- Research
- Letters of Evaluation



What should I major in?

- Major does not matter!
 - Biology (or other science majors) are just more *convenient*.
 - Pre-med is *an intent*, not a major.
- Challenge yourself, take a full-load (15/16+ hours per semester), and pursue things that interest you.
- Overall GPA vs. Science GPA
 - Medical Science GPA = Biology, Chemistry, Physics, Math (BCPM)



Medical School Admission Requirements

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

General Medical School Requirements	
Biology	BIOL 1107/L and BIOL 1108/L
General Chemistry	CHEM 1211/L and CHEM 1212/L
Organic Chemistry	CHEM 2211/L and CHEM 2212/L
Biochemistry	BCMB 3100
Physics	PHYS 1111/L and PHYS 1112/L or PHYS 1211/L and PHYS 1212/L
Statistics	STAT 2000 or BIOS 2010
Misc. Recommended	PSYC 1101, SOCI 1101, MATH 2250, GENE 3200, VPHY 3100, CBIO 3400



Is AP credit accepted?

- Check with each institution to which you believe you will apply to see if they accept AP credit.
- 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.



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, 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!



Core Competencies

- Medical 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. Variety is encouraged.
- Start with your family physician, 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 mission trips and abroad experiences.



Volunteering

- Volunteering involves doing good work and giving back to your community.
 - You want to be a doctor to help people? Well, how have you so far?
- Volunteer experiences ***do not*** have to be medical!
- No minimum hours, simply show consistent level of commitment.
 - Find something where you're helping regularly, not just one-offs.
 - 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

▪ Many, many more. Follow your interests!

▪ 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



Leadership

- Get involved in student organizations!
 - Medical schools like applicants who stay busy outside of class.
- Attending meetings is helpful but look for leadership opportunities.
- Check these out:
 - American Medical Student Association (AMSA)
 - Alpha Epsilon Delta Pre-Medical Honor Society (AED)
 - 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.
 - Can do it for course credit, for pay, or as a volunteer.
 - Very important for dual-degree programs (e.g., MD/PhD)
- Only do research if you're interested in it.
- 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) hosts [STAR](#) and [SEEP](#) summer programs.
- Medical Summer Programs
 - https://www.aamc.org/members/great/61052/great_summerlinks.html
 - <https://services.aamc.org/summerprograms/>
- [Summer Health Professions Education Program](#)
 - For pre-medical students
 - Multiple sites nationwide
 - Must be a freshman or sophomore





Letters of Evaluation for Medical School

- Need at least **three letters**:
 - 2 hard science professors
 - 1 non-science professor
 - 1 physician
 - Additional letters from another academic professional, physician, supervisor, or someone who knows the 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 (2021-2022)

University of Georgia

- 241/543 (accepted/applicants): 44.4%
- Average applicant (Overall/BCPM) vs. matriculant (Overall/BCPM) GPA:
 - 3.69/3.59 vs. 3.79/3.73
 - Average applicant vs. accepted MCAT:
 - 507.3 vs. 510.6
- Matriculated into 68 different medical schools
 - Including: MCG, Mercer, Morehouse, Emory, University of South Carolina SOM – Greenville, UAB Heersink SOM, Wake Forest, UNC Chapel Hill, Vanderbilt, University of Tennessee, and many more.

National

- 22,712/60,231: 36.3%
- Average applicant (Overall/BCPM) vs. matriculant (Overall/BCPM) GPA:
 - 3.72/3.48 vs. 3.81/3.66
- Average applicant vs. accepted MCAT:
 - 506 vs. 512



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.
- 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-Professional Advising Office

Website: ppao.uga.edu

Email: premed@uga.edu

Phone: 706-542-0444

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

