



**Pre-Health Advising**

*Pre-Professional Advising Office*

**UNIVERSITY OF GEORGIA**

# **Introductory Orientation**

**Casey Ellis**

Pre-Nursing and Allied Health Advisor Pre-Professional Advising Office



**UNIVERSITY OF GEORGIA**

# About the Pre-Professional Advising Office

- Our office advises all UGA students interested in healthcare and law careers.
  - Medicine, dentistry, optometry, allied-health (PA, PT, OT, GC, AA), and nursing.
- We are located in 130 Memorial Hall
  - **Website:** [ppao.uga.edu](http://ppao.uga.edu)
  - **Email:** [premed@uga.edu](mailto: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.
  - To review our study abroad opportunities
  - To download the Pre-Professional Planner on your iPhone



# Meet Our Pre-Health Staff!

**Amanda Spohn (Coordinator)**

[aspohn@uga.edu](mailto:aspohn@uga.edu)

[dirpremed@uga.edu](mailto:dirpremed@uga.edu)

**Jennifer Letchuk (Pre-Medical Advisor – Freshman and Sophomore)**

[jletchuk@uga.edu](mailto:jletchuk@uga.edu)

**Michele Johnson (Pre-Medical Advisor – Junior, Senior and Alumni)**

[mtjohnso@uga.edu](mailto:mtjohnso@uga.edu)

**Taz Qadri (Pre-Physician Assistant and Pre-Vet advisor)**

[tqadri@uga.edu](mailto:tqadri@uga.edu)

**Lise Kalla (Pre-Dental and Pre-Optometry)**

[lkalla@uga.edu](mailto:lkalla@uga.edu)

**Casey Ellis (Pre- Allied Health Advisor)**

[cme18@uga.edu](mailto:cme18@uga.edu)



# Orientation Overview

- Physical Therapy, Occupational Therapy, Anesthesiologist Assistant and Genetic Counseling Schools in GA
- Application and Timeline
- Admission Requirements
- Exams (GRE/MCAT)
- Choosing a major
- Volunteering/Shadowing
- Research
- Letters of Evaluation



# Allied Health Schools in Georgia

## PT Schools

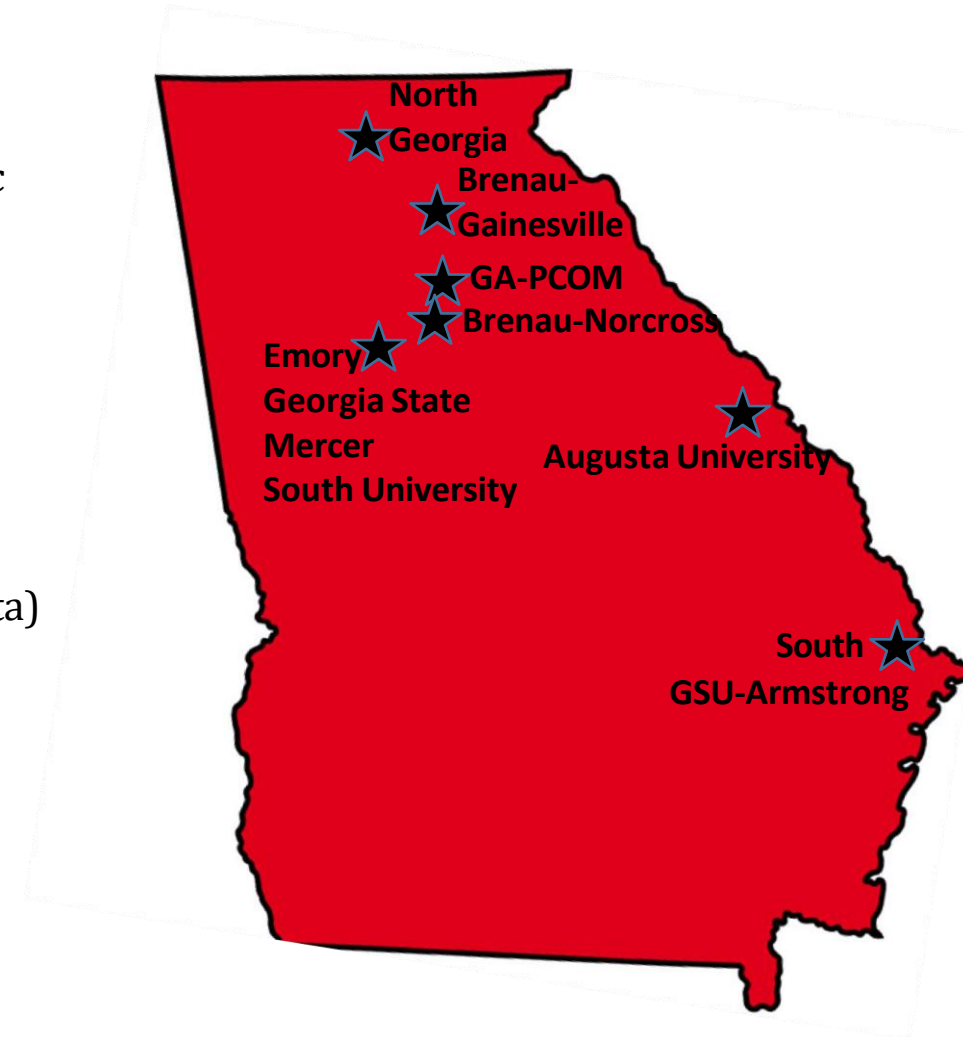
- Augusta University (Augusta)
- Brenau University (Gainesville)
- Emory University (Atlanta)
- Georgia Southern University-Armstrong Campus (Savannah)
- Georgia State University (Atlanta)
- Mercer University (Atlanta)
- Philadelphia College of Osteopathic Medicine (PCOM) (Suwanee)
- University of North Georgia (Dahlonega)

## OT Schools

- Augusta University (Augusta)
- Brenau University (campuses in Gainesville and Norcross)
- Georgia State University (Atlanta)

## GC Schools and AA Schools

- Emory University (Atlanta) and South (AA)



# What should I major in?

- Major does not matter!
  - Some majors (such as Health Promotion, Food and Nutrition Science, Biology, and Exercise and Sport Science) may be more *convenient* than others.
  - Pre-PT and pre-OT are not majors.
- Challenge yourself, take a full-load (15/16+ hours per semester), and pursue things that interest you.
- Overall GPA vs. Science GPA/Prerequisite GPA
  - Most allied health schools will calculate a prerequisite GPA, but may also calculate a science GPA for application evaluation.
    - Science GPA = Biology, Chemistry, Physics (BCP)



# PT School Admission Requirements

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

General PT School Requirements	
<b>Biology</b>	BIOL 1107/L (BIOL 1108/L required for many out of state programs)
<b>General Chemistry</b>	CHEM 1211/L and CHEM 1212/L
<b>Physics</b>	PHYS 1111/L and PHYS 1112/L or PHYS 1211/L and PHYS 1212/L
<b>Statistics</b>	STAT 2000 (sometimes BIOS 2010)
<b>Anatomy and Physiology</b>	CBIO2200/L and CBIO2210/L
<b>Psychology</b>	PSYC1101 and/or PSYC3230
<b>Misc. Recommended</b>	HDFS2200/PSYC4220, CLAS1030, MIBO2500+L/MIBO3000+L/MIBO3500/3510L



# OT School Admission Requirements

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

General OT School Requirements	
<b>Anatomy and Physiology</b>	CBIO2200/L and CBIO2210/L
<b>Statistics</b>	STAT 2000
<b>Psychology</b>	PSYC1101 and PSYC3230
<b>Lifespan Development</b>	HDFS2200 or PSYC4220
<b>Medical Terminology</b>	CLAS1030
<b>Anthropology or Sociology</b>	ANTH1102 or SOCI1101
<b>Misc. Recommended</b>	CHEM 1211/L, PHYS 1111/L





# GC School Admission Requirements

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

General GC School Requirements	
<b>Biology I and II</b>	BIOL 1107+L and BIOL 1108+L
<b>Statistics</b>	STAT 2000
<b>Psychology</b>	PSYC1101 and PSYC3230
<b>Biochemistry</b>	BCMB 3100
<b>Genetics</b>	GENE 3200
<b>Other</b>	ANTH1102 or SOCI1101
<b>Other Cont'd</b>	CHEM 1211/L, PHYS 1111/L



# AA School Admission Requirements

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

General AA School Requirements	
<b>Biology I and II</b> (BIOL 1107/L, BIOL 1108/L)	<b>Chemistry I and II</b> (CHEM 1211/L, CHEM 1212/L)
<b>Statistics</b> (STAT 2000 or BIOS 2010)	<b>Calculus</b> (MATH 2250)
<b>Psychology</b> (PSYC 1101)	<b>Organic Chemistry</b> (CHEM 2211/L, CHEM 2212/L)
<b>Biochemistry</b> (BCMB 3100 or 4010 or 4020)	<b>Physics I and II</b> (PHYS 1111/L, PHYS 1112/L or PHYS 1211 and 1212)
<b>Genetics</b> (GENE 3200)	<b>Cell Biology</b> (CBIO 2200/L, CBIO 2210/L, or other anatomy/physiology options)



# Is AP credit accepted?

The policies regarding acceptance of AP credit vary greatly amongst allied health programs in the state. You will need to check the individual schools that you are applying to for their AP policy and check frequently.

For **AA** programs:

they will generally accept AP with the exception of Medical College of Wisconsin, others may have stipulations to be aware of though

For **PA** programs in state:

Morehouse does not accept AP credits

All other PA programs in Georgia DO accept AP credit as long as the credits appear on your college transcript; however, it is recommended to confirm out of state program policies regarding AP credit

For **PT** programs in state:

Emory does NOT accept AP credit

Georgia State lists that they do NOT accept AP credit for PSYC and all other AP credits are subject to committee review (however they are generally NOT accepted)

For **OT** programs in state:

Georgia State lists that they do NOT accept AP credit



# What is the GRE?

- The GRE is the test you'll need to apply to most allied health programs
- GRE contains 3 sections:
  1. *Quantitative*
  2. *Verbal*
  3. *Essay*
- GRE Composite scores range 260-340
  - Each section (quantitative & verbal) is scored 130-170
  - Writing scores range from 0-6, in half point increments
  - A score of 300 is ~50<sup>th</sup> percentile
- The length of the GRE is now ~3 hours and 45 minutes.



# FAQ regarding the GRE

- **Is there any required coursework pre-GRE?**
  - **No.** Since the exam is a “General” exam, no specific coursework is required before taking this exam.
- **When/Where can I take the test?**
  - The GRE General Test is offered on campus at the University Testing Center. It is typically offered Monday through Friday, with two testing sessions per day. Students usually sit for the exam January-May as they head into the application cycle.
- **What is the policy regarding re-takes**
  - You can take the test once every 21 days, up to five times within any continuous rolling 12-month period (365 days). This applies even if you canceled your scores on a test taken previously.
  - Retakes are not recommended, unless absolutely necessary
- **How long will my scores be valid?**
  - ETS keeps your scores on file for a period of 5 years following the date you took the test
- **How should I prepare?**
  - You can study for the GRE on your own or take a GRE prep-course
  - Key is to make a study plan and take advantage of practice tests!



# MCAT for AA

- Most AA programs will accept **GRE or MCAT**. I highly suggest the GRE.
- **Has 4 sections:** Biological and Biochemical Foundations, Chemical and Physical Foundations, Psychological, Social, and Biological Foundations of Behavior, and Critical Analysis and Reasoning Skills
- These are the *minimum* courses needed before the MCAT:
  - BIOL 1107/L and BIOL 1108/L
  - CHEM 1211/L and CHEM 1212/L
  - CHEM 2211/L
  - BCMB 3100 or BCMB 4010 & 4020
  - PHYS 1111/L and PHYS 1112/L
- MCAT costs \$320, GRE \$205
- University of Colorado is only school to **require** MCAT instead of GRE



# Shadowing

- Shadowing involves observing professionals in your intended field
  - Hands off, observation only
  - Experience reality of being an allied health professional—not always about healing or curing!
- No standard minimum number of hours for allied health schools, but >100 is a good benchmark.
  - Variety of shadowing settings is essential for OT, PT. Strive for 3-4 different settings
- Start with your family healthcare providers, 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.



# PPAO Study Abroad

- Health in Belize (Maymester)
  - Health in Cuba (13 days in June)
  - Health in South Africa (Winter Break)
- All programs meet UGA's Experiential Learning requirement
  - All programs require BIOL 1107/L complete and to be enrolled in BIOL 1108/L by the time of application.





# Volunteering

- Volunteering involves doing good work and giving back to your community.
  - You want to be a healthcare professional to help people? Well, how have you so far?
- Volunteer experiences ***do not*** have to be in a healthcare setting!
  - PA schools recommend volunteering in a healthcare and non-healthcare setting.
- 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 most applications.



# 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!
  - Allied Health schools like applicants who can manage their time well and are engaged in the community
- Attending meetings is helpful but look for leadership opportunities.
  - Be ACTIVE not PASSIVE
- Check these out:
  - Genetic Education Network and Experience Society
  - Anesthesiology Assistant Association
  - Rho Tau (Pre-PT Club)
  - Omega Tau (Pre-OT Club)
  - Women in Science (WiSci)
  - Minority Student Science Association (MSSA)
  - MED-LIFE @ UGA
  - Whatever It Takes (WIT)

**For a complete list of UGA student organizations:**

<https://uga.campuslabs.com/engage/organizations>



# Research

- Research is favorable for allied health schools, but is certainly not required.
  - Can do it for course credit, for pay, or as a volunteer.
- Only do research if you're actually 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.



# Letters of Evaluation for Allied Health Schools

- Most programs require **three letters**:
  - 1 healthcare provider (PT, OT, AA, CRNA, GC, etc.)
  - 1 professor (preferably in major or in prerequisite course)
  - Additional letter(s) from another academic professional, healthcare provider, 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 PT Admissions Data

- 87 UGA students were accepted into 22 different PT schools.
- 104 Applicants via PTCAS
- 83.6% UGA acceptance rate
- Average GPA (overall/science) for accepted applicants: 3.61/3.4
- Average GRE percentile (Quantitative/Verbal) for accepted applicants: 152.15/152.27
- • 2021-2022 National Data 69.6% national acceptance rate
- National Average GPA (overall/science) for accepted applicants: 3.55/3.35
- National Average GRE percentile (Quantitative/Verbal) for accepted applicants: 149.39/149.23
- Gap years (47.1% of accepted students took at least a full year; longest was 12 years)



# Recent OT Admissions Data

## University of Georgia Students

- **Average GPA: 3.6**
- **Average GRE Scores:**
  - Analytical Writing: 4
  - Quantitative: 150
  - Verbal: 152
- **Average Age of Applicants: 23**
- **Most applied to at least 3-4 programs**



# How do I apply?

## ■ Centralized Application Service

- GC Admissions Match
- PTCAS (for PT school)
- OTCAS (for OT school)
- CASAA (for AA school)
- *\*Note: Not all programs participate in these CAS systems. Make sure to research your programs of interest to determine if additional institution applications are required.*

## ■ Supplemental Applications

- Most programs will also require a supplemental application for the institution's graduate program, as well as application fees. Be sure to research all components of the application to ensure yours is considered complete.





# PT Application Timeline

Institution	Application Period	Matriculation Date
Augusta University	July – December	May
Brenau University	July – March	May
Emory University	July – October	June
Georgia-PCOM	July – December	June
Georgia Southern University- Armstrong Campus <i>(formerly Armstrong State)</i>	July – October	May
Georgia State University	July – October	June
Mercer University	July – October	August
University of North Georgia	July – October	May



# OT Application Timeline

Institution	Application Period	Matriculation Date
Augusta University	August – October	May
Brenau University	July – October*	August*
Georgia State University	July – January	May



# GC Application Timeline

Institution	Application Period	Matriculation Date
Emory University	April – December	August
University of Alabama at Birmingham	April – January	August
University of South Florida	April – December	August



# AA Application Timeline

Institution	Application Period	Matriculation Date
Emory University	March – October	August
South University	March– October	August
Indiana University	March – February	August



# Major Takeaways

- Major in what you're interested in and do well in your science/prerequisite courses.
- Start getting involved early and stay committed.
- Research your specific programs for deadlines and details
- Utilize the Pre-Health Advising Office!
  - Join the Pre-Health List-Serv
  - Download the Pre-Professional Planner on your iPhone
  - Meet with Pre-Health Advisor
  - Review our website ([ppao.uga.edu](http://ppao.uga.edu))



# Pre-Professional Student Ambassadors (PPSA)

- PPSAs connect students to campus resources, provide peer mentorship, professional development opportunities, and support/guidance.
- Connect with an ambassador who can help you navigate your path at UGA!
  - 15-minute drop-in [Zoom meetings](#) start in September
- View the [PPSA bios!](#)



Subscribe to the PPSA  
Peer Mentor Calendar!





*Find others who share your  
pre-professional goals!*

## **PRE-HEALTH CLUB ENGAGEMENT FAIR**

**Tuesday, September 5**

**6:00 - 8:00 p.m.**

**Tate Reception Hall**

*Refreshments for 1st 100 participants!*

**Sponsored by the Pre-Professional Advising Office**



# Follow Us



Get Connected  
for Our Latest  
News & Updates



Groupme



Pre-Health &  
Pre-Law Listserv



Instagram



@ugaprehealth



@ugaprelaw



Google Calendar



PPAO Events



PPSA Peer Mentor





# Questions?

**Pre-Health Advising Office**

**Website: [ppao.uga.edu](http://ppao.uga.edu)**

**Email: [premed@uga.edu](mailto:premed@uga.edu)**

**Phone: 706-542-0444**

To make an appointment with Pre-Health Advisor, please do so on SAGE, or visit our website for further instructions.

