Applicant Orientation
(for students planning to apply to medical/dental school)

Amanda Spohn
Pre-Dent/Vet/Optometry Advisor | Pre-Professional Advising Office

Jabari Robinson
Pre-Med Advisor | Pre-Professional Advising Office

Office of the Vice President for Instruction
About the Pre-Professional Advising Office

- Our office advises all UGA students interested in health-care careers.
  - Medical, dental, vet, 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!

- **Amanda Spohn** (Interim Coordinator | Pre-Dental, Veterinary, & Optometry Advisor)
  - aspohn@uga.edu

- **Jabari Robinson** (Pre-Medical Advisor) - If you are a junior, senior, graduate student, or UGA alum, please schedule with Mr. Robinson.
  - Jabari.Robinson@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

- **Chelsea Wesnofske** (Nursing & Allied Health (PT, OT, etc.))
  - clhimsl@uga.edu

- **Taz Qadri** (Pre-Physician Assistant)
  - tqadri@uga.edu
Upcoming Pre-Health Events

- Dental College of Georgia (September 2nd)
  - Virtual Panel via Zoom

- Medical College of Georgia (October 8th)
  - Virtual Presentation via Zoom

- Mercer University School of Medicine (TBD)
  - Virtual Presentation via Zoom

DENTAL COLLEGE OF GEORGIA
Wednesday, September 2nd at 6:00PM via Zoom

REGISTRATION REQUIRED: https://forms.gle/aq9xZ4GNVXJPWMtWBA
Important Upcoming Application Dates
For the 2020-2021 application cycle:

- **AMCAS (Medical School)**
  - Early May: Application opens
  - Late May/Early June: Submission begins
  - Late June: Schools begin receiving verified applications

- **AACOMAS (Osteopathic Medical School)**
  - Early May: Application opens and submissions begin
  - Mid-June: Schools begin receiving applications

- **AADSAS (Dental Schools)**
  - Mid-May: Application Opens
  - Early June: Submission begins

- **TMDSAS (Texas Medical and Dental Schools)**
  - May 1: Application opens and submissions begin
Orientation Overview

- Application and Timeline
- Components of Application
  - Academic Transcript and GPA
  - MCAT/DAT
  - Activities
  - Personal Statement
  - Letters of Evaluation
- Where should I apply?
- Interviews
- Should I take a Gap-Year?
- What if I am not competitive?
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)
Primary Application

- **Centralized Application Services**
  - AMCAS (for medical school)
  - AACOMAS (for DO school)
  - AADSAS (for dental school)
  - TMDSAS (for Texas medical and dental schools)

- Each application has an instruction manual—download it!

- Submit your primary application as early as possible!
  - Takes approximately 4-6 weeks to be verified (peaks in July/August)
Secondary Applications

- Each school you apply to will send you a *secondary application.*
  - Additional essays and questions specific to that school.
  - Some schools screen applicants first (minimum GPA/MCAT/DAT)

- Google secondary prompts from previous year and work on those while your primary application is being verified.

- Submit secondary applications within 2 weeks of receipt!

- Avoid repeating content from AMCAS/AADSAS essay in your secondary essays.
## Medical School Application Timeline

### Junior Year

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>Shadow/Volunteer/Research and register for Spring MCAT dates in October</td>
</tr>
<tr>
<td>Jan-May</td>
<td>Study for MCAT</td>
</tr>
<tr>
<td>Feb/March/April</td>
<td>Ask for Letters of Evaluation (give letter-writers at least 1-month to compose)</td>
</tr>
<tr>
<td></td>
<td>Write Personal Statement</td>
</tr>
<tr>
<td>April/May/June</td>
<td>Take MCAT</td>
</tr>
<tr>
<td>May</td>
<td>Begin completing AMCAS Application</td>
</tr>
<tr>
<td><strong>Summer</strong></td>
<td></td>
</tr>
<tr>
<td>June</td>
<td>Submit AMCAS Application (submit early as possible—even if MCAT score or LOEs are not received)</td>
</tr>
<tr>
<td>June/July</td>
<td>Prepare for Secondary Applications (look online for previous year’s questions)</td>
</tr>
<tr>
<td>July/August</td>
<td>Complete Secondary Applications (within 2 weeks of receiving each application)</td>
</tr>
</tbody>
</table>

### Senior Year

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>Interview (beginning late August/early September through Spring)</td>
</tr>
<tr>
<td></td>
<td>Shadow/Volunteer/Research</td>
</tr>
<tr>
<td>Spring</td>
<td>Graduate</td>
</tr>
</tbody>
</table>

**Pre-Professional Advising Office**
# Dental School Application Timeline

<table>
<thead>
<tr>
<th>Junior Year</th>
<th>Fall</th>
<th>Shadow/Volunteer/Write Personal Statement/Study for DAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Jan/May</td>
<td>Register for DENTPIN/Study for DAT</td>
</tr>
<tr>
<td></td>
<td>Feb/March/April</td>
<td>Ask for Letters of Evaluation (give letter-writers at least 1-month to compose and upload into Interfolio)</td>
</tr>
<tr>
<td></td>
<td>March/April/May</td>
<td>Take DAT</td>
</tr>
<tr>
<td>Summer</td>
<td>June</td>
<td>Complete and submit AADSAS Application (submit as early as possible)</td>
</tr>
<tr>
<td></td>
<td>June/July</td>
<td>Prepare for Secondary Applications (look online for previous year’s questions)</td>
</tr>
<tr>
<td></td>
<td>July/August</td>
<td>Complete Secondary Applications (within 2 weeks of receiving each application)</td>
</tr>
<tr>
<td>Senior Year</td>
<td>Fall</td>
<td>Interview/Shadow/Volunteer</td>
</tr>
<tr>
<td></td>
<td>Spring</td>
<td>Graduate</td>
</tr>
</tbody>
</table>
Primary Components of Application

1. Academics
   - Overall GPA vs. Science GPA
   - Trends

2. Exam Performance (MCAT/DAT)

3. Activities/Experiences
   - Shadowing (Exposure to “doctor-patient” interaction)
   - Volunteering (Commitment to helping others and community involvement)
   - Leadership (Extracurricular engagement)
   - Research

4. Personal Statement

5. Letters of Evaluation
Academics AMCAS

- Overall GPA vs. Science GPA
  - Biology, Chemistry, Physics, Math (BCPM)
  - ~3.7 GPA is average for accepted applicants

- Submit a transcript from every institution you attended.

- Trends
  - Did you challenge yourself?
  - Did you improve over time?
  - Did you take your science courses at UGA?
  - Do you have only 1-2 withdrawals?

- AP credit
  - Medical College of Georgia no longer accepts AP credit for Biology or Chemistry

AMCAS® Application Course Classification Guide

- **Biology (BIOL)**
  - Anatomy
  - Botany
  - Biotechnology
  - Biophysics

- **Chemistry (CHEM)**
  - Biochemistry
  - Physical Chemistry

- **Physics (PHYS)**
  - Astronomy
  - Nuclear Physics

- **Mathematics (MATH)**
  - Applied Mathematics
  - Biostatistics

- **Behavioral & Social Sciences (BESS)**
  - Anthropology
  - Economics

- **Business (BUSI)**
  - Accounting
  - Management

- **Communications (COMM)**
  - Journalism
  - Media Production & Studies

- **Computer Science & Technology (COMP)**
  - Computer Science
  - Computer Engineering

- **Education (EDUC)**
  - Counseling & Personnel Services
  - Curriculum & Instruction

- **Engineering (ENGI)**
  - Aerospace Engineering
  - Biomedical Engineering

- **English Language & Literature (ENGL)**
  - Composition & Rhetoric

- **Fine Arts (ARTS)**
  - Art
  - Fine Arts

Other (OTH)

- Architecture
- Library Science
- Nutrition
- Philosophy
- Religious Studies
- Special Studies (SSTU)
- Public Health
- Physician Assistant

Pre-Professional Advising Office
Academics AADSAS

- **Overall GPA vs. Science GPA**
  - Biology, Chemistry, Physics (BCP)
  - “Other Sciences” see attached image for a list of these courses.
  - ~3.60 overall GPA is average for accepted applicants
  - ~3.51 “science” and “BCP” GPA is average for accepted applicants

- Submit a transcript from every institution you attended.

- **Trends**
  - Did you challenge yourself?
  - Did you improve over time?
  - Did you take your science courses at UGA?
  - Do you have only 1-2 withdrawals?

- **AP credit**
  - Currently the Dental College of Georgia accepts AP credit. However, this may change so keep an eye on each institutions website regarding their acceptance of AP credit.
Take the MCAT no later than Spring/early Summer of the year you plan to apply
- Offered in January and March-September each year.
- Registration opens in October for Jan-June dates and in February for July-September dates.

Courses you need before the exam:
- BIOL 1107/1108
- CHEM 1211/1212 and CHEM 2211
- BCMB 3100
- PHYS 1111/1112
- **Recommended**: STAT 2000, PSYC 1101, SOCI 1101, CBIO 3400, GENE 3200, and a Physiology course

MCAT scores range 472-528
- Try to score at least 510 (85th percentile)

You can study for the MCAT on your own or take a MCAT prep-course
- Key is to make a study plan and take at least 5-6 full-length practice tests!
Take the DAT no later than early Summer of the year you plan to apply.
- Offered nearly year-round.
- Must wait 90 days before you can retake.

Courses you need before exam:
- BIOL 1107/1108
- CHEM 1211/CHEM 1212
- CHEM 2211/CHEM 2212
- Recommended: GENE 3200, STAT 2000 or BIOS 2010, VPHY 3100, CBIO 3710 or PMCY 3000, Art Courses, and English/Literature.

DAT scores range 1-30.
- You’ll receive two scores, one for the first 3 sections and one for Perceptual Ability.
- Try to score at least an Academic Average of 20 and a Perceptual Ability score of 20
- DCG’s competitive applicants score around an AA: 20 and PAT: 21

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!
Activities & Experiences (for Medical School)

- AMCAS allows you to include up to 15 “Work/Activities”
  - You do not have to list 15 total, but ideally you should have at least 10.
  - You will only have 700 characters to describe the activity.
  - Do not fill this area with fluff.
  - Can include hobbies (but try to stick to only 1 or 2 that you’re very passionate about).

- You can mark up to three experiences as the “Most Meaningful.”
  - You are granted an additional 1325 characters to describe these experiences.
  - You should focus on the transformative nature of these experience.

- Anything you add is fair game for an interview!
  - Include activities in which you were actively engaged.
  - Highlight specific qualities (e.g. leadership, teamwork, compassion, etc.).
  - Try to avoid including things in which you are a passive participant.
Activities & Experiences (for Dental School)

- Applicants use the Experiences section to provide detailed information about:
  - **Academic Enrichment:** Programs sponsored by colleges, universities or other not-for-profit organizations (e.g., Summer Medical and Dental Education Program/Summer Health Professions Education Program).
  - **Dental Shadowing:** Time spent officially following and observing a health care professional at work, preferably a dentist.
  - **Employment:** Paid work done outside of the health care field; for example, a retail or restaurant job.
  - **Extracurricular Activities:** Any sports teams and other activities through a college or university.
  - **Research:** Research projects done in addition to classroom work; research should NOT appear as credit on a school transcript.
  - **Volunteer:** Volunteer work done outside of the health care field; for example, working for Habitat for Humanity, tutoring students, participating in or working for a fundraiser walk or blood drive, etc.

- You can mark up to six experiences as the “Most Meaningful.”
  - You can list as many experiences as you would like, but ideally you should have at least 10.
  - You will only have 600 characters to describe the activity.
  - Do not fill this area with fluff.
  - Make sure you have your resume completed and use it to fill out this section of the application.

- Anything you add is fair game for an interview!
  - Include activities in which you were actively engaged.
  - Highlight specific qualities (e.g., leadership, teamwork, compassion, etc.).
  - Try to avoid including things in which you are a passive participant.
Personal Statement

- Your chance to inform the committee about yourself beyond transcript.
  - 5300 characters (MD)/4500 characters (DO and dental)— ~ 1 page, single-space
  - Triple-check for grammar and spelling errors!

- Need to answer these questions:
  - Why do you want to be a doctor (or dentist)?
  - Why do I want to pursue a dental/medical education?
  - Why have you selected the field of medicine (or dentistry)?
  - What motivates you to learn more about medicine (or dentistry)?
  - What do you want medical schools to know about you that hasn’t been disclosed in other sections of the application?
  - Explain a defining moment that helped steer you toward a career in medicine (or dentistry).

- Start early! Give yourself at least two months to work on your statement.
  - Have several people read it (letter-writers, advisor, etc.)
  - UGA resources: Honors College, Milledge Hall Writing Center, Career Center
Letters of Evaluation

- **Medical school:** *Need at least 3 letters*
  - 2 science professors
  - 1 non-science professor
  - 1 physician
  - Additional letters from another academic professional, physician, a supervisor, or someone who knows you well enough to speak positively on your behalf.

- **Dental school:** *Need 4 letters*
  - 2 hard science professors
  - 1 general dentist
  - Additional letter from another academic professional, dentist, a 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 your character traits—behavior, communication skills, maturity-level, etc.
Regarding Committee/Pre-Med Advisor Letters

- The Pre-Professional Advising Office does not write letters of recommendation for students – i.e. we do not have a committee letter.

- The absence of a committee or pre-med advisor letter will not negatively affect your application.
How should I ask for Letters of Evaluation?

- Ask early! January-March of year you plan to apply.
- Email about meeting in person, then ask for letter during meeting.
- Always ask whether they can write you a positive letter!
- Provide the following to your letter-writers:
  - Resume or CV
  - Draft of personal statement
  - Information about the programs you’re applying to and your goals
  - *Guidelines for Letter-Writers* handout (provided by Pre-Health Advising Office)
How should my Letters be submitted?

- Several options to submit letters, but best option is electronically.
  - **Electronic Submission:**
    1. Interfolio (preferred method)
    2. AMCAS Letter Writer Service
  - **Regular Mail to AMCAS or AADSAS**
    - Ask letter-writer if they will need postage
  - Work with letter-writer to make submission as easy as possible.
  - **Always** waive your right to view your letters of evaluation!
Where should I apply to medical school?

- Recommend applying to 15-20 schools.
  - Admissions committees can be fickle. Many variables affect likelihood of interview.
  - There are no true “back-up” medical schools.

- Apply to every school in Georgia

- Apply to private out-of-state schools.
  - State institutions are very particular about residency, private schools are not.

- Use the *Medical School Admissions Requirement (MSAR)* handbook
  - Overview and admissions data for every accredited medical school in US
  - Digital and paper versions
Where should I apply to dental school?

- Recommend applying to ~10 schools.
  - Admissions are very fickle. Many variables affect likelihood of interview.

- Apply to Dental College of Georgia

- Be careful applying to public, state institutions—consider private.
  - State institutions are very particular about residency, private schools are not.

- Use the *ADEA Official Guide to Dental Schools*
  - Overview and admissions data for every accredited dental school in US
  - Digital and paper versions
Background Check

- Report anything you think might be an issue.
  - Honor Code violations
  - Legal issues
- Not reporting is considered the same as lying.
- If you have had a violation expunged, be sure to pull record and verify.
- If something happens after you apply or are accepted, you must report.
- Bottom-line, try to keep your nose clean!
Interviews

- Interview season begins in August/September and will continue into the Spring.
- An invitation to interview typically means your “numbers” are good.
- Interviewers are trying to find out who you are.
  - No right/wrong answers—more about how you answer and interpersonal communication skills.
- Tips:
  - Know your application inside and out.
  - Dress conservatively (no tattoos, minimal jewelry, beards trimmed, comfy shoes)
  - Interview begins the minute you step on campus
  - Send thank-you notes within 2-weeks of interview (email or hand-written)
- Career Center conducts mock interviews
  - Schedule early! Try for Spring.
- Pre-Health Advising Office conducts Interview Panel every August—watch for announcement
Gap Year

- Why take a Gap Year?
  - I didn’t get in.
  - I am not ready to apply.
  - I need a break from school.

- Work on weak spots in your application.
  - Complete post-bac or Master’s program
  - Retake MCAT or DAT
  - Increase clinical involvement and experience

- Key to Gap Year is planning.
  - Try to stay busy and do things that allow you to grow and cultivate new skills
What if I am not competitive?

- It’s *okay* not to get in the first time! Plenty of people have to reapply.

- Take a Gap Year to work on becoming more competitive.
  - Take additional courses or complete a graduate degree
  - Re-take the MCAT or DAT
  - Seek out more volunteering and shadowing opportunities

- Apply to Osteopathic School (DO)
  - Very similar to MD program, but apply through AACOMAS
  - One program in GA: Philadelphia College of Osteopathic Medicine (PCOM)

- Consider another career in healthcare
  - Nursing, Physician Assistant, Physical Therapist, Genetic Counseling, etc.
Fee Assistance Programs

- **Medical School**
  - The AAMC offers a fee assistance program to assist students registering the MCAT or applying to medical school.
  - Importantly, benefits are not retroactive! Apply for fee assistance well before you register for MCAT or submit your AMCAS application.
  - Also provides you access to the MSAR Handbook.
  - [Link to program website](#).

- **Dental School**
  - The ADEA AADSAS Fee Assistance Program was created for dental school applicants who demonstrate an extreme need for financial assistance.
  - Needs to be the first thing you do before registering for the DAT or applying.
  - [Link to program website](#).
Recent Medical Admissions Data (2018-2019)

University of Georgia
- 193/438 (accepted/applicants): 44%
- Average applicant (Overall/BCPM) vs. matriculant (Overall/BCPM) GPA:
  - 3.61/3.50 vs. 3.75/3.67
  - Average applicant vs. accepted MCAT:
    - 506 vs. 510
- Matriculated into 58 different medical schools
  - Including: MCG, Harvard, Columbia, Virginia, Wake Forest, Washington University, Tulane, Meharry, Georgetown, and many more.

National
- 21,972/51,455: 42%
- 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
Recent Dental Admissions Data (2018-2019)

University of Georgia
- 88/58 (applicants/accepted): 66%
- Average applicant (Overall/BCP) vs. matriculant (Overall/BCP) GPA:
  - 3.48/3.33 vs. 3.60/3.50
- Average applicant Science vs. matriculant Science GPA:
  - 3.37 vs. 3.50
- Average applicant vs. matriculant DAT:
  - AA: 20 vs. 21
  - PAT: 20 vs. 21
- Matriculated into 28 dental schools
  - Including: Columbia, NYU, DCG, UAB, University of Louisville, University of Florida, U Penn, Howard, UNC, LECOM-FL, and others.

National
- 11,873/6,122: 52% **This data is for the entering class of 2018. ADEA has not released the national data for the 2019 entering class.
- Average applicant (Overall/BCP) vs. matriculant (Overall/BCP) 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

- Plan out each step in advance!
- Submit your application as early as you can (but don’t rush it)!
- Be positive about your chances of acceptance but always have a plan for if you do not get in!
  - Make sure you have a gap year plan.
  - Make sure you keep up with your academic and extracurricular responsibilities after you hit submit.
- Utilize the Pre-Health Advising Office!
  - Join the Pre-Health listserv
  - Meet with Pre-Health Advisor
  - Review our website
Questions?

Pre-Professional Advising Office
Website: ppaao.uga.edu
Email: premed@uga.edu
Phone: 706-542-0444

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