



Pre-Health Advising

Pre-Professional Advising Office

UNIVERSITY OF GEORGIA

Introductory Orientation

(for 1st and 2nd year allied health students)

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About the Pre-Professional Advising Office

- Our office advises all UGA students interested in healthcare and law careers.
 - Medicine, veterinary medicine, dentistry, optometry, allied-health (PA, PT, OT, GC, 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 Pre-Health Staff!

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Orientation Overview

- Physician Assistant, 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

▪ PA Schools

- Augusta University (Augusta)
- Emory University (Atlanta)
- Mercer University (Atlanta)
- Morehouse School of Medicine (Atlanta)

▪ PT Schools

- Augusta University (Augusta)
- Brenau University (Gainesville)
- Emory University (Atlanta)
- Georgia Southern University-Armstrong Campus (Savannah)
- Georgia State University (Atlanta)

▪ OT Schools

- Augusta University (Augusta)
- Brenau University (campuses in Gainesville and Norcross)

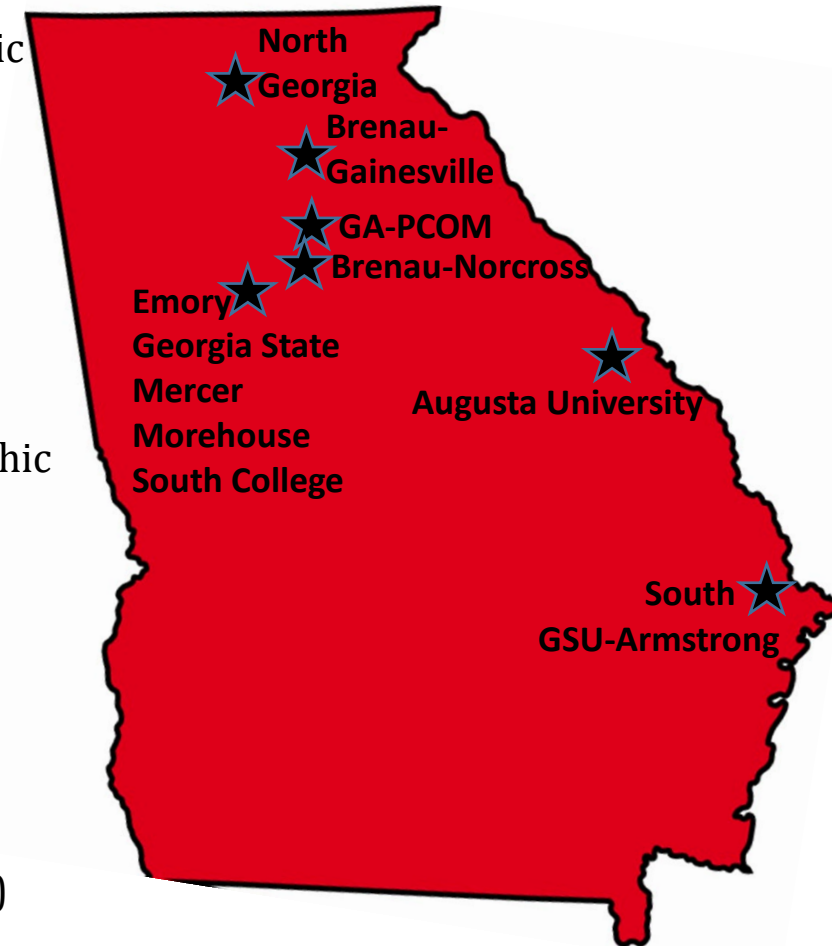
▪ GC Schools and AA Schools

- Emory University (Atlanta)

- Philadelphia College of Osteopathic Medicine (PCOM) (Suwanee)
- South University (Savannah)
- Brenau University
- South College (Atlanta)

- Mercer University (Atlanta)
- Philadelphia College of Osteopathic Medicine (PCOM) (Suwanee)
- University of North Georgia (Dahlonega)

- Georgia State University (Atlanta)



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-PA, 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)



PA School Admission Requirements

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

General PA School Requirements	
Biology	BIOL 1107/L and BIOL 1108/L
General Chemistry	CHEM 1211/L and CHEM 1212/L
Organic Chemistry	CHEM 2211/L
Microbiology	MIBO2500/L, or MIBO3500 & MIBO3510L/MIBO3500L
Anatomy and Physiology	CBIO2200/L and CBIO2210/L
Psychology	PSYC1101 and/or PSYC3230
Misc. Recommended	STAT2000, BCMB3100, GENE 3200, CLAS 1030



PT School Admission Requirements

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

General PT School Requirements	
Biology	BIOL 1107/L (BIOL 1108/L required for many out of state programs)
General Chemistry	CHEM 1211/L and CHEM 1212/L
Physics	PHYS 1111/L and PHYS 1112/L or PHYS 1211/L and PHYS 1212/L
Statistics	STAT 2000 (sometimes BIOS 2010)
Anatomy and Physiology	CBIO2200/L and CBIO2210/L
Psychology	PSYC1101 and/or PSYC3230
Misc. Recommended	HDFS2200/PSYC4220, CLAS1030, MIBO2500/L or MIBO3500 + 3500L/3510L



OT School Admission Requirements

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

General OT School Requirements	
Anatomy and Physiology	CBIO2200/L and CBIO2210/L
Statistics	STAT 2000
Psychology	PSYC1101 and PSYC3230
Lifespan Development	HDFS2200 or PSYC4220
Medical Terminology	CLAS1030
Anthropology or Sociology	ANTH1102 or SOCI1101
Misc. Recommended	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 OT School Requirements	
Biology I and II	BIOL 1107+L and BIOL 1108+L
Statistics	STAT 2000
Psychology	PSYC1101 and PSYC3230
Biochemistry	BCMB 3100
Genetics	GENE 3200
Other	ANTH1102 or SOCI1101
	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	
Biology I and II (BIOL 1107/L, BIOL 1108/L)	Chemistry I and II (CHEM 1211/L, CHEM 1212/L)
Statistics (STAT 2000 or BIOS 2010)	Calculus (MATH 2250)
Psychology (PSYC 1101)	Organic Chemistry (CHEM 2211/L, CHEM 2212/L)
Biochemistry (BCMB 3100 or 4010 or 4020)	Physics I and II (PHYS 1111/L, PHYS 1112/L or PHYS 1211 and 1212)
Genetics (GENE 3200)	Cell Biology (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 credit.

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 (150)*
 3. *Essay (3.5)*
- 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 ~50th 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**
- **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
- Colorado is only school to **require** MCAT instead of GRE



What is the PA-CAT?

- The PA-CAT is a new standardized admissions test which is being piloted by PA programs and which may be more fully adopted soon.
- The subjects tested are those covered by typical PA school prerequisites consisting of sciences.
- The scoring range will be between 200 and 800.
- The exam is 4.5 hours and consists of 240 multiple choice questions.
- Please visit the [PA-CAT website](#) for more information, registration dates, and study guides.



Shadowing

- Shadowing involves observing professionals in your intended field such as PAs or OTs
 - Exposure to “provider-patient” interaction
 - 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 and PA. 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.



Direct Patient Care Experiences (for PA)

- Different than Shadowing.
 - While shadowing can be beneficial to learn more about the profession and can afford you the opportunity to develop a relationship with a PA who could serve as a recommendation letter-writer, direct patient care is more highly regarded for PA applications
 - Direct patient care experiences involve hands-on work with patients in a healthcare setting.
- While the required number of Direct Patient Care experience hours differs amongst programs, many require at least 1000 hours prior to matriculation
 - Many students choose to become certified as CNAs or MAs to accumulate these hours. Other options for accumulating patient care hours can be found [here](#)
 - A good guide for referencing desirable experiences can be found [here](#)
- Aim to get experience in a variety of clinical settings and a variety of healthcare procedures.



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:
 - Pre-PA Club (also serves AA students)
 - 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 (PA, 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 PA Admissions Data (2018-2019)

University of Georgia

- 107/215 (accepted/verified applicants): 49% acceptance rate
- Average applicant vs. accepted GPA: (Overall/Science)
 - 3.50/3.70 vs. 3.58/3.52
- Average applicant vs. accepted GRE:
 - Verbal: 154 vs. 155
 - Quantitative: 153 vs. 154
 - Analytical/Writing: 4.0
- Matriculated into 36 PA schools
 - Including: Mercer, South, Emory, GA-PCOM, Augusta, University of Alabama-Birmingham, Wake Forest, Duke, Northwestern, Nova Southeastern and many more.

National

- 26,953 applicants for 2018-2019 cycle
 - 41% re-applicant
 - Average designations per applicant: 7
 - Matriculant data forthcoming
- National Data from 2018-2019 cycle
 - 8,580/25,755: 33%
 - Average Matriculant GPA:
 - 3.50/3.70
 - Average Matriculant GRE Percentiles:
 - Verbal: 58.94
 - Quantitative: 51.82
 - Analytical/Writing: 55.55
 - Matriculant Age:
 - Median: 27; Range: 21-37; Mean: 24.94



Recent PT Admissions Data (2018-2019)

- Average applicant vs. accepted GPA:
(Overall/Science)
 - 3.6/3.40 vs. 3.63/3.44
- Average Matriculated GRE Percentiles:
 - Verbal: 51.89
 - Quantitative: 45.82
 - Analytical/Writing: 55.66
- Matriculated Age:
 - Median: 22; Range: 18-59; Mean: 22.86
- 68/81 (accepted/applicants): 84% (UGA students only)



Recent OT Admissions Data (2018-2019)

University of Georgia Students

- Numbers of Accepted Applicants:
 - **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
- CASPA (for PA school)
- 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.



PA Application Timeline

Institution	Application Period	Matriculation Date
Augusta University	July – October	May
Emory University	April – October	August
Mercer University	November – March	January
Morehouse School of Medicine	April – October	June
South University	April – August	January
PCOM	April - December	June
South College	April – March	September/October
Brenau	April - September	January



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 Listserv
 - Meet with Pre-Health Advisor
 - Review our website (ppao.uga.edu)



Questions?

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