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

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Senior Pre-Med Advisor | Pre-Professional Advising Office

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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 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

<table>
<thead>
<tr>
<th>General Medical School Requirements</th>
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<tbody>
<tr>
<td><strong>Biology</strong></td>
</tr>
<tr>
<td>BIOL 1107/L and BIOL 1108/L</td>
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<tr>
<td><strong>General Chemistry</strong></td>
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<tr>
<td>CHEM 1211/L and CHEM 1212/L</td>
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<tr>
<td><strong>Organic Chemistry</strong></td>
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<tr>
<td>CHEM 2211/L and CHEM 2212/L</td>
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<tr>
<td><strong>Biochemistry</strong></td>
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<tr>
<td>BCMB 3100</td>
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<tr>
<td><strong>Physics</strong></td>
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<tr>
<td>PHYS 1111/L and PHYS 1112/L or PHYS 1211/L and PHYS 1212/L</td>
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<tr>
<td><strong>Statistics</strong></td>
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<tr>
<td>STAT 2000 or BIOS 2010</td>
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<tr>
<td><strong>Misc. Recommended</strong></td>
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<tr>
<td>PSYC 1101, SOCI 1101, MATH 2250, GENE 3200, VPHY 3100, CBIO 3400</td>
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**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](https://www.aamc.org) 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

- **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

- **Many, many more. Follow your interests!**
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://www.aamc.org/members/great/61052/great_summerlinks.html)
  - [https://services.aamc.org/summerprograms/](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 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 (2020-2021)

University of Georgia
- 227/584 (accepted/applicants): 38.9%
- Average applicant (Overall/BCPM) vs. matriculant (Overall/BCPM) GPA:
  - 3.64/3.53 vs. 3.74/3.66
  - Average applicant vs. accepted MCAT:
  - 506.5 vs. 509.8
- Matriculated into 68 different medical schools
  - Including: MCG, Mercer, Morehouse, Emory, Wake Forest, University of South Florida, University of Tennessee, Louisiana State, East Virginia, Central Florida, and many more.

National
- 21,972/62,443: 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
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: ppaoo.uga.edu
Email: premed@uga.edu
Phone: 706-542-0444

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