Introductory Orientation
(for 1\textsuperscript{st} and 2\textsuperscript{nd} year pre-med/dent students)

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

- **Jabari Robinson** (Pre-Medical Advisor) - If you are a junior, senior, graduate student, or UGA alumni, 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.)
  - clhims1@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/aq9xZ4GNVXJPWtWBA
Orientation Overview

- Medical and Dental Schools in GA
- Application and Timeline
- Admission Requirements
- MCAT and DAT
- 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 and pre-dent 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
  - Medical Science GPA = Biology, Chemistry, Physics, Math (BCPM)
  - Dental Science GPA = “BCP” Biology, Chemistry, Physics and “Science GPA” which includes “BCP” and “other courses” listed by ADEA/AADSAS.
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, MATH 2250, GENE 3200, VPHY 3100, CBIO 3400</td>
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Dental School Admission Requirements

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

<table>
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<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>(<em>Organic Chemistry II is required by most dental schools and covered on the DAT)</em></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 or PHYS 1211/L and *PHYS 1112/L or *PHYS 1212/L (<em>Physics II is also required by most dental schools)</em></td>
</tr>
<tr>
<td><strong>Misc. Recommended</strong></td>
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<td>Art courses (Intro Sculpture, 3D Design, Intro Jewelry/Metals, etc.), MATH 2250, GENE 3200, MIBO 3500, VPHY 3100/CBIO 3710/PMCY 3000 (*Physiology is extremely helpful for the DAT), CBIO 3000/3010</td>
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Is AP credit accepted?

- For medical and dental schools you will need to check with each institution 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.

- Dental College of Georgia currently accepts AP credit

- Important to check with individual schools you hope to apply to.
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!
What is the DAT?

- The Dental Admissions Test (DAT) is the test you’ll need to apply to dental school.

- DAT contains 4 sections:
  1. Survey of the Natural Sciences (Biology, General Chemistry, Organic Chemistry)
  2. Reading Comprehension
  3. Quantitative Reasoning
  4. Perceptual Ability

- DAT scores range 1-30.
  - Each section is scored 1-30
  - A score of 18 is ~50th percentile
  - You’ll receive two scores, one for the first 3 sections and one for Perceptual Ability. You will receive your unofficial scores immediately and it will take 3-4 weeks from the date that you take the DAT for the official scores to be reported and verified by the ADA.

- The length of the DAT is ~5 hours.
What courses are needed before the DAT?

- **Required Pre-DAT**
  - **Biology**: BIOL 1107/L and BIOL 1108/L
  - **Chemistry**: CHEM 1211/L and CHEM 1212/L
  - **Organic Chemistry**: CHEM 2211/L and CHEM 2212/L
  - **Highly recommend physiology pre-DAT & Statistics**

- **Recommended Pre-DAT**:
  - Courses in GENE 3200, Physiology (VPHY 3100, PMCY 3000, CBIO 3710), BCMB 3100 or 4020, Art courses and English/Literature.

- **Not Necessary Pre-DAT**
  - MIBO 3500 or 2500/L, PHYS 1111/L & 1112/L or 1211/L & 1212/L

- 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!
Core Competencies

- Medical and dental 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. For dental schools 170 hours is a good benchmark. However, the Dental College of Georgia prefers students that have a minimum of 300 hours of shadowing.
  - Variety is encouraged.

- Start with your family physician or dentist, 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 and dental mission trips and abroad experiences.
Volunteering

- Volunteering involves doing good work and giving back to your community.
  - You want to be a doctor or dentist to help people? Well, how have you so far?

- Volunteer experiences **do not** have to be medical or dental!

- 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

- Clinical work experiences:
  - Medical Scribing
  - Medical Assistant
  - Phlebotomist

- 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

- Many, many more. Follow your interests!
Leadership

- Get involved in student organizations!
  - Medical and dental 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)
  - Pre-Dental Society (PDS)
  - 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 for med or dental schools.
  - 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 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.
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 and DCG) 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 and pre-dental 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.
Letters of Evaluation for Dental School

- **Need four letters:**
  - 2 hard science professors
  - 1 general dentist (not a specialist)
  - Additional letters from another academic professional, dentist, 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 (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
- 58/88 (accepted/applicant): 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

- 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](http://prehealth.uga.edu))
Questions?

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

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