



**Pre-Health Advising**  
*Pre-Professional Advising Office*  
**UNIVERSITY OF GEORGIA**

# **Applicant Orientation**

## **For Pre-Nursing Students**

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Pre-Allied Health & Nursing Advisor | Pre-Professional Advising Office

*Office of the Vice President for Instruction*



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# Important Application Dates

## Dates for the 2022-2023 Cycle

These dates are for the Summer 2023, Fall 2023, Winter 2024, and Spring 2024 terms.

Application Milestone	Date and Time
The NursingCAS application cycle opens.	August 11, 2022
The NursingCAS application cycle closes. The last date you can: <ul style="list-style-type: none"><li>•Create an account.</li><li>•Submit your application.</li><li>•Request references.</li><li>•Order Professional Transcript Entry (PTE).</li></ul>	January 31, 2024 at 11:59 PM ET
The last date your transcripts and official test scores are matched to your application. Be sure to request your transcripts and official test scores in advance so they are received by this date. If you submitted updated coursework during the Academic Update (AU) periods, this is the last date your updated transcripts are matched to your application.	February 14, 2024 at 5 PM ET
The last date your references can submit their references. If you used the Professional Transcript Entry (PTE) service, this is the last date you can approve your PTE.	February 14, 2024 at 11:59 PM ET
If you are in the Undelivered status, this is the last date you can re-submit your application.	February 21, 2024 at 11:59 PM ET
The last date you can be verified. All application processing ends.	February 22, 2024 at 5 PM ET



# How to Apply

- NursingCAS
- There is a 65-page PowerPoint on our website that walks you through the entire NursingCAS application. You can find it [here](#).
- The NursingCAS powerpoint helps you through the application from start to finish. This includes creating an account, fee waivers, entering courses, entering test scores, recommenders, etc.



# Typical Prerequisite Courses

- Anatomy & Physiology I and II (CBIO 2200/L & CBIO 2210/L)
- Microbiology (MIBO 2500/L or 3500 and Lab)
  - Statistics (STAT 2000 or BIOS 2010)
  - Lifespan Development (HDFS 2200)

One science sequence (BIOL 1103/L & BIOL 1104/L) or (BIOL 1107/L & BIOL 1108/L) or CHEM 1211/L & CHEM 1212/L

- Psychology (PSYC 1101)

## **Other Suggested Classes:**

- Psychology (PSYC 3230)
- Nutrition (FDNS 2100 – needed for Emory)
- Behavioral Science (ANTH 1102 or SOCI 1101)
- Medical Terminology (CLAS 1030 – needed for Brenau)



# TEAS (if needed)

- Take the TEAS no later than the semester before you plan to apply

Registration is rolling and can be completed via the ATI website

- Courses you need before the exam

Anatomy & Physiology 1 (CBIO 2200/L) & (CBIO 2210/L)

- Teas Scores range from 60-100%

The average matriculant score is a 75%

- Self-study for the TEAS should be sufficient.

Check out free study materials from the PPAO Resource Library: <https://ppao.uga.edu/resources/reslib/>



# HESI (if needed)

- Take the HESI no later than the semester before you plan to apply

It is offered regularly, and registration is rolling. Registration can be completed via the HESI website.

- The HESI contains nine specific subjects:

vocabulary and general knowledge, reading comprehension, grammar, basic math skills, biology, anatomy and physiology, chemistry, and physics.

- The average matriculant HESI score is 75% or higher.
- Self-study for the HESI should be sufficient.

Check out free study materials from the PPAO Resource Library: <https://ppao.uga.edu/resources/reslib/>



# GRE (if needed)

- Take the GRE four to six weeks before you plan to apply.

It is offered regularly but can take 4 to 6 weeks to receive scores and up to 10 business days for scores to be received by schools after they have been sent.

- There are no specific courses you need to take before the exam.
- GRE scores range from 260-340

Try to score at least 300 (50<sup>th</sup> percentile) as a composite (combined) score. This would come out to ~150 for quantitative and ~150 for verbal, ~ 4.0 writing

- Self-study is sufficient for the GRE.

Check out free study materials from the PPAO Resource Library: <https://ppao.uga.edu/resources/reslib/>





# Shadowing & Clinical Experiences

- Shadowing/Observation Hours
- Clinical Work or Clinical Volunteering
- Medical Certifications/Licenses: C.N.A, M.A., EMT, Phlebotomist, Scribe, Interpreter, etc.
- You can keep up with these experiences in a journal, excel sheet, or in the UGA Pre-Professional Planner App!



# Community Involvement

- Hospitals/Clinics/Hospice – I am happy to send you a list.
- Non-Medical Volunteering – Pick an organization to volunteer with consistently with an underserved community in a face-to-face manner. I am happy to send you a list of examples.

Volunteer experiences do not have to be in a healthcare setting! No minimum hours, simply show a consistent level of commitment. Find something where you're helping regularly, not just one-offs. Follow your passion! Keep a 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.

- Interested in getting a medical certificate/license? I can help set you up.
- Clubs/Organizations at UGA: <https://uga.campuslabs.com/engage/ORGANIZATIONS>



# Statement of Purpose Tips

- Do keep it professional. It is okay to explain your path and be vulnerable, but it does not need to be written in the form of a creative writing paper.
- Don't Highlight your failures, w's, etc.
- Show your traits and skills and do less telling.
- Keep your paper focused on a few ideas/themes (usually stated in a topic sentence or thesis statement).
- Proofread carefully and have others proofread your paper as well. Your paper should have an introduction, showing of experiences and their impact, and a conclusion of your ideas.
- Use readable fonts. The CAS system does not highlight italics, bolded words, and other styles.
- Do utilize the UGA Career Center, the Writing Center, and our office for support.



# Resume Tips (if required)

- Keep it Simple. No crazy fonts, and no need for paragraph explanations. Use bullet points.
- Be consistent in the form, and organization of the resume, even with the little things. Order resume from most recent experiences to oldest.
- Remember your audience. This resume should be tailored to the position you are applying for.
- Focus on college experience, and beyond.
- Do NOT use a resume builder from a website. Schools and companies can tell. Check out the [UGA Career Center's templates](#) for guidance.
- Zeemee Personal Statement Video: all applicants will provide a 30-second video statement reflecting their commitment to the nursing profession



# Activities/Experiences Do's & Don'ts

- Do use buzz words from the AMA Core Competencies which can be found here.
- Don't just talk about it as if it was a job description but do talk about the meaningfulness of the experience/activity. Describe why not what.
- Don't include activities or experiences that you are passively involved in.
- Talk about your growth through these experiences, not just a patient you shadowed for example.
- This is your time to shine about what you have done but don't lie or exaggerate.



# Letters of Recommendation

- Reach out to your recommenders early and ask them if they would be willing to write you a letter of recommendation. Do not assume they will say yes. If they say yes, remember to thank them.
- Inform your recommenders about why you want to go to nursing school, and why you want to go to the specific schools you are applying to.
- If the recommender says yes, make sure you give them enough time to write a quality letter and you inform them of deadlines.
- Be polite and professional.
- Remember to follow up if you have not heard from them. If they do not respond or decline to write you a letter, make sure you have backup recommenders in mind to reach out to.



# Why this Program Essay (if needed)

- Don't make it sound like an advertisement with things easily found on their website, i.e. – pass rates.
- Explain how attending the program will help you reach your goals.
- Explain how you will contribute to the program and the community.
- Before writing the essay, it may help to make a bullet point list of the reasons you decided to apply.
- Pick your top academic reasons and your extracurricular/social reasons.
- Have your essay reviewed before submitting it.



# What makes you unique essay (if needed)

- Avoid generic examples, i.e. “I am a hard worker”
- Give them insights into what you value in yourself. This may take some introspection. Journaling can be helpful as well as asking friends.
- Keep your answer focused, and relevant. Don’t get lost in the essay.
- Don’t lie or exaggerate about the skills you possess.
- Demonstrate what makes you unique through an example. Don’t just tell but show.





# Leadership Essay (if needed)

- Showing leadership comes in all forms and you don't have to have a leadership title to show leadership. Stature > Status
- Leadership is not just an overarching term but an attribute that can come through meaningful experiences and the values you hold.
- Write about very specific experiences and Qualities instead of being generic.
- Leadership is Transferable
- Use Strong Action Verbs



# Learn from any Rejections

- You should never assume you know the reason why you were not accepted and should instead confirm with the institution regarding weaknesses in your application. Most professional schools provide applicants with a post-rejection interview through their admissions office. This interview allows you to find out why your application was passed over and the specific areas (GPA, test scores, community involvement, research, shadowing, experiences, and employment) you should improve on before reapplying for the next cycle.



# Interviews (if required)

- Use the resources for interview prep in the UGA Career Center and the Pre-Professional Office
- Interview Types: Typical Interview (UGA Career Center) and a Multiple Mini Interview Format (Pre-Professional Advising Office). See this [link](#) to learn about and schedule interview prep.



# Make sure the Program is a Good Fit

- Do you learn better in person or online?
- Look at the length of the program.
- Look at location and campus life – social and recreational.
- Look at nursing school rates and verify state approval and accreditation.
- Visit schools and attend info sessions.
- Look at the size of the program, and costs.
- Ask about clinical sites and rotations.
- Ask current students and alumni their opinions.



# Pre-Health Office Study Abroad

- These four programs are a collaboration between the Office of Global Engagement and the Pre-Professional Advising Office.

Health in Belize



Health in South Africa



Health in Cuba



# Gap Year

- What is a gap year? A “gap year” is the period between the end of your undergraduate education and the start of professional school. A gap year can be a year or more depending on your circumstances.
- It is more common than not to take a gap year. Do what is best for you. Gap years should not be looked upon in a negative light but seen as a “growth year.”
- Discussing a Gap Year during an interview: Touch upon how you used this time to improve upon skills and/or yourself to become a better professional school candidate. Be honest, thoughtful, and mature.





# Gap Year - How To

- There are many things your gap year can be used for such as research, community involvement, leadership, internships, traveling, etc.
- See the Career Center for help in perfecting your resume, personal statement, and interview techniques for your gap year.

## PRE-HEALTH TEAM



### Career Consultants




**Chelsea Wesnofske**  
[clhims1@uga.edu](mailto:clhims1@uga.edu)  
Serves students in Franklin Life & Physical Science majors, College of Public Health, & Pharmacy



**Anna Carroll**  
[annacarroll@uga.edu](mailto:annacarroll@uga.edu)  
Serves students in the Mary Frances Early College of Education majors



**Justin Burnley**  
[jburnley@uga.edu](mailto:jburnley@uga.edu)  
Serves students in Franklin Social Science majors



**Megan Elrath**  
[melrath@uga.edu](mailto:melrath@uga.edu)  
Serves students in the College of Family & Consumer Economics & School of Social Work

### Graduate Assistants



**Lidia Colato**  
[lidia.colato@uga.edu](mailto:lidia.colato@uga.edu)  
Serves students in the College of Agricultural & Environmental Sciences and College of Engineering



**Emily Crossett**  
[efc25786@uga.edu](mailto:efc25786@uga.edu)  
Serves students in Franklin Life & Physical Science majors



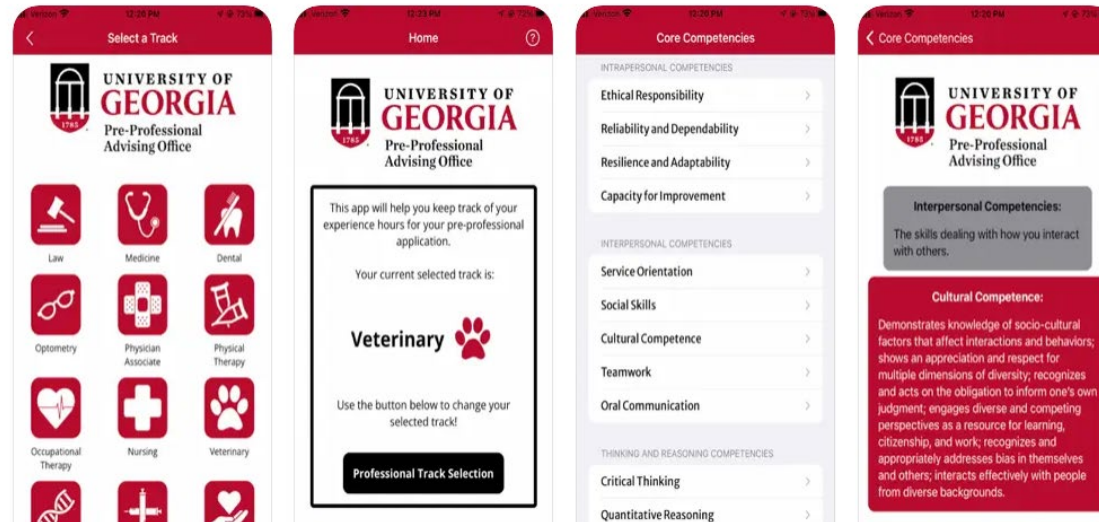
# Pre-Professional Planner App

- Use the UGA Pre-Professional Planner App to keep up with your shadowing, experiences, and journal entries to make the application process easier & better.



**UGA Pre-Professional Planner** 4+  
UGA Pre-Professional Advising  
[University of Georgia Research Foundation, Inc.](#)  
Designed for iPhone  
★★★★★ 5.0 • 3 Ratings  
Free

## iPhone Screenshots





# When & How to contact NursingCAS

For help with application-related questions, contact customer service by chat via the icon in the lower right corner, by phone at **617-612-2880**, or by email at [nursingcasinfo@nursingcas.org](mailto:nursingcasinfo@nursingcas.org). Note the following:

- Hours of operation: Monday – Friday, 9 AM – 5 PM ET.
- For the quickest response, contact by chat.
- NursingCAS typically provide responses to emails within two business days; however, response times can take up to three business days when they are at their busiest.
- Be sure to have your CAS ID number (located under your name in the upper-right corner of the application) when contacting NursingCAS.



# When to Contact the Program Directly

NursingCAS can assist with application-related questions. For all other inquiries, including the following, please contact your program directly:

- Admission requirements and policies
- Deadline requirements
- Prerequisites
- Supplemental materials
- Requirements regarding the identity of references
- Status of your application after it has been verified
- Admission decisions and interview questions
- Content and duration of a particular school's program



# Thank you

Casey Ellis

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