Shifting the focus from “I just want to get into an ANY school.” to applying to schools you align with.
Using Metrics

Averages are **not** minimum requirements.

The Safety vs Reach Schools MYTH

1/2 IN STATE -- 1/2 OUT OF STATE

On using MSAR/VMSAR etc...
The Goal: Align who you are with who they are.

Step 1: Know who you are and what you want.
Step 2: Learn what they have
Step 3: Tell them how you bring value to what they have based on who you are and what you’ve done.
1. Create Excel Sheet
2. Determine Your Budget
3. Start Researching (Websites)
4. Track Your Questions Along Columns
5. Collect Same Info for All Schools

<table>
<thead>
<tr>
<th>School Name</th>
<th>LOR Requirement</th>
<th>Outstanding Prereqs</th>
<th>Secondary Cost</th>
<th>Location</th>
<th>Curriculum</th>
<th>Clinical Training Sites</th>
<th>Out of state acceptance rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Western</td>
<td>2 Science, 1 non-sci</td>
<td>None</td>
<td>$75</td>
<td>Pomona: Suburbuanish</td>
<td>PBL, Interprofessional</td>
<td>On campus &amp; 3 miles away</td>
<td>50%</td>
</tr>
<tr>
<td>Cornell</td>
<td>4 max from anyone</td>
<td>Sociology</td>
<td>$125</td>
<td>Rural</td>
<td>Traditional</td>
<td>All around campus</td>
<td>30%</td>
</tr>
</tbody>
</table>
There are MANY factors to consider when picking schools. Choosing schools is a strategic process.

- Location (urban, rural)
- Exposure to Tracks
- Community Service
- Curriculum Model (PBL)
- Class Sizes
- Clinical Setting
- Early Clinical Experiences
- Board Pass Rates
- Research Opportunities
- Student Organizations
- Inclusivity
Location is important, but not because of snow.

Suburban, Urban, Rural
Do you want a car?
Are you ok with public transportation?
Access to underserved populations?

Sorry, you might end up in a cold state!
Curriculum Models: Buzz Words

- Problem-Based Learning
- Case-Based Learning
- Self-Directed Learning
- Interprofessional Education
- Student Centered
- Early Clinical Experiences
- Lifelong Learner
1. Majority of time spent in class
2. Passive role for students
3. Educators deliver information
4. Educators may or may not ask questions
5. Little to no pre-work done by learners

![Pie chart showing time spent in class vs self-directed learning]

- Green: Time spent in class (80%)
- Blue: Time spent in self-directed learning (20%)

---

1. Majority of time spent in self-directed learning
2. Active role for students
3. Educators are facilitators of learning
4. Educators create application questions and activities for use during sessions
5. Learners review information in advance (pre-work)

![Pie chart showing time spent in class vs self-directed learning]

- Green: Time spent in class (20%)
- Blue: Time spent in self-directed learning (80%)
Clinical Experiences

- Where are the clinical rotations located?
- Will you receive good training at these sites?
- Affluent private hospitals? County hospitals? Private offices?
- Will you have exposure to the population you want to help?
- Are students welcomed in the hospitals?
- Are the hospitals on the brink of bankruptcy?
Research vs Community Service vs Public Health

This should align with your past experiences and goals.

What if I haven’t done any research?
Tie who you are with what the school offers. How do you know what the school offers?

Student Life websites, YouTube, Facebook, Website Photos, Mission Statement, Talking to Students/Faculty

Are there people like me there? Can I connect with anyone?
<table>
<thead>
<tr>
<th>ADMISSIONS</th>
<th>STUDENT LIFE</th>
<th>EDUCATION</th>
<th>NEWS</th>
<th>RESEARCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>● LOR Requirements</td>
<td>● Student Orgs</td>
<td>● Curriculum Model</td>
<td>● What students are doing.</td>
<td>● Faculty researchers</td>
</tr>
<tr>
<td>● Pre-Req</td>
<td>● Student Run Clinics</td>
<td>● Early Clinical Experiences</td>
<td>● Groundbreaking research.</td>
<td>● Institutes</td>
</tr>
<tr>
<td>● Timelines</td>
<td>● Diversity Offices</td>
<td>● Clinical Training Sites</td>
<td>● Expansion.</td>
<td>● Requirements</td>
</tr>
<tr>
<td>● Interview Type</td>
<td>● Career Advising</td>
<td>● Other Requirements:</td>
<td>● Hospitals closing.</td>
<td>● To find something related to your life.</td>
</tr>
<tr>
<td></td>
<td>● Academic Support</td>
<td>Research or Community Service</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>● Mental Health Services</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Student Organizations

- LGBTQ and Allies in Medicine's Ethics Cafe
- Global Health Club
- OB/Gyn Interest Group
- Art and Medicine
- Gaming Club
- Musicians in Medicine
- Medical Humanities
- Sexual Health and Medicine
- Doctor’s Notes (a capella)
- Students for a National Health Program
- Korean American Medical Student Association
I CAN'T LEAVE CALIFORNIA!!!
Applying MD and/or DO

• Can decide what proportion of each you want to apply to:
  • For example, let’s say you have a 3.2 and a 505.
• Can decide if you want to try MD first round, and DO later if at all.
• If trying both at once, do MD by July. Finish DO by August.
Submitting Strategy

Applying to a lot of schools?
- Applicants are able to submit with one school to be verified. (Please note you will be unable to edit the majority of your application, including your personal statement. Applicants should be confident and ready to submit as this will be sent to all schools.)
- Applicants are able to add more schools during and after the verification process
- This can be an effective strategy
  - for those who are still waiting on test scores
  - to not be bombarded by secondaries all at once, either later on (particularly for those applying to AMCAS) or up front (for those who have secondaries embedded in the application in the programs section which has become increasingly common for the majority of CASs)
  - for those adjusting and creating their school list

**Please note HPA encourages applying within 4 - 6 weeks of the application opening to be early. For medical school applications, many applicants finish secondaries in August and September. For other applicants, many secondaries are embedded in the primary. Please note this is general advice, if you have questions on this strategy, when to submit your application, on your school list, or other application questions please meet with an HPA Advisor and/or join our Q&A sessions info available on last slide.**
Applying Averages

- Medicine: 20 - 30 (30 being the highest usually)
- Dental: 10
- Vet: 5
- Optometry, Pharmacy: ~3 - 5
- PT, OT, PA, Nursing: ~5 - 10
SUMMER ZOOM DROP-INS

15 MIN VIA ZOOM FIRST COME FIRST SERVE

All UC Davis students and alumni invited.

General Drop-Ins
Tuesdays: 1 - 3pm
Wednesdays: 12 - 2pm
Thursdays: 1 - 3pm

For Zoom links and details visit hpa.ucdavis.edu. All health professions and questions are welcome. Upcoming applicants are highly encouraged to join.

Test Prep Study Hall
Visit hpa.ucdavis.edu/TestPrep

Current Applicant Q&A
Select Mondays June - September
5:10 - 6 pm via Zoom

Join us via Zoom from 5:10 - 6 pm at tinyurl.com/hpacurrentapp
June 7th • June 21st • July 12th • July 26th
August 9th • August 23rd • September 13th

Current applicants pursuing any health profession are encouraged to attend and ask your questions related to completing the applications, submitting, approaching secondary questions, communicating with schools, and more. Please note that this is an open session, so come with your questions. Sessions will be led by HPA Staff Advisors.

Stay connected in order to join us for our Interview Week webinar series in the late summer/early fall. Access other HPA resources at hpa.ucdavis.edu/AppPrep