Upcoming Applicant Retreat

Spring/Summer 2021

Joanne Snapp, MSED
Director of Health Professions Advising
Post Your Questions
Pieces of the Application Process

• Biographical/Contact Information
• Disadvantaged Statements
• Institutional Actions/Misdemeanors
• Test Scores/Coursework
• Experiences
• Essay
• LORs
• School List
• Fees
<table>
<thead>
<tr>
<th>Competency-Based Approach to Applying</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resilience &amp; Adaptability</td>
</tr>
<tr>
<td>Capacity for Improvement</td>
</tr>
<tr>
<td>Critical Thinking</td>
</tr>
<tr>
<td>Quantitative Reasoning</td>
</tr>
<tr>
<td>Scientific Inquiry</td>
</tr>
<tr>
<td>Written Communication</td>
</tr>
<tr>
<td>Science Competency</td>
</tr>
<tr>
<td>Service Orientation</td>
</tr>
<tr>
<td>Social Skills</td>
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<tr>
<td>Cultural Competence</td>
</tr>
<tr>
<td>Teamwork</td>
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<tr>
<td>Oral Communication</td>
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<tr>
<td>Ethical Responsibility</td>
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<tr>
<td>Reliability and Dependability</td>
</tr>
</tbody>
</table>
Experiences – Attributes – Metrics Model
You must be able to articulate the value that you bring to healthcare.
Timeline

Contact letter writers

Send Transcripts and Add Letter Writers to CAS as soon as you open app for correct cycle (if not waiting on spring grades)

Submit primary application (June-July)

LOR Need to be Submitted by Secondaries Complete

CAS Opens

First Draft of PS

Final Draft of PS/Experiences

Finish school list

Pre-Write Secondaries while being verified

Write Experience Descriptions

Retake/Take test if needed

Verification

Interview & Work

January

February

March

April

May

June

July

August

September

October

November

December

January

February
<table>
<thead>
<tr>
<th>Month</th>
<th>Medicine/Dentistry/PA</th>
<th>Pharmacy/PT/Vet/Optometry/DPM/Nursing</th>
<th>OT/CLS/Genetic Counseling/MPH</th>
</tr>
</thead>
<tbody>
<tr>
<td>January-April</td>
<td>Finalize PS/Experiences/Finalize LOR</td>
<td>PT: Draft Personal Statement</td>
<td></td>
</tr>
<tr>
<td>May</td>
<td>Create Application/Order Official Transcript</td>
<td>Ask for LOR/Revise PS</td>
<td>Organize Experiences/Resume</td>
</tr>
<tr>
<td>June</td>
<td>Submit Application</td>
<td>Finalize School List</td>
<td>Research Schools</td>
</tr>
<tr>
<td>July</td>
<td>Secondary Applications</td>
<td>Create Application/Order Official Transcript</td>
<td>Draft Personal Statement/Study GRE</td>
</tr>
<tr>
<td>August</td>
<td>Interview Invites/Waiting</td>
<td>Submit Application</td>
<td>Take GRE</td>
</tr>
<tr>
<td>September</td>
<td>Interviews Start</td>
<td>Secondary Applications/Wait</td>
<td>Ask for LOR</td>
</tr>
<tr>
<td>October</td>
<td>Interview/Wait</td>
<td>Interview/Wait</td>
<td>Create Application Materials/Order Transcripts</td>
</tr>
</tbody>
</table>
Timeline

• Submit
• Verification
• Schools Receive Apps
• Complete/Review
• Invite/Hold
Centralized Application Systems

- Collect ALL transcripts and LORs
- Do not verify requirements met.

Important to know: All centralized apps are different.
Calculating GPAs
Science GPAs
Character Count for Personal Statements
LOR requirements
Disadvantaged Statements
Application Submitted
- Online application completed and submitted to AMCAS
- Fees paid (or Fee Assistance Program award used)

Application Processed
- All required official transcripts arrive at AMCAS
- Verification of coursework
- Calculation of AMCAS GPAs

Application Delivered
- Verified application sent to designated medical schools
- Letters delivered as they are received
- MCAT scores automatically delivered as they become available
<table>
<thead>
<tr>
<th>Academic Totals (Undergraduate)</th>
<th>GPA</th>
<th>BAL</th>
<th>R</th>
<th>I</th>
</tr>
</thead>
<tbody>
<tr>
<td>UCD CUM</td>
<td>56.50</td>
<td>39.00</td>
<td>39.00</td>
<td>145.30</td>
</tr>
<tr>
<td>UC OTHR</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
</tr>
<tr>
<td>TOT UC</td>
<td>56.50</td>
<td>39.00</td>
<td>39.00</td>
<td>145.30</td>
</tr>
<tr>
<td>TRANSFER</td>
<td>117.00</td>
<td>192.00</td>
<td>192.00</td>
<td>666.00</td>
</tr>
<tr>
<td>GRD TOT</td>
<td>173.50</td>
<td>231.00</td>
<td>231.00</td>
<td>811.30</td>
</tr>
<tr>
<td>TOT TUTOR:</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>VARIABLE:</td>
</tr>
<tr>
<td>UCD CUM-ATTM P/NP STU:</td>
<td>0.00</td>
<td>PSSD P/NP STU:</td>
<td>0.00</td>
<td></td>
</tr>
<tr>
<td>UCD CUM-ATTM P/NP CRS:</td>
<td>17.50</td>
<td>PSSD P/NP CRS:</td>
<td>17.50</td>
<td></td>
</tr>
<tr>
<td>EXCLUDED REPEAT UNITS:</td>
<td>0.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>UCD UPPER DIVISION UNITS COMPLETED:</td>
<td>52.00</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TOTAL UNITS COMPLETED: 173.50 (117.00 Transfer, 52.00 Upper Division)

UC GPA: 3.725
UC BALANCE POINTS: 67.3
Quick Activity

What types of competencies would [medical] schools be able to gather from a letter of recommendation?
Experiences are a tool.
Experiences

• Collect Total Hours/Dates
• Supervisor Contact Name/Email
• Determine the Category.
• Write 400-700 characters-what you did
• **AMCAS Only:** Choose 3 most meaningful. Write 1325 characters-Why impactful.
Documenting Experiences

Excel sheet containing:

- Name
- Contact
- Phone/Email
- Total Hours
- Dates
- 400-700 Character Description of What You Did
Letters of Recommendation

• Requirements vary by school
• Safe Combo:
  • 2 Science, 1 Non-Science,
  • 1 Non-Academic, Health Professional

Interfolio vs Application?
When to ask?

- **Anytime** but by March of the year you are applying.
- Not going to collect LOR yourself
- Might be asked to write your own LOR
- Follow Ups & Thank Yous

When do you NEED your letters uploaded in CAS?
Dear Dr. Professor:

I don’t know if you remember me, but I was in your Physics 7B and 7C course. We spoke a few times after class and during office hours. (I was the snowboarder on crutches for awhile!). I really enjoyed your class because it was the first time I got to think and apply science in a real way.

I ended up earning Bs in both of your classes, but that’s not an indication of a lack of interest. Actually, I worked very hard to earn those grades. I spent many hours in tutoring, DL and studying in groups, but it was all worth it!

I’m writing to ask if you might consider writing a letter of recommendation for my application to medical school this summer. I think that based on our interactions, you would be the best professor to comment on my ability to persist with difficult material. I also worked very closely with your TA, Ashley, and she mentioned several times that I am a strong problem-solver.

If you are able to do this, you would upload the letter in June when I submit my AMCAS application. I have attached my resume, transcripts and personal statement for your review. I know you are very busy, so I really appreciate your consideration. I look forward to hearing back from you!

Sincerely,

Very Gracious Student
Dear Dr. Professor:

I sincerely appreciate you offering to write a letter of recommendation for me. I think based on our time together, you are the best person I could ask who could comment on my strong persistence when faced with challenging material.

When the AMCAS application opens up electronically on Monday, June 1st, I will enter your information into the system and you should get an email to submit the LOR.

You can submit the LOR as a PDF. I am sure you know this, but medical schools won’t accept it unless it is signed and on letterhead.

On the application, I will select to waive my right to read the LOR that you write.

I have attached my resume, transcripts and a draft of a personal statement. Please let me know if you need any additional information from me.

Again, I very much appreciate your time.

Sincerely,

Very Gracious Student
AMCAS allows up to 10 LOR. Can decide which schools get which letters.

AACOMAS allows up to 6. Goes to every school.

Most other applications allow up to 4. Goes to every school.
• ALL letters need to be signed
• LOR need to be on official letterhead.
• Committee Letters: UCD doesn’t have one
• Requesting an advisor letter
Create a Packet of Information when asking.

- Transcripts
- Resume
- Personal Statement
- Summary of Interactions or your why them
- Directions

Check out the AAMC Letter Writer Guide in Chat
Personal Statement

AMCAS & AACOMAS = 5300
Characters

CASPA = 5000

Nursing = Varied

ALL OTHERS = 4500
Start with a story or idea.

Lead your story to making a point.

Your point should highlight what you’re about to reveal.

Each paragraph should have a point that supports the main theme.

Each paragraph should reveal a different attribute about yourself.

Show evidence of the claims you make about yourself.

Start your conclusion summarizing the things you just said about yourself.

End your conclusion with an appeal to school. “With a medical education, I will be equipped to solve even more problems in society.”
## Creating Your School List

<table>
<thead>
<tr>
<th>Name of School</th>
<th>LOR Requirement</th>
<th>Outstanding Pre-Reqs</th>
<th>Curriculum Model</th>
<th>Location Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>UC Davis</td>
<td>3 Min LOR (ANY)</td>
<td>None</td>
<td>Traditional</td>
<td>Urban-ish</td>
</tr>
<tr>
<td>Northwestern</td>
<td>2 Science, 1 non-science</td>
<td>Bioethics</td>
<td>Hybrid</td>
<td>Urban (no cars)</td>
</tr>
<tr>
<td>NYU</td>
<td>1 science, 1 non-science, 1 non-academic</td>
<td>Anatomy</td>
<td>3 year or Traditional</td>
<td>Urban (no cars)</td>
</tr>
<tr>
<td>Hofstra</td>
<td>2 Science, 1 anyone</td>
<td>None</td>
<td>PBL, Early Clinical Experiences</td>
<td>Suburban (car required)</td>
</tr>
<tr>
<td>Rush</td>
<td>4 max (Any)</td>
<td>1 Quarter English</td>
<td>Traditional</td>
<td>Rural</td>
</tr>
<tr>
<td>William Beaumont</td>
<td>3 Max (Any)</td>
<td>None</td>
<td>Traditional</td>
<td>Suburban</td>
</tr>
</tbody>
</table>
There are MANY things to consider when picking schools. Choosing schools is a strategic process. DO NOT PICK SCHOOLS RANDOMLY.

• Location
• Curriculum Model
• Early Clinical Experiences
• Class Sizes
• Philosophy
• Hospital Affiliations/Clinical Setting
• Access to Resources
• Rankings
• Residency/Job Placement
• Board Pass Rates
Test Scores

• All test scores appear
• Last Three Years
• Future Test Dates Indicated
• Accommodations no longer reported
• Multiple Test Scores: Schools consider differently
• Reporting Other tests
Questions on Any Secondaries?

- Why Us?
- Diversity Statement
- Autobiography
- Adversity Statement
- Connection to area
- Anything else you want us to know?
- Most significant ....
Other Tips

• Save NOW for fees.
• Cannot start app until open date
• Apply for FAP
• Download the 2021 Application Handbook
<table>
<thead>
<tr>
<th>Health Profession Application System</th>
<th>Website</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Osteopathic Medicine ACOMAS</td>
<td>ACOMAS Application Fee Waiver  <a href="http://www.acom.org/become-a-doctor/">http://www.acom.org/become-a-doctor/</a>  applying/acomascas/applications/fee-waiver</td>
<td>Submit fee waiver form prior to application</td>
</tr>
<tr>
<td>Podiatric Medicine ACPMAS</td>
<td>ACPMAS does not provide a fee waiver</td>
<td>N/A</td>
</tr>
<tr>
<td>Veterinary Medicine VMCAS</td>
<td>Fee Structure for VMCAS  <a href="http://www.aavo.org/veterinary-vmcas/">http://www.aavo.org/veterinary-vmcas/</a></td>
<td>October 2nd, 2015</td>
</tr>
<tr>
<td>Dental Medicine ADASCAS</td>
<td>ADEA - Fee Assistance Program  <a href="http://www.adae.org/dental-education-pathways/">http://www.adae.org/dental-education-pathways/</a></td>
<td>November 27th, 2015</td>
</tr>
<tr>
<td>Occupational Therapy OTCAS</td>
<td>OTCAS does not provide a fee waiver</td>
<td>N/A</td>
</tr>
<tr>
<td>Pharmacy PharmCAS</td>
<td>PharmCAS Application/Payment  <a href="http://www.pharmac.org/preparing_to_apply/what_you_need_to_apply/application_payment/">http://www.pharmac.org/preparing_to_apply/what_you_need_to_apply/application_payment/</a></td>
<td>See website</td>
</tr>
<tr>
<td>Optometry OptomCAS</td>
<td>OptomCAS does not provide a fee waiver</td>
<td>N/A</td>
</tr>
<tr>
<td>Physical Therapy* PTCAS</td>
<td>PTCAS - Fee &amp; Fee Waiver  <a href="http://www.ptcas.org/ptcas_fee_waiver/">http://www.ptcas.org/ptcas_fee_waiver/</a></td>
<td>Submit fee waiver form prior to application</td>
</tr>
<tr>
<td>Chiropractic Medicine CHICAS</td>
<td>CHICAS does not provide a fee waiver</td>
<td>N/A</td>
</tr>
<tr>
<td>Genetic Counselling</td>
<td>No centralized application system.</td>
<td>N/A</td>
</tr>
</tbody>
</table>

*Number of fee waivers is very limited. Consider applying in advance to deadline.
Pre-Submission Release of Information
Selecting “Yes” authorizes ADEA AADSAS to release the applicant’s name and contact information to the designated programs BEFORE the submission of the final application. This will allow the dental schools to send the applicant important information about the local admissions process before the application is completed.

Advisor Release
Selecting “Yes” authorizes ADEA AADSAS to release applicant’s selected information regarding ADEA AADSAS application and admission status to the health professions advisory committee of the postsecondary institution(s) the applicant has attended. By releasing this information, the applicant’s advisor is better able to assist in the admissions process, as well as better guide other students in the future. The applicant cannot make changes to this item after the application is submitted to ADEA AADSAS. This is an optional release, and the applicant may select “No.” ADEA AADSAS encourages applicants to authorize this release, as it is useful to advisors assisting applicants with the application process; however, it will not affect the consideration given to the application.

ADEA AADSAS Release
This statement serves as a contractual agreement between the applicant and ADEA AADSAS. Each applicant is required to agree to these terms in order to submit the application. Part of these terms indicates that the applicant agrees to all of the ADEA AADSAS instructions, so it is important to read and understand these instructions.
Wait, Wait, Wait!
What did SDN say??
FEB 06
Creating Your Med School List
MCAT: General Chemistry

MAR 06
AMCAS 101
MCAT: Psych/Soc

April 10
Secondaries & Interviews
MCAT: CARS

MAY 01
Mock MMI
(RSVP online)