Crunch Time: Applying to Medical, Dental or PA School

Your Journey Has Led You Here: Now What?
The Perfect Medical School Candidate

- Stand Out Application
- Letters of Recommendation
- Shadowing/Volunteer Experience
- Research
- Good MCAT Score
- High GPA

The Competition is Tremendous!

Getting into Medical School is hard. 60% of applicants don’t get a single offer. Some people have to reapply, and reapply, and reapply.
### What should you be doing now?

- Preparing well for the MCAT or DAT exams
- Getting LORs submitted to VeCollect
- Writing your personal statement
- Choosing which schools to apply to (MSAR)
- Looking over the 2016 application guide
- Solidifying clinical experiences

### Important Deadlines

In order to have a committee letter written for you for the current application cycle, you must meet the following three deadlines:

- **April 15, 2016** - *Self-assessment must be submitted.*
- **May 6, 2016** - *All letters of recommendation must be on file with VE Collect.*
- **August 15, 2016** - *Your AMCAS application must be submitted (Pre-Med/Pre-Health Advising must have a copy of your letter request form w/barcode).*
Use Application Instructions!

https://www.aamc.org

https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/applying-medical-school-amcas/

Choosing Medical Schools

https://services.aamc.org/msar/home#null

https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/deciding-where-apply/medical-school-admission-requirements/
Online Self-Assessment

https://secure.cns.umass.edu/webforms/pre-med-pre-health-self-assessment

We need this from you to write your committee letter!

It is similar in format to the AMCAS and AADSAS Applications.

Writing an Effective Personal Statement

- Use the personal statement to create a “3-D Picture” of you -- a clear, compelling story of why you want to become a doctor/dentist.

- How Do Schools Use Personal Statements?
  - to determine who you really are beyond grades and test scores
  - to determine whether or not you can write a clear, coherent essay logically and grammatically correct
  - to determine what is important to you and what your values are
  - to determine how your past and current experiences have contributed to your intellectual, personal and professional development.
Tips for Writing Personal Statements

- Avoid restating your resume
- It is a personal statement so make it personal - Use anecdotes to weave a story & make the essay a pleasure to read.
- Avoid known controversial topics - Politics and religion ... if you must include these, avoid being dogmatic or preachy. You don’t want to risk alienating a reader who may not share your views.
- Not a place for apologies - don’t provide them with a road map to your weaknesses. Ask us to explain that bad semester.
- What you write will come back during interviews
- Don’t get too creative and write multiple drafts - this is not the time for a cool haiku! Proofread!
- If there is a sentence in your personal statement that could have been written by someone else (especially Miss America), it is not worth the space on the page - Michelle A. Finkel, MD

AMCAS letter request form

American Medical College Application Service

AMCAS LETTER REQUEST
June 30, 2015

For AMCAS 20XX applications only

AAMC ID:
Last Name:
First/Middle Name:
AMCAS Letter ID:
Letter Type:

TO:
MC Catherine Eden
University of Massachusetts-Amherst
627 North Pleasant Street
220
Amherst, MA 01003-9246

Visit www.aamc.org/amcasletters for guidelines on writing letters.

Medical Schools may require your letters to be on official letterhead and include your signature.
VeCollect for Collecting LOR

VeCollect

VeCollect is now required that students register for VE Collect to manage their letters of recommendation.

VeCollect is a fee-based service that collects, stores, and packages a student’s letters of recommendation. Once you log in, fill in the simple form. After you receive the invoice, you will be allowed to pay by credit card or check.

Your account will be activated after payment is processed; this is where letter-writers submit their letters.

$20/year


Deciding whether to apply...

You should apply if...  

...you can answer “yes” to ALL of the following questions...

1. Is my MCAT/DAT/GRE score competitive?
2. Are my science and cumulative GPAs competitive?
3. Are my references strong enough?
4. Do I have a significant amount of clinical experience?
5. Do I have a significant amount of community/volunteer service experience?

AND you can answer the following question THOROUGHLY and CONFIDENTLY...

Why do you want to be a physician/dentist/PA?

Note: ‘I want to help people’ or ‘I love science’ or ‘I’m fascinated with the human body’ are not adequate answers to this question.
An IMPORTANT disclosure...

When LOTS of UMass Amherst students get into Medical/Dental/PA School...

UMass looks GOOD!
Pre-Med/Pre-Health Advising looks GOOD!

We want LOTS of students to get into Medical, Dental, PA, PT, OT, MSN, etc. programs.

BUT...
You MUST be competitive to get an interview and get in to medical/dental/PA school.

It is a DIFFERENT LEVEL of competition!

Will your application exhibit these competencies?

From the AAMC* Admissions Initiatives
Association of American Medical Colleges
Go to the link below to READ THE FULL DESCRIPTIONS!
https://www.aamc.org/initiatives/admissionsinitiative/competencies/

- Interpersonal Competencies
  - Service Orientation
  - Social Skills
  - Cultural Competence
  - Teamwork
  - Oral Communication

- Intrapersonal Competencies
  - Ethical Responsibility to Self and Others
  - Reliability and Dependability
  - Resilience and Adaptability
  - Capacity for Improvement

- Thinking and Reasoning Competencies
  - Critical Thinking
  - Qualitative Reasoning
  - Scientific Inquiry
  - Written Communication

- Science Competencies
  - Living Systems
  - Human Behavior

Your application must SHOW these competencies through your work and activities – you cannot just say that you have a ‘Service Orientation’.
Is a GAP YEAR a good idea for you?

- It will make you a more COMPETITIVE candidate, you will get another (usually stronger) LOR, you can explore your career interests.

- There are an INFINITE number of AMAZING things to do during a gap year (or two).

Mt Sinai Orthopedic Surgery Quality Assurance
Americorps / City Year
San Francisco Community Clinic
Clinical research in Boston
Teach for America

Choosing Schools - Dental

Interactive map with links to all dental schools in the US

Things to consider:
- Location
- Curriculum
- Focus (clinical vs research)
- Make up of student body

http://www.adea.org/GoDental/Application_Prep/The_Application_to_Dental_School_ADEA_AADSAS/Deciding_where_to_apply.aspx
Read about the school

• Mission Statements
• Admissions Requirements
• Student Profiles
• Alumni Profiles
• Research
• Community Outreach

Admissions Information
## Tufts Dental Admissions Stats...

### Quick Facts
- Number of applications in 2014-2015: 3,527
- Number of first time enrolling students in D.M.D. Class of 2019: 203
- Class of 2019: GPA: 3.37; Science GPA: 3.26
- Class of 2019: DAT: Academic Average – 20
- PAT – 20
- Reading Comprehension – 21
- Total Science – 19
- Class of 2017: 56% Female, 11% Black/African-American, 7% Hispanic, 34% Asian/Pacific Islander
- Class of 2019 Average Age: 24
- Class of 2019 composed of students from 26 states and 1 country.
- Tuition 2015-2016: $68,320

### Useful Information:
- American Association of Dental Schools Application Services (AADSAS)
- Dental Admissions Test (DAT) – 1-800-621-8009/1-312-440-2687

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## Choosing an Osteopathic Medical School

The 2016 Osteopathic Medical College Information Book includes a brief description of all of the osteopathic medical colleges, admissions criteria, minimum entrance requirements, supplementary application materials required, class size or enrollment, application deadlines, and tuition. Also includes information about choosing a career in osteopathic medicine.

Choosing Schools – Medical MSAR

Choose 15-20 schools

https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/deciding-where-apply/medical-school-admission-requirements/

MSAR: Summary
MSAR Summary (continued)

MSAR: Acceptance Information - Interviews
MSAR: Acceptance Information - Interviews

4% of out-of-state applicants get interviews; 1% accepted

Old and New MCAT Scores

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<th>Percentile</th>
<th>Old Score</th>
<th>New Score</th>
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<td>~26</td>
<td>~500</td>
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<tr>
<td>83rd</td>
<td>~31</td>
<td>~510</td>
</tr>
</tbody>
</table>

Old MCAT: ~26
New MCAT: ~500

Old MCAT: ~31
New MCAT: ~510
Important Links

Self-Assessment Link
Submit no later than April 15, 2015
https://secure.cns.umass.edu/webforms/pre-med-pre-health-self-assessment

VE Collect Link
All LORs must be received by May 6, 2015