Applying to Medical, Dental or PA Schools: What You Need to Know
Please email ceden@umass.edu to indicate that you were at this meeting
Your Journey Has Led You Here: Now What?
The Perfect Health Professions School Candidate

- Excellent Interviewing Skills
- Strong Letters of Recommendation
- Patient Care (Shadowing for Pre-Dent)
- Community Service
- Campus Engagement
- Grades and MCAT/DAT/GRE

Acceptance!
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.
How Most Medical Schools Look at an Applicant

- GPA
- MCAT
- Leadership Qualities
- Letters of Recommendation
- Commitment to Medicine
- Life Experience
- Clinical Experience
- Unique Attributes
- Research Experience

How We Look at You
Applicants and Matriculants to US Medical Schools, 2015

First-time applicants: 38,460 (+4.8%)  
Total applicants: 52,550 (+6.2%)  
Enrollees: 20,630 (+1.4%)  

MED SCHOOLS ARE SELECTIVE  
The med school admissions process remains hyper-competitive. While it’s a challenge to get into any med school, some schools are so selective that fewer than three out of every 100 applicants make the cut. What’s the norm?  

45% of med school admissions officers say a low MCAT score is the “biggest application dealbreaker” in the primary application.  

Average 2015 acceptance rate: 39.3%  

What’s the average GPA for a med school applicant?  

A 3.40  B 3.55  C 3.45  D 3.60
## Application Year Statistics: UMass & National

### MEAN GPA

<table>
<thead>
<tr>
<th>Category</th>
<th>Applied</th>
<th>Accepted</th>
<th>Matriculated</th>
</tr>
</thead>
<tbody>
<tr>
<td>CUM UG BCPM</td>
<td>3.57</td>
<td>3.45</td>
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<td></td>
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<td>3.82</td>
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<tr>
<td>CUM UG</td>
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<td>3.55</td>
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<td>3.77</td>
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</table>

### MEAN MCAT

#### After January 31, 2015

<table>
<thead>
<tr>
<th>Section</th>
<th>Applied</th>
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<th>Matriculated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chemical and Physical Foundations of Biological Systems</td>
<td>125.7</td>
<td>125.6</td>
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<tr>
<td>Critical Analysis and Reasoning Skills</td>
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<td>126.6</td>
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<tr>
<td>Biological and Biochemical Foundations of Living Systems</td>
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<td>126.8</td>
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<td>Psychological, Social and Biological Foundations of Behavior</td>
<td>126.0</td>
<td>125.8</td>
<td>126.6</td>
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<tr>
<td>Total</td>
<td>502.9</td>
<td>502.4</td>
<td>506.6</td>
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## Old and New MCAT Scores

<table>
<thead>
<tr>
<th>Composite Scores</th>
<th>New Score</th>
<th>Old Score</th>
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<tbody>
<tr>
<td>Percentile</td>
<td>Old MCAT</td>
<td>~26</td>
</tr>
<tr>
<td>50th Percentile</td>
<td>~31</td>
<td>New MCAT</td>
</tr>
<tr>
<td>83rd Percentile</td>
<td>~31</td>
<td>New MCAT</td>
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### Table

<table>
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<th>Old Score</th>
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<td>4</td>
<td>12</td>
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<tr>
<td>3</td>
<td>12</td>
</tr>
</tbody>
</table>

*Note: The table above shows the new and old MCAT scores for the 50th and 83rd percentiles.*
What you will need to do in next 6 months

§ 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 2017 application guide
§ Solidifying clinical experiences
§ Working on self-assessment
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 21, 2017** - Self-assessment must be submitted.

**May 26, 2017** - All letters of recommendation must be on file with VE Collect.

**August 14, 2017** - Your AMCAS application must be submitted (Pre-Med/Pre-Health Advising must have a copy of your letter request form w/barcode).
We need this from you to write your committee letter!

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

https://secure.cns.umass.edu/webforms/pre-med-pre-health-self-assessment
The Pre-Med/Pre-Health Advising office now requires 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.

Cost is $20/year and is renewable.

Use Application Instructions for Medical & Dental Schools

ADEX Associated American Dental Schools Application Service
(ADPA AADSAS) Application Instructions

Contents
Overview: ADEX AADSAS ............................................. 3
Create an account .......................................................... 3
Review required components ......................................... 4
Fee Assistance Program .................................................. 4
Fee application launch date .......................................... 5
Benefits of being awarded fee assistance ......................... 5
Eligibility to apply for FAP ............................................... 5
Required and supplemental documents .......................... 6
Other supporting documentation .................................... 6
Unemployed individuals ................................................ 7
Application processing time ......................................... 7
Application status ......................................................... 7

PreMed/PreHealth Advising Office
§ It’s unfair to ask the advisor what GPA or test score looks competitive to applicants from your school if you are not yourself willing to give your advisors access to this information for future pre-health students.

§ The more pre-health advisees at an institution do this, the more helpful the answers the advisors can give you about your own application.
Cost Associated with Medical School Application

§ AMCAS Primary application fee: The 2017 application fee is $160 for the first school and $38 for each additional school.

§ If you are applying to 15 schools that is $692.

§ Secondary application fees: typically range from $0 to $150 each.

§ Interviews: Could cost up to $2K depending on where you are interviewing.

Fee Assistance Program - Applying
- New, more user-friendly application
- Website resources to check out:
  - What You Need to Apply
  - Application Guide

Email: fap@aamc.org
Phone: 202-828-0800
Monday – Friday, 9 am – 7 pm (EST)
@AAMCPremed
Cost Associated with Dental School Application

§ ADEA AADSAS® Application Fees: The ADEA AADSAS application fee for your first dental school is $245. Each additional school you apply to is $98.

§ Dental School Supplemental Fees: Most dental schools require applicants to pay a supplemental fee. Most fees are $35 or more and change from year to year, depending on applicant numbers.

§ Interviews: Could cost between $1K and $1.5

§ Deposit: When you are accepted to a dental school and decide to attend, you will have to give the school a deposit to hold your spot in the first-year class. These deposits tend to range from $500 to $2K.

§ Fee Assistance Program Available
Cost Associated with PA School Application

Centralized Application Service for Physician Assistants

The cost for a CASPA application is $175 for the first program you apply to. Any additional programs you choose to apply to will cost $50 per designation.
AMCAS Letter Request Form

June 30, 2015

AMCAS LETTER REQUEST

For AMCAS 20XX applications only ■ ■

AMC ID: X00000
Last Name: Student
First/Middle Name: Student
AMCAS Letter ID: X00000
Letter Type: Committee Letter

TO:
MS Catherine Edon
University of Massachusetts-Amherst
627 North Pleasant Street
220
Amherst, MA 01003-9240

Visit www.aamc.org/amcasletters for guidelines on writing letters.
Medical Schools may require your letter(s) to be on official letterhead and include your signature.
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 that is 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 of 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; 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
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 into 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’.
Things to Consider When Choosing a School

Apply to 15-20 MD Schools
Apply to 8-12 Dental Schools
Applying to the right mix of schools is key to maximizing your chances of getting that coveted acceptance letter.

PreMed/PreHealth Advising Office
Deciding Which Dental School To Apply To
DAT Score and Dental School Success for UMass Students

**Metrics of accepted students from UMass Amherst:**
- DAT Median 19
- PAT Median 20
- GPA Average 3.577

**Most common schools attended by UMass Amherst students:**
- Tufts
- Boston University
- University of New England

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Figure 1: Typical Overall DAT Score Distribution (Approx.); No. of Test Administrations Annually = 13,000 (Approx.)
Choosing Dental Schools

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
Read about the school ...

- Mission Statements
- Admissions Requirements
- Student Profiles
- Alumni Profiles
- Research
- Community Outreach
Admissions Information

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: 3.28
- Class of 2019: DAT: Academic Average – 20
- PAT – 20
- Reading Comprehension – 21
- Total Science – 19
- Class of 2017: 58% 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: $98,320

Useful Information:

- American Association of Dental Schools Application Services (AADSAS)
- Dental Admissions Test (DAT) – 1-800-621-8099/1-312-440-2887
Choosing an Osteopathic Medical School

The American Osteopathic Association’s Commission on Osteopathic College Accreditation (COCA) currently accredits 31 colleges of osteopathic medicine offering instruction at 48 locations in 31 states.

U.S. Colleges of Osteopathic Medicine

- About Osteopathic Medicine
- U.S. Colleges of Osteopathic Medicine
- Osteopathic Specialty Colleges
- Osteopathic Medical Student Profiles
- Applying to Osteopathic Medical College
- Financial Aid and Scholarships
- Admissions and Interviews
- Resources for Medical Students
- Associate for PreHealth Advisors

The American Association of Colleges of Osteopathic Medicine (AACOM) represents the 31 accredited colleges of osteopathic medicine in the United States. These colleges are accredited to deliver instruction at 48 teaching locations in 31 states. All of the colleges are publicly controlled, 24 are research institutions.

In the AACOM's 2017-2018 report, colleges are educating almost 16,500 future physicians—more than 35 percent of U.S. medical students.

Comparative Information

- Osteopathic Medical College Information Book
- Osteopathic Medical College Locator (map)

Osteopathic Medical Schools and Financial Aid Offices

- (main and branch campuses only)
- Allene College of Osteopathic Medicine
- Barry, D.O. Memorial (Barry, D.O. Memorial)
- USA/Rensselaer College of Osteopathic Medicine

- Department of Financial Aid
- USA College of Osteopathic Medicine
- USA/Rensselaer College of Osteopathic Medicine
- USA/Rensselaer College of Osteopathic Medicine

- USA/Rensselaer College of Osteopathic Medicine
- USA/Rensselaer College of Osteopathic Medicine
- USA/Rensselaer College of Osteopathic Medicine

Choosing Schools – Medical MSAR

Choose 15-20 schools

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

Mission Statement
The mission of UMass is to advance the health and well-being of the people of the commonwealth and the world through pioneering advances in education, research, and health care delivery.

Application and Acceptance Summary
Primary application service: AMCAS
Primary application deadline: October 15, 2016
Acceptance Notice - earliest date sent: October 7, 2016
Acceptance Notice - latest date sent: Unit class is full
Maximum allowed time for an applicant’s response to the offer: 2 weeks.

Are Requests for Deferred Entrance Considered?: Yes

Percentage of Accepted Applicants with Relevant Medical, Volunteer and/or Research Experience

<table>
<thead>
<tr>
<th>Community Service / Volunteer - Non Medical/ Clinical</th>
<th>Community Service / Volunteer - Medical / Clinical</th>
<th>Military Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>25%</td>
<td>87%</td>
<td>0%</td>
</tr>
<tr>
<td>Paid Employment - Medical / Clinical</td>
<td>Paid Employment - Non Medical / Clinical</td>
<td>Research / Lab</td>
</tr>
<tr>
<td>45%</td>
<td>45%</td>
<td>82%</td>
</tr>
</tbody>
</table>

Introduction in 2015, the new MCAT exam has different sections and score scales. Below are total scores for applicants to the 2016 entering class. Scores shown are for applicants at the 50th, 25th, 75th, and 36th percentiles.

PreMed/PreHealth Advising Office
Secondary Applications: Diversity

- Secondary applications are sent directly by each school. As such, they are focused on the interests of that particular school.
- They run the gamut in terms of length and involvement: Some are only a handful of yes-or-no questions, while others require up to four full-length essays.
- Secondary applications are ~$100 on average.

When you write your secondaries, you will have to explain how you contribute to the diversity of the class.

Everyone has something that they bring to the table, whether it is academic, emotional, athletic, or social.
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).

Types of Gap Year Opportunities
- Volunteering
- Internships
- Working
- Exploring/Traveling
- Study Abroad
- Service Learning
- Enrichment/Courses
Important Links

Self-Assessment Link ------------- Submit no later than April 21, 2017
https://secure.cns.umass.edu/webforms/pre-med-pre-health-self-assessment

VE Collect Link ------------- All LORs must be received by May 26, 2017