### Resources

- Pre-Health Web Pages – Google search term “Citadel Pre-Health”
  [http://www.citadel.edu/root/biology-prehealth](http://www.citadel.edu/root/biology-prehealth)
- **Mentorship Program**
- **Pre-Health Society – President Noah Nawabi**
- “Follow” [Pre-Health Society - The Citadel Facebook Group](https://www.facebook.com/groups/citadel.prehealth) for electronic announcements on upcoming opportunities
- Pre-Health CitLearn Group

### Resources Continued

- Pre-Health Bulletin Board – 3rd floor Bond Hall Corridor & Pre-Health Bookcase – 3rd floor Duckett Hall Corridor
- Upper class cadets who have completed the process
- Pre-Health Library and Pre-Health Advisor, Dr. Zanin – Bond 322

### Letters of Recommendation:

**Show your professors what you’ve got!**

**Individual Letters**

- Professors may submit letters directly to AMCAS, AACOMAS or other Pre-Professional Schools

**Pre-Health Professions Committee Letters**

- Makes a committee recommendation to Admissions Committees at various Pre-Professional Schools based upon a review of student evaluations from his Professors and upon personal knowledge of the student. (Some schools require this type letter, others won’t accept it; check with each school’s admissions office)  

### Who Gets Into Medical School?

| AAMC (MD) | 40.9% accepted, mean GPA=3.72, MCAT 511.2 |
| ACOM (DO) | 35.3% accepted, mean GPA=3.54, MCAT 503.83 |
| AUC (Caribbean) | mean GPA=3.27, MCAT 496 (May 2018) |

The MUSC Admissions committee uses the Barron’s Profiles of American Colleges to adjust the applicants’ undergraduate GPA. The Citadel is ranked as a ‘competitive school’ with a GPA boost of .19. Graduates of the Honors College would receive a GPA ‘boost’ of .34 to their overall GPA.

**Average Percent of Citadel Biology Majors or Masters who were accepted to medical school in 2019: 66.7% (5-yr Ave. = 57.9%)**

That is much higher than the national average of 40.9%.

### What About Dental School?

**According to the American Dental Education Association:**

- Nationwide 51.6% of applicants were accepted in 2017; Mean GPA=3.6; Mean DAT 20.3 (Academic Average)

[http://www.adea.org/data/students/](http://www.adea.org/data/students/)

**What about Citadel Students who Apply to Dental School?**

- 2017 – 100% of BS Biology majors accepted (1 student)
- 2018 – 100% of BS Biology majors accepted (1 student)
- 2019 – none applied

### What About Vet School?

Vet School – 2018, two Citadel Biology Majors applied and 2 were accepted
Table A-23: MCAT and GPA Grid for Applicants and Acceptees to U.S. Medical Schools, 2016-2017

<table>
<thead>
<tr>
<th>Total MCAT Scores</th>
<th>Acceptance Rate for Applicants</th>
<th>Acceptance</th>
<th>Total GPA</th>
<th>Acceptance rate %</th>
</tr>
</thead>
<tbody>
<tr>
<td>496-505</td>
<td>374</td>
<td>Applicants</td>
<td>371</td>
<td>71.1</td>
</tr>
<tr>
<td>506-525</td>
<td>571</td>
<td>Applicants</td>
<td>570</td>
<td>76.1</td>
</tr>
<tr>
<td>526-540</td>
<td>833</td>
<td>Applicants</td>
<td>832</td>
<td>82.4</td>
</tr>
<tr>
<td>541-559</td>
<td>1,090</td>
<td>Applicants</td>
<td>1,089</td>
<td>81.8</td>
</tr>
<tr>
<td>560-579</td>
<td>1,077</td>
<td>Applicants</td>
<td>1,076</td>
<td>79.1</td>
</tr>
<tr>
<td>580-599</td>
<td>951</td>
<td>Applicants</td>
<td>950</td>
<td>79.1</td>
</tr>
<tr>
<td>600-619</td>
<td>1,032</td>
<td>Applicants</td>
<td>1,031</td>
<td>79.1</td>
</tr>
<tr>
<td>620-639</td>
<td>88</td>
<td>Applicants</td>
<td>87</td>
<td>79.1</td>
</tr>
<tr>
<td>640-659</td>
<td>581</td>
<td>Applicants</td>
<td>580</td>
<td>79.1</td>
</tr>
<tr>
<td>660-679</td>
<td>1,022</td>
<td>Applicants</td>
<td>1,021</td>
<td>79.1</td>
</tr>
<tr>
<td>680-699</td>
<td>89</td>
<td>Applicants</td>
<td>88</td>
<td>79.1</td>
</tr>
<tr>
<td>700-719</td>
<td>87</td>
<td>Applicants</td>
<td>86</td>
<td>79.1</td>
</tr>
<tr>
<td>720-739</td>
<td>49</td>
<td>Applicants</td>
<td>48</td>
<td>79.1</td>
</tr>
</tbody>
</table>

Timeline:
Senior Year, 2nd Semester

- Enjoy the semester and keep your grades strong
- If you were denied admission, plan ways to strengthen your application and try again
- The Citadel has greater than 90% acceptance rate for students who improve their status and reapply at least twice.

Timeline:
Senior Year, 1st Semester

- LDRS 411 at MUSC (CRN 12537)
- Prepare for Interviews
- As acceptance/reject/waiting list letters arrive, inform Dr. Zanin of your progress

Timeline:
Junior Year, 2nd Semester

- Prep for and take the MCAT/DAT/PCAT/GRE etc.
- **Begin to fill out the AMCAS or other application starting June 1** (Please check the box to share your data with the Pre-Health Advisor)

Those students with Pre-Health Committee Folders:
- Make sure Dr. Zanin gets the official AMCAS Letter Request Form for committee letter
- Make sure recommendation folder is complete 4 weeks before you want your committee letter submitted to AMCAS

Timeline:
Junior Year, 1st Semester

- Develop a plan to study for the MCAT or other standardized test (Kaplan or other prep)
- Schedule your first test for the end of the Junior Year (you may have to take it again)
- Start to work on “personal” statement that answers: “Why I Chose This Health Profession?”
- Begin asking for individual professors’ letters of recommendation and/or start a Pre-Health Committee recommendation folder with Dr. Zanin

Timeline:
Sophomore Year Activities

- Reassess which health profession is right for you
- **Allopathic Medicine**
  - Nursing
- **Osteopathic Medicine**
  - Physical Therapy
  - Physician Assistant
- **Chiropractic Medicine**
  - Occupational Therapy
- **Veterinary Medicine**
  - Medical Technology
- **Dental Medicine**
  - Public Health
  - Medical Technology
- **Optometry**
  - Health Administration

- Run a degree evaluation to check your progress toward graduation
- Check on pre-requisites you need to take for the professional schools you chose (pre-med described here)
- Look for a mentor: summer research, volunteer or shadowing opportunities to gain professional experience (Try the Pre-Health Mentorship Program)
Timeline:
Freshman Year Activities

• Explore Health Profession Options
• Set goals for GPA and standardized test scores
• Seek a summer research, volunteer or shadowing opportunity (professional experience)
• Keep a folder with academic records and a course checklist to stay on track for graduation.
• Create a binder to compile class notes related to MCAT/DAT study topics (as listed on the MCAT/DAT web page). Add to the binder throughout your education.

DOs and DON’Ts

• DO prepare for the MCAT/DAT; practice as much as you can
• DO take the MCAT the earliest you can; so you can retake if necessary
• DO get your application in early, many schools have rolling admissions.
• DON’T give up! If you don’t get in the first time you apply, reapply early the next year. Meanwhile, find something to do that will add to your value as an applicant; turn your year off into a year to get some great experience in the field.

The Pre-Health Society

• Club for all Pre-Health Students – Annual dues $10
• Officers for 2019-2020
  – President: Noah Nawabi
  – Vice President: Akhil Prathipati
  – Treasurer: Joseph Ytem
  – Secretary: Scoville Reynolds
• Meets last Tuesday monthly at 6:30 PM in Duckett Hall 101 (usually)
  – Look for details in flyers and emails and Facebook announcements

Meetings and Events
PRE-HEALTH SOCIETY MEETINGS: Fall 2019

• September 3 – Pre-Health Information Meeting – Dr. Zanin Presents
• September 24 – Topic TBD - first regular meeting
• October 29 - Topic TBD
• November 19 - Topic TBD, Room TBD

All meetings in Duckett 101 at 6:30 PM unless noted.

Community service

Potential Service Projects
• Komen Race for the Cure
• Light the Night – Leukemia and Lymphoma Society

Military Health Professions Scholarship Program (HPSP)

• 100% Tuition Paid
• Reimbursement for books, non expendable equipment, and most academic fees
• Monthly Stipend

The MCAT score for automatic acceptance into the HPSP program is currently set at 507

Qualifying Programs:
• Doctor of Medicine or Osteopathy
• Dentistry
• Optometry
• Clinical or Counseling Psychology
• Psychiatric Nurse Practitioner
• Certified Nurse Anesthetist
• Veterinary Medicine

Army HPSP contact
SSG Sturgill or CPT Cox
Office number: 843-577-3425
Email: jennifer.a.cox54.mil@mail.mil

Navy HPSP contact
Contact Lt. Deskin at 843-412-6721 or 919-835-5820, and she can answer your questions

Airforce HPSP contact
Visit us online at: http://airforce.com/opportunities/healthcare/education (click on MONEY FOR SCHOOL)
Call 1-800-588-5260
Dr. Kathy Zanin, Pre-Health Advisor,  
kathy.zanin@citadel.edu

Pre-Health Professions Committee

- Dr. Kathy Zanin, Biology
- Dr. John Weinstein, Biology
- Dr. Claudia Rocha, Biology
- Dr. Dena Garner, HESS
- Dr. Sarah Imam, HESS
- Dr. Lisa Zuraw, Chemistry

Pre-Health Professions Committee - Procedures

- Set up appointment with Dr. Zanin to start a Pre-Health Folder early Junior year
- Electronic Submission System is now in place
- Check with Dr. Zanin to ensure folder is complete
- Notify Dr. Zanin when you need her to submit your letter of recommendation by submitting the official "Letter Request Form" from AMCAS/AACOMAS/ADSAS
- Your committee letter will be submitted to the online application service within 4 work weeks of the submission of your letter request form
- See Committee web page for complete details

International Medical Schools whose graduates are eligible to be licensed to practice medicine in all 50 states and qualify for Federal Student Aid

- The University of Queensland/Ochsner
- UMHS, St. Kitts
- American University of the Caribbean
- Ross University, School of Medicine
- Saba University School of Medicine
- St. George's University, School of Medicine
- St. George's University, School of Medicine