

**Information Meeting
for all Pre-Medical, Pre-Dental and all
other Pre-Health
Professional Students**

**Dr. Kathy Zanin, Dr. Sarah Imam, Dr. Patrice
Capers, Dr. Kimbo Yee: Pre-Health Advisors**
*Printable Handout Available Online on the
Citadel Pre-Health Information Page*

Contact your Pre-Health Advisors



 <p>Dr. Zanin Email Address: kathy.zanin@citadel.edu Position: Associate Professor of Immunology, Cell, and Developmental Biology Office Location: Bond 322 Phone Number: (843) 953-7077</p>	 <p>Dr. Imam Email Address: imams1@citadel.edu Position: Associate Professor of Health and Human Performance Phone Number: (843) 953-7952 Fax: (843) 953-6798</p>
 <p>Dr. Capers Email Address: pcapers@citadel.edu Position: Assistant Professor in Biology Office Location: Duckett 303 Phone Number: (843) 953-7928</p>	 <p>Dr. Yee Email Address: kyee@citadel.edu Position: Assistant Professor of Health and Human Performance Office Location: 209 Deas Hall Phone Number: (843) 953-6307</p>

Top 10 Things We Provide to Help Pre-Health Students Succeed


1. Personalized Pre-Health Advising from an Expert Team of Faculty Advisors, and [Pre-Health Web Page](#)
2. A [Healthcare Study Abroad Experience](#)
3. An Excellent Selection of Pre-Requisite Courses
4. Discounts on MCAT Prep Courses and Access to Donated MCAT Prep Materials
5. A Mentorship Program to Connect Students with Alumni who are Health Professionals
6. Two Clubs: Pre-Health Society and Alpha Epsilon Delta (AED) Honor Society
7. Opportunities for Undergraduate Research Experiences
8. Canvas Course and Social Media Updates about Enrichment Opportunities
9. Letters of Recommendation (LOR) from Professors Who Know Students Well, and a Committee LOR Option
10. [Accelerated Entry to MUSC](#) – 3+4 Program, for pre-med or pre-dental Biology majors


From a Citadel student: "I want to thank you for everything you've done to help me through this lengthy process. I give so much credit to mentors like you who have guided and supported me every step of the way. It has certainly been a team effort and I'm so thankful to have so many people on my side. If you ever need anything, please reach out! I'd love to help any pre-med students in the future."


Resources

- Pre-Health Web Pages – Google search term "Citadel Pre-Health"
<http://www.citadel.edu/root/biology-prehealth> 
- [Mentorship Program](#)
- Clubs: Pre-Health Society and AEA 
- "Follow" [Pre-Health Society - The Citadel and Alpha Epsilon Delta, The Citadel, SC Theta](#)




Facebook Groups for electronic announcements on upcoming opportunities

- "Pre-Health Resources" On Canvas. 

Send any advisor your citadel  email to join




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 Advisors, Drs. Zanin, Imam, Capers, and Yee 
- Health Care Study Abroad (past destinations include Lithuania and Africa) 

Applications:

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

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) <http://www.citadel.edu/root/biology-prehealth/47-academics/schools/ssm/biology/2414-pre-health-committee>

Two Pre-Health Clubs

- Alpha Epsilon Delta, Advisors: Drs. Imam and Yee
 - Volunteer/Service Activities
 - May earn official initiation into Honor Society
- Pre-Health Society, Advisors: Drs. Zanin and Capers
 - Information on Career Options, Interview Prep, etc.; Activities like Suture Clinics; Meet alumni at panel discussions
 - Meets monthly at 6:30 PM in Duckett Hall 101; Look for details in flyers and emails and Facebook and Canvas announcements

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.
- Do get involved in enrichment activities, but
- Don't sacrifice grades for enrichment activities
- 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.



Questions?



If there's time, we will also cover the following slides at the meeting. If not the slides are here in the Handout for your information

Pre-Health Professions Committee (PHPC) for Committee Letters of Recommendation

- Dr. Kathy Zanin, Biology
- Dr. Patrice Capers, Biology
- Dr. Claudia Rocha, Biology
- Dr. Kimbo Yee, HHP
- Dr. Sarah Imam, HHP
- Dr. Lisa Zuraw, Chemistry

Pre-Health Professions Committee (PHPC)- Letter of Recommendation Procedures

- Set up appointment with Dr. Zanin to start a Pre-Health Folder early Junior year
- Electronic Submission System
- 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 all required PHPC materials.
- See [Committee web page](#) for complete details

Who Gets Into Medical School?

2019-2021 Averages from AAMC (MD Programs):

- Mean accepted 41.9%
- Mean GPA=3.73
- Mean MCAT 511.4

<https://www.aamc.org/data/facts/> Table A-16

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 0.19. GPA 3.73-0.19=3.54

Graduates of the Honors Program would receive a GPA 'boost' of 0.34 to their overall GPA. GPA 3.73-0.34=3.39

Average Percent of Citadel SFSSM Majors or Masters who were accepted to medical school in 2021: 57.9% (3-yr Ave. = 54.0%)

That is much higher than the national average of 41.9% for the same 3-year period.

What About Dental School ?

According to the

[American Dental Education Association](#):

- Nationwide 54.5% of applicants were accepted in 2018; Mean GPA=3.6; Mean DAT 20.2 (Academic Average)

<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

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.

Timeline:

Sophomore Year Activities

- Reassess which health profession is right for you

Allopathic Medicine	Nursing
Osteopathic Medicine	Physical Therapy
Chiropractic Medicine	Physician Assistant
Veterinary Medicine	Occupational Therapy
Dental Medicine	Medical Technology
Optometry	Public Health
	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:

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: 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
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Timeline: Senior Year

- Prepare for Interviews
- Enjoy the year 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.



PRE-HEALTH SOCIETY MEETINGS: 2022-2023

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

Fall 2022

- August 31st – Pre-Health Information Meeting – Dr. Zanin Presents
- September 14th – Topic TBD
- October 12th – Topic TBD
- November 9th – Topic TBD

Spring 2023

- January 18th – Topic TBD
- February 15th – Topic TBD
- March 8th – Topic TBD
- April 5th – Officer Elections and Pizza Party

International Medical Schools whose graduates are
eligible to be licensed to practice medicine in all 50
states and that 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](#)

Scholarships

- [Uniformed Services University of the Health Sciences](#)
- [HPSP Air Force Scholarships for Medical School – More info on Air Force HPSP](#)
- [HPSP Army Scholarships](#): SFC Owens, Cell number: (404) 808-7021, Office number: (843)5777-3425, Email: anthony.d.owens.mil@mail.mil . The MCAT score for automatic acceptance into the HPSP program is currently set at 507
- [HPSP Navy Scholarships](#): Contact Lt. Deskin at 843-412-6721 or 919-835-5820, and she can answer your questions
- [National Guard Scholarships](#)
- [Sherry B. Aronstein Minority Student Scholarship](#) Osteopathic Medical School Scholarship for African-American; Native American, Alaska Native, and Native Hawaiian; mainland Puerto Rican, or Hispanic Students
- [Indian Health Service Scholarship Program](#) for American Indians and Alaska Natives provides financial support in exchange for a minimum two-year service commitment within an Indian health program in your chosen health professional discipline.
- [NHSC Scholarship Program](#) Non-military scholarships for health-professional students who want to go into primary care and are willing to serve in a high-need community. The program pays tuition and fees and provides a living stipend to students enrolled in accredited medical (M.D. or D.O.), dental, nurse practitioner, certified nurse midwife, or physician assistant training.
- [NHSC Loan Repayment Program \(LRP\)](#) offers fully trained primary care physicians (M.D. or D.O.), family nurse practitioners, certified nurse midwives, physician assistants, dentists, dental hygienists, and certain mental health clinicians \$50,000 to repay student loans in exchange for two years serving in a community-based site in a high-need HPSC that has applied to and been approved by the NHSC as a service site.