

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



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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."



What to Do



- Plan out a rough idea of your academic schedule for each of your 8 semesters and three summers. Be sure to take all courses that are [required pre-requisites](#) for your medical, dental, PA, PT or other program, and also plan to take "recommended" courses, if possible.
- Make academics your #1 priority – competition for seats is intense!
- Get involved!
 - Pre-health clubs
 - Volunteer work
 - Research
 - Shadowing
- Re-evaluate your career choice periodically. There are tons of rewarding health professions to consider.
- Take entrance exams and apply the summer after junior year



How Competitive Is It?

Medical School – Nationwide Statistics from AAMC 2019-2021 Averages from AAMC (MD Programs):

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

<https://www.aamc.org/data/incls/2021/04/2021-table-a-16>

Dental School – Nationwide Statistic from the American Dental Education Association:

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

<http://www.aadea.org/data/students/>

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) <https://www.citadel.edu/biology/phpc/>

DOs and DON'Ts

- Do **prepare** for the MCAT/DAT/GRE; practice as much as you can
- Do take the MCAT or other entry exam 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.



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 ([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

- Pre-Meds take Biochemistry (Organic Chemistry is a pre-requisite)
- 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 May 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:

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.



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

Two Pre-Health Clubs: Join Both!

- 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

Club Information

- “Follow” [Pre-Health Society - The Citadel](#) and [Alpha Epsilon Delta, The Citadel, SC Theta](#) Facebook Groups for electronic announcements on upcoming opportunities
- You can also follow us using Canvas: Send any club advisor your citadel email to join the Pre-Health Society or Alpha Epsilon Delta



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 AACMC (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

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: ajthonydowens.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 R. Amstein 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 \$60,000 to repay student loans in exchange for two years serving in a community-based site in a high-need HPSA that has applied to and been approved by the NHSC as a service site.

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

<https://studentaid.gov/understand-aid/types/international>

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