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

Dr. Kathy Zanin, Pre-Health Advisor
Printable Handout Available Online on the Citadel Pre-Health Information Page

Resources

• Pre-Health Web Pages – Google search term “Citadel Pre-Health”
  http://www.citadel.edu/root/biology-prehealth
• Mentorship Program
• Pre-Health Society – President Akhil Prathipati
• “Follow” Pre-Health Society - The Citadel Facebook Group for electronic announcements on upcoming opportunities
• Pre-Health Canvas 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 -Zoom this semester

Who Gets Into Medical School?

• AAMC (MD): 40.9% accepted, mean GPA=3.72, MCAT 511.2
  http://www.aamc.org/facts/2018/doctoralSchools/25987
• AACOM (DO): 35.3% accepted, mean GPA=3.54, MCAT 503.83
• AUC (Carribean): 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

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

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
Table A-23: MCAT and GPA Grid for Applicants and Acceptees to U.S. Medical Schools, 2016-2017

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<table>
<thead>
<tr>
<th>MCAT Scores</th>
<th>Greater than 3.79</th>
<th>3.60-3.79</th>
<th>3.40-3.59</th>
<th>3.20-3.39</th>
<th>3.00-3.19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acceptees</td>
<td>374 (571)</td>
<td>247 (602)</td>
<td>195 (264)</td>
<td>159 (265)</td>
<td>103 (203)</td>
</tr>
<tr>
<td>Applicants</td>
<td>930 (1,180)</td>
<td>695 (758)</td>
<td>479 (550)</td>
<td>316 (370)</td>
<td>220 (304)</td>
</tr>
</tbody>
</table>

Acceptance rate:
- Greater than 3.79: 89.7%
- 3.60-3.79: 75.6%
- 3.40-3.59: 54.8%
- 3.20-3.39: 37.3%
- 3.00-3.19: 25.3%
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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**
- **Osteopathic Medicine**
- **Chiropractic Medicine**
- **Veterinary Medicine**
- **Dental Medicine**
- **Optometry**
- **Nursing**
- **Physical Therapy**
- **Physician Assistant**
- **Occupational Therapy**
- **Medical Technology**
- **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: 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, waived this year
- Officers for 2020-2021
  - President: Akhil Prathipati
  - Vice President: Heath Baker
  - Treasurer: Ted Sanchez
  - Secretary: Harry Charles
- Meets monthly at 6:30 PM in Duckett Hall 101 or by Zoom
- Look for details in flyers and emails and Facebook and Canvas announcements

Meetings and Events

PRE-HEALTH SOCIETY MEETINGS: Fall 2019

- September 1 – Pre-Health Information Meeting – Dr. Zanin Presents on Zoom
- October 6 – Topic TBD - first regular meeting
- November 3- Topic TBD
- December 1 - Topic TBD

All meetings in Duckett 101 and/or Zoom 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 reset periodically. Most recent update was 507

*Qualifying Programs*

- Physicians: Doctor of Medicine (MD) or Doctor of Osteopathic Medicine (DO)
- Dentistry
- Optometry
- Clinical or Counseling Psychology
- Psychiatric Nurse Practitioner
- Certified Nurse Anesthesiologist
- Veterinary Medicine

Army HPSP contact

- SSG Sturgill or CPT Cox
- Office number: 843-577-5425
- Email: jennifer.a.cox54.mil@mail.mil

Navy HPSP contact

- ContactLt. 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](http://airforce.com/opportunities/healthcare/education)
- 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, HHP  
• Dr. Sarah Imam, HHP  
• Dr. Lisa Zuraw, Chemistry

Pre-Health Professions Committee (PHPC)- 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

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