Health Professional School

Application Workshop

February 23, 2016
Health Professional School Requirements

**Grade Point Average (GPA)**
- Overall GPA = 3.7
- Science/Math GPA = 3.7

**Professional Exam**
- MCAT, DAT, PCAT, GRE, OAT, etc.
- Spring and Summer 2015

**Non-Academic Requirements**
(Demonstrate Potential, Dedication, and Devotion to a Health Career)

- Medical Experience
- Volunteer Service
- Scientific/Clinical Research
- Leadership Experience
Coursework

Required Courses for Medical School and Most Health Professional Schools:

**Biology (2 courses)**
Bio 111: Fdtns of Biology
Bio 221: Genetics

**Biochemistry (1 course)**
Bio 303: Biochem. of the Cell
Chm 460: Biochemistry
Sci 380: Metabolic Biochem.

**Chemistry (4 courses)**
Chm 110: Fdtns of Chemistry
Chm 115: Kinetics & Thermo.
Chm 120: Organic Chemistry
Chm 220: BioOrganic Chemistry

**Social Sciences (2 courses)**
Psy 111: Gen. Psychology
Soc 101: Intro. to Sociology

**Physics (2 courses)**
Phy 111: Gen. Physics I
Phy 112: Gen. Physics II

**Math (2 courses)**
Mth 150: Calculus I
Mth 241: Statistics

Note: Grades of C- or lower are NOT accepted (Course must be retaken elsewhere.)

Additional Courses for Specific Health Professional Schools:

<table>
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<tr>
<th>Dental</th>
<th>Nursing</th>
<th>Optometry</th>
<th>Pharmacy</th>
<th>Phys. Assist.</th>
<th>Phys. Therapy</th>
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Course requirements vary for specific schools. (Check school websites for specific requirements.)
Experience and Service

Medical Experience:  Knowledge of different health care fields
Working with healthcare providers and interacting with patients

**Example Opportunities**
Observing surgeries in hospital.
Shadowing doctors in private practice.

**Volunteer Work:** Develop and enhance compassion for those in need
Exposure to different cultural and socioeconomic backgrounds

**Educational**
- Book Buddies
- Head Start
- Overbrook Child Development Center
- Furman Child Development Center
- Ladies of Distinction
- Communities in Schools

**Animal Interest**
- Greenville Zoo
- Greenville Humane Society
- Pet Therapy

**Medical**
- Greenville Free Medical Clinic
- Greenville Memorial Hospital
- CRISIS Line
- Greenville Rape Crisis & Child Abuse Center

**Special Needs**
- A Child’s Haven
- Camp Spearhead
- Washington Center
- Meyer Center
- Oakmont Nursing Home

**Recreational**
- Big Brothers Big Sisters
- Community Centers
- Furman Friends
- YMCW Sports
- FYI Downtown
- Boys and Girls Club

**Community Concerns**
- Hispanic Affairs
- Habitat for Humanity
- Greenville Literacy Association
- Safe Harbor

**Health Experiences Coordinator**
Susan Ybarra (TNS 071 B)
Email: susan.ybarra@furman.edu
Specific Experience Requirements

Physician Assistant: Direct patient care hours

NOT the same as shadowing (need direct patient contact)

Usually requires certification: EMT, CNA, PT aide, phlebotomist, paramedic, ER technician, etc.

Documented hours required: UF = 2000 hrs, Wake Forest = 1000 hrs, Emory = 2000 hrs, etc.

*Patient Care Technician Course Information Session March 3 (Tues) at 5:00

Dental: Observation of a variety of dental fields

Prefer significant time shadowing general dentist

Additional time in other specialties: orthodontics, endodontics, etc

Veterinary: Observation of a variety of veterinary fields

Prefer significant time shadowing one veterinarian (small animal easiest)

Additional time in other specialties: large animal, exotics, etc
Medical School Admission Statistics

National Statistics

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AAMC: Data Warehouse: Applicant Matriculant File as of 12/4/2015

Note: 31 on old MCAT = 510 on new MCAT (83 %tile)

Acceptance Statistics

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<td>23</td>
<td>71.9 %</td>
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Application Submission vs. Success

June Submit: 20/28 = 71%
July Submit: 13/26 = 50%
August-November Submit: 0/6 = 0%

Furman Class of 2015 (Students Accepted to Medical School)

Average GPA = 3.72
Average MCAT = 30.8

In-State Medical School = 83 % Accepted
Out of State Medical School = 39 % Accepted
Private Medical School = 13 % Accepted
# Medical School Admission 2013-2015

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## Cost of Applying and Attending

### Application Costs (2015)

**Medical:** MCAT = $300  [Kaplan course = $2299]
AMCAS = $160 for 1 school, $37 for each additional
Secondary Applications = $75-$150 for each school
Minimum Cost (1 school) = $535 [+ Kaplan = $2834]

**Dental:** DAT = $415  [Kaplan course = $1499]
AADSAS = $244 for 1 school, $90 for each additional

**Nursing:** GRE = $195 [Kaplan course = $1299]
NursingCAS = $65 for 1 school, $35 for each additional

**Occup. Therapy:** GRE = $195 [Kaplan course = $1299]
OTCAS = $140 for 1 school, $60 for each additional

**Optometry:** OAT = $390  [Kaplan course = $1499]
OptomCAS = $125 for 1 school, $45 for each additional

**Pharmacy:** PCAT = $210 [Kaplan course = $1399]
PharmCAS = $150 for 1 school, $55 for each additional

**Phys. Therapy:** GRE = $195 [Kaplan course = $1299]
PTCAS = $140 for 1 school, $40 for each additional

**Physician Asst:** GRE = $195 [Kaplan course = $1299]
CASPA = $175 for 1 school, $50 for each additional

**Public Health:** GRE = $195 [Kaplan course = $1299]
SOPHAS = $120 for 1 school, $45 for each additional

**Veterinary:** GRE = $195 [Kaplan course = $1299]
VMCAS = $195 for 1 school, $100 for each additional

### Tuition for Medical School (2013-2014)

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<th>School</th>
<th>Students</th>
<th>Tuition/Fee Range ($)</th>
<th>Median ($)</th>
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<td></td>
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<td>29,346 - 82,251</td>
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<tr>
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<td>Resident</td>
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<tr>
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<td>33,403 - 60,048</td>
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**Average Debt (2014 Graduates):** $ 180,000

### Financing Options and Resources

- Federal Loan Programs for Students
- Military HPSP Scholarships
- Hospital and Medical Association Scholarships
- National Health Service Corps (http://nhsc.bhpr.hrsa.gov)
- “Monetary Decisions for Medical Doctors” (www.aamc.org/md2)
Application Services

Allopathic Medical School: AMCAS (http://www.aamc.org/students/amcas/)

Osteopathic Medical School: AACOMAS (https://aacomasaacom.org/)

Dental School: AADSAS (https://portal.aadsasweb.org/)

Nursing School: NursingCAS (http://nursingcas.org/)

Occupational Therapy School: OTCAS: (https://portal.otcas.org/)

Optometry School: OptomCAS (http://www.optomcas.org/)

Pharmacy School: PharmCAS (http://www.pharmcas.org/)

Physical Therapy School: PTCAS (http://www.ptcas.org)

Physician Assistant School: CASPA (https://portal.caspaonline.org)

Public Health School: SOPHAS (http://www.asph.org)

Speech Pathology School: CSDCAS (http://www.capcsd.org/csdcas/)

Veterinary School: VMCAS (https://portal.vmcas.org/)

Note: Application processes and requirements for other health fields are school specific.
# Application Timeline (Medical School)

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<thead>
<tr>
<th>Year</th>
<th>Fall</th>
<th>Spring</th>
<th>Summer</th>
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<tr>
<td>Junior</td>
<td>Information Session</td>
<td>Indiv. Meet with Health Advisor</td>
<td>Applications</td>
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<td>Professional School Interviews</td>
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<tr>
<td>1st Year After Grad</td>
<td>Start Professional School</td>
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**May (1st week):** AMCAS site opens. Begin working on your application.

**June (1st week):** Applications can be submitted. *(Up to eight weeks to process.)*

**July 1st:** Applicants should have applications completed and submitted.

**Aug 1st:** Deadline for Early Decision.

**August (middle):** Regular Decision applications reviewed

**Secondary Applications:** Two or more weeks after submission of the AMCAS application.

**Interviews:** September (for Early Decision) to April

**“Rolling Admissions”:** Medical schools make decisions weekly.
Application Timeline (Other Schools)

**Dental School:**  June (Early): AADSAS application becomes available.

  Deadlines are school specific and range from September to February.

**Osteopathic Medical School (DO):**  May (early): AACOMAS application becomes available.

  Deadlines are school specific and range from October to April.

**Pharmacy School:**  June (early): PharmCAS application becomes available.

  September (1\textsuperscript{st} week): Early Decision deadline. (Final decision made by end of October.)

  Regular Decision deadlines are school specific (November to March).

**Veterinary School:**  June (1\textsuperscript{st} week): VMCAS application becomes available.

  September 15: VMCAS application, three evaluations, and fees due.

**Other Health Professional Schools (Nursing, Optometry, Physical Therapy, Physicians Assistant, etc.):**

  Application processes and deadlines are school specific. Research the specific requirements ASAP.
# Test Dates

**MCAT (MD and DO):**

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<tr>
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Note: All dates and times are subject to change. ([http://www.aamc.org/students/mcat/mcatschedule.htm](http://www.aamc.org/students/mcat/mcatschedule.htm))

**DAT (Dental), GRE (PA, PT, OT, Veterinary), OAT (Optometry), PCAT (Pharmacy):**

Check appropriate websites for dates, times, and locations.
Coursework and Transcripts

Coursework at Furman
All courses = “Semester”

Science courses = BIO, CHM, PHY

Some HSC courses can be designated as science (refer to specific application instructions)

Transcript Request Form = Printable from application service

Arrange for transcripts to be sent as soon as Spring grades are available.

Need transcripts from ALL institutions at which you have completed courses.

Transcripts from overseas schools are slow to arrive, so arrange for them early!

Courses taught by Furman professors during Study Abroad do NOT need additional transcripts.
Additional Application Information

Activities:

Sometimes limited space available, so combine similar information (Ex: Combine all honors and awards under one heading)

Be specific when describing activities (include what you learned/gained)

AMCAS (Medical School): Three activities designated “most meaningful” (additional description length)

Start organizing activities (dates, contact information, etc.) NOW!

Personal Essay:

Will take a significant amount of time to write (~ 1 month)

Your chance to show why you will be a great healthcare professional.

Have someone critique and check your essay for errors.

Personal Essay Workshop: March 21 (6 PM)
Letters of Recommendation

**Letter Requirements:**

**General:** A minimum of three letters, two of which are from science professors (Note: Only biology, chemistry, and physics considered “science”)

**Profession Specific:** Dental, Pharmacy, Osteopathic Medicine (DO), Physician Assistant, Physical Therapy, Occupational Therapy

**School Specific:** Actual numbers of letters required may vary for each school.

Specific types of letters may be required for each school.

(Ex: non-science professor, supervisor, etc.)

**Note:** You are responsible for determining the specific letters required for your schools of interest.

**Strong Letters:** Can attest to multiple aspects of your qualifications and overall character

Ex) Professor you have significantly interacted with in multiple classes

Research advisor that has observed you in laboratory and group settings

Professor that has accompanied you on foreign study trips

Student organization advisors/supervisors that have observed your leadership skills

**Useless Letters:** Recommender has no meaningful knowledge of you or your qualifications

Ex) Professor that can only report your grade in a class (grades already show up on your transcript!)

Family “connections”: senators, governors, presidents, etc. (no basis for evaluating you!)
Recommendation Letter Process

**Request letters as soon as possible!**

Recommenders need significant time to write meaningful letters (at least one month).

Faculty (especially in the sciences) will quickly become overwhelmed with letter requests.

Setup a meeting with your recommender to discuss your plans, activities, etc.

**Letter Deadlines (Medical and Dental):**

Letters should be in the Health Careers Office by **June 1** (again give your recommender several weeks notice!)

Letters are NOT submitted with your application. **Do NOT wait on letters to arrive before submitting application.**

It is YOUR responsibility to ensure your recommenders submit their letters to the Health Careers Office.

**General Procedure (Medical and and Dental):**

1. Letters of recommendation arrive in health careers office.


3. Cover letter and letter packet are uploaded as ONE FILE to online letter service.

**Note:** Only ONE file can be uploaded, so ALL letters must arrive before ANY letters can be uploaded.
Recommendation Letter Forms (Medical and Dental)

These forms are available outside of the Office of Health Career Advising (TNS 071).
Electronic Letter Services

AMCAS Letters (MD): Health Career Advisor uploads letter packet (ONE file for each applicant)
Letter packet added to application instantaneously

LiasonCAS (DO): Health Career Advisor uploads letter packet (ONE file for each applicant)
Letter packet added to application instantaneously

AADSAS  LOE (Dental): Max four individual letters OR one “Committee Letter/Report” + one letter
Health Career Advisor uploads letter packet (ONE file for each applicant).

Other Schools: Letters uploaded by individual recommenders (NOT collected in the health careers office)

Nursing  Pharmacy  Public Health
Occupational Therapy  Physical Therapy  Speech Pathology
Optometry  Physician Assistant  Veterinary

Note: You must provide the electronic link or mailing address to each recommender.
**Medical School Application**

**AMCAS Application:** Opens in early May. First submission date in early June.

![Diagram of application process]

**MCAT Timeframe:**

You do NOT have to take MCAT before submitting application.

Schools will not look at application until MCAT scores available (4 weeks).

**Post-Submission Changes:**

Letters can be added (or subtracted if they have not yet arrived).

Upcoming MCAT dates can be added.

Medical schools can be added (but not subtracted).

**2015 Average Observed Processing Times**

- June (early): 21 days
- June (mid): 26 days
- July (early): 31 days
- July (mid): 24 days
- August (full): 19 days
AMCAS Letter Service (Medical School)

Three choices: Committee Letter  Letter Packet  Individual Letter

Contact/Author Information: Dr. John Banisaukas  Health Career Advisor

john.banisaukas@furman.edu  (864)-294-3042

Additional Individual Letters (Not included in letter packet):

Setup additional “individual” letter in AMCAS with new Letter ID number.

Recommender must mail letter directly to AMCAS with the AMCAS Letter Request Form.

Assigning Letters: Each letter (packet or individual) must be assigned to the appropriate school.

<table>
<thead>
<tr>
<th>Letters of Evaluation/Recommendation</th>
<th>Letter ID</th>
<th>Print Letter Request Form</th>
<th>Details</th>
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Note: Schools participating in the AMCAS letters program will NOT accept letters in the mail.
Medical School Admissions Process

**Early Decision:** Application sent ONE school only. (If accepted, MUST attend.)

Deadline for application (and letter) submission usually August 1

Interviews in late August or early September. **Final decision by October 1.**

Early decision applicants have “extraordinary credentials for admission”.

**Regular Decision:** Application can be sent to multiple schools. (Deadlines vary).

Interviews start in fall and continue through spring. **“Deadline” for acceptances is March 30.**

You do not have to wait on MCAT scores to submit your application.

**“Rolling Admissions”:** Medical schools make decisions weekly based on available applications.

If you wait until deadlines, most spots are filled before you get an interview.

Submit applications in June. (You do not have to wait on MCAT scores.)

Submit secondary applications ASAP (must be complete to get interview)

**Deferment:** Policies on delaying matriculation vary, and not all schools allow deferment.

Only available if you have legitimate plans to improve professional development.
Dental School Application (AADSAS)

**Dental Schools:** 66 dental schools participate in AADSAS

**AADSAS Process:** Application opens on June 2

**DAT Timeframe:** You do NOT have to take DAT before submitting application

Schools will not look at application until DAT scores available

Must wait 90 days between tests

**Acceptances:**

- Earliest is Dec 1 (45 days to accept/decline)
- January (30 days to accept/decline)
- Feb 1 to Jul 15 (15 days to accept/decline)
- After Jul 15 (immediate response)
Dental School Recommendation Letters

AADSAS Letter Options:

1. Individual letters (4 maximum)
2. Committee letter/letter packet + 1 individual

AADSAS Letter Submission:

1. Electronic (Evaluator sent online form)
2. Paper (must print and include LOE form)

Non-AADSAS School Letters:

Each school has their own letter procedure
Some electronic and some paper
Texas Applications (TMDSAS, AMCAS, AADSAS)

Medical:  
**TMDSAS**
- UT Southwestern
- UT Galveston
- UT Houston
- UT San Antonio
- Texas A&M
- Texas Tech
- Texas Tech El Paso
- North Texas (Osteopathic)

**AMCAS**
- Baylor
- UT Southwestern MD/PhD
- UT Galveston MD/PhD
- UT Houston MD/PhD
- Texas A&M MD/PhD
- Texas Tech MD/PhD

Dental:  
**TMDSAS**
- Baylor
- UT Houston
- UT San Antonio

**AADSAS**
- Baylor
- UT Houston
- UT San Antonio

**Veterinary:**  
Texas A&M (TMDSAS only)

**TMDSAS Cycle:** Application opens May 1

If you are applying to both Texas and non-Texas schools, you must complete two applications.
Nursing Application (NursingCAS)

Program Start Date Variable:  Fall, Spring, and Summer

You must check with specific schools for deadlines!

Application Cycles:  NursingCAS application cycle = determined by program start dates

Non-NursingCAS schools (Ex:  MUSC) = application time school specific

Accelerated BSN Programs:  Designed for students who have already completed bachelors degree

**Alabama**
- Auburn University
- Samford University
- University of South Alabama

**Florida**
- Barry University
- Florida Atlantic University
- Florida International University
- Florida Southern College
- Jacksonville University
- Remington College of Nursing
- University of Central Florida
- University of Florida
- University of Miami
- University of North Florida
- University of South Florida

**Georgia**
- Albany State University
- Emory University
- Georgia Southwestern
- Kennesaw State University
- Valdosta State University

**Kentucky**
- Bellarmine University
- Eastern Kentucky University
- Northern Kentucky University
- Spalding University
- University of Kentucky
- University of Louisville

**North Carolina**
- Duke University
- North Carolina Central University
- Queens University of Charlotte
- University of North Carolina-Chapel Hill
- Western Carolina University
- Winston-Salem State University

**South Carolina**
- Anderson University
- Clemson University
- Medical University of South Carolina

**Tennessee**
- Belmont University
- Cumberland University
- East Tennessee State University
- Union University
- University of Memphis
- University of Tennessee Health Science Center
Optometry Application (OptomCAS)

Only 22 Schools Total!
Illinois College of Optometry
Indiana University
Inter American University of Puerto Rico
Kentucky College of Optometry
Massachusetts Coll. of Pharmacy & Health Sciences
Michigan College of Optometry
Midwestern University Arizona
New England College of Optometry
Northeastern State University Oklahoma
Nova Southeastern University
Pacific University
Pennsylvania College of Optometry
Southern California College of Optometry
Southern College of Optometry
State University of New York
Ohio State University
University of Alabama at Birmingham
University of California, Berkeley
University of Houston
University of Missouri St. Louis
University of the Incarnate Word
Western University of Health Sciences

Application Cycle:
Application opens July 1
Applications released to schools = Aug 1
All 22 Schools use OptomCAS

Recommendation Letters:
School specific
Submitted by individual recommenders
Letter from Optometrist often required

OAT:
Testing dates available year round
Must wait 90 days between tests
Pharmacy Application (PharmCAS)

Application Cycle: Begins June 1 (deadlines = school specific)

Applications released to schools = Aug 1

Non-PharmCAS schools = application time school specific

Early Decision: Deadline (all materials) = Sept 1  Acceptance Date = late October

PCAT: Computer based (unofficial scores available upon upon completion)

Dates:

- July 21, 2016
- July 22, 2016
- Sept 7, 2016
- Sept 8, 2016
- Sept 9, 2016
- Oct 21, 2016
- Oct 22, 2016
- Oct 23, 2016
- Oct 24, 2016
- Oct 25, 2016
- Oct 26, 2016
- Oct 27, 2016
- Oct 28, 2016
- Oct 29, 2016
- Oct 30, 2016
- Oct 31, 2016
- Nov 1, 2016
- Nov 2, 2016
- Nov 3, 2016
- Nov 4, 2016
- Jan 4, 2017
- Jan 5, 2017

Registration: Opens March 1  (Some dates in Oct and Nov not available until Sept 9)

Recommendation Letters: Submitted by individual recommenders (no packet)

Letter from Pharmacist often required
Physical Therapy Application (PTCAS)

**Application Cycle:** Begins July 1

**Application Deadlines:**
- Early Decision = Aug 17
- Regular Decision = Early October to mid-May

**Processing Time:** 4-5 weeks AFTER application, transcripts, and fee are received

**GRE:** Some schools require scores at time of application

GRE scores may need to be sent directly to PT school

**Recommendation Letters:** Letter from Physical Therapist usually required

**Non-PTCAS Schools:** MUSC (scheduled to start PTCAS 2016-2017), and others
Physical Therapy Requirements

### Recommendation Letters

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(Full table available on PTCAS)

### Observation Hours

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<tr>
<td>U. of North Carolina at Chapel Hill, The</td>
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<tr>
<td>U. of Tennessee Health Science Center, The</td>
<td>REQUIRED - a PT must verify hrs with signed form</td>
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(Full table available on PTCAS)

Note: PTCAS only provides information on participating programs. You must check with each individual school for their specific requirements.
Physician Assistant Application (CASPA)

Program Start Date Variable: Fall, Spring, and Summer

You must check with specific schools for deadlines!

Application Cycles: CASPA = opens April 1 (deadlines school specific)

Non-CASPA schools (Ex: MUSC) = application time school specific

Direct Patient Care Requirement: NOT the same as shadowing (need direct patient contact)

Usually requires certification: EMT, CNA, PT aide, phlebotomist, paramedic, ER technician, etc.

Documented hours required: UF = 2000 hrs, Wake Forest = 1000 hrs, Emory = 2000 hrs, etc.

Recommendation Letters: Submitted by individual recommenders (no packet)

Letter from Physician Assistant often required
Veterinary School Application (VMCAS)

Only 30 Schools Total!
Auburn University
Colorado State University
Cornell University
Iowa State University
Kansas State University
Lincoln Memorial University
Louisiana State University
Michigan State University
Midwestern University
Mississippi State University
North Carolina State University
Ohio State University
Oklahoma State University
Oregon State University
Purdue University
Texas A&M University
Tufts University
Tuskegee University
University of California, Davis
University of Florida
University of Georgia
University of Illinois at Urbana-Champaign
University of Minnesota
University of Missouri
University of Pennsylvania
University of Tennessee
University of Wisconsin-Madison
Virginia-Maryland Regional
Washington State University
Western University of Health Sciences

Application Process:
Application opens May 11
Applications sent to schools early September
(Do NOT wait until September to apply)
Final deadline for application and fees: September 15

Recommendation Letters:
Submitted by individual recommenders (no packet)
Electronic through VMCAS

Tests: GRE

Coursework:
Sometimes difficulty with pre-requisite courses
Pre-Health advisor can send course explanations

SC Contract Schools (Reserved Seats)
Mississippi State University (MS)
Tuskegee University (AL)
University of Georgia (UGA)
Secondary Applications: May be sent by schools before application processed.

Usually arrive via email and often have specific, short deadlines.

Require additional essays and fees ($75 to $100).

Complete and return ASAP. (Determines interview date.)

Interviews: Occur anytime between September and April. (Early decision candidates interview first.)

Interview order determined by application strength and submission date.

Interview Tips: Learn about the school (mission statement, unique characteristics, important names, etc.)

Bring a copy of your CV/resume and offer to interviewer.

Be able to discuss current topics and concerns pertinent to your profession.

(Professional websites such as www.aamc.org, “Medscape”, and “physicians practice”.)

Wear your interview outfit at least once to discover any “wardrobe malfunctions.”

Send a “Thank You” note to admissions after your interview.

AED Mock Interviews Fall 2016 (Date and Time TBD)
Backup Plan

Unsuccessful Application?  Contact admissions office (after cycle is complete) to find out how you can improve your application for next year.

Note: If you have not been invited for an interview by January of the application year, you should begin to formulate a plan to improve your application.

General Application Improvement

- GPA Increase = degree or certificate program if possible (must involve science courses)
- Medical Experience = internships, observations, working in hospital
- Service = free-clinics, medical missions

Post-Baccalaureate Programs

- Masters in Medical Science (1 - 2 years)
- Masters in Public Health (1 - 2 years)
- Biomedical Science Certificate (1 year)

Service Organizations

- Peace Corps (outside US, variable commitment)
- Teach For America (US, two year commitment)

Explore Other Health Career Options

- Osteopathic Medicine (DO)
- Physicians Assistant
- Nursing
- Public Health

Research Opportunities

- Center for Disease Control (CDC)
- National Institute of Health (NIH)