

UNIVERSITY of **HOUSTON**

PRE-HEALTH ADVISING CENTER

Applicant Orientation
(for Pre-Medical and Pre-Dental students)
Spring 2021

Dr. Gregory Spillers

Director

About the Pre-Health Advising Center

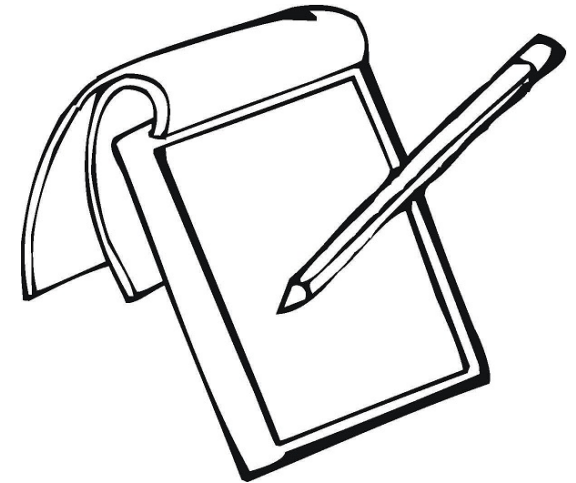
- **Mission:** To assist UH students interested in healthcare careers.
- Our office is not HPAC!
- We offer guidance on:
 - Various healthcare career paths
 - Admission requirements
 - Application process and timelines, including HPAC process
- Visit our [website](#) and email questions to prehealth@uh.edu!

About the Pre-Health Advising Center

- We are located on the 2nd floor of CBB (across from Writing Center)
 - **Email:** prehealth@uh.edu
 - **Website:** www.uh.edu/pre-health
- Appointments can be scheduled using [Navigate](#).
- Please sign up for our [Pre-Health Listserv](#) to receive email updates.

Orientation Outline

- Part 1: HPAC Overview
 - HPAC Application and Review Process
 - Components of HPAC Application
- Part 2: Application Overview
 - Application Timelines
 - Academics & GPA Calculation
 - Activities & Experiences
 - MCAT & DAT
 - CASPer
 - Where should I apply?
 - Should I take a Gap-Year?



Part I

HPAC Overview

What is HPAC?

- Health Professions Advisory Committee
 - Currently consists of 18 UH faculty from various colleges across campus
 - Meet to discuss and evaluate UH applicants to medical and dental school
 - Provides feedback on application materials as well as a committee recommendation letter to accompany application
- Am I required to complete an HPAC review?
 - Technically no, but it is preferred by Texas medical/dental schools
- When can I begin the HPAC application?
 - Late Fall/early Spring prior to your anticipated application cycle.

Why complete the HPAC Review?

- Texas medical and dental schools prefer a HPAC committee letter
- Encourages you to begin organizing application materials earlier
 - Applications open in May, but you should begin work before then.
- Provides feedback on your application
 - HPAC committee will provide notes on your personal statement, letters of evaluation, and overall “readiness” to apply in the upcoming cycle.

Am I eligible for an HPAC Review?

- Must have completed the following required coursework:
 - Completion of introductory biology, chemistry, and physics (with lab)
 - Completion of Organic I and at least current enrollment in Biochemistry
 - Completion of at least 3-hours of biology coursework (3000-level or above)
- Must have a minimum overall and BCPM GPA of 3.0.
 - Students below this GPA threshold will not be reviewed by the committee.
- Must submit all required HPAC materials by March 15, 2021.
 - HPAC application, personal statement, and activities/experiences.

How do I open my HPAC file?

■ Step 1:

- Meet with Pre-Health Advisor, or
- Attend group HPAC Orientation Session.

■ Step 2:

- Complete [HPAC Open File Request Form](#)
- Submit to prehealth@uh.edu

■ Step 3:

- Work on HPAC application materials
- Submit to prehealth@uh.edu by **March 15th**

UNIVERSITY of
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Health Professions Advisory Committee (HPAC)

Request for Open Applicant File and
Authorization to Bill for Pre-Health Student Fee

Last Name First Name UH ID

Address City State Zip Code

Phone # E-mail

❖ I hereby request the Pre-Health Advising Center to establish a Pre-Health Applicant HPAC file on my behalf. This file will contain items relevant to my application to medical or dental school.

❖ I have **reviewed and completed** all requirements to be eligible for establishing an HPAC file:

- Completion of science-major level Biology, Chemistry, and Physics
- Completion of Organic Chemistry I and completion of or current enrollment in Biochemistry
- Completion of at least 3-credit hours of Biology coursework above freshman-level.
- Minimum overall and science (BCPM) GPA of 3.0.

❖ I waive my right to view the contents of my HPAC file and authorize the Pre-Health Advising Center to bill me \$25.00 for the Pre-Health Student Fee.

❖ I understand this fee will be used to support the cost of maintaining and processing my file and that this fee is **non-refundable**.

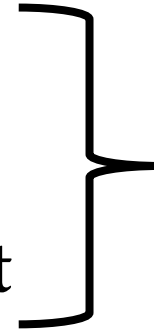
Signing this form electronically is the legal equivalent of your written signature and confirms your agreement to the statements above.

Please ensure that the email listed on this form matches the email used to submit this form to the Pre-Health Advising Center: prehealth@uh.edu

Student Signature Date

What are the components to my HPAC file?

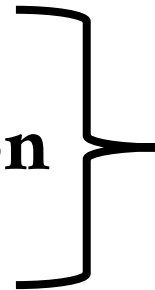
1. HPAC Application
2. Draft of Personal Statement
3. Activities/Experiences Worksheet



Submitted by you by March 15th!

- Submit all three documents to prehealth@uh.edu in the same email.

4. Three Letters of Evaluation



Submitted by Letter-writers ASAP

- Submit Letters to prehealth@uh.edu with LOE Evaluation Form.

HPAC Application

- Includes:
 - Biographical Information
 - Coursework (including all transfer credit)
 - GPA (Overall and BCPM)
 - MCAT or DAT (if taken or scheduled date)
 - Professional headshot photo
- Use coursework tables to calculate GPA
 - Per TMDSAS, NCR grades count as Failing
- Read instructions carefully!
- Use [Adobe Acrobat Reader](#) to complete
- Submit to prehealth@uh.edu by **March 15th**

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HPAC Personal Information Sheet

A. Applicant Information

Full Name: _____ PSID#: _____
Last First M.I.

Address: _____
Street Address Apartment/Unit #

City: _____ TX
City State ZIP Code

Cell Phone: _____ UH Email: _____
Preferred Email: _____

Application to: choose one... Cumulative GPA: _____ BCPM GPA: _____

Major: _____ Are you a post-Baccalaurate? No Insert professional color headshot below (<150 kb)

Are you using Fresh Start? No

MCAT Score
Total Score Percentile Date Taken: _____

DAT Score
AA PAT Date Taken: _____

Disclaimer and Signature

I certify that my answers are true and complete to the best of my knowledge.

Signature: _____ Date: _____

Personal Statement

- Your personal statement:
 - Should explain your motivation to seek a career in medicine/dentistry. Be sure to include the value of your experiences that prepare you to be a physician/dentist.
 - Should be limited to 5000 characters, including spaces.
 - Should be completed using the [Personal Statement template](#).
- Need help writing your statement?
 - Participate in Writing Center Personal Statement Workshops.
 - Schedule consultation with University Career Services.
 - Additional resources on our [website](#).
- Submit a completed draft to prehealth@uh.edu by March 15th

Activities & Experiences Worksheet

- Account for all activities that you have engaged in since graduating high school
- Similar to required TMDSAS section
- Please use the provided [template](#)
- Submit to prehealth@uh.edu by March 15th

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**Activities &
Experiences**

I. Activities & Experiences Template

Note:

- Please select one category that best describes each of your activities and experiences.
- Do not list activities/experiences in more than one category.
- The character count is limited to 300 (including spaces) for all activities descriptions.
- Include only activities/experiences that you have engaged in since graduating high school.
- Please refer to the Activities & Experiences Instructions for details about each category.
- There is no limit to the number of activities/experiences you may include, but avoid fluff.

Academic Recognition

- [Award Title] [Date] [Description – 300 characters maximum]

Non-Academic Recognition

- [Award Title] [Date] [Description – 300 characters maximum]

Leadership

- [Role/Title] [Organization] [Date] [Description – 300 characters maximum]

Employment

- [Title] [Employer] [Date] [Description – 300 characters maximum]

Research Activities

- [Role/Title] [Organization] [Date] [Description – 300 characters maximum]

Healthcare Activities

- [Role/Title] [Organization] [Date] [Description – 300 characters maximum]

Community Service

- [Role/Title] [Organization] [Date] [Description – 300 characters maximum]

Extracurricular and Leisure Activities

- [Activity] [Date] [Description – 300 characters maximum]

Letters of Evaluation

- 3 letters required (5 max)
 - 2 Science faculty (BCPM)
 - 1 Additional letter (Physician, Dentist, or non-Science faculty)
 - Dental applicants must submit a general dentist letter
 - Osteopathic applicants must submit a DO letter
- Give Letter-writers [Evaluation Request Form](#)
- Letter-writers must email prehealth@uh.edu:
 - Copy of Letter of Evaluation
 - Completed Letter of Evaluation Request Form
- At least 3 letters are required for HPAC review

UNIVERSITY of HOUSTON

**Health Professions Advisory Committee
Letter Writer Guidelines Form**

(Student's Last name) (Student first name) (PSID#)

Applying to: Medical School Dental School

I hereby waive and relinquish any right of access to this confidential letter of evaluation.

(Student's signature) (date)

To the Evaluator:
You have been asked to evaluate the qualities and attributes for the student named above for their application to medical or dental school. Your letter of recommendation will be sent to the University of Houston's Health Professions Advisory Committee (HPAC), which will use your letter along with other academic and biographical materials to evaluate the student's preparedness for professional school. After its review, HPAC will issue a consensus recommendation on behalf of the student. Your letter of recommendation will be submitted as part of a packet to the professional schools of this student's choosing.

Instructions for the Evaluator:

1. Your letter must be typed on departmental or company letterhead and include your name and signature.
2. Your letter should be addressed to the "Admissions Committee." Do not address your letters to HPAC, the Pre-Health Advising Center, or any individual medical or dental school.
3. Briefly describe your relationship with the student (e.g., advisor, instructor, supervisor, physician-mentor).
4. Only discuss numbers (GPA, MCAT/DAT score, grades) in context, such as in comparison to other students or to note trends or improvements in performance.
5. Comparisons between the student and his/her peers (in same class or major) are encouraged.
6. Be specific about student organizations, opportunities, and honors that may be unique to UH.
7. Assess the student's suitability for their chosen program (will he/she succeed in medical/dental school?).
8. Focus on behavior of student (maturity level, leadership ability, interpersonal skills, reliability).
9. It is recommended that your letter be limited to one page and no more than 2-pages.
10. Please ensure you have used the student's correct name throughout the letter's body as well as the appropriate pronouns (his/her, she/he).
11. Your letter must be dated and signed. Your academic/professional credentials should be placed below your signature.

Please email this document along with your Letter of Evaluation to the Pre-Health Advising Center: prehealth@uh.edu

I have finished the HPAC Application, what do I do now?

- Email prehealth@uh.edu with the following documents by **March 15th** :
 - HPAC Application
 - Personal Statement
 - Activities & Experiences Worksheet
- Submit all documents in a single email!
- Have Letter-writers submit their letters to prehealth@uh.edu ASAP.
- Be patient!
 - The HPAC committee meets every Friday to discuss applications (March-May)
 - Applications are reviewed on a rolling basis—first come, first serve.
 - You will be contacted once your application materials have been reviewed.

What is included in the HPAC Letter?

- The HPAC Recommendation Letter outlines:
 - UH's HPAC Review Process
 - Applicant's Consensus Recommendation Level
 - Justification for Recommendation Level
- You are not obligated to include the HPAC Letter in your packet.
 - Indicate on the Letter Submission Form that you wish to replace with "HPAC General Cover Letter" which indicates only that you completed the required HPAC evaluation.

What is the overall HPAC Recommendation Breakdown?

- Highest recommendation: 20%
 - 3.8 GPA+, strong coursework, substantial amount of extracurricular activity and compelling letters/statement.
- Highly recommend: 40%
 - 3.6 GPA+, strong coursework, decent to substantial amount of extracurricular activity, solid statement/letters
- Recommend: 25%
 - 3.4 GPA+, good - strong coursework, some extracurricular activity, letters or statement may be mixed
- Recommend with Reservation: 10%
 - Strong coursework but up and down performance, little extracurricular activity, generally a weaker candidate. May consider not applying until weaknesses are addressed.
- Do not Recommend: 5%
 - Poor GPA/coursework, incomplete coursework. Generally, should not apply because applicant lacks competitiveness

I am ready to apply, what do I need to do?

- Have:
 - You completed the HPAC review?
 - You completed the letter section of the application(s)?
 - All your evaluation letters been received by our office?
- If so, submit [HPAC Letter Submission Request](#) to prehealth@uh.edu.
- You are not required to include HPAC results.
 - Select your preference in the Letter Submission Request
- We will upload letter-packet to each application

UNIVERSITY of HOUSTON
Health Professions Advisory Committee (HPAC)
LETTERS OF EVALUATION SUBMISSION REQUEST

Last Name First Name

UH ID Telephone # Email

I would like letters from the following evaluators to be included in my HPAC Letter Packet:

1 _____ 2 _____
3 _____ 4 _____
5 _____

Once you have completed the HPAC review, our office will upload your Letters of Evaluation (including the HPAC letter) to each primary application.

We cannot upload your letters before: 1) you have completed the HPAC review, 2) completed the letter-writer section of each application, and 3) submitted this document to prehealth@uh.edu.

As you complete your application, you will select the *Committee Letter* option.

Primary letter contact information:
Dr. Gregory Spillers | Director, Pre-Health Advising
prehealth@uh.edu | 713.743.2681
4742 Calhoun Rd. CBB 215 | Houston, TX 77204

I wish to exclude my HPAC evaluation
Check here if you wish to include only a general cover letter indicating you have completed the HPAC review for this application cycle but do not want your committee ranking to be included in your letter packet.

TMSDAS
Check here if you are applying to Texas Medical or Dental Schools through TMSDAS.
Include your TMSDAS ID# _____

AMCAS
Check here if you are applying to Baylor College of Medicine and/or any of the out-of-state medical schools. You must also submit the AMCAS letter authorization form in order for your letters to be submitted.

AACOMAS
Check here if you are applying to osteopathic medical schools.

AADSAS
Check here if you are applying to dental schools that participate in the AADSAS letter service.

Interfolio
Check here if you are applying to schools using the Interfolio service.

Student Signature Date

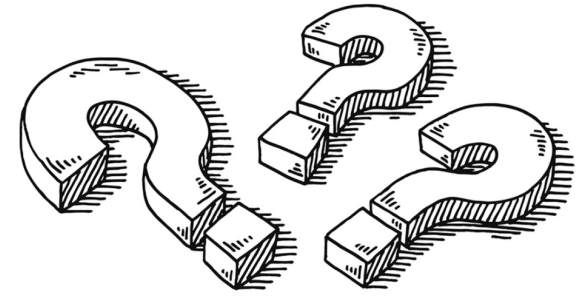
Signing this form electronically is the legal equivalent of your written signature and confirms your agreement to the instructions above.

NOTE: Letters are submitted electronically. It is your responsibility to check that your letters have been received by the application services.

Major HPAC Takeaways!

- Not required, but useful for receiving feedback and proactively working on your application materials.
- Your HPAC materials are due by **March 15th**
 - All three documents should be emailed at the same time to prehealth@uh.edu.
- You should ask for Letters of Evaluation as early as possible
 - At least 3 are required to be received for HPAC review.
 - Letters should be emailed to prehealth@uh.edu and include the LOE Request Form
- You do not have to include your HPAC Committee Letter.
 - But! Be sure to complete HPAC Letter Submission Request

Thank you!



Questions?

Email: prehealth@uh.edu

Visit: www.uh.edu/pre-health

Part 2

Medical & Dental School Application Overview

Medical Schools in Texas

- **There are currently 15 Medical Schools in Texas:**

Allopathic Medical Schools (MD)

Public:

- The University of Texas Southwestern Medical Center
- The University of Texas Medical Branch at Galveston
- McGovern Medical School
- Long School of Medicine
- Texas A&M University College of Medicine
- Texas Tech UHSC - School of Medicine in Lubbock
- Texas Tech UHSC - Paul L. Foster School of Medicine in El Paso
- The University of Texas at Austin - Dell Medical School
- The University of Texas Rio Grande Valley - School of Medicine
- University of Houston - College of Medicine

Private:

- Baylor College of Medicine
- TCU and UNTHSC School of Medicine

Osteopathic Medical Schools (DO)

Public:

- Texas College of Osteopathic Medicine/UNT
- Sam Houston State University

Private:

- University of the Incarnate Word



Dental Schools in Texas

- **There are currently 4 Dental Schools in Texas:**
 - Texas A&M University College of Dentistry
 - The University of Texas School of Dentistry at Houston
 - The University of Texas School of Dentistry at San Antonio
 - Woody L. Hunt School of Dental Medicine
- All Texas Dental Schools are public and use the TMDSAS application



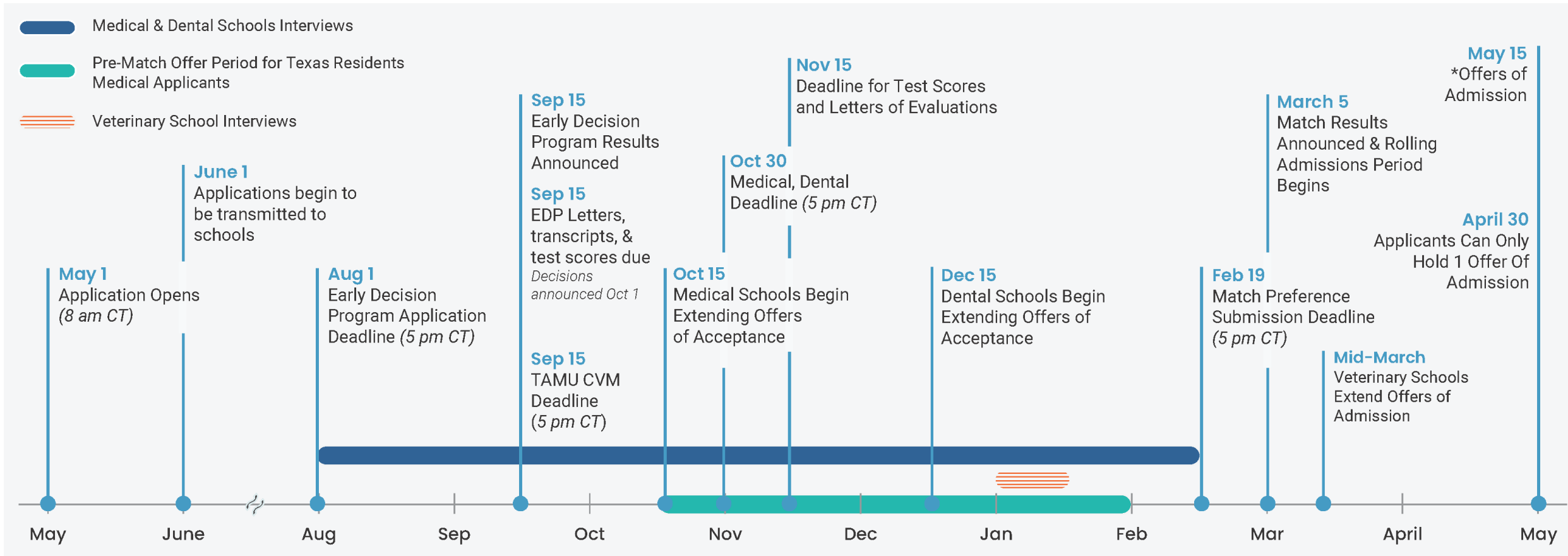
Primary Applications

- **There are several different types of Centralized Application Services**
 - TMDSAS (*for public-Texas medical and dental schools*)
 - AMCAS (*for allopathic medical schools and Baylor College of Medicine*)
 - AACOMAS (*for osteopathic medical schools*)
 - AADSAS (*for dental schools*)
- Each application will have an instruction manual—use it!
 - Many of the questions I am asked are easily answered by reviewing the manual.
- Submit your primary application early—but don't rush!
 - Usually recommend spending ~1-month completing application (submit early June)
 - You may submit without MCAT/DAT score, transcripts, or letters—can be added later
 - Takes approximately 4-6 weeks to be verified (peaks in July/August)

Important Application Dates & Deadlines

- **TMDSAS** (*Texas Medical and Dental Schools only*)
 - May 1: Application opens, and submissions begin
(no need to submit right away—I recommend early June)
- **AMCAS** (*Allopathic Medical Schools*)
 - May 2: Application opens
 - June 1: Submission begins
 - June 30: Schools begin receiving verified applications
- **AACOMAS** (*Osteopathic Medical Schools*)
 - May 4: Application opens, and submissions begin
 - June 15: Schools begin receiving applications
- **AADSAS** (*Dental Schools*)
 - June 1: Application Opens

TMDSAS 2021 Application Timeline



- Complete and submit by mid-June. Earlier is ok, but don't rush!
- Do not plan to leave the country or expect flexibility with dates during interview season.

Secondary Applications

- Each school you apply to will require completion of a *secondary application*.
 - Additional essays and questions specific to that school.
 - Some schools screen applicants first (minimum GPA or MCAT/DAT score).
 - Texas dental schools typically do not require secondary applications to TX residents.
 - Some schools provide access to complete secondary applications on their website instead of notifying applicants by email (e.g., *Baylor College of Medicine, Texas A&M*).
- When working on secondary applications:
 - Google prompts from previous year, work on while primary application is being verified.
 - Avoid repeating content from primary application essays in your secondary essays.
 - Be specific! Focus on mission of each school—how would you contribute?
- Submit secondary applications within 2 weeks of receipt!

ACADEMICS

- Submit transcripts from every institution that you have attended.
 - Include all dual-enrollment, summer courses, study-abroad, etc.
 - Military transcripts added as “Military Service”—but not used in GPA calculation
 - International coursework and transcripts are required—but not used in GPA calculation.
- Pay attention to academic trends
 - Did you challenge yourself ?
 - Did you improve over time?
 - Did you take your science courses at UH?
 - Do you have only 1-2 withdrawals?
- AP/IB credit is not universally accepted—especially for pre-requisites (e.g., BCM).

ACADEMICS

- TMDSAS GPA is calculated in 8 ways:
 - Overall (Undergraduate + Graduate, BCPM)
 - Undergraduate (overall, BCPM, non-BCPM)
 - Graduate (overall, BCPM, non-BCPM)
- Science GPA = Biology, Chemistry, Physics, and Math
- “Other science” coursework is excluded
 - Some non-BCPM science can count, if >50% Biology in content
 - If you received an A and are unsure, include it as BCPM
- TMDSAS will notify you with how courses were coded
 - You can appeal specific decisions

TMDSAS Science GPA:

- Biology, Chemistry, Physics, Math
- TMDSAS does not use +/-
- 2019 Median GPA: ~3.8

AMCAS Science GPA:

- Biology, Chemistry, Physics, Math
- AMCAS does use +/-
- 2019 Median GPA : ~3.7

AADSAS Science GPA:

- Biology, Chemistry, Physics
- AADSAS does use +/-
- 2019 Median GPA: ~3.5

Activities & Experiences (for TMDSAS)

- TMDSAS allows you to create a personal Chronology of Activities
 - Must account for all time between high school graduation and August of application year
 - 300-character limit for each activity description
- Place activities into 9 specific categories:
 - Academic Recognition, Non-Academic Recognition, Leadership, Employment, Research Activities, Healthcare Activities, Community Service, Extracurricular and Leisure Activities, and Planned Activities
 - You may place an activity in only one category—so choose wisely!
 - No changes are allowed after you submit the application
- You can mark up to three activities as the “Most Meaningful”
 - You are given 500 characters to describe these activities—focus on transformative nature of experiences
- Anything you include on your application is fair game for an interview!
 - Include activities in which you were actively engaged
 - Highlight specific qualities (e.g. leadership, teamwork, compassion, etc.)
 - Try to avoid including things in which you are a passive participant (e.g., simply attended meetings).

Activities & Experiences (for AMCAS)

- AMCAS allows you to include up to 15 “Work & Activities”
 - You do not have to list 15 total, but ideally you should have at least 10
 - You will only have 700 characters to describe the activity
 - Do not fill this area with fluff
 - Can include hobbies (but try to stick to only 1 or 2 that you’re very passionate about)
- You can mark up to three experiences as the “Most Meaningful”
 - You are granted an additional 1325 characters to describe these experiences
 - You should focus on the transformative nature of these experience
- Anything you include on your application is fair game for an interview!
 - Include activities in which you were actively engaged
 - Highlight specific qualities (e.g. leadership, teamwork, compassion, etc.)
 - Avoid including things in which you are a passive participant (e.g., simply attended meetings).

Activities & Experiences (for AADSAS)

- Applicants use the Experiences section to provide detailed information about:
 - **Academic Enrichment:** Programs sponsored by colleges, universities or other not-for-profit organizations
 - **Dental Shadowing:** Time spent officially observing a health care professional at work, preferably a dentist.
 - **Employment:** Paid work done outside of the health care field (e.g., a retail or restaurant job)
 - **Extracurricular Activities:** Any sports teams and other activities through a college or university.
 - **Research:** Research projects; research should NOT appear as credit on a school transcript.
 - **Volunteer:** Volunteer work done outside of the health care field (e.g. tutoring students, participating in or working for a fundraiser or blood drive, etc.)
- You can mark up to six experiences as the “Most Meaningful.”
 - You can list as many experiences as you would like, but ideally you should have at least 10.
 - You will only have 600 characters to describe the activity.
 - Do not fill this area with fluff.
- Anything you include on your application is fair game for an interview!
 - Include activities in which you were actively engaged.
 - Highlight specific qualities (e.g. leadership, teamwork, compassion, etc.).
 - Try to avoid including things in which you are a passive participant (e.g., simply attended meetings).

Activities & Experiences

- When completing your Activities and Experiences section for each application, do not use the space to simply describe the details of each entry
 - Assume the admissions committees knows what shadowing consists of.
- Consider:
 - What did you learn or gain from the experience?
 - How will it help you as a medical/dental student or physician/dentist?
- We strongly encourage students to use the [AAMC Core Competencies](#) to contextualize the importance of each activity.

MCAT

- Take the MCAT no later than Spring/early Summer of the year you plan to apply
 - Offered in January and March-September each year.
 - Registration opens in October for Jan-June dates and in February for July-September dates.
- Courses you need before the exam:
 - Biology I and II
 - General Chemistry I and II
 - Organic Chemistry I
 - Biochemistry
 - Physics I and II
 - Recommended: Statistics, Psychology, Genetics, Organic Chemistry II, Physiology, and Cell Biology
- MCAT scores range 472-528
 - Try to score at least 510 (85th percentile)
- You can study for the MCAT on your own or take a MCAT prep-course
 - Key is to make a study plan and take at least 5-6 full-length practice tests!

DAT

- Take the DAT no later than early Summer of the year you plan to apply.
 - Offered nearly year-round.
 - Must wait 90 days before you can retake.
- Courses you need before exam:
 - Biology I and II
 - General Chemistry I and II
 - Organic Chemistry I and II
 - Recommended: Biochemistry, Genetics, Physiology, Anatomy, Art/Design courses, and English
- DAT scores range 1-30.
 - You'll receive two scores, one for the first 3 sections (Academic Average) and one for Perceptual Ability.
 - Texas competitive applicants score around: AA - 21 / PA - 20
- You can study for the DAT on your own or take a DAT prep-course
 - Key is to make a study plan and take at least 5-6 full-length practice tests!

CASPer Test

- CASPer is an online test which assesses for non-cognitive skills and interpersonal characteristics.
- CASPer is currently required for:
 - Texas A&M University College of Medicine
 - Texas Tech University HSC School of Medicine
 - Texas Tech University HSC, Paul L. Foster School of Medicine
 - The University of Texas Medical Branch at Galveston
 - Long School of Medicine, UT Health San Antonio
- The CASPer test is comprised of 12 sections of video and written scenarios.
- CASPer test results are valid for one cycle and you will not know your score.
 - Reapplicants who have previously taken the test will be expected to retake it.

Where should I apply to Medical School?

- Recommend applying to 15-20 schools.
 - Admissions committees can be fickle. Many variables affect likelihood of interview.
 - There are no true “back-up” medical schools
 - Always consider Osteopathic schools as well
- Apply to every school in Texas
- Apply to private out-of-state schools
 - State institutions are very particular about residency, private schools are not.
- Use the Medical School Admissions Requirement (MSAR) handbook
 - Overview and admissions data

Where should I apply to Dental School?

- Recommend applying to ~10 schools.
 - Admissions are very fickle—many variables affect likelihood of interview.
- Apply to all programs in Texas
- Be careful applying to public, state institutions—consider private.
 - State institutions are very particular about residency, private schools are not.
- Use the *ADEA Official Guide to Dental Schools*
 - Overview and admissions data for every accredited dental school in US
 - Digital and paper versions

Gap Year

- Why take a [Gap Year](#)?
 - I didn't get in.
 - I am not ready to apply.
 - I need a break from school.
- Work on weak spots in your application.
 - Complete post-bac or Master's program
 - Retake MCAT or DAT
 - Increase clinical involvement and experience
- Key to Gap Year is planning.
 - Try to stay busy and do things that allow you to grow and cultivate new skills

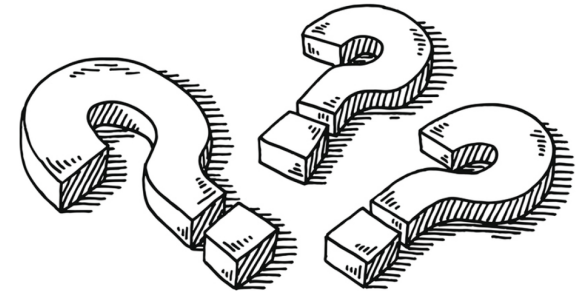
What if I am not that competitive?

- It's *okay* not to get in the first time! Plenty of people must reapply.
- Take a Gap Year to work on becoming more competitive.
 - Take additional courses or complete a graduate degree
 - Re-take the MCAT or DAT
 - Seek out more volunteering and shadowing opportunities
- Apply to Osteopathic School (DO)
 - Very similar to MD program, but apply through AACOMAS
 - Three DO programs in TX
- Consider another career in healthcare:
 - Nursing, Physician Assistant, Physical Therapist, Genetic Counseling, etc.

Major Takeaways!

- Plan out each step in advance!
- Submit your application as early as you can (but don't rush it)!
- Be positive about your chances of acceptance but have a plan for reapplying!
 - Make sure you have a gap year plan.
 - Make sure you keep up with your academic and extracurricular responsibilities after you hit submit.
- Utilize the Pre-Health Advising Center!
 - Join the Pre-Health listserv
 - Meet with Pre-Health Advisor
 - Review our website

Thank you!



Questions?

Email: prehealth@uh.edu

Visit: www.uh.edu/pre-health