

UNIVERSITY of **HOUSTON**

PRE-HEALTH ADVISING CENTER

HPAC Overview

(for Pre-Medical and Pre-Dental students)

Spring 2022

About the Pre-Health Advising Center

- **Mission:** To assist UH students interested in healthcare careers.
- **We offer guidance on:**
 - Various healthcare career paths
 - Admission requirements
 - Application process and timelines
- **We are located on 2nd floor of CBB**
 - Website: www.uh.edu/pre-health
 - Email: prehealth@uh.edu
 - IG: [@uhprehealth](https://www.instagram.com/uhprehealth)
- **We will not replace your major advisor!**
- **Our office is not HPAC!**



Meeting with our Office

- **Before making an appointment:**
 - Review our website and Introductory Orientation presentations
- **Schedule appointments in Navigate.**
 - Virtual or in-person
 - Include background to your questions in comments.
 - Be sure to check your email for meeting details.
- Appointments are added monthly.
- Quick question? Email prehealth@uh.edu
- Please sign up for our [Pre-Health Listserv](#) to receive email updates.

Orientation Outline

- **Part 1: HPAC Overview**
 - What is HPAC?
 - Why complete an HPAC evaluation?
 - HPAC Application Components
 - Evaluation Process
- **Part 2: Application Overview**
 - Application Timelines
 - Academics & GPA Calculation
 - Activities & Experiences
 - MCAT & DAT
 - Altus Suite of Assessments
 - Selecting where to apply
 - Taking 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 prep a few months before.
- Provides feedback on your application
 - HPAC committee will provide comments on your personal statement, letters of evaluation, and overall “readiness” to apply in the upcoming cycle.

HPAC Eligibility Requirements (as of Spring 2022)

- **Must have completed the following required coursework:**
 - Completion of Introductory biology, chemistry, and physics (with lab)
 - Completion of Organic I with lab and completion of/current enrollment in Biochemistry
 - Completion of at least 3-hours of advanced biology coursework (3000-level or above)
- **Must have a minimum overall and BCPM (“science”) GPA of 3.0.**
 - Students below this GPA threshold will not be evaluated by the committee.
 - You may use our [GPA calculator](#) to estimate your GPA.
- **Submit all required documents by the deadline: March 21, 2022**
 - HPAC application, personal statement, and activities/experiences.
- **You may submit an eligibility exception request to committee if necessary**
 - No guarantee it will be granted

How do I open my HPAC file?

- January prior to Application Cycle
 - Meet with our office or attend group HPAC Session.
 - Complete [HPAC Open File Request Form](#)
 - Submit to prehealth@uh.edu

UNIVERSITY of HOUSTON

Health Professions Advisory Committee (HPAC)

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

Adobe Acrobat Reader is required to complete this form. Electronic signature is permitted.

Last Name	First Name	UH ID
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Address	City	State	Zip Code
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Phone #	E-mail
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Applying to:	Academic Status:	No
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Application Type	Academic Level	Reapplicant?
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❖ 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:

- ☐ Met with a Health Professions Advisor or viewed/attended an HPAC Applicant Orientation.
- ☐ Completion of Introductory 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 advanced Biology coursework (3000-level or above).
- ☐ Minimum overall and science (BCPM) GPA of 3.0.**

**Please use the [GPA Calculator](#) provided by the Pre-Health Advising Center to calculate your overall and science GPA. GPA should be calculated using TMSAS guidelines: all college-level coursework should be included (even non-UH courses), pluses (+)/minuses(-) should be removed from letter grades, and science GPA should follow the BCPM conventions. BCPM (Biology, Chemistry, Physics, Math) is defined as coursework designated with BIOL, BCHS, CHEM, PHYS, or MATH prefixes. Coursework in non-science, engineering, health, kinesiology, and technology majors should not be included in these calculations unless listed [here](#). IDNS and HONS courses should also not be included. If you have a question about inclusion of a specific course, you may contact our office at prehealth@uh.edu.

❖ 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**, even if I decide not to apply to medical or dental school this cycle.

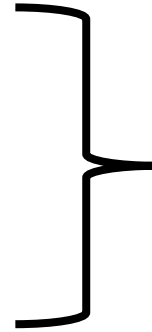
Signing this form electronically is the legal equivalent of your written signature and confirms your agreement to the statements above.

Submit this form to the Pre-Health Advising Center: prehealth@uh.edu

Student Signature	Date
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What are the components to my HPAC file?

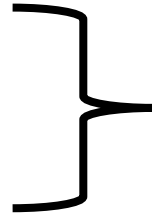
1. HPAC Application
2. Draft of Personal Statement
3. Activities/Experiences Worksheet



Submitted by you by March 21, 2022

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

4. Three Letters of Evaluation



Submitted by Letter-writers as soon as possible

- 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
- Complete coursework tables and 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 21st

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HPAC Personal
Information Sheet

Section A: Applicant Information

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

Address: _____
Street Address Apartment/Unit #

_____ TX
City State ZIP Code

Cell Phone: _____ UH Email: _____

Major: _____ Preferred Email: _____

Applying to...? _____

Academic Status: _____

Reapplicant? _____

Overall BCPM

Undergraduate: _____

Post-Baccalaureate: _____

Graduate: _____

MCAT Score: Total Score Percentile Date Taken/Scheduled:

DAT Score: AA PAT

Click to insert professional color head-shot below:

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 can be found on our [website](#).
- **Submit a completed draft to prehealth@uh.edu by March 21st**

Activities & Experiences Worksheet

- Account for all activities that you have engaged in since graduating high school
- Mirrors required TMDSAS section
- Please use the provided [template](#)
- Submit to prehealth@uh.edu by March 21st

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)
 - 1 science faculty (BCPM)
 - 1 physician letter
 - 1 additional letter (physician, dentist, faculty)
 - Dental applicants must submit a general dentist letter
 - Osteopathic applicants must submit a DO letter
- Give Letter-writers [Evaluation Guidelines Form](#)
- Letter-writers must email prehealth@uh.edu:
 - Copy of Letter of Evaluation
 - Completed Letter of Evaluation Guidelines Form
- At least 3 letters are required for HPAC evaluation
 - May wish to be evaluated *before* receiving 4th or 5th letters

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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 21st:
 - HPAC Application
 - Personal Statement
 - Activities & Experiences Worksheet
- Submit all documents in a single email!
- Have Letter-writers submit their letters to prehealth@uh.edu as soon as possible.
- Be patient!
 - The HPAC committee meets every Friday to discuss applications (late March - early June)
 - Applications are reviewed on a rolling basis—first come, first serve.
 - You will be contacted once your application materials have been evaluated.

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: 34%**
 - 3.6 GPA+, strong coursework, decent to substantial amount of extracurricular activity, solid statement/letters
- **Recommend: 33%**
 - 3.4 GPA+, good - strong coursework, some extracurricular activity, letters or statement may be mixed
- **Recommend with Reservation: 9%**
 - 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: 3%**
 - Poor GPA/coursework, incomplete coursework. Should not apply because applicant lacks

What is included in the HPAC Letter?

- **The HPAC Recommendation Letter outlines:**
 - **UH's HPAC Evaluation Process**
 - **Applicant's Consensus Recommendation Level**
 - **Justification for Recommendation Level**
 - **Information concerning UH's COVID-19 Interim Grading Policy**
- **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.**

I am ready to submit my application, what do I do now?

- Have:
 - You completed the HPAC evaluation?
 - 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 letter.
 - Select your preference in the Letter Submission Request
- We will upload letter-packet to each application

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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.

☐ **TMSAS**
Check here if you are applying to Texas Medical or Dental Schools through TMSAS.
Include your TMSAS 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 technically required, but useful for receiving feedback and proactively working on your application materials.
- HPAC materials must be submitted by March 21st
 - 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
 - No set deadline, but at least 3 are required to be received for HPAC evaluation.
 - 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
- Do not view HPAC as a hurdle!
 - The committee are not gate-keepers—we simply want to provide honest feedback and assistance.

UH Medical & Dental Admissions Data – EY 2021

■ Medical

- 251 / 141 (applicants/accepted): 56% | [Overall Texas 45%]**
- Overall/Science GPA: Applied – 3.68/3.55 vs. Accepted – 3.75/3.65**
- MCAT Score: Applied – 506 vs. Accepted – 509**
- Matriculated into 31 medical schools, including all Texas medical schools.**

■ Dental

- 85 / 36 (applicants/accepted): 43% | [Overall Texas 34%]**
- Overall/Science GPA: Applied - 3.50/3.32 vs. Accepted - 3.62/3.48**
- DAT Score: Applied – 20 / 20 vs. Accepted – 21 / 21**
- Matriculated into 15 dental schools, including all Texas dental schools.**

■ Applicants who completed HPAC evaluation were admitted at a significantly higher rate

- 66% vs. 49% for Medical applicants and 65% vs. 33% for Dental applicants**

Part 2

Medical & Dental School Application Overview

Medical Schools in Texas

There are currently 15 Medical Schools in Texas:

Allopathic Medical Schools (MD)

Public:

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

Private:

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

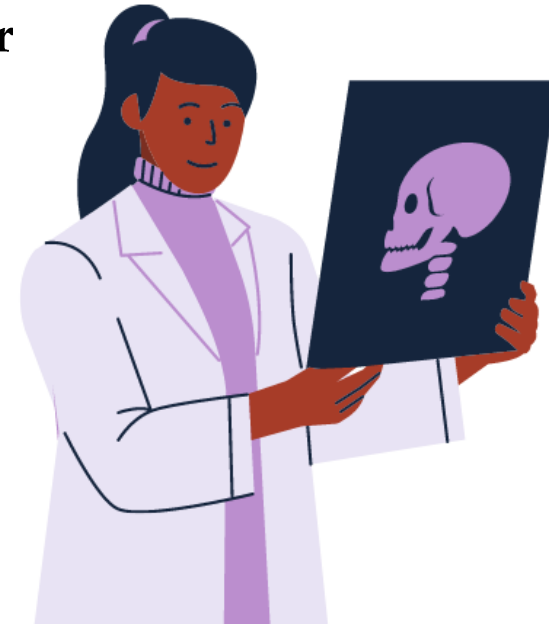
Osteopathic Medical Schools (DO)

Public:

- Texas College of Osteopathic Medicine
- 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**



Primary Applications

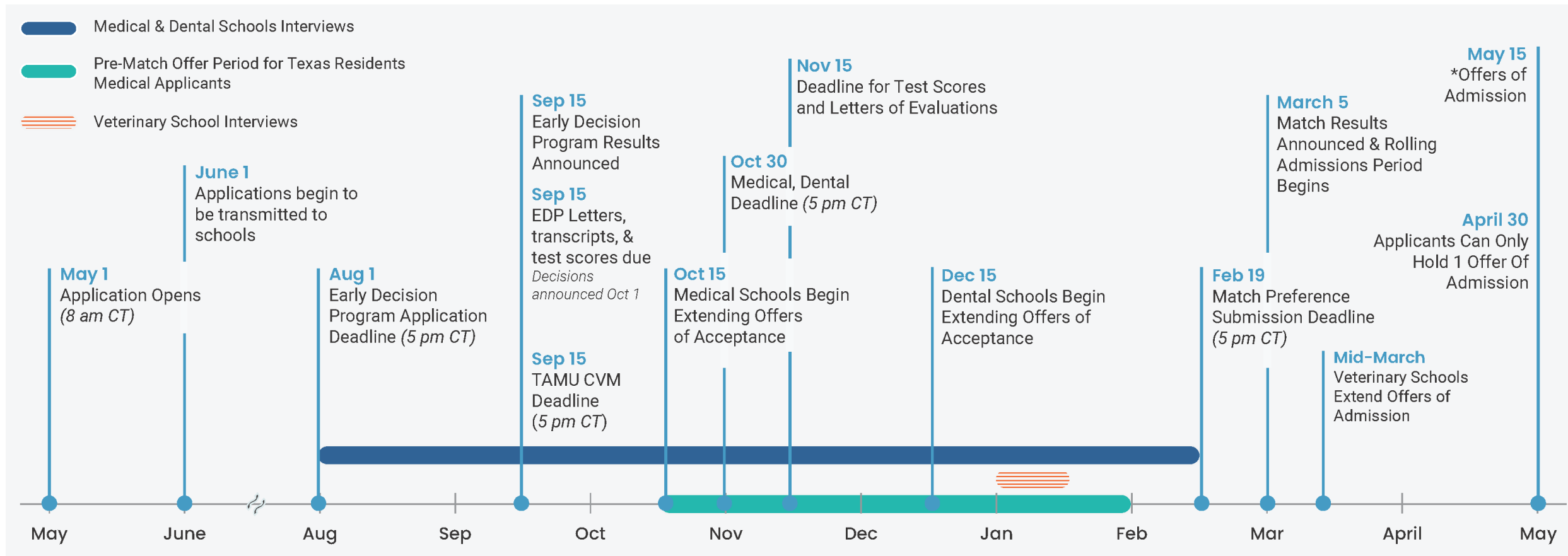
- There are several different types of Centralized Application Services
 - TMDSAS - *for public-Texas medical and dental schools and Baylor College of Medicine (as of 2021)*
 - AMCAS - *for out-of-state allopathic medical schools and TCU-UNTHSC School of Medicine*
 - AACOMAS - *for out-of-state osteopathic medical schools and University of Incarnate Word*
 - AADSAS - *for out-of-state 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)

- Fee assistance programs are available for AMCAS, AACOMAS, and AADSAS

Important Application Dates & Deadlines

- **TMDSAS (*Texas Medical and Dental Schools only*)**
 - May 1: Application opens
 - May 17: Submission begins
- **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*)**
 - May 11: Application Opens
 - June 1: Submission begins

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 for TX residents.
 - Some schools provide access to 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 secondary prompts from previous year to work on while the primary application is verified
 - Avoid repeating content from primary application essays in your secondary responses
 - Be specific! Focus on the mission of each school—how does it align with your own goals?
- Strong applicants fail to receive interview invites each year due to generic secondary responses

Academic Record

- **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.**
- **Committees look for academic trends/patterns, not just at the overall GPA**
 - **Remain consistent? Or struggle in later years?**
 - **Sciences courses taken concurrently? Pattern of advanced coursework? Average course load?**
 - **Did you withdraw from classes often? Take classes outside of UH?**
- **AP/IB credit is not universally accepted—especially for pre-requisites (e.g., BCM).**

GPA Calculation

- 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 (KINS, ENGR)
 - 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
- S-grades are not included in GPA calculation
 - NCR counts as Failing grade for TMDSAS and AACOMAS.
 - NCR will not count as Failing grade for AMCAS or AADSAS.

TMDSAS Science GPA:

- Biology, Chemistry, Physics, Math
- TMDSAS does not use +/-
- 2020 Median GPA: ~3.8

AMCAS Science GPA:

- Biology, Chemistry, Physics, Math
- AMCAS does use +/-
- 2020 Median GPA : ~3.7

AADSAS Science GPA:

- Biology, Chemistry, Physics
- AADSAS does use +/-
- 2020 Median GPA: ~3.5

Activities & Experiences - 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

Activities & Experiences - AMCAS

- **AMCAS allows you to include up to 15 “Work & Activities”**
 - You do not have to list 15 in 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

Activities & Experiences - 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, fundraisers, blood-drives, 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.

Activities & Experiences Summary

- This section accounts for extracurricular activities since starting college
 - Shadowing, volunteering, research, awards, employment, etc.
- The number of activities you may include varies across applications:
 - TMDSAS: no limit / 9 categories / 300 characters
 - AMCAS: 15 entries / 18 categories / 700 characters
 - AACOMAS: no limit / 9 categories / 600 characters
- Avoid pure description! Include the importance and impact of that activity.
 - Consider not just the “what” but the “so what?”
 - Why should we care? Contextualize your activities using the [AAMC Core Competencies](#)
 - Avoid fluff—Quality over quantity is essential!
 - Anything you include on your application is fair game for an interview!
 - 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).

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 85th percentile (>510)
 - Approximately 1-month to receive score
- **You can study for the MCAT on your own or take a MCAT prep-course**
 - 350-400 hours over 3-4 months
 - Practice problems and 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.
 - Two primary scores: Academic Average and Perceptual Ability.
 - Texas competitive applicants score around: AA - 21 / PA - 20
- You can study for the MCAT on your own or take a MCAT prep-course
 - 350-400 hours over 3-4 months
 - Practice problems and 5-6 full-length practice tests

Altus Suite of Assessments

- **Altus Suite consists of three online Situational Judgement Tests:**
 - CASPER
 - Snapshot
 - Duet
- **Designed to evaluate non-cognitive skills, interpersonal characteristics, and personal values**
 - Adcoms do not want robots—they are looking for compassionate, ethical individuals
- **Most Texas medical schools now require completion of one or more Altus assessments**
- **These tests are designed not to be practiced/studied for**
- **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.
 - Apply to every school in Texas
 - 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
- Fit is important and is best decided during interviews/program visits—not before you apply.
- Consider location/curriculum/mission first—then GPA/MCAT range (25th – 75th percentile)
 - It is recommended that you use the [Medical School Admissions Requirements Index \(MSAR\)](#)
- Apply to private out-of-state schools
 - Many state institutions are very particular about residency, while private schools are not.

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

TMDSAS Match Day

- **TMDSAS medical schools provide offers of admission through a match process every March**
 - **Applicants rank the schools with whom they interviewed by preference**
 - **Medical schools provide list of applicants they wish to offer**
- **Pre-Match offers are provided to select applicants beginning October through January**
 - **Pre-Match offers are not binding—you may list another school higher on your match list**
- **You are still capable of matching during Match Day, even if you did not Pre-Match!**

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

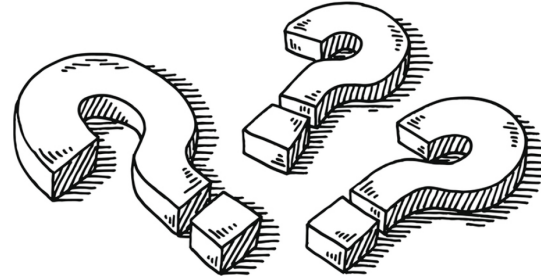
What if I am not that competitive?

- It's *okay* not to get in the first time! Plenty of people must reapply.
 - Good applicants are not admitted each year—not enough seats! Everyone has weaknesses!
- 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:
 - Podiatry, Optometry, Chiropractic Medicine, Nursing, Physician Assistant, etc.

Major Takeaways!

- Plan out each step in advance!
- Apply when you are most competitive—not when you “think” you should apply
- Begin preparing your application components 3-4 months in advance of May
- Submit your application as early as you can (but don’t rush it)!
- HPAC, University Career Services, and the Writing Center are all great resources to utilize
- 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

Thank you!



Questions?



prehealth@uh.edu



www.uh.edu/pre-health



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