

Health Professions Workshop for Transfer Students

College of Liberal Arts and Sciences
Academic Advising Center

Office of Health and Legal Professions
Advising

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Professional Medical Programs

- Allopathic Medicine (M.D.)
- Osteopathic Medicine (D.O.)
- Dentistry (D.D.S./D.M.D.)
- Podiatry (D.P.M.)
- Optometry (O.D.)
- Veterinary Medicine (D.V.M.)
- Chiropractic (D.C.)

Other Health-Related Programs at the University of Florida

- Pharmacy 273-6400
- Physician's Assistant 273-6400
- Nursing 273-6400
- Occupational Therapy 273-6400
- Physical Therapy 273-6400
- Rehabilitation Sciences 273-6400
- Speech Pathology 392-2113
- Health and Human Performance 392-3187

Prerequisite Courses

Biology

BSC 2010

BSC 2010L

BSC 2011

BSC 2011L

Physics

PHY 2053

PHY 2053L

PHY 2054

PHY 2054L

PHY 2048

OR PHY 2048L

PHY 2049

PHY 2049L

Mathematics

At least 2 semesters of mathematics, with at least 1 semester of Calculus. Some medical schools require 2 semesters of Calculus.

English

At least 2 semesters. Some medical schools require 3.



Prerequisite Courses

General Chemistry

CHM 1025 CHM 2045 CHM 2047
CHM 2045 **OR** CHM 2045L **OR** CHM 2047L
CHM 2045L CHM 2046
CHM 2046 CHM 2046L
CHM 2046L

Organic Chemistry

CHM 2210 CHM 3217
CHM 2211 **OR** CHM 2211L
CHM 2211L CHM 3218

Biochemistry

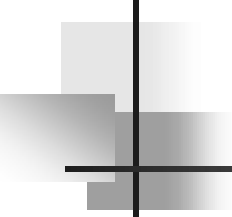
BCH 4024 **OR** CHM 3218



You should have started the general chemistry prior to coming to UF.

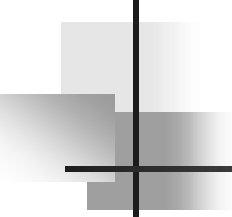
If you had not done so, please begin as soon as possible - because it is the longest sequence of courses.

The organic chemistry sequence can be completed during the first year at UF.



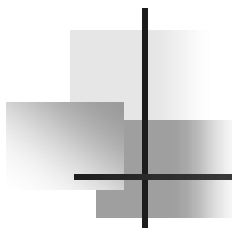
You should have completed your mathematics courses prior to coming to UF.

If you have not done so already, please begin mathematics as soon as possible.



General Biology is strongly recommended to have been completed prior to coming to UF.

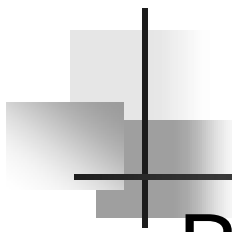
If not, it can be completed during the first year or over the summer after the first year.



General Physics should be taken during the first year at UF or during the summer after the first year.

You do not need to take Physics at UF if you have already taken the course prior to coming to UF.

* There are some medical schools that will not accept the Physics credit from Community/Junior Colleges. If you plan to apply to any one of those schools, you will need to repeat the entire lecture sequence.



Remember to double up on science courses at some point - this course load is indicative of professional schools' curriculum.

Avoid taking courses at other colleges once you started at UF.

Professional schools prefer you complete all coursework at the new home institution.

Timeline – Pre-Med Students

Option 1

	Fall	Spring
First Year	CHM2045 CHM2045L Math I	CHM2046 CHM2046L Math II
Second Year	BSC2010 BSC2010L	BSC2011 BSC2011L
Third Year	PHY2053 or PHY2048 PHY2053L or PHY2048L CHM2210	PHY2054 or PHY2049 PHY2054L or PHY2049L CHM2211 CHM2211L
Fourth Year	BCH 4024 or CHM 3218	

Timeline – Pre-Med Students Option 2 (Physics or Engineering Students)

	Fall	Spring
First Year	CHM2045 CHM2045L Math I	CHM2046 CHM2046L Math II
Second Year	PHY2053 or PHY2048 PHY2053L or PHY2048L	PHY2054 or PHY2049 PHY2054L or PHY2049L
Third Year	BSC2010 BSC2010L CHM2210	BSC2011 BSC2011L CHM2211 CHM2211L
Fourth Year	BCH 4024 or CHM 3218	

Timeline –Pre-Dental Students

	Fall	Spring
First Year	CHM2045 CHM2045L Math I	CHM2046 CHM2046L Math II
Second Year	BSC 2010 BSC 2010L	BSC 2011 BSC 2011L
Third Year	CHM 2210 Genetics	CHM 2211 & CHM 2211L MCB3020 and MCB3020L
Fourth Year	BCH 4024 or CHM 3218 PHY2053 or PHY2048 PHY2053L or PHY2048L	PHY2054 or PHY2049 PHY2054L or PHY2049L

Timeline – Pre-Veterinary Students

	Fall	Spring
First Year	CHM2045 CHM2045L Math I	CHM2046 CHM2046L Math II
Second Year	BSC 2010 BSC 2010L	BSC 2011L BSC 2011L
Third Year	CHM 2210 ANS 3440	CHM 2211 & CHM 2211L MCB3020 and MCB3020L ANS 3006C
Fourth Year	BCH 4024 or CHM 3218 PHY2053 or PHY2048 PHY2053L or PHY2048L	PHY2054 or PHY2049 PHY2054L or PHY2049L Genetics



Timeline Issues

- Most transfer students find it too overwhelming to begin the application process the first year at UF.
- It is fine to delay your application one year to build up a solid science GPA and good health care experience.
- Applicants who delay one year will have one year out of school.
 - Be productive
 - Be involved
 - Update schools
 - Will have 4 terms on application to demonstrate academic qualities



If you plan on not delaying your application and entering after 2 years:

- MCAT

- Need to finish the following by the end of the first year at UF
 - General Biology
 - General Chemistry
 - Organic Chemistry
 - General Physics
- Take in spring term 1 year prior to the entering term.



If you plan on not delaying your application and entering after 2 years:

- DAT

- Need to finish the following by the end of the first year at UF
 - General Chemistry
 - Organic Chemistry
 - General Biology
- Take in spring term 1 year prior to the entering term.



If you plan on not delaying your application and entering after 2 years:

- OAT

- Need to finish the following by the end of the first year at UF
 - General Chemistry
 - Organic Chemistry
 - General Biology
 - General Physics
- Take in spring term 1 year prior to the entering term.



If you plan on not delaying your application and entering after 2 years:

- PCAT

- Need to finish the following by the end of the first year at UF
 - General Chemistry
 - Organic chemistry
 - General Biology
 - Anatomy and Physiology
- Take in the summer 1 year prior to the entering term.



Standardized Tests

Medical School (Allopathic and Osteopathic) & Podiatry School

- Medical College Admission Test (MCAT)
- Administered on computer
- Given in throughout the year January to September
 - 22-23 Test Administrations
- Take in April, May or June of year BEFORE you plan on entering
- August test scores will be reported to schools late.

Standardized Tests

Veterinary Medicine

- Graduate Record Examination (GRE)
- Given throughout the year by computer
- Take by April of year BEFORE you plan on entering
- Some schools use the MCAT, or the GRE Subject test in biology. A complete list of admissions requirements for each school can be found at:

http://www.aavmc.org/students_admissions/vet_schools.htm



Standardized Tests

Dental School

- Dental Admission Test (DAT)
- Given throughout the year by computer
- Take in April or May one year **BEFORE** you plan on entering



Standardized Tests

Optometry

- Optometry Admission Test (OAT)
- Given in on computer
- Take in May, June or July one year before you plan on entering

Standardized Tests

Pharmacy

- Pharmacy Admission Test (PCAT)
- Given 3 times a year
- Pencil & paper exam
- <http://www.pcatweb.info>
- Students should consider taking the PCAT 1 year prior to the entering year.



Standardized Tests

Chiropractic

No standardized test.



Standardized Tests

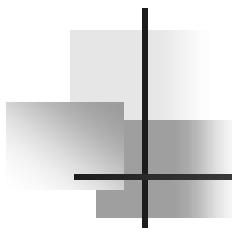
Physician Assistant

- Graduate Record Examination (GRE)
- Given throughout the year by computer
- Take by April or May of year BEFORE you plan on entering
- Some schools accept the MCAT



Other Considerations if you still plan to apply Summer 2008

- Begin working on your personal statement this semester.
 - Essay about why you want to be a _____ and how you came to that decision.
- Attend a personal statement workshop or watch the video of the workshop.
 - Oct 23
- Complete a very good rough draft of your personal statement by January 2008

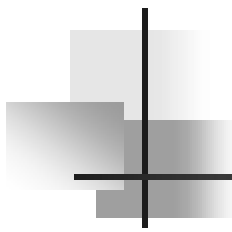


Other Considerations if you still plan to apply Summer 2008

- Approach potential recommenders this term.
- Give your recommenders the opportunity to know you.
- Prepare them for the possibility that they are being considered for writing a letter on your behalf.
- By January or February, you will narrow down your choices and “officially” request for him/her to write the letter.
 - Submit to him/her your personal statement, resume, 2 page autobiography and a copy of your unofficial transcript.

Other Considerations if you still plan to apply Summer 2008

- Consider using the OHLPA Letter of Recommendation Service.
 - Medicine
 - Dentistry
 - Podiatry
 - Optometry
 - Chiropractic
- Submit an application to use the service in February
- Come to the Personal Statement Workshop to learn more about this service or go to www.advising.ufl.edu/ohlpa/prehealth and click on "Letter of Recommendation Service."



Other Considerations if you still plan to apply Summer 2008

- Begin working on applications in May/June 2008
 - Medicine
 - Dentistry
 - Veterinary Medicine
 - Pharmacy
 - Physician Assistant
- Begin working on applications in August/September 2008
 - Optometry
 - Podiatry
 - Chiropractic
 - Physical Therapy
 - Occupational Therapy
 - Public Health

Application Timeline – 2009 Cycle

- Begin Process Fall 2007
 - Develop Personal Statement
 - Meet with potential recommenders
 - Test preparation
 - Research potential schools
- Spring 2008
 - Finalize rough draft of personal statement (Jan)
 - Narrow down choices for letter and officially request letters from those individuals (Feb)
 - Test preparation
 - Research potential schools
 - Take test in April, May or June
 - Work on the primary application (May/June/July)
 - Submit primary application by June/July
- Summer 2008
 - Work on secondary applications (June/July)
 - Retake test – if needed
- Fall 2008
 - Continue completing secondaries
 - Attend interviews (Sept – Dec)
 - Notifications are sent out regarding acceptances and denials
- Spring 2009
 - Attend interviews (until April)
 - Notifications sent
- Summer 2009
 - Notifications sent until the first day of classes for Fall 2009 applicants

What are professional schools looking for in the applicants?

- Proficiency in pre-requisite courses
- Good grades in major courses and science courses.
- Good test scores
- Consistent healthcare experience
- Meaningful healthcare and community service experiences
- Genuine motivation for the profession
- Involvement
- Leadership
- Good writing and reading skills
- Strong letters of recommendation
- Evidence of maturity, compassion and empathy
- Interpersonal skills
- Professionalism
- Intellectual curiosity, research



Letters of Evaluation

Most professional schools require 3-5 letters of recommendation, often asking for 2 letters from science faculty and 1 from non-science faculty.

There are variations on this theme but this is a good guideline to consider.

You should also obtain one letter that relates to the profession you are pursuing.

Letters of Evaluation

A good letter of recommendation should be:

- From someone who knows you well
- From someone who can speak well of your intelligence, personality, maturity, ability to handle stress, intellectual curiosity, critical thinking and problem solving skills, communication skills, and motivation toward your chosen career.
- Recent
- From someone you have worked with in an academic/professional capacity (except for peer recommendations)

Letters of Evaluation

Suggestions:

- **Get to know your professors and give them an opportunity to know you!**
- Each semester, think of which professors you might ask for letters
- Give each recommender a profile of yourself
- Think of people other than professors who might write you a good evaluation
- Ask for your letters early and give evaluators deadlines
- It's fine to have letters from your previous college, but keep it to a minimum. So keep in touch with those instructors



Letters of Recommendation Packets

- M.D. Programs
 - 2 letters from science faculty
 - 1 letter from non-science faculty
 - 1 healthcare related letter
 - 1 character reference
 - Applicants to UF need to supply a 6th letter
 - Peer recommendation
- D. O. Programs
 - 2 letters from science faculty
 - 1 letter from non-science faculty
 - 1 letter from a D. O. physician
 - 1 character reference



Letter of Recommendation Packets

- Dental, Optometry, Chiropractic, Podiatry
 - 2 letters from science faculty
 - 1 letter from non-science faculty
 - 1 health related letter
 - Letter from a dentist, optometrist, chiropractor or podiatric physician
- Physical Therapy, Occupational Therapy, Pharmacy, Physician Assistant
 - 2 letters from faculty
 - Both from science
 - 1 science and 1 major related
 - Both major related
 - 1 letter from related health field



Transfer Students: The Basics

- Take initiative.
 - Actively seek out to know professors.
 - Maintain contact with instructors from previous schools.
- Be prepared to adapt new learning skills and study habits.
- Be proactive about educational success.
 - Seek help early and use all available resources to maximize success.
- Get involved at the University and get health care experience.
- Attend transfer student workshop and see a pre-health professions advisor.
- Consider joining a pre-health organization.



How will I get to know my professor?

- Office hours
 - Ask questions about homework
 - Clarify notes
 - Discuss your motivation for pursuing a health care career.
- Demonstrate interest
 - Read scientific articles and mention any related material to the instructor's research or lecture topic at an office visit
- Participate in class
- Consider doing research with the instructor



Academic Expectations

- Start off well your first year at UF and maintain a high level of performance until graduation.
- Overall GPA and Science GPA should be about 3.50 to be considered competitive.
- Upper division GPA and courses will be considered with more weight than that of the courses taken at your previous institutions.
- Carry a rigorous course load 15-17 hrs each term with a minimum of 2 sciences each term.



Develop Good Learning Strategies and Study Habits

- Time management
- Regular study schedule
- Early exam preparation
- Know your learning style or preference
- Active learning
- Seek assistance via office hours
- Consider tutoring



Grade Point Average

- Measures academic performance on an objective scale.
- Science GPA
 - Calculation based on science and math from all post-secondary institutions.
- Overall GPA
 - Calculation based on all coursework from all post-secondary institutions.



Calculating GPA

- Every course taken post-secondary is calculated into the average.
- All attempts, regardless of forgiveness policy at previous institutions will be calculated in the average.



Healthcare Experience

- Looks best when it:
- Starts early and continues through the application process.
- Helps you decide whether you really enjoy your chosen field.
- Shows your interest in health care.
- Sparks your interest.
- Has special meaning for you.



Healthcare Experience

- Looks best when it:
- Takes place in a variety of areas.
 - Healthcare itself takes place in a variety of places. Sticking to one area only narrows your understanding of what providing healthcare involves.
- Includes direct patient contact.
 - You want to have opportunities to understand the nature of a doctor-patient relationship.
 - Provides an opportunity for you see how you act around those who will depend on you for their well-being.



Healthcare Experience vs. Community Service

- Admissions Committees also like to see if you were involved in community service as well.
- It demonstrates your concern about the community and illustrates additional passions you have.

Health Care Experience

Does not have to take place at Shands
Teaching Hospital!

- Shands at AGH
- Physicians' offices
- Free Medical or Dental Clinics
- Nursing homes
- VA Hospital
- North Florida Regional
- Hospices
- Cancer Hope Lodge
- Camp Boggy Creek or Florida Diabetes Camp
- Animal Rescue Shelters
- Humane Society
- Palm Garden
- Assisted Living Facilities



Community Service

- Homeless Shelters
- AIDS Organizations
- Crisis Hotlines
- Big Brother/Big Sister
- Mentoring Programs
- Tutoring Programs
- Habitat for Humanity
- Create your own!

Campus Resources

Office of Health and Legal Professions Advising
(OHLPA) - 2nd floor of the Academic Advising Center

- Pre-Law and Pre-Health Professions Advisors
- Health and Legal Professions Library
- Letter of Recommendation Collection Service
- Pre-Health and Pre-Law Workshops (Fall)
- Application Workshops (Spring)
- Interview Workshop (Fall)
- Personal Statement and Letters of Recommendation Workshops (Fall)
- <http://www.advising.ufl.edu/ohlpa/prehealth>

Campus Resources – Pre-Health Organizations

In Room 327 of the Reitz Union or our website you can find information on:

- Pre-Med AMSA
- Alpha Epsilon Delta
- Preprofessional Service Organization
- Minority Preprofessional Association
- Minority Association of Pre-Med Students
- Pre-Vet Club
- HEAL
- Pre-Dental ASDA
- Pre-Dental Society
- Academy of Student Pharmacists
- Pre-Optometry Pupils (POP)
- Helping Hands
- Heal the World

Campus Resources

Counseling Center

- Information on and help with Test Anxiety, Time Management, Stress
- 392-1575
- 301 Peabody Hall



Campus Resources

Broward Teaching Center

- Free tutoring in a variety of subjects (especially Math and Science!)
- Writing Lab
- Study Skills Program
- SW Broward Hall
- 392-2010

How can I see a Pre-Health Professions Advisor?

- Call 392-1521 x 204 to make an appointment
 - Appointments are 30 minutes
 - May not be more than 10 minutes late
- Come during a pre-health advisor's walk-in hours.
 - Call the above number to find out walk-in hours.
- Come to Q & A sessions. Given 2-4 times a week.
 - 1 hr
 - Sign-up for sessions not required
- E-mail questions to ufprehealthadvising@yahoo.com



Appointment Guidelines

- May see an advisor once a week by appointment.
- Unlimited number of visits by walk-in and to the Q & A sessions
- Miss an appointment two consecutive times
 - Appointment privilege is revoked for the current term
 - May continue to see an advisor via walk-in



Professionalism

- Your e-mail address should be professional. “Cute” e-mail addresses are not mature and reflect poor judgment. You would not send an e-mail to a potential employer with an e-mail address that reads ultim8babe@something.com.
- Be careful of what you make available to the public via facebook, myspace, personal webpages, etc. If it is available to the public, then you subject yourself to be judged based on what you choose to reveal about yourself.
- E-mail correspondence should be professional just like any other formal paper correspondence. Appropriate punctuation, grammar, syntax and tone are expected.



Final Words of Advice

Enjoy your time at UF. Don't prepare so much for the future that you forget to enjoy your undergraduate experience.

Get good grades. Learn for learning's sake.

Don't take easy courses to boost your GPA.