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Embanking on the Premedical Journey

*We won’t always know whose lives we touched and made better for our having cared, because actions can sometimes have unforeseen ramifications. What’s important is that you do care and you act.*”
–Charlotte Lunsford

There are many ways to serve humanity and live a purposeful life. However, caring for the physical and emotional needs of others is one of the most selfless and honored traditions. Few careers require as much intellectual rigor and personal sacrifice as the practice of medicine. At the same time, securing a place in one of the schools of medicine has never been more difficult to achieve. Therefore, today’s applications must demonstrate, in addition to excellent academic credentials, a set of experiences demonstrating strong interpersonal qualities, community engagement (local or international), knowledge of the proposed field of study, and the skills and knowledge that prepare one for effective practice in 21st-century medicine.

**Admissions committees will consider three questions when evaluating each applicant:**

1. **Can this person complete a health professional school program?** They will evaluate the overall GPA, the science GPA, and the entrance test scores.
2. **Does this person know what he or she is getting into?** Experience and knowledge of the field are essential.
3. **Is this an interesting person?** Accomplishments in different areas help here. Success in any subject is valued.

It’s important to approach the decision to pursue medicine thoughtfully; take responsibility for learning about your field of interest and take time for careful self-examination to determine which medical credential will enable you to best realize your talents and potential. With this mind, take advantage of all that Middlebury has to offer. The Health Professions Office has valuable resources and advising services that can help you throughout the exploration and application processes.

I look forward to getting to know our new health professions students and developing deeper ties with prospective professional school applicants.

*Mary M. Lothrop*

Mary Lothrop, Director, Health Professions & STEM Center for Careers & Internships
Core Competencies for Entering Health Professions Students

Interpersonal Competencies
- **Service Orientation**: Demonstrates a desire to help others and sensitivity to others’ needs and feelings; demonstrates a desire to alleviate others’ distress; recognizes and acts on his/her responsibilities to society; locally, nationally, and globally.
- **Social Skills**: Demonstrates an awareness of others’ needs, goals, feelings, and the ways that social and behavioral cues affect peoples’ interactions and behaviors; adjusts behaviors appropriately in response to these cues; treats others with respect.
- **Cultural Competence**: Demonstrates knowledge of socio-cultural factors that affect interactions and behaviors; shows an appreciation and respect for multiple dimensions of diversity; recognizes and acts on the obligation to inform one’s own judgment; engages diverse and competing perspectives as a resource for learning, citizenship, and work; recognizes and appropriately addresses bias in themselves and others; interacts effectively with people from diverse backgrounds.
- **Teamwork**: Works collaboratively with others to achieve shared goals; shares information and knowledge with others and provides feedback; puts team goals ahead of individual goals.
- **Oral Communication**: Effectively conveys information to others using spoken words and sentences; listens effectively; recognizes potential communication barriers and adjusts approach or clarifies information as needed.

Intrapersonal Competencies
- **Ethical Responsibility to Self and Others**: Behaves in an honest and ethical manner; cultivates personal and academic integrity; adheres to ethical principles and follows rules and procedures; resists peer pressure to engage in unethical behavior and encourages others to behave in honest and ethical ways; develops and demonstrates ethical and moral reasoning.
- **Reliability and Dependability**: Consistently fulfills obligations in a timely and satisfactory manner; takes responsibility for personal actions and performance.
- **Resilience and Adaptability**: Demonstrates tolerance of stressful or changing environments or situations and adapts effectively to them; is persistent, even under difficult situations; recovers from setbacks.
- **Capacity for Improvement**: Sets goals for continuous improvement and for learning new concepts and skills; engages in reflective practice for improvement; solicits and responds appropriately to feedback.

Thinking Competencies
- **Critical Thinking**: Uses logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.
- **Quantitative Reasoning**: Applies quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world.
- **Scientific Inquiry**: Applies knowledge of the scientific process to integrate and synthesize information, solve problems and formulate research questions and hypotheses; is facile in the language of the sciences and uses it to participate in the discourse of science and explain how scientific knowledge is discovered and validated.
- **Written Communication**: Effectively conveys information to others using written words and sentences.
Science Competencies

- **Living Systems**: Applies knowledge and skill in the natural sciences to solve problems related to molecular and macro systems including biomolecules, molecules, cells, and organs.
- **Human Behavior**: Applies knowledge of the self, others, and social systems to solve problems related to the psychological, socio-cultural, and biological factors that influence health and well-being.

Other Things to Consider When Applying

As you consider the internal Health Professions Committee process and the external application process, remember that we are all expecting to find a **motivated** and **professional** candidate in front of us. We ask you to be professional throughout the entire process. This includes meeting all deadlines and maintaining a responsible and mature demeanor. Below are a few helpful reminders:

- Always use a professional sounding email and make sure your email signature includes your contact information.
- Consider changing your voicemail greeting to be more professional for when schools begin to call you back.
- For interviews (with HPC and with the schools of your choice), always consider the interview beginning the moment you step on campus. You never know who is taking notes. This includes administrative assistants and student tour guides. Always dress professionally and conservatively.
- Make sure you thoroughly review your online persona (Facebook, Twitter, Instagram, etc.). Make sure to present the portrait you want people to see. Check the privacy settings of your social media accounts and Google yourself to see what is out there.

Outline of Course Requirements for the Health Professions

1. **Campus Personnel** - Personnel who can assist health professions students throughout the undergraduate years at Middlebury is found on page 15 of this handbook. Contact the Health Professions & STEM office for assistance.
2. **Major** – Health professions students should choose a major that is of genuine interest. It is not necessary to major in a science.
3. **Course Requirements for Health Professions** - Also see the section titled ADVISING RESOURCES FOR FUTURE PROFESSIONAL SCHOOL CANDIDATES.

The following courses serve as basic requirements for all health professions students. After completing these requirements, students should be prepared for most allopathic and osteopathic medical schools, but it is always good to check requirements at particular schools. Additional or alternative courses are required for pre-vet and pre-dental students and those considering nursing, physical therapy, and other related fields.
Pre-medical Requirements

**Academic Requirements**: Applicants will be expected to ‘demonstrate aptitude in biological and physical sciences during the undergraduate years, but not to the exclusion of the humanities and social sciences.’ Students aspiring to careers in health professions are not required to major in science. The following list of courses is currently recommended; however, professional school admissions requirements are based on student’s ability to demonstrate competency in a variety of ways.

*Recommended Coursework for all Allied Health Professions, including pre-medical, pre-veterinary, pre-dental, pre-nursing, etc.*

- **BIOL 0140** Ecology and Evolution
- **BIOL 0145** Cell Biology and Genetics
- **CHEM 0103** General Chemistry I
- **CHEM 0104** General Chemistry II
- **CHEM 0107** Advanced General Chemistry
- **MATH 0121** Calculus I
- **PSYC 0105** Introduction to Psychology

**Additional Courses**:
- **CHEM 0203** Organic Chemistry I: Structure and Reactivity
- **CHEM 0322** Biochemistry of Macromolecules
- **PHYS 0109** Newtonian Physics
- **PHYS 0110** Electricity & Magnetism (*requires Calc II*)
- Statistics *(any department)*

**Recommended Options for Supplemental Coursework**

- **CHEM 0204** Organic Chemistry II: Synthesis and Spectroscopy *(required for some science majors, as well as some veterinary & dental schools)*
- **MATH 0122** Calculus II *(required for PHYS 0110 course & some professional schools)*

Advanced Biology courses such as:
- **BIOL 0280** Immunology
- **BIOL 0310** Microbiology
- **BIOL 0370** Animal Physiology

Social Science courses in content areas such as: Sociology, Ethics, and Global Health

*Most medical schools require at least 1 year of college math (usually Calculus & Statistics).*
Notes:

- Many programs require one year of English. The College Writing requirement will fulfill this prerequisite for most schools.
- Language Study is optional, but encouraged.
- Advanced Placement credits are often accepted in fulfillment of admissions requirements, but this is not the policy of every health professions school.
- We recommend taking the DAT as soon after your BIOL/CHEM sequence as you feel prepared. The DAT exam does not include Physics content.
- Students should consider taking the MCAT or GRE exam in the spring before applying to professional schools.

**Because requirements vary from school to school, potential applicants are advised to review admissions requirements of various schools early in their undergraduate careers. The following references should be consulted:

**Title:**
- Medical School Admission Requirements (MSAR)
- Admission Requirements of U.S. and Canadian Dental Schools
- Veterinary Medical School Admissions Requirements (VMSAR)
- American Association of Colleges of Osteopathic Medicine

available at:
- https://www.aamc.org/services/
- http://www.adea.org/
- http://www.aavmc.org
- http://www.aacom.org

More Information:
- Join us at the Academic Forum during orientation.
- Consult the Health Professions Handbook at http://sites.middlebury.edu/hpandstem/handbook/.
- There are general meetings to introduce new students to the pre-health programs in September and February. The next meeting will be held: Tuesday, September 29, 2015: 6:30 PM in McCordell Bicentennial Hall 438.
- Students are encouraged to meet with the Health Professions Advisors by the sophomore year.

Mary Lothrop, Director, Health Professions & STEM Advising
Center for Careers & Internships
Ext. 5077; Office: Adirondack House 112

Hannah Benz, Health Professions & STEM Advisor
Center for Careers & Internships
Ext. 5804; Office: Adirondack House 111

4. Other Educational Considerations
- **Advanced Placement (AP) Credits** - Medical schools have different policies regarding AP credits. Plan to take advanced courses to reinforce commitment and proficiencies, and to be sure to meet medical schools’ minimum requirements in a subject.
- **Independent Study** - All departments provide opportunities for independent work in the major. Research is viewed quite favorably, but is not required for admission to medical school.
- **Summer Courses** - Candidates may take premedical courses during the summer with discretion. If done too often, however, it may be viewed as “avoiding difficult science courses” at Middlebury.
- **Extracurricular and Summer Activities** - Activities above and beyond the classroom demonstrate specific interests and skills. These should not be viewed as requirements, but rather as
opportunities to expand oneself and one’s college education. Get involved in interesting activities without regard to how it looks on a résumé.

- **Clinical Experience: Paid or Volunteer** - Work or volunteer in a medically related area. These experiences will help candidates determine whether medicine is an appropriate career, and are also highly valued by medical schools.

Consider doing a winter-term internship, either in the Middlebury area or elsewhere, during the sophomore or junior years. The Center for Careers & Internships has pertinent details; deadlines are in October. Two popular J-term internships are at Porter Hospital and with the Brandon Volunteer Fire Department (an EMT-B course). CCI handles the applications: see their website at [http://www.middlebury.edu/studentlife/cci/internships/winter](http://www.middlebury.edu/studentlife/cci/internships/winter).

Many Middlebury students volunteer with the Vermont Office of EMS and Injury Prevention. Their website, with information for EMT certification, is: [http://healthvermont.gov/hc/ems/ems_index.aspx](http://healthvermont.gov/hc/ems/ems_index.aspx). Also, to learn about volunteer opportunities during regular semesters at Porter Hospital in Middlebury, see Hannah Benz for more information.

5. **Group Meeting with Health Professions Advisor** - It is important that students pursuing health professions attend these meetings. Course requirements, application procedures, and professional school programs change frequently; we will announce changes at these meetings. One such meeting for first-year students (or sophomores just beginning the process) occurs in September: For Fall 2015, it will be **Tuesday, September 29, 2015: 6:30 PM in McCardell Bicentennial Hall 438**. (Spring date TBD.) Check the website for the events calendar and for more information. In addition, students will have the opportunity to meet with doctors and other professionals, attend seminars, and discuss current issues in the health professions with peers.

6. **Special Programs** - There exist special admissions opportunities at some medical schools. Please see the section on **Special Sophomore Application Programs** on page 10.

7. **Applications and Exams** - Some students complete the MCAT, DAT, or GRE exams by the end of their junior year, but candidates should plan to take admissions tests when they are best prepared to do so. The internal application process begins a year before the formal application to professional schools. Details of this process are presented in the section **Preparing to Apply to Professional Schools** beginning on page 15.

8. **Health Professions Committee Application** - Candidates are asked to provide the Health Professions Committee with information about their accomplishments in a comprehensive biographical report. This data is given to the Health Professions office for each applicant’s file.
Advising Resources for Future Professional School Candidates

MEDICAL | DENTAL | VETERINARY

**Major Requirement:** No specific major is required.

**Course Requirements:** One year of biology, with laboratories; two years of chemistry, with laboratories; one year of physics, with laboratories; usually one year of mathematics (calculus and statistics); and one year of English or equivalent.

Pre-vet students must also complete a course in statistics and one in biochemistry; some schools have specific biology course requirements. Pre-dental students should determine whether or not biochemistry and psychology are required at the schools of their choice.

**References:**
- MEDICAL SCHOOL ADMISSION REQUIREMENTS (MSAR)
- ADMISSION REQUIREMENTS OF AMERICAN DENTAL SCHOOLS
- VETERINARY MEDICAL SCHOOL ADMISSION REQUIREMENTS (VMSAR)

PHYSICIAN ASSISTANT

**Major Requirement:** No specific major is required.

**Course Requirements:** The courses listed are the most commonly required and/or recommended courses for physician assistant programs. It is each student's responsibility to know the required preparatory courses for the programs to which they apply. One year of intro biology, one year of chemistry, general microbiology, human physiology, human anatomy, college reading and composition, statistics for data analysis, psychology (intro and analysis), and anthropology. Some schools require additional courses in arts, humanities, and foreign languages.

NURSING/NURSE PRACTITIONER

**Major Requirement:** No specific major is required.

**Course Requirements:** The courses required for admission to a nursing program vary considerably from school to school; thus, it is advisable to research the requirements of schools early during the undergraduate studies. Normally a strong background in biology is needed (a minimum of 4 courses). In addition, candidates should have at least one course in basic chemistry and should consider taking at least one term of organic chemistry; at least one term of physics would be helpful. Further, many nursing schools look for courses in nutrition, anatomy, the social/behavioral sciences, the humanities, and statistics.

PHYSICAL THERAPY

**Major Requirements:** No specific major is required.

**Course Requirements:** Many of the requirements for physical therapy programs are similar to premedical requirements. Most schools require a strong background in biology, some basic chemistry, physics, and math, as well as courses in psychology, and lots of experience in Physical Therapy.
Special Sophomore Application Programs

Early Assurance Premedical Programs
Exceptionally well-qualified students may be considered for special early-admissions programs during the sophomore year. Candidates for early assurance should be absolutely sure they want to pursue a career in medicine, should be sure of the medical school they wish to attend, and must demonstrate clearly how the program will benefit them in a significant way. See a health professions advisor for more details.

- Albany Medical School
- FlexMed at Icahn School of Medicine at Mount Sinai
- Geisel School of Medicine at Dartmouth
- University of Rochester School of Medicine & Dentistry
- Jacobs School of Medicine at SUNY Buffalo
- SUNY Upstate Medical University

2015-2016 Middlebury College Pre-Medical Society

Pre-Medical Society: The Pre-Medical Society is committed to creating a sense of community among pre-medical students and to increasing awareness about the current issues facing the field of medicine. In order to accomplish these goals, the Pre-Medical Society provides a mentoring program between upper-class and under-class premedical students, invites guest lecturers to speak, hosts social functions, and takes tours of medical schools in the Northeast. Additionally, the Pre-Medical Society helps guide premedical students through the process by providing advice for finding internships and volunteer opportunities, as well as for applying to medical school.

Pre-Medical Society Leadership:

President: Muriel Lavallee
Vice-President: Ashley Fink
Secretary/Treasurer: Aurora Cao
Social Chair: Jenny Do

Health Professions Committee Timeline

The following table will acquaint students with the length of the process and help them decide when to begin:

Matric 17s: want to matriculate to professional school in fall ’17 (not the MC graduating class)

- Late September, 2015 - Complete the Self-Assessment form to see whether or not you are ready for the Health Professions Committee.
- October 6, 2015 - Meeting for juniors and seniors: overview of the internal application process & personal statement workshop.
- October 15, 2015 - Deadline to fill out the HPC Application, Committee Selection form, and Head Shot.
- November 1, 2015 – Deadline to join the Health Professions Committee Process this year.
- December 1, 2015 - Deadline for submitting personal statement.
- January 15, 2016 - Deadline to submit two recommendations (minimum, one of which must come from a science professor).
- January 11-March 15, 2016 - HPC interview period (alums return to campus for these unless they are abroad).
- MCAT preparation – Kaplan, Princeton Review, Examkrackers provide flexible study schedules; individualized prep programs also available.
- February 2016 – Applicant Meeting and Developing the School List workshop.
- March-April 2016 - HPC continues evaluation of candidates, MCAT/DAT/GRE, MMIs @ CCI and Personal Statement workshop.
- June 1, 2016 - Deadline to submit all transcripts, letters of recommendation, Bio Report and Committee Letter Request.
- June 2, 2016 - Submit primary applications (AMCAS and/or AACOMAS; VMCAS, or AADSAS)
- List of schools sent to HP Office on Dossier Request form immediately following submission of primary application. Applicants review school list with one of the advisors during the spring semester.
- June-August, 2016 - Secondary applications sent off, committee letters finalized and dossiers uploaded to Interfolio.
- Fall 2016 Interviews at professional schools.
- Mid Fall 2016-Spring 2017 Admissions decisions begin.
- Late Summer, 2017 - Matriculate into professional school.
- Late Spring–June, 2017 - Waitlisted candidates begin to communicate with Advisors.

Northeast Consortium on Medical Education (NECOME)

Middlebury College is a member of a professional organization called the NorthEast Consortium on Medical Education (NECOME). This group of premedical advisors and medical school deans and admissions directors meets twice a year to discuss medical school trends and issues regarding medical education. The following colleges and medical schools comprise NECOME.

**Undergraduate schools:**
- Amherst College
- Bowdoin College
- Hamilton College
- Haverford College
- Holy Cross College
- Middlebury College
- Swarthmore College
- Wesleyan University
- Williams College

**Medical schools:**
- Albany Medical College
- Geisel School of Medicine at Dartmouth College
- Harvard Medical School
- Sidney Kimmel Medical College at Thomas Jefferson University
- Tufts University School of Medicine
- University of Connecticut School of Medicine
- Perelman School of Medicine at the University of Pennsylvania
- University of Rochester School of Medicine and Dentistry
- University of Vermont College of Medicine
Study Abroad

Please see the Study Abroad handout on our website at: http://sites.middlebury.edu/hpandstem/study-abroad-opportunities/ (under the Health Professions header).

Undergraduate-Level Funding for Health Professions Students

Koster Insurance Health Careers Scholarship Program
The Koster Insurance Agency Health Careers Scholarship Program has provided 25 outstanding students with the financial assistance they need to pursue their health-related career. Open to higher education students entering their junior and senior year of Undergraduate study, the scholarship program continues to grow in both the number of scholarships offered each year and the amount of each scholarship. Each scholarship recipient is selected by the Scholarship Program Board of Directors, and each recipient both demonstrates and exceeds the program standards, which include: a strong motivation to pursue a healthcare career, academic excellence, a dedication to community service, and a need for financial support of their education. Scholarship winners, beyond receiving their monetary award, are invited to attend a Winner’s Reception and Dinner, where they are honored and given the opportunity to meet the Koster Staff, the Scholarship Board Members, and other Koster Friends and Associates. See https://www.gallagherstudent.com/scholarship/.

Minority Medical Education Program
The Minority Medical Education Program offers summer educational experiences to help promising, highly motivated students gain admission to medical and dental schools. See http://smdep.org/.

Partial List of Allied Health Professions

Allied health professionals are involved with the delivery of health or related services pertaining to the identification, evaluation, and prevention of diseases and disorders; dietary and nutrition services; rehabilitation and health systems management, among others.

See also the Health Professions Network (http://www.healthpronet.org/about/index.html) — a unification of professionals representing diverse aspects of allied health, including primarily provider organizations, but also educators, accreditors and administrators. The group works together in a cooperative and interactive manner on issues relevant to health care. They also spotlight one health profession each month, with a description of the profession, the training required, salaries, the types of people suited for each profession, and the employment opportunities therefor: see http://www.healthpronet.org/ahp_month/index.html.

National Institutes of Health (NIH) Office of Science Education:
http://www.science.education.nih.gov/LifeWorks.nsf/alpha.htm
Anesthesiologist
Animal Technician
Athletic Trainer
Audiologist
Biochemist
Biological Technician
Biologist
Biology Teacher
Biomedical Engineer
Biophysiologist
Biostatistician
Cardiovascular Technologist
Chemical Engineer
Chemical Technician
Chemist
Clinical Psychologist
Counseling Psychologist
Counselor, Mental
Health/Rehabilitation/Substance Abuse/Behavioral Disorder
Dental Assistant/Hygienist/Laboratory Technician
Diagnostic Medical Sonographer
Dietetic Technician, Registered
Dietitian and Nutritionist
Emergency Medical Technician and Paramedic
Environmental Health Scientist
Environmental Science & Protection Technician
Epidemiologist
Fitness Trainer and Aerobics Instructor
Forensic Science Technician
Genetic Counselor
Health & Medical Science Museum Curator
Health Educator
Health Specialties Teacher, Postsecondary
Home Health Aide
Industrial Production Manager (Drug Manufacturing)
Medical & Clinical Laboratory Technologist
Medical & Health Services Manager
Medical Appliance Technician
Medical Assistant
Medical Database Administrator
Medical Equipment Preparer/Repairer
Medical Illustrator
Medical Librarian/Library Technician
Medical Records & Health Information Technician
Medical Sales Representative
Medical Scientist
Medical Secretary
Medical Transcriptionist
Microbiologist
Nuclear Medicine Technologist
Nurse [LPN, LVN, RN]
Nurse Practitioner
Nursing Aide/Orderly/Attendant
Nursing Instructor
Occupational Health & Safety Specialist
Occupational Therapist/Aide/Assistant
Ophthalmic Laboratory Technician
Optician
Optometrist
Orthodontist
Orthotist & Prosthetist
Personal & Home-Care Aide
Pharmacist/Pharmacy Aide/Technician
Physical Therapist/PT Aide/Assistant
Podiatrist
Prosthodontist
Psychiatric Aide/Technician
Radiation Therapist
Radiologic Technologist
Recreation & Fitness Studies Teacher
Recreational Therapist
Respiratory Therapist/Technician
Social Worker, Medical/Mental Health & Substance Abuse
Speech-Language Pathologist
Surgical Technologist
Veterinary Technologist/Technician
Applicants Who Plan to Matriculate Fall 2017

This section is intended for students who will apply to medical, dental, or veterinary school as:
1. juniors planning to matriculate to professional school immediately following graduation; or,
2. seniors planning to matriculate to professional school the year following graduation; or,
3. alumni who have taken some time off after Middlebury.

Sophomores considering early admission may find much of the material in this guide useful, but a discussion with a Health Professions Advisor is advisable.

Applicants who wish to receive an endorsement by the Health Professions Committee should initiate the internal review process in September by filling out the Self-Assessment and then meeting with one of the advisors. It is also required that you attend the October 6th meeting held to kick off the cycle (if you are no longer in Middlebury, we can email you the materials), and that you fill out the Health Professions Committee Application.

This guide outlines procedures for arranging committee interviews, describes the process for applying to schools, and explains the procedures for requesting dossiers and transcripts.

Please read the information in this handbook closely. Most questions from students concerning application to health professions schools are addressed in this document. Also, please make note of deadlines by which information must be submitted and certain activities completed.

The Health Professions Advisors are available to share their knowledge and expertise concerning the admissions process. However, it is the responsibility of prospective applicants to conduct research necessary to make informed decisions concerning their future plans.

2015-2016 Health Professions Committee
Mary Lothrop, Director, Health Professions & STEM Advising, co-chair
Roger Sandwick, Professor of Chemistry & Biochemistry, co-chair
Vickie Backus, Senior Associate in Science Instruction in Biology
Hannah Benz, MD, Health Professions & STEM Advisor
Adam Dean, Assistant Professor of Political Science
Michele Dube, Assistant in Science Instruction in Chemistry/Biochemistry
Chong-suk Han, Assistant Professor of Sociology/Anthropology
Micaela Kubacki, Assistant Professor of Mathematics
Tom Root, Professor of Biology
Daniel Silva, Assistant Professor of Portuguese
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Nicole Veilleux, Coordinator – nveilleux@middlebury.edu

2015-2016 Pre-Med Society Leadership
President – Muriel Lavallee
Vice President – Ashley Fink
Secretary/Treasurer – Aurora Cao
Social Chair – Jenny Do

Health Professions Office Contact Information
Adirondack House
802.443.2455
hprofess@middlebury.edu

The Health Professions Committee Process
(Please refer to these instructions throughout the application period.)

Function of the Health Professions Committee
Most applicants for medical, dental, and veterinary schools from Middlebury College are evaluated by our Health Professions Committee. The function of this committee is to advise applicants on the application process; to review academic credentials, extracurricular experiences, and references; to prepare an appraisal of each applicant via a committee letter of recommendation; and to submit to the professional schools a dossier prepared on behalf of the applicant in support of his/her candidacy. Contents of the dossier prepared in support of the candidate are detailed below.

Applicants are encouraged to maintain communication with the Health Professions Advisors and to seek out answers to any questions they may have throughout the application period.

Preparing to Apply to Professional Schools
Research the field: The Health Professions Office has guides to medical, dental, veterinary, nursing, and international medical schools, as well as reference materials and information from many professional schools to which Middlebury students apply. This is a useful resource for anyone wishing to apply to a professional school in the health professions. It is also possible, of course, to research schools on the internet.

It is critical to apply to professional schools as early in the application cycle as schedules allow. Begin to make preparations to submit applications in the spring, about one and one-half years before the targeted matriculation date. Applications to the central application service (for example, AMCAS, AADSAS, or VMCAS) should be made early in the summer, and applications to schools should be made by late summer or early fall (about one year in advance of matriculation). This is recommended because many professional schools use a rolling admissions process and begin making selections before the application deadline date. The closer to the deadline date an application arrives, the greater the competition for the remaining openings at schools with rolling admissions.
In preparing for application through the Middlebury Health Professions Committee, a number of steps must be taken:

**Health Professions Self-Assessment**

Each candidate should complete the HEALTH PROFESSIONS SELF-ASSESSMENT, which is available online [here](#). Interfolio Account

We have entered into an institutional agreement with Interfolio as our electronic dossier and credential service for applicants to medical school: you will use their services at this point in the application cycle to have the bio report and recommendation letters submitted for HPC interviews, and later for medical school.

- To open your account and establish your credentials file, please go to: [https://account.interfolio.com/dossier/signup?selected_institution=9164&specialoffercoletext=MBCHP2015](https://account.interfolio.com/dossier/signup?selected_institution=9164&specialoffercoletext=MBCHP2015). Using that link will automatically affiliate you with the Middlebury College Health Professions affiliation.
- Interfolio charges $19 to set up a 1-year account, and $6 to send out the typical dossier. They also have an unlimited plan, where for $40 a year you can send out as many as you wish (doing the math reveals that if you send out four or more dossiers, this is the way to go. Note: sending the dossier to AMCAS is just one sending, no matter how many schools AMCAS will send it to). You can pay online, using a credit card, or by check or money order. Attached is a more complete listing of Interfolio costs.
  - Applicants who are approved for AAMC fee assistance, or who are otherwise unable to afford this service, should immediately inform the health professions office accordingly ([hprofess@middlebury.edu](mailto:hprofess@middlebury.edu)).

**Committee Interviews**

Interviewers are chosen based on the completed Committee Selection form (available [here](#)) that each candidate is required to fill out by October 15th. Each candidate will meet individually with three members of the committee. An effort is made to arrange interviews with faculty with whom the candidate has had little or no contact, to maximize the number of committee members who are familiar with each candidate. Committee interviews also serve to introduce the candidate to the interview process that must be undertaken at professional schools. These interviews take place roughly between January 11th and March 15th.

To arrange a meeting with assigned members of the committee, students should contact the committee member directly. It is the student’s responsibility to know the status of their file, so he or she can work to complete any deficiencies.

An integral part of the committee process is the three interviews with the committee members. You will meet in person or via Skype ([click here for our Skype policy](#)) with three committee members who will be trying to get to know you better as a candidate. These interviews will not determine whether you will receive a committee letter, but the committee may recommend delaying your application by at least a year or two to improve your qualifications. If you believe your situation warrants a virtual interview accommodation, please describe why performing a face to face interview would present a significant hardship and send your request to Nicole Veilleux at [hprofess@middlebury.edu](mailto:hprofess@middlebury.edu) by November 15, 2015.
Interview reports are included in the overall appraisal by the committee. Students are encouraged to meet with the advisors to receive feedback and recommendations that result from the committee evaluation. 

NOTE: Candidates being supported by the Committee are ranked as ‘Superior,’ ‘Excellent,’ ‘Very Good,’ or ‘Good’

References

Letters of recommendation are a vital part of the dossier. One should take great care in selecting individuals who are to serve as references: consultation with one of the Health Professions Advisors is recommended. Be sure to discuss overall academic work, non-academic activities, and professional goals with these individuals. It is best to furnish them with a résumé or bio report, a personal statement, and a current unofficial transcript. One should not hesitate to ask whether or not an individual is willing to give strong support (this does not mean that he/she should not discuss weaknesses as well as strengths).

For purposes of the committee interviews, at least two letters are required to be submitted to Interfolio—one of which must be from a Middlebury faculty member, and at least two of which should address performance in the sciences. These letters will also be included in the final dossier sent to medical schools. Additional letters can arrive later in the year, but should be in an applicant’s Interfolio file before the Committee letter is written—by June 1st of the intended application cycle. Note: letters must be submitted by the writers to Interfolio as a PDF on letterhead, dated, and signed by the recommender. Please specify this format when requesting a letter, before sending the document request from Interfolio.

The final dossier should include 3-4 letters, two of which should be written by faculty in the natural sciences; check each school for their requirements. There is a four-letter maximum unless applying to an MD/PhD program; exceptions should be cleared through the Health Professions Advisor.

Faculty referees should be contacted as early as possible to avoid their very busy period at and near the end of each term. Each referee should indicate clearly that the candidate is being recommended for medical (or dental, or veterinary) school. Recommendations are considered very seriously by the professional schools.

Recommenders need to know before they compose the letter whether or not it will be confidential. When candidates request each referee to write for them, their choice is indicated on a waiver on the form sent to them from Interfolio. Note: It is very rare for letters to be open (non-confidential)—it is thought that referees will write more candidly if they do not think the candidate will see the letter. Do consider carefully the impression that an “open” letter will make at the med school. Each letter is boldly marked if it is not confidential.

List of Schools

Applicants to medical, dental, or veterinary schools should consider applying to all of the public schools in their home state system, since preference is often given to in-state residents. [Note: students applying to home-state medical schools should be aware that if they register to vote, register their cars, or get a driver’s license in Vermont, they may be jeopardizing their in-state status at certain medical schools.] Private in-state medical schools should also be considered. Candidates should develop a preliminary list of schools and review this list periodically, deleting and adding schools as necessary. The Health Professions Advisors are available to discuss the candidate’s selection of schools. Information regarding many professional schools is available in the Health Professions & STEM Office. It is also recommended that each candidate purchase a copy of the latest edition of one of the following publications to assist in preparing a realistic list of schools:
• Medical School Admission Requirements [MSAR] [American Association of Medical Colleges] – www.aamc.org
• Veterinary Medical School Admissions Requirements [VMSAR] [Association of American Veterinary Medical Colleges (AAVMC)] Purdue University Press - http://www.thepress.purdue.edu/titles/vmsar-2010-2011

AMCAS, AACOMAS, AADSAS and VMCAS: Most professional schools require applicants to apply through a central application system: allopathic medical schools through AMCAS [American Medical College Admissions Service], osteopathic schools through AACOMAS [American Association of Colleges of Osteopathic Medicine Application Service], dental schools through AADSAS [American Association of Dental Schools Application Service], and veterinary schools through VMCAS [Veterinary Medical College Application Service].

Entrance Exams
MCAT [Medical College Admissions Test]: The MCAT is now a computerized exam with 30-day scoring, given approximately thirty times over the course of 2015-2016. It is best taken between spring and summer of the calendar year preceding the year of matriculation. APPLICATION is on-line: www.aamc.org/mcat. Commercial preparation courses are available for the MCAT:
• Kaplan offers live, interactive courses via the internet; courses are extracurricular and cost around $2,000. Kaplan offers some financial aid.
• Princeton Review has on-line instruction for $2,000. Their course runs for 15 hours, times and dates arranged per group.
• “CLEaRS for MCAT” is an interactive on-line course in MCAT prep. It costs $599 for the complete course: a viable alternative to Kaplan.
• Examkrackers provides preparation for standardized exams through books, audio CDs, DVDs, internet forums, and live classes [not in Vermont, though].
• The American Association of Medical Colleges (AAMC) offers practice tests for the MCAT, which are available for $35 per test.

DAT [Dental Admissions Test]: This exam can be taken online throughout the year.

GRE [Graduate Requirement Exam]: Most veterinary schools require the GRE; some will accept scores from the GRE or MCAT; at least one veterinary school requires the MCAT. Check the requirements of each school of interest. The GRE can be taken on-line throughout the year.
The Application Process

There are THREE ways to apply to medical, dental, and veterinary schools:

Central Application Service (via the Health Professions Committee)

Apply through a central application service, as described in the previous section. Schools using the application service may use the information obtained to make first-cut selections. They may reject the applicant on this basis, or they may invite the applicant to complete the school’s own application, otherwise known as the secondary application.

To apply through a central Application service:

Complete and send the central application forms to the proper address:

- **Allopathic:** AMCAS - [http://www.aamc.org/students/amcas/start.htm](http://www.aamc.org/students/amcas/start.htm)
- **Osteopathic:** AACOMAS - [https://aacomas.aacom.org/](https://aacomas.aacom.org/)
- **Dental:** AADSAS - [http://www.adea.org/AADSAS/default.htm](http://www.adea.org/AADSAS/default.htm)
- **Veterinarian:** VMCAS - [http://www.aavmc.org/vmcas/vmcas.htm](http://www.aavmc.org/vmcas/vmcas.htm)

Personal Statement and Essay Prompts

Sample Prompts

- Why have you selected the field of medicine?
- What motivates you to learn more about medicine?
- What experiences have allowed you to develop the skills necessary to be successful in medical/veterinary/dental school and to become an effective practitioner?
- What do you want the admissions team to know about you that hasn't been disclosed in another section of the application?

In addition, you may wish to include information such as:

- Special hardships, challenges or obstacles that may have influenced your educational pursuits.
- Commentary on significant fluctuations in your academic record that are not explained elsewhere in your application.

Resources:

- What are the most important things I should write about in my personal statement?
- Secondary Essay Prompts Database ([This is for medical school, but there are some great generic essay prompts as well.](http://www.aamc.org/students/amcas/start.htm))
- Johns Hopkins University has a helpful page on writing the [Personal Statement](http://www.aamc.org/students/amcas/start.htm)

Transcript Request

Request a personal copy of your official transcripts from each school you attended after high school. For Middlebury transcripts, the easiest, most efficient method is to order an electronic transcript. Our agent, [Transcripts-On-Demand](http://www.aamc.org/students/amcas/start.htm), has a special in-network arrangement with AMCAS. When you choose AMCAS from the drop-down menu, you will have additional fields into which you can plug your AMCAS ID #s. Those will then automatically transfer to AMCAS along with the transcript. There is no need to upload a separate form. To understand this process better contact TOD customer service at [ess@credentialssolutions.com](mailto:ess@credentialssolutions.com) or 847-
716-3805. Responses will be provided within one business day. If you have questions for the Middlebury registrar’s office, try their FAQ page first.

- After the central application has been completed and submitted, and all pertinent transcripts submitted, the applicant will begin to receive applications from medical schools, called secondary applications. The applicant should inform the Health Professions & STEM Office via email when he/she has submitted the first secondary. This notice puts the applicant’s file, once it is complete and not before, in the queue that establishes the order by which committee letters are written.

**Completed files** include:

- a current (or final) *unofficial Middlebury transcript*, which the Health Professions office obtains from the registrar for office use only [it is also most helpful for the Health Professions advisor to have from the applicant an unofficial transcript of all related coursework taken elsewhere];
- all **letters of recommendation**;
- current **Biographical Report**;
- signed **Committee-Letter Release form**.
- **Dossier Request Form** ([Med/Dent/Vet/DO]): A Dossier Request form should be completed and filed in the candidate’s folder in the Health Professions office immediately after an applicant completes the AMCAS/ AACOMAS/AADSAS/VMCAS [primary] application. This form authorizes the Health Professions Office to release the candidate’s dossier to Interfolio.

**The Dossier**

**Contents of Dossiers**: Electronic (Interfolio) dossiers are confidential. They include:

- Cover letter
- An explanatory sheet outlining the GPA distributions of Middlebury students, a profile of the candidate’s class, a brief explanation of Middlebury’s 4-1-4 calendar and credit system, including the lack of credits given for labs at Middlebury. This is explained on the back of the official transcript, so schools should have no trouble understanding the Middlebury College system. We also include an explanation of the College Writing program and an explanation of the Health Professions Committee review process for all candidates during that cycle.
- Confidential committee letter
- Confidential recommendation letters
- Academic report (from your 2nd Phase bio Report)

*Our office will send paper dossiers to any foreign schools, but only after the applicant notifies us that a secondary for each school has been sent in.*

**Solo Application (apply without going through committee)**

**To Apply Directly to Medical School:**

- **Dossier Request**: The applicant should provide the Health Professions Coordinator with a complete list on the dossier request form of the schools to which application will be made.
- **Transcript Request**: Transcripts are normally required as part of these applications and should be sent using the proper transcript request forms and the procedure noted in (B) above.
Early Decision Programs (EDP)
When applying to college, choosing early decision is a definite advantage, but this is most definitely not the case when it comes to the medical school admissions process. You can only apply to one medical school’s Early Decision Program and while you are waiting to learn of their decision, **you cannot apply to other medical schools**. Almost all medical schools review applications on a rolling basis, and extend interview invitations, and offer spots in their classes in the same way. This means that they fill their classes on a first-come, first-serve basis. Initially, they may have 120 spots to offer. With each passing week of conducting interviews, the admissions committee meets and extends offers and fewer and fewer spots are available. At the same time, the medical school still receives more applications, so the competition goes up and the number of available spots goes down. **The HUGE drawback to applying ED is that you cannot start applying to other medical schools until you have received a rejection letter from your ED school. This puts you two to three months late in the application cycle and is a MAJOR disadvantage.** Like college ED, you need to be 100% sure the medical school you apply to with this program is really the school you want to attend since there is no changing your mind later. Please make an appointment to speak with a Health Professions Advisor if you seriously considering ED. ([https://www.aamc.org/students/applying/requirements/edp/](https://www.aamc.org/students/applying/requirements/edp/))

### Association of Health Professions Schools

<table>
<thead>
<tr>
<th>Name</th>
<th>Acronym</th>
<th>Links</th>
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</thead>
</table>
| American Dental Education Association (formerly Amer. Assn of Dental Schools, AADS) | ADEA    | Application Service (AADSAS): [http://www.adea.org/AADSAS/default.htm](http://www.adea.org/AADSAS/default.htm)  
| Association of American Medical Colleges                            | AAMC    | Application Service (AMCAS): [http://www.aamc.org/students/amcas/start.htm](http://www.aamc.org/students/amcas/start.htm)  
MCAT: [http://www.aamc.org/students/mcat/start.htm](http://www.aamc.org/students/mcat/start.htm) |
| The Association of Schools and Colleges of Optometry                | ASCO    | OAT info: [http://www.opted.org/info_oat.cfm](http://www.opted.org/info_oat.cfm) |
| American Association of Colleges of Osteopathic Medicine             | AACOM   | Application Service (AACOMAS): [https://aacomas.aacom.org/](https://aacomas.aacom.org/)  
MCAT: [http://www.aamc.org/students/mcat/start.htm](http://www.aamc.org/students/mcat/start.htm) |
MCAT: [http://www.aamc.org/students/mcat/start.htm](http://www.aamc.org/students/mcat/start.htm) |
MCAT or GRE required (by different schools).  
MCAT: [http://www.aamc.org/students/mcat/start.htm](http://www.aamc.org/students/mcat/start.htm) |
MCAT: [http://www.aamc.org/students/mcat/start.htm](http://www.aamc.org/students/mcat/start.htm) |
| American Association of Veterinary Medical Colleges                  | AAVMC   | Application Service (VMCAS): [https://www.e-aacpmas.org/](https://www.e-aacpmas.org/)  
MCAT or GRE required (by different schools).  
MCAT: [http://www.aamc.org/students/mcat/start.htm](http://www.aamc.org/students/mcat/start.htm) |
Suggested Timeline for Professional School Applicants for Entry in 2017

*This is not meant to be a complete schedule.*

<table>
<thead>
<tr>
<th>New to Committee</th>
<th>Through Committee, Deferred App</th>
<th>Re-Applicant</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Late September, 2015 - Self-Assessment form due.</strong></td>
<td><strong>Late September, 2015 - Self-Assessment form due.</strong></td>
<td><strong>Late September, 2015 - Self-Assessment for Re-Applicants form due.</strong></td>
</tr>
<tr>
<td><strong>October 6, 2015 - Jr/Sr/Alumni Info Session &amp; Personal Statement Workshop</strong></td>
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<tr>
<td><strong>October 15, 2015 – DEADLINE for Committee Selection Form</strong> (online form), Interfolio account, and head shot.</td>
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<tr>
<td><strong>November 15, 2015 – Deadline to join the Health Professions Committee process this year.</strong></td>
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<tr>
<td><strong>December 1, 2015 – DEADLINE to upload the Biographical Report to Interfolio.</strong></td>
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</tr>
<tr>
<td><strong>January 15, 2016 – DEADLINE to have at least 2 letters of recommendation uploaded to Interfolio.</strong></td>
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<tr>
<td><strong>January 11-March 15, 2016 – Health Professions Committee Interviews.</strong></td>
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<tr>
<td><strong>February, 2016 – Spring Applicant Meeting &amp; Building Your School List.</strong></td>
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<td><strong>February, 2016 – Spring Applicant Meeting &amp; Building Your School List.</strong></td>
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<tr>
<td><strong>March-April, 2016 - HPC Review Period, MCAT/DAT, GRE taken late spring or early summer.</strong></td>
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<td><strong>March-April, 2016 - HPC Review Period, MCAT/DAT, GRE taken late spring or early summer.</strong></td>
</tr>
<tr>
<td><strong>June-August, 2016 – Primary app sent off, dossier request form due.</strong></td>
<td><strong>June-August, 2016 – Primary app sent off, dossier request form due.</strong></td>
<td><strong>June-August, 2016 – Primary app sent off, dossier request form due.</strong></td>
</tr>
<tr>
<td><strong>Summer, 2016 – Committee Letters written.</strong></td>
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<tr>
<td><strong>Fall, 2016 – Interview period.</strong></td>
<td><strong>Fall, 2016 – Interview period.</strong></td>
<td><strong>Fall, 2016 – Interview period.</strong></td>
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<tr>
<td><strong>Mid Fall 2016-Spring 2017 – Admissions decisions begin.</strong></td>
<td><strong>Mid Fall 2016-Spring 2017 – Admissions decisions begin.</strong></td>
<td><strong>Mid Fall 2016-Spring 2017 – Admissions decisions begin.</strong></td>
</tr>
<tr>
<td><strong>Late Summer, 2017 – Matriculate.</strong></td>
<td><strong>Late Summer, 2017 – Matriculate.</strong></td>
<td><strong>Late Summer, 2017 – Matriculate.</strong></td>
</tr>
<tr>
<td><strong>Late Spring-June 2017 – Waitlisted</strong></td>
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**Late Summer, 2017 – Matriculate.**

**Late Spring-June 2017 – Waitlisted**
candidates begin to communicate with HP Advisors.

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**MCAT/DAT/GRE/OAT: SPRING DATES PREFERRED; others provided for information**

<table>
<thead>
<tr>
<th>TEST</th>
<th>TEST DATES</th>
<th>APPLICATION DEADLINES</th>
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</thead>
<tbody>
<tr>
<td>MCAT</td>
<td>Schedule available from HP Advisor</td>
<td>Given multiple times. Register online until 2 weeks (reg)/1 week (late) before test.</td>
</tr>
<tr>
<td>DAT</td>
<td>Any time</td>
<td>Can take online</td>
</tr>
<tr>
<td>GRE</td>
<td>Year-round testing on computer for the general test; <em>paper-based general test offered in areas where computer-based testing is not available.</em></td>
<td>Register at least 5 weeks before you want to take the exam; test centers fill quickly, so it is wise to allow even more time.</td>
</tr>
<tr>
<td>OAT</td>
<td>Can take online any time</td>
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**Interviews**

The candidate interview is one of the most important considerations by admissions committees. If application materials are attractive to a particular school, they may invite the candidate for an interview. One should prepare well in advance of the interviews and should try to accommodate the school’s proposed schedule of interviews.

The three interviews with members of the Health Professions Committee are important to the evaluation process. Interviewers will ask questions about the candidate’s background, academic preparation and performance, motivation, and knowledge of the profession under consideration: they will also consider personal, social, and ethical issues related to one’s chosen profession. In some respects, these interviews will parallel those given by medical schools, and they are good practice for applicants.

We offer “MMIs at CCI” once per semester – a chance to practice going through a Multiple Mini Interview style. Keep an eye on our [events page](#) for dates/times.

**Tips on the Health Professions Committee Interview**

1. During the interview, be yourself.
2. Try to communicate clearly and succinctly; do not over-talk.
3. Be prepared to respond to all kinds of questions, many unrelated to the study of medicine.
4. Be ready to discuss your motivation for the study of medicine and any activity or experience that has tested this motivation.
5. Be appropriately dressed and groomed, as if applying for a job.
6. Don't attempt to outsmart the interviewer.
7. Don't butter up the interviewer.
8. If you don't know the answer to a question, say so.
9. Explain your deficiencies honestly, and don't offer excuses and rationalizations for lack of academic achievement.
10. Don't be hesitant about asking questions.
11. Be honest about your financial needs and discuss them freely.
12. Don’t be on the defensive or on the offensive.
13. Familiarize yourself with the medical school, its curriculum, and any special opportunities it offers. This means that you should carefully study the website of each school to which you apply before the interview.
14. After the interview, write a thank-you note: it should be addressed to the Director of Admissions— the person who extended the interview invitation—not the Dean of Admissions or the people who interviewed you.

Some Helpful Interviewing Resources:
- Ten Medical School Interview Tips – Go In Ahead of the Competition
- Ask the Experts: Preparing for the Interview
- 5 Tips for Your Medical School Interview: Advice from a Recent Admit
- Ivy League Interview Tips
- Sample Interview Questions

Non-AMCAS Schools
These schools use AMCAS only for M.D. – Ph.D. applications:
- Texas A&M University System Health Science Center College of Medicine
- Texas Tech University Health Science Center School of Medicine
- University of Texas Southwestern Medical Center at Dallas Southwestern Medical School
- University of Texas Medical School at Galveston
- University of Texas School of Medicine at Houston
- University of Texas School of Medicine at San Antonio

This school does not use AMCAS:
- Texas Tech University Health Sciences Center, El Paso, Paul L. Foster School of Medicine

Scholarships, Funding For Health Professions Schools
See our resources online.
Information for Re-applicants

If you have previously applied to medical, dental, veterinary, or other health professions school through the HPC, and were not offered admission, and wish to apply again, we recommend you first complete the Self-Assessment Guide for Re-Applicants and then schedule an appointment with one of our advisors.

If you decide to re-apply, you will need to take a critical look at your application and try to determine areas that you may need to improve before you next apply.

*Apply when you are the strongest candidate you can be.*

What to Consider When Re-applying

1. What about your candidacy might be improved?
2. What year is best to apply?
3. What are your steps to re-applying?

Suggestions for Re-applicants

- Stay in touch with our office throughout the process. We are here to meet via email, phone or skype.
- Write a new personal statement. You will want to make sure your personal statement is current. Admissions committees will want to see a fresh perspective.
- Apply as early as possible. Re-applicants are scrutinized more closely, so stay on top of the timing of your application.
- Make sure you are still connected with a clinical setting. Keep your hands-on experience going!
- Network with other MiddKids who are currently in medical/dental/veterinary school. Ask them if they have any tips on the application process. If you need help networking, our office can help you.
- Consider DO schools. Learn more [here](#).
- Keep your interview skills fresh. Practice, practice, practice.