

PRE-HEALTH STUDENT GUIDE



UNIVERSITY OF MIAMI
OFFICE OF PRE-HEALTH
ADVISING AND MENTORING



Welcome



Dear Pre-Health Students,

The University of Miami (UM) provides an ideal environment to nurture your pre-professional development. As an undergraduate, you will make important decisions about your major, campus involvement, community activities, research, and application to professional school. The staff in the Pre-Health Office will work with you every step of the way for a smooth transition into a health professional school.

We have prepared this “Pre-Health Student Guide” to provide you with information and direction. Please read the contents closely and familiarize yourself with the policies and procedures of our office. This preparation will allow our meetings to focus more on you and your specific needs and on getting to know you better. The ultimate goal is to create a comprehensive and competitive portfolio for health professional school.

The “Pre-Health Student Guide” is designed to provide a clear and detailed understanding of the involved health career planning process. Use this guide as a planning tool. Your responsibility is to follow, in a diligent manner, the directives set forth in this manual. We cannot emphasize strongly enough the importance of developing a conscientious, intelligent, and responsible attitude toward your career objectives. Of course, you can count on the support of our office as you meet the challenges ahead.

We are here to help!

Sincerely,

Prof. Michael Gaines

The Office of Pre-Health Advising and Mentoring

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Health Professions

Explore

A person who is passionate about helping and healing people, wants to make health care better and accessible, and is committed to giving back to their communities is the ideal health professional. There is a vast array of careers in healthcare. It is important to learn about the different professions to help you make an informed decision about your career path. Whether you are set on a specific field or still deciding, you should take the time to explore these options and discover what will be best suited for you.

- Explore Health Careers <https://explorehealthcareers.org/> (medicine, dentistry, veterinary, physician assistant, podiatry, chiropractic, optometry and other professional allied health fields).

Application Lifecycle and Timetable

A career as a health professional requires preparation. You will notice that this is a lengthy document. This is because the application process is complex and long, and there are many details to explain. However, an abundance of information can be overwhelming if you are unfamiliar with the application process. **The following is a helpful overview of the lifecycle of health professional school application.** These components are listed in roughly chronological order; however, there is room for variation.

1. Attend mandatory Pre-Health Information Sessions and Open a Pre-Health file
2. Test Preparations (MCAT, DAT, or GRE)
3. Choosing schools (winter and spring)
4. AMCAS (primary or common) application (plan to submit this in June)
5. Committee letter, including individual letters of recommendation (summer)
6. Secondary applications (summer)
7. Interviews (fall and winter of the application year)
8. The Wait (fall, winter, and spring of the application year)
9. Acceptance and matriculation (fall through end of application year)

The following pages provide a sample overview of your year-by-year progress in building towards your competitive application portfolio.

FRESHMAN YEAR	SOPHOMORE YEAR
<ul style="list-style-type: none"> ▪ Pre-Health Orientation 	<ul style="list-style-type: none"> ▪ Pre-Health 201 Session
<ul style="list-style-type: none"> ▪ Attend a Pre-Health 101 Information Session, AND open a Pre-Health Student File 	<ul style="list-style-type: none"> ▪ Meet with Pre-Health Advisor as often as needed or just to shoot the breeze!
<ul style="list-style-type: none"> ▪ Make the Grade- establish good study habits & skills 	<ul style="list-style-type: none"> ▪ Map your path - explore health career options, review schools and program admissions requirements, and <u>plan ahead</u>
<ul style="list-style-type: none"> ▪ Get to know your Pre-Health Advisor(s): Schedule an appointment with the pre-health office 	<ul style="list-style-type: none"> ▪ Shadow health professionals
<ul style="list-style-type: none"> ▪ Get Involved: volunteer & shadow, join university student organizations, visit the Butler Center 	<ul style="list-style-type: none"> ▪ Hone your leadership skills and contribute to your community
<ul style="list-style-type: none"> ▪ Get to know the faculty: form relationships with your professors and use of their office hours (this is good way for them to get to know you for when you need an evaluation letter for professional programs). 	<ul style="list-style-type: none"> ▪ Get involved in research – the Office of Undergraduate Research and Community Outreach has an array of research placements in all disciplines and programs available to current undergraduate students.

JUNIOR YEAR	SENIOR YEAR
<ul style="list-style-type: none"> ▪ Attend a Pre-Health 301 Session 	<ul style="list-style-type: none"> ▪ You're almost there...
<ul style="list-style-type: none"> ▪ Request Letters: request six (6) letters of evaluation / recommendation (course instructor, research mentor, health professional, employer, community service supervisor) 	<ul style="list-style-type: none"> ▪ Secondary Applications: continue to complete secondary applications for professional schools
<ul style="list-style-type: none"> ▪ Prepare: study and take the standardize admissions test 	<ul style="list-style-type: none"> ▪ Interviews: prepare for interviews
<ul style="list-style-type: none"> ▪ Market yourself: sign-up for personal statement writing assistance workshops through the Writing Center and interview workshops at the Toppel Career Center 	<ul style="list-style-type: none"> ▪ Stay Focused: study hard for your finals.
<ul style="list-style-type: none"> ▪ Choose Committee or Cover Letter Packet: discuss the options with your Pre-Health Advisor and complete the necessary forms, schedule committee letter interview 	<ul style="list-style-type: none"> ▪ Celebrate: enjoy the benefits of your hard work. Congratulations UM Alumni!
<ul style="list-style-type: none"> ▪ Apply: submit your primary applications and your submission request form to the office 	<ul style="list-style-type: none"> ▪ Stay in Touch: follow up with your Pre-Health Advising Office about interviews and acceptance status

Mandatory Pre-Health Information Sessions

All students on the pre-health track are **required to attend** each session. Attendance is recorded at these sessions and is the only way to track whether you were present.

The sessions are held every fall and spring semester on selected dates and times throughout the semesters. The scheduled sessions are posted on our website, Blackboard site and Instagram page. You may also contact the Pre-Health office for more information.

Pre-Health 101

This session is essential for freshman, transfer students or anyone interested in familiarizing themselves with the University of Miami Pre-Health track. Important information is shared such as the Office of Pre-Health Advising and Mentoring resources, including how to open a required file with the office.

Pre-Health 201

The 201 session is the next step on your path to professional school as it builds on the foundational knowledge shared during Pre-Health 101. This session provides strategies on how to make yourself stand out by reviewing the requirements to build a competitive health professional school application.

Pre-Health 301

This session is designed for students who are applying to health professional schools for the upcoming admission cycle. We will present an in-depth overview of the process including letter packet options, interview requirements, and submission procedures.

NOTE: Attending this session is **required** for a committee letter packet.

Pre-Health File

All pre-health students at UM **must** open a file with the Office of Pre-Health Advising and Mentoring. Your pre-health file is your key to opening the door to your desired health career path.

To open a file, you must attend a mandatory Pre-Health 101 session, at which point you will receive an email with the link to the electronic new student intake questionnaire, individual development plan, and Buckley form. Upon completion of the questionnaire, you will be coded pre-health, added to the email listserv, and given access to the office Blackboard site.

- A. **New Student Intake Questionnaire:** this includes general questions about your interest in pursuing a health professional career.
- B. **Individual Development Plan (IDP):** this helps you outline your courses, leadership, shadowing, community and volunteer service and research activities necessary to build a competitive portfolio. You do not have to fill out the IDP in its entirety, but you should get it started and update it regularly with benchmarks for continual progress.
- C. **Buckley Waiver:** Under the terms of the FERPA act of 1974 students may, if they choose, have access to material such as recommendation letters. This section is where you choose to waive or retain your right to see evaluations submitted on your behalf.

Blackboard, Listserv, And Website

Once you complete and submit the electronic New Student Intake Questionnaire, you will be coded as Pre-Health and gain access to the Pre-Health Blackboard site. This process normally takes 7-10 business days. This site includes, office forms, list of evaluation letters in your file, announcements, volunteer and shadowing opportunities and other useful resources.

To Access the Pre-Health Blackboard site:

Log: into Blackboard

Scroll down on to courses/organizations—click Office of Pre-Health Advising and Mentoring icon

We also recommend you regularly check the pre-health office website www.prehealth.miami.edu for more information and special events.

Selecting A Major

Choosing a major is a personal preference. Health professional schools are interested in broadly educated students. The University of Miami offers a wide range of majors and programs. For a complete list, please refer to the [undergraduate academic bulletin](#). We recommend you choose a major that you are passionate about. The best pre-health major is the one that reflects your strongest academic interest and not one you choose only to please an admissions committee.

Students must fulfill degree requirements as well as those for admission to health professional schools. As pre-health students, you are expected to maintain a full-credit load of at least 15 credits. You do not need to major in biological or physical science in order to declare a pre-health track. You can major and/or minor in the humanities, fine arts, music, social sciences, engineering, business, or any other discipline offered at the university. If you choose a major outside the natural sciences, it is important to take additional science courses beyond the required pre-health courses. This will help prepare you for standardized admissions tests.

Advanced Placement (AP) Credit. AP credit may be used to satisfy the course requirements at the majority of health professional schools. Please check specific schools for information. If you use AP credits in fulfillment of the required courses, it is important that you take advanced courses in these subject areas for graded credit at UM. At UM Miller School of Medicine, AP credits are accepted and can be used to satisfy requirements for English, behavioral science, biology, physics, and inorganic chemistry, as long as the credits appear on a college transcript with a grade and are verified by AMCAS. If a student accepts AP credit for physics, they still need to take the two-semester college physics lab sequence at UM (PHY 106 and PHY 108).

International Baccalaureate (IB) Credit. IB credit may be used to satisfy the course requirements at the majority of health professional schools. Please check specific schools for information. If you use IB credits in fulfillment of the required courses, it is important that you take advanced courses in these subject areas for graded credit at UM. At UM Miller School of Medicine IB credits are accepted and can be used to satisfy requirements for English, behavioral science, biology, physics, and inorganic chemistry, as long as the credits appear on a college transcript and are verified by AMCAS. If a student accepts IB credit for physics, they still need to take the two-semester college physics lab sequence at UM (PHY 106 and PHY 108).

Dual Enrolled Credit. Students who received dual-enrolled credit for the pre-health course requirements do not then take those courses again at UM. Those students are encouraged to take advanced courses in the subject areas for graded credit at UM, but this is not required.

Please Note. The Pre-Health Office does not evaluate AP, IB, dual enrolled, or transfer credit. Please direct questions to the Office of Undergraduate Admissions or the department/program that the course falls under.

Pre-Requisite Courses

Listed below are the courses required by the majority of health professional schools in the U.S. Most of these courses should be completed by the end of the junior year and taken at an accredited four-year college or university. Be aware that health professional schools vary in their requirements.

Subject	Course Name and Number	Duration
English	English Composition I & 2 (ENG 105 & 106) OR English Composition 2 (ENG 106) and English Literature 200 level)	2 semesters
Biology	General Biology (BIL 150) & Lab (BIL 151 or 153) And Evolution and Biodiversity (BIL 160) & Lab (161 or 163) If general biology sequence is satisfied with an AP score of 5, student should complete two upper-level courses in biology such as Genetics (BIL 250) and Cell and Molecular Biology (BIL 255). Microbiology & Immunology (MIC 301) *** Required for Pre-PA Human Anatomy (HCS 212) & Lab (HCS 213) Basic Human Physiology (KIN 232) & Lab (KIN 233)	2 semesters
Chemistry	Principles of Chemistry (CHM 121) & Lab (CHM 113) Introduction to Structure and Dynamics (CHM 221) & Lab (CHM 205) Organic Reactions and Synthesis (CHM 222) & Lab (CHM 206 or 207) Biochemistry (BMB 401)	4 semesters
Physics*	College Physics I (PHY 101) & Lab College Physics II (PHY 102) & Lab OR University Physics I (PHY 201) & Lab University Physics II (PHY 202) & Lab For Engineering Majors University Physics I (PHY 221), University	2 semesters

	Physics II (PHY 222) & Lab (PHY 224) University Physics III (PHY 223) & Lab (PHY 225)	
Math **Courses vary depending on school	Statistics MTH 224 or PSY 292 required for Pre-PA, Pre-Vet, and some Pre-Med and Pre-Dent schools	2 semesters
Behavioral Sciences	Any two courses which includes PSY, SOC, APY (There is a Behavioral Science section on the MCAT. Additionally, UM Miller School of Medicine has a Behavioral Sciences requirement.)	2 semesters

*Three physics sequences are offered at UM: what is currently outlined in the table above, as well as the three-semester university physics sequence (PHY 221, PHY222/208, PHY 223/209). The majority of pre-health students take the two-semester college physics sequence or the calculus-based university sequence. Engineering majors are required to take a three-semester university physics sequence.

Additional Suggested Courses

In addition to the required courses above, students are encouraged to take the following:

Genetics and Lab (BIL 250 & BIL 251)	Neuroscience courses
Cell and Molecular Biology (BIL 255)	Computer Science courses
Comparative Physiology (BIL 360)	Statistics courses (MTH 224/PSY 290) ***
Microbiology and Immunology *** (MIC 301 or MIC 303/304)	Biostatistics (BME 312)
Developmental Biology (BIL 355)	Public Speaking (COS 211)

***Required for Pre-Dental, Pre-PA, Pre-Vet

Important Notes on Courses

- Students waived from ENG 105 based on their SAT/ACT scores **must** take additional English literature courses at the 200 level to satisfy most health professional school requirements.
- Math requirements are highly variable among the different health professional schools. Familiarize yourself with the specific requirements of the schools and programs you plan to apply to and make sure you take the required courses.
- Students completing a B.A. degree at UM must take pre-calculus I and II. Students completing a B.S. degree at UM must take calculus I and II. Many medical schools encourage a semester of statistics in addition to a semester of calculus.

Sample Course Schedule

The below course schedule serves simply as an example for a traditional pre-health student entering UM as a freshman. It does not include a student's specific major/minor, required courses, or university general education and cognates requirements. Each student's academic plan is individualized; therefore, please contact your academic advisor when creating your course schedule.

YEAR	FALL	SPRING	SUMMER
Freshman	ENG 105 BIL 150 & Lab CHM 121 & Lab Math Course	ENG 106 BIL 160 & Lab CHM 221 & Lab Math Course	Shadow Volunteer Community Service Research
Sophomore	CHM 222 & Lab PHY 101 & Lab PSY 110 Major Courses	BMB 401 PHY 102 & Lab SOC 101 Major Courses	Study for Entrance Exam Continue co-curriculars
Junior	BIL 255 PSY 290 Major Courses	BIL 250 & Lab Major Courses	Apply and complete Secondary applications
Senior	Major Courses	Major Courses	Matriculate to Professional School

Portfolio Components

Academic Performance


Student must demonstrate academic ability in the form of a strong science and cumulative GPA as well as high standardize exam scores.


Metrics are Important!

Grade Point Average
≥ 3.7 science
≥ 3.7 cumulative
You must receive a C or better in
all course requirements

Standardized Test Score

MCAT ≥ 513	OAT ≥ 320
DAT ≥ 20	GRE ≥ 315 (verbal + quantitative)

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Clinical & Shadowing Experience

Although strong academic preparation is a primary prerequisite for a pre-health student, schools are also interested in what you have done to demonstrate your desire in the field. Getting first-hand experience in a clinical setting is essential in solidifying your decision. Through shadowing health care practitioners and actively interacting or serving patients, you will gain meaningful insight into all aspects of the health care profession.

Many veterinary programs normally require 200 or more hours of veterinary experience. Physician associate programs require about 2000 hours of direct patient contact and/or exposure in a paid position.

Ideally, you should shadow a minimum of three (3) professionals for forty (40) hours each. The office provides limited shadowing opportunities for students. The best way to get involved is by joining a pre-health student organization, contacting local physicians, local hospital human resources, or volunteer offices.

Summer Enrichment Programs

Several medical schools and some dental schools offer summer enrichment programs where potential applicants can strengthen their preparation. They typically offer academic course work in areas related to the professional school curriculum. Some offer test preparation, clinical and/or research opportunities and may have links for direct admission into their respective programs. Students from underrepresented groups should visit the Summer Health Professions Education Program (SHPEP) website www.shpep.org.

Research Experience

Research involvement will provide you first-hand experience in the role and methodology of research in medicine, even if your goal is clinical practice. If you are seriously considering a joint Ph.D. with the M.D., DDS, or DVM degree, you must gain significant research experience as an undergraduate. UM students are fortunate to have numerous opportunities for research on the Coral Gables campus, at RSMAS, and on the medical campus. The Office of Undergraduate Research assists in matching students with an appropriate mentor and project. Visit them at www.ugr.miami.edu or at their office in Ungar 101. UConnect is a student organization promoting undergraduate research and is a great resource in connecting with research opportunities. Additionally, some students may contact individual professors regarding their research and ask if they can volunteer in their lab(s).

Extra-Curricular Involvement

Your level of participation in activities, both on- and off-campus, is more important to professional schools than the number of organizations you join. Some of the characteristics that admissions committees are looking for in applicants include compassion, commitment, leadership, responsibility, and overall well-rounded individuals. A good way to develop strong interpersonal skills is by stepping out of your comfort zone. Check out [this YouTube video](#) discussing the key components of interacting and communicating with others.

Activities of interest to pre-health students include service groups, cultural and academic clubs and organizations, employment, and athletics. For information on the various pre-health clubs, please visit our Pre-Health Student Clubs tab on our website or the Student Activities Center Engage website at <https://miami.campuslabs.com/engage/>. The UM Butler for Service & Leadership offers a wide range of volunteer and advocacy-based service and leadership opportunity programs and initiatives for the UM community. For more information, please, visit their website <https://serveandlead.studentaffairs.miami.edu/>.

Your involvement need not be exclusively pre-health to be meaningful. What is important is that you demonstrate sustained activity rather than curriculum vitae padding.

Letters of Evaluation

Letters of evaluation can be additional evidence of your potential that sometimes cannot be gathered from your academic records. They are the best way for schools to gain insight into your character, maturity, motivation, and perseverance.

Six letters of evaluation are required: two from UM science faculty, one from a UM non-science instructor, one from a healthcare professional (MD, DO, DMD, DDS, PA, nurse, etc.), and two wild cards (research mentor, athletic coach, community, volunteer service coordinator, etc.). A combination of letters emphasizing your strengths in various roles provides the schools with a balanced portrait of a well-rounded applicant.

Cultivating Evaluation Letters

It is important to establish and maintain good relationships with your faculty members, instructors, supervisors, and health professionals during your academic career. As you engage on and off campus, remember the following:

- Be genuine. Display good moral conduct and characteristics
- Demonstrate interest the course subject, activity, discussion, assignment, labs etc.
- Ask questions and visit during office hours.
- Stay in touch, keep them up to date with your progress and achievements towards your professional goals.

Letter Requirements

All letters of evaluation must be on official letterhead, signed, dated, and include complete name. Most professional schools will not accept letters without the evaluator's signature.

Who do I ask for letters? Each pre-health student must provide six individual letters of evaluation: two from UM science course instructor, one from a UM non-science instructor, one from a healthcare professional (MD, DO, DMD, DDS, PA, nurse, etc.) and two "wild card" letters. The wild card letter could be from a research mentor, employer, or someone associated you're your volunteer service work or extracurricular activities.

Science faculty who teaches the following courses: BIL, CHM, PHY, MTH, BMB, MIC, NEU, BME, HCS [except for 202, 206, 306 and 317], some engineering [IEN 311, 312], some kinesiology [KIN 221, 222, 232, 233, 234, 246, 321, 322, 365, 366, 421] and some psychology courses [PSY 220, 291, 292, 403, 425, 491, 520]. Please review the [AMCAS Course Classification Guide](#) for further clarification.

Non-Science faculty who teaches the following courses: ENG, PSY (with exceptions noted above), REL, THA, JUS, SOC, FRE, SPA, ARB, MUS, business, and communication courses, etc.

Requesting Letters

- **Start early:** Ask at least 3 months in advance before committee letter interview season
- **Schedule an in-person appointment:** This will help them put a face to the name and allow you to share your resume, personal statement, accomplishments, and goals.
- **Requesting letters:** Provide your evaluator with your resume, unofficial transcripts, and/or a copy of your personal statement (if available).
- **Provide a reasonable due date:** To ensure your letters of recommendation are received in a timely manner (at least 1 week before committee interviews) politely provide follow-up email reminders to your evaluators of important dates and timelines.
- **Thank you note:** Always send a thank you note to your evaluator for taking the time to write a letter on your behalf. They also love hearing about any updates and acceptances.

Requesting Letters from UM Faculty (with whom you've taken a course and received credit)

Once you receive the faculty member's consent, you must complete a **"Request for a Pink Sheet."** Pink Sheets are sent ONLY to UM faculty with whom you have taken a course for credit. Only after opening a pre-health file and signing the Buckley Form can you submit a pink sheet request. You can submit the request form on our Blackboard page or the [Pre-Health website](#). The information listed on that form will then be sent automatically to the faculty member's email address provided. The faculty member will then receive instructions and the link to complete the evaluation and submit their letter electronically.

Requesting Letters from Professional/Administrative ("Outside") Evaluators

Pink Sheets are used ONLY for instructors with whom you have taken a course from at UM and received a grade. For all other evaluators (e.g., physician, dentist, research mentor, employer, etc.)—once you receive their consent—you must complete an **"Other Letter Request Form"**. You can submit the other letter request form on our Blackboard site or the [Pre-Health website](#). The information you list on that form will then be sent automatically to your designated evaluator's email address provided. The evaluator will receive instructions and the link to submit their letter electronically.

If a school you are applying to requests a peer/character reference in your secondary application packet, please have that individual send the evaluation letter directly to that institution per their instructions.

Submitting Letters to The Pre-Health Office We do not accept letters hand delivered by a student. All letters must be processed through the electronic forms or emailed directly to the Pre-Health Office (prehealth@miami.edu).

Tracking Letters Received by the Pre-Health Office can be found under the *"My Letters"* tab on Blackboard. If the evaluator's name does not appear on the list, contact the evaluator directly to verify the status of your letter.

Building Your Application Portfolio

The Pre-Health Office is here to guide and support students through the complex and lengthy application process. We want to do more than explain what applicants must do. We want to help you understand why the things you are required to do matter and provide some guidance in how to execute this work. The application process to a health professional school usually begins one year prior to matriculation. Generally, students will apply during the summer between their junior and senior years with the goal of beginning school the fall semester after graduating from UM with a baccalaureate degree.

Application Portals

The following is a list of application portals that process applications submitted for admission to various health professional schools. The objective of application portals is to provide the participating health professional schools with uniform, readable information on their candidates. As an applicant, you will submit one set of application materials and official transcripts to each portal. The materials submitted will be verified before being forwarded to each school you are applying to for further review. If you plan to apply to schools or programs that do not subscribe to an application service, you must communicate directly with the Admissions Office of that institution and follow their application protocols.

Allopathic Medicine	AMCAS	American Medical College Application Service www.aamc.org
Osteopathic Medicine	AACOMAS	American Association of Colleges of Osteopathic Medicine Application Service www.aacom.org
Dentistry Service	AADSAS	Associated American Dental School Application Service www.adea.org/aadsas
Podiatry	AACPMAS	American Association of College of Podiatric Medicine Application Service www.aacpm.org
Veterinary Medicine	VMCAS	Veterinary Medical College Application Service www.aavmc.org
Texas Schools	TMDSAS	Texas Medical and Dental Schools Application Service www.utsystem.edu/tmdas
Chiropractic		The US Chiropractic Colleges each have their own applications.
Optometry	OPTED	Optometry School of Application Services www.opted.org
Physician Associate	CASPA	The Central Application Service for Physician Assistants caspa.liaisoncas.com/applicant-ux/#/login

Standardized Entrance Exams

Each of the four-year health professions (except for chiropractic) requires the completion of a standardized entrance exam as part of the admission process. These tests are designed to measure the skills and knowledge required for successful completion of the professional school curriculum. If you plan to apply to go straight into a health professional school after graduation, it is recommended to take the standardized entrance exam in your junior year. The following lists the entrance exams required by professional programs:

MCAT	<ul style="list-style-type: none">• Allopathic Medicine (M.D.)• M.D./Ph.D.• Osteopathic Medicine (D.O)• Podiatry
DAT	<ul style="list-style-type: none">• Dentistry
OAT	<ul style="list-style-type: none">• Optometry
GRE or PA-CAT	<ul style="list-style-type: none">• Veterinary Medicine*• Physician Associate (PA)*

* Consult individual veterinary and P.A. schools for specifics (i.e., general, or subject tests)

Because students have different study methods, the Pre-Health Office does not endorse any one study method or prep program. Some students choose to study independently, others in groups, others with a private tutor or take an on-line or in-person prep course. All students should make sure to take many practice tests before the big day to get a feel for how questions are phrased and the length of the exam. Do NOT take a national standardized test “to see what it’s like.” Once taken, scores cannot be withheld. Ideally, a student should take an exam once and perform well.

MCAT

The MCAT is offered on select dates in January and March-September, with registration for the next testing year opening in October. Students are encouraged to take the MCAT by July of the application year. The scores will then be available early in the admission process. However, taking the exam at the optimal time for the evaluation process makes little sense if you have not completed the appropriate course work or test preparation to perform at your best. Check the AAMC website (www.aamc.org) for MCAT information and test dates.

DAT

The DAT should be taken when you have completed your prerequisites in biology, general chemistry, and organic chemistry. It is recommended that you take the test at least one year before you want to go to dental school. Most applicants take the DAT after their third year of college. Candidates must apply to take the DAT test through the American Dental Association (ADA) at

www.ada.org. You will be required to complete an examinees DAT application, after completion, you will receive an email notification of eligibility for testing with instructions for appointment scheduling.

*Note it does not test physics but includes a perceptual motor ability sub-test.

CASPer

Many professional schools are now requiring CASPer in their secondary application process. CASPer is an acronym for **C**omputer-based **A**ssessment for **S**ampling **P**ersonal characteristics. It is a web-based situational judgement test designed to assess how you respond to a variety of real-life scenarios. It is offered each month except in March. For more information visit the test website at takealtus.com.

Despite a student's best intentions, there are reasons why students may not be accepted to the Health Professional school of their choice. Below are just a few examples:

- low total or science GPA
- low MCAT, DAT, GRE, or other standardized test score(s)
- low grades in key academic areas- required courses, or courses in your concentration or major area of interest
- declining academic record
- unfulfilled course requirements
- light course load
- limited clinical or community service experience
- unclear commitment to helping people in general and through health and medicine in particular
- poor interview presentation
- interpersonal communication skills not in line with profession
- ineffective personal statement
- weak or inapplicable letters of recommendation
- unclear professional goals
- lack of demonstrated motivation for chosen profession
- late primary application
- incomplete secondary applications
- limited co-curricular activities or achievements

Letter Packet Options

Students applying to PA, veterinary, optometry, chiropractic, and podiatry, please refer to the specific application portal for instructions on the application process and letter evaluations ([see page 16](#)).

The below options are available for individuals applying through the AMCAS, AACOMAS, TMDSAS, and AADSAS portals for medical and dental schools.

Committee Packet: The committee letter is written by our Director, Prof. Gaines. A committee letter offers evaluation and advocacy on your behalf by highlighting your background and accomplishments, contextualizing challenges, and outlining your overall preparation and motivation for pursuing a career in a health professional field. The committee letter concludes with an overall rating of the applicant's academic and professional strengths. **This packet contains the committee letter followed by your six letters of evaluation.**

Applicants are strongly encouraged to obtain a committee letter from the pre-health office to support your medical or dental school application. (However, committee letters are not required).

Cover Packet: This option contains a general information sheet with your name and C#, followed by a minimum of three and maximum of six individual letters of evaluation. No interview is necessary for the cover letter packet. Please note, the cover letter does not include any background information, or outlines of your accomplishments, challenges, and overall preparation for pursuing a career in a health professional field. Additionally, the cover letter does not include an overall rating of the applicant's academic and professional strengths.

Committee Packet

The purpose of a committee letter is to provide an objective, holistic perspective of the applicant's life journey, academic performance, clinical experience, research, leadership, and community service. After interviewing with Prof. Gaines, the committee will write a two-page letter that evaluates and advocates on your behalf by highlighting what distinguishes you as a strong candidate, personally and professionally. The committee letter will conclude with a rating (Most Highly Recommend, Highly Recommend, Recommend, or Recommend with Reservations). The following steps will advise you through the Committee Packet process.

Step 1: Submitting a Request for a Committee Interview

1. Register and attend the 301-information session. You must stay for the duration of the presentation.
2. Contact the Pre-Health Office at the beginning of the spring semester of the year you are applying to medical/dental school to schedule a committee letter interview with Prof. Gaines.
 - a. Interviews are one hour long and will be held February-May. Exact dates may change each year, so adhere to the schedule that is released by the Pre-Health Office in January.
3. **Three business days prior to the committee letter interview** you will need to have the following paperwork submitted to the Pre-Health Office. **Your interview will be cancelled if the required paperwork is not received by the Pre-health Office.**
 - a. [Committee Letter Request Form](#) (available on our Blackboard and website)
 - i. In the request form you will be asked to provide a history of your clinical, research, and community service experiences.
 - b. Three individual Letters of Evaluation mentioned above
 - i. Of the three letters for the interview must be one UM science faculty, one health professional, and one wild card/UM non-science faculty.
 - c. Personal Statement with a maximum of 5,300 characters, including spaces.
 - i. Note: The personal statement you submit to the Pre-Health Office is for our personal use when writing the committee letter. It does not have to be the version you submit to professional school.
 - d. Sweeping Autobiographical Essay (a minimum of two pages, double spaced)
 - e. Unofficial Transcript or Degree Progress Report

Step 2: Committee Interview

View the meeting as a “dress rehearsal” for the actual professional school interview(s). Arrive time **for your scheduled interview and dress in business professional attire**. For tips on professional clothing and interview preparation, we recommend checking out [Toppel Career Center's](#) resources.

In preparation for the interview, reflect on your experiences throughout college. Consider some of the following questions: Why are you interested in becoming a doctor (dentist, veterinarian, etc.)? Why this particular branch of medicine? Are you currently volunteering anywhere? Any experience shadowing or working in a lab? What surprised/challenged you? What did you learn? How did these experiences shape your motivations, allowed you to develop your skills and competencies that you will bring to the table as a future physician?

Students who come prepared for the interview not only present themselves as mature and responsible, but also share thoughtful, articulate responses that helps us to write a strong letter. Additionally, this is a great opportunity for students to build their confidence when interviewing and practicing answering questions about their skills, strengths, and experiences.

Step 3: Primary Applications and Letter Request Procedures

Following the committee interview, you now want to focus on completing your primary application. The application process can be a daunting and time-consuming task. It should not be left to the last minute. For the most part, the application portals open in May or the beginning of June. Please refer to your particular application portal for dates of when they open for submission.

- Send friendly reminder emails to your evaluators and provide them with the deadline of two weeks before you intend to submit your application.
- Keep track of your letters by checking on Blackboard in the “*My Letters*” tab. A total of 6 letters are required to complete your committee letter packet for submission:
 - **2** from **UM science faculty** with pink sheet
 - **1** from **UM non-science faculty** with pink sheet
 - **1** shadowing **physician or health care practitioner** who can comment on your interactions with patients
 - **2 wild cards** (research mentor, athletic coach, community, volunteer service coordinator, etc.)
- Submit your test scores to the office via email as a pdf, jpeg, or screen shot (test scores are not required, but if available please provide).

Additional instructions on how to complete your applications are provided with the specific applicant guides (AMCAS, AACOMAS, TMDSAS, and AADSAS); ([see page 16](#)).

Submit your primary application to your respective application portal(s). If you are applying to AMCAS, we will also need the **AMCAS letter request form.**** Select the committee letter option from the drop-down menu and insert the following author/contact information:

Prof. Michael Gaines | University of Miami
Office of Pre-Health Advising and Mentoring
1365 Memorial Drive, Ungar Suite 103, Coral Gables, FL 33146
305-284-5176 | prehealth@miami.edu

It is vital that all correspondence is sent to the Pre-Health Office email address (prehealth@miami.edu) and NOT Prof. Gaines’ personal UM email address.

****The AMCAS Letter Request Form** contains your letter ID number which is necessary for our office to submit your letter packet. Please be mindful that every time you generate a new request, the letter ID number changes; therefore, affecting how your schools can view your letter packet.

For AACOMAS and AADSAS portal you must generate an Evaluation Request using the Prehealth email address: prehealth@miami.edu (Do **Not** send evaluation requests to Dr. Gaines' personal email address). Without this request, we will not be able to upload your packet.

Reminder: You will need to provide the Pre-Health Office with PDF copies of your submitted primary application(s) and your letter request form or evaluation letter request (AACOMAS and AADSAS).

- ***A note on saving your AACOMAS application as a pdf file:*** The AACOMAS portal will generate one application for each osteopathic medical school you apply to. The Pre-Health Office **needs a copy of only one** of your submitted applications. For example, if you apply to 10 osteopathic medical schools, send us your application for just one of those schools. To save as a PDF, select:
 - Manage my Programs
 - Program status
 - Blue download button.

- ***A note on saving your AADSAS application as a pdf file:***
 - Select the “My Tools” menu
 - Click the “Print Application” button, this will open the application in a web page
 - Save web page as a PDF by selecting print
 - Select Adobe as the printer

Step 4: Queue for Submission Form

Our office uses a “Queue” system that is on a “**first come, first served**” basis which determines when your letter packet is written and submitted. The queue begins when the application portals open. *Note: We are unable to begin writing your committee letter until your primary application is submitted.* To be added to the Queue, you must complete a “Submission for the Queue Form” found on Blackboard or on our website. **The last day to submit your request to be added to the Queue for a committee packet is on September 1st.** Students will have the option to request a cover packet after this date.

The Queue form requires you to attach the PDF copies of your submitted primary application(s) and your letter request form (AMCAS) or evaluation letter request (AACOMAS & AADSAS). Only applications submitted will be accepted. **The submission date and time should appear on the first line of the report.** If it does not you may receive a request from our office to resubmit your application.

Once we receive your Submission for the Queue Form, we will check your pre-health file for all required documents, including the six individual letters you requested to be included in the committee packet. A disciplinary check will be conducted by the Dean of Students Office before your packet can be submitted.

You will receive an email notification from the Pre-Health Office that you have been placed in the queue for submission of your committee packet. **The length of the queue varies and can take up to 3 weeks from when you are placed in the queue.** Please be patient and keep in mind that the earlier you submit your paperwork the sooner your packet will be submitted. We work as quickly as we can to submit your packet.

What if I want my committee letter updated? If you have a committee packet on file, you must call or email the Pre-Health Office to schedule a 30-minute update interview with Prof. Gaines during the committee letter interview period, February-May. Professional business attire is not required for the update interview. The update interview will be in person or virtually via Skype depending on your preference. **Three days before your scheduled update interview**, you must complete and submit an update committee request form online.

What if I am a reapplicant and wish to use the same letter packet on file? If you have a committee packet on file, and you do not want any updates made to your letter you do not need to schedule an interview with Prof. Gaines. You will only need to submit a re-applicant request form online and a copy your submitted application.

Cover Packet

The cover letter packet, also called a “letter packet”, contains general information about the applicant (e.g., name and C number) and a minimum of three and maximum of six individual letters of evaluation. No interview is necessary for the cover letter packet.

Follow these steps for a cover letter packet:

1. Complete the cover letter request form (available on our Blackboard site and on our website) and submit it to the Pre-Health Office.
2. Once you submit your primary application to the application portal (AMCAS, AACOMAS, TMDSAS, AADSAS, etc.), you must provide a copy of your complete submitted primary application to the Pre-Health Office.
3. The portal allows you to save your application as a pdf file. Once you save the application as a pdf file you may email it to prehealth@miami.edu.
4. If you are applying to AMCAS, you also must provide the Pre-Health Office with the AMCAS letter request form – select the letter packet option from the drop-down menu and insert the following author/contact information:

Prof. Michael Gaines
University of Miami
Office of Pre-Health Advising and Mentoring
1365 Memorial Drive, Ungar Rm 103 Coral Gables, FL 33146
prehealth@miami.edu
305-284-5176

Individual Letters

The Pre-Health Office does not submit individual letters. Many programs may require the evaluator to complete assessments such as writing essays, completing Likert scales, and/or uploading letters directly. The applicant must have their evaluator submit the letter directly to the application portal or the professional school they are applying to. For more information, please refer to your specified application guide.

Personal statement

Most professional school applications ask for a personal statement. The AMCAS personal comments essay allows **5,300 characters** (including spaces), and statements for other professional programs are generally a little shorter.

The personal statement is an important first impression. Your statement may determine whether you are offered an interview. When you interview, you may be asked questions drawn from the personal statement. A well-written statement can also help writers of your letters of evaluation.

Your personal statement should be short but insightful and emphasize your strengths. It should enhance the information provided in the rest of the application, not repeat it. Below are some fundamental questions to guide you in writing your personal statement.

1. How, when, and why did you become interested in your intended health profession?
2. What unique academic and extracurricular experiences make you a competitive applicant?
3. How have you demonstrated your commitment to pursuing your intended health profession?
4. What distinguishes you from other applicants?

The Writing Center can help you with wordsmithing: <https://miami.mywconline.com>

Miller School of Medicine

The University of Miami Miller School of Medicine accepts only U.S. citizens and permanent residents of the United States who have completed a minimum of 90 semester hours of college work exclusive of courses in military science and physical education. Credits earned at foreign institutions are not accepted. Courses specifically required are:

Course	Semesters	Quarters
English	2	3
Chemistry + Labs	1	3
Organic Chemistry + Lab	2	2
Biochemistry +/- Lab	1	2
Physics + Labs	2	3
Biology + Labs	2	3
Behavioral Science *	2	3

*Behavioral Sciences can include courses in: Psychology, Sociology, Anthropology and Humanities (bioethics).

The courses shown above constitute the minimum acceptable preparation for the study of medicine at the Miller School of Medicine. Applicants should keep in mind that accepted students have had extensive coursework in the natural sciences, including many of the recommended courses: Cell & Molecular Biology, Genetics, Microbiology, Physiology, Immunology, Computer Science, Neuroscience, and Developmental Biology.

All academic requirements must be completed no later than August 1st of the year you will start medical school. Accepted applicants must provide official final transcripts of all coursework taken before they matriculate in the School of Medicine. Additional information about the Miller School of Medicine is available at www.miami.edu/medicaladmissions.

In general, your best chance for acceptance to a health professional school are state-supported schools in your state of residence. Take a look at the respective application portals to find more information about schools in your area.

In addition to state schools, you also should consider applying to private institutions receptive to out-of-state applicants. If your credentials (GPA, admission test scores) are highly competitive with the national standards for those accepted, you should apply to reputable institutions nationwide.

Off-Shore and International Medical Schools

An increasing number of students are exploring professional education options at offshore and international medical schools. There are a number of medical schools which operate abroad but follow a U.S. curriculum. Such schools are accredited in the host country, and many are approved for U.S. federal student aid. Students write the United States Medical Licensing Examination (USMLE) in preparation for licensing in the U.S.

A Clinical Skills Assessment (CAS) is also required of international medical school graduates. Many of these schools offer clinical training in the U.S. which allows their students to participate in the residency matching program. Students should investigate carefully before embarking on this option and discuss this with the Pre-Health Director. More information can be found on the Educational Commission for Foreign Medical Graduates website www.ecfmg.org

The Request for Packet Submission to Off-Shore and International Medical Schools Form must be completed and submitted to the Pre-Health Office in order to send a committee or cover letter packet to the designated schools.

Gap Year Options

Most, but not all, students apply to health professional school the summer between their junior and senior years with the goal of beginning the program in the fall semester after graduating from UM with a baccalaureate degree. But some may not want to begin a health professional program immediately following completion of the baccalaureate degree. Instead, they may want to take a gap year.

Admissions committees look favorably upon a gap year as long as the time has been spent productively. The gap year is a time to strengthen your application, build on any weaknesses, such as a low GPA or limited clinical experience, research, leadership, or community service experience. Some students take gap years not to address deficiencies but rather to get real-life experience, work to save money, or to take advantage of a unique opportunity.

Below are a few gap year options. According to AAMC, it's become increasingly more common for premeds to take at least one gap year between their undergrad and medical school. In fact, 62.6% of entering MD students in 2017 reported taking at least one gap year in the AAMC's Matriculating Student Questionnaire. There are a variety of reasons students choose not to go straight into medical school, and there are many ways you can take advantage of that time to make yourself a stronger applicant. For more information on gap year options, visit the AAMC webpage on gap year options at <https://students-residents.aamc.org/applying-medical-school/article/what-do-during-gap-years/>.

Post-Baccalaureate Programs

Career changing programs- Students who did not take the pre-requisite science courses for entrance to health professional schools during their undergraduate career may want to enroll in a post-baccalaureate program. These programs are designed for students to take pre-requisite courses.

Science grade enhancing programs- Students who have taken the pre-requisite science courses and want to enhance their science grades with more advanced courses may want to enroll in a Master of Medical Science or Master of Biomedical Science program.

Career expanding programs- Students may want to pursue a master's degree that will open doors to alternative careers, such as a Master of Public Health, health administration, pharmacology, genetic counseling, medical physiology. Do your research to find a program that best suits your needs and interests.

Mission Trips

Mission trips are a great way to get clinical and worldly experience. But they can be expensive. Some organizations are VIDA (vidavolunteer.org), MEDLIFE (medlifeweb.org), and Global

Brigades (UM chapter). Before committing to such a program, make sure to review the AAMC guidelines for providing patient care during clinical experiences abroad.

Research

Students who did not have the opportunity to participate in research during their undergraduate career, or who are interested in gaining additional research experience, may want to use the gap year for this purpose. Students interested in conducting research in their gap year will need to directly contact Principal Investigators of individual labs to set up interviews. Additionally, the medical health system at UM has an online portal where one can apply for fulltime research assistant positions. Students who have graduated cannot be placed in labs through the Office of Undergraduate Research and Community Outreach.

Medical Scribe

A medical scribe is an individual who is paid to accompany a physician during appointments and enter detailed patient data into an electronic medical records system. This allows the physician to focus on evaluating and treating the patient. Being a scribe is a great way to learn medical terminology and observe patient-doctor interactions. PhysAssist, ProScribe, and ScribeConnect are three such options in South Florida.

Employment and Volunteer/Community Service Experience

Students may choose to secure employment in a health-related or non-health field in order to save money for health professional school. Some options include working for:

- Teach for America
- City Year
- Peace Corps

Or becoming certified and working as a/an:

- Emergency Medical Technician
- Certified Nursing Assistant
- Medical Scribe (mentioned above).

If the employment position is not health-related, students should make sure to continue getting health/animal experience during the gap year through volunteer work and community service. It is important to demonstrate that you care about people (and animals for the pre-vets).

Frequently Asked Questions

Where can I get clinical experience?

Students should seek out varied clinical experiences. In addition to shadowing health professionals, you may volunteer at hospitals, clinics, private offices, institutions, nursing homes, hospice facilities and animal shelters (pre-vets). You may want to get certified as an emergency medical technician (EMT) or become a licensed certified nursing assistant (CNA). Or you may want to participate in a medical mission trip. We suggest students contact any of the pre-health clubs' shadowing coordinators for opportunities. Network and use your family contacts. **What is most important in all these activities is to have patient contact.** We understand that it is difficult to get shadowing experiences due to the COVID-19 pandemic. All medical schools will be understanding and take this into account. Virtual shadowing is acceptable.

How much shadowing do I need?

Shadowing is a key component of your application, particularly to medical, dental, and veterinary schools. Here are the basics:

- You can shadow anywhere; it does not have to be in Miami
- Patient contact is key
- A minimum of three 40-hour shadowing experiences supplemented with clinical volunteering
- We suggest one shadowing experience with a general practitioner

When is the best time to take the standardized test (e.g., MCAT, DAT, etc.)?

It is recommended that you take the appropriate test in the calendar year prior to the year that you plan to enter professional school. June is one of the most popular testing months but early is best; you will need to sign up well in advance.

How should I prepare for the standardized test (e.g., MCAT, DAT, etc.)?

Because students have different study methods, the Pre-Health Office does not endorse any one study method or prep program. Some students choose to study independently, others in groups, others with a private tutor or an online or in-person course. Students who are planning to take the MCAT should use the resources put out by the AAMC. All students should make sure to take many practice exams to get a feel of the way questions are phrased and for timing.

If I take a standardized test multiple times, what score do they look at?

Most schools generally look at the best overall score, but they will receive all scores. Try to take your professional school entrance exam only once and at most twice.

How do I choose which schools/programs to apply to?

Do your homework. Review schools' official websites. Keep in mind that public schools give preference to in-state applicants. Private schools do not. You may want to utilize the following resources:

- **Allopathic Medical Schools (M.D.)** – The Medical School Admissions Requirements (MSAR) resource updated annually by the AAMC provides profiles of each U.S. and Canadian allopathic medical school. You may purchase the MSAR for \$28 on aamc.org.
- **Osteopathic Medical Schools (D.O.)** – Download a free copy of the Osteopathic Medical College Information Book updated and released annually by aacom.com.
- **Dental Schools** – The [ADEA](http://adea.org) Official Guide to Dental Schools is updated annually and provides profiles for the 76 U.S. and Canadian dental schools. It is available for purchase for \$40 at adea.org.
- **Veterinary Schools** – The Veterinary Medical School Admissions Requirements ([VMSAR](http://vmsar.org)) resource updated annually by the American Association of Veterinary Medical Schools ([AAVMC](http://aavmc.org)) provides profiles of each U.S. and Canadian veterinary medical school. You may purchase the VMSAR for \$35.
- **Optometry Schools** – Refer to the Association of Schools and Colleges of Optometry website www.opted.org which occasionally releases a freely downloadable admission requirements information book.
- **Podiatry Schools** – Download a free copy of the Podiatric Medical College Information Book updated and released annually by aacpm.org.
- **Chiropractic Schools** – Refer to the American Chiropractic Association website <http://www.acatoday.org/> for information on accredited U.S. chiropractic colleges.
- **Physician Assistant Schools** – Refer to the American Association of Physician Assistants (AAPA) at www.aapa.org for information on U.S. PA schools.

What if I'm an international student?

Not all U.S. health professional schools accept international students. Make sure to carefully review each school's policy on this.

Will professional schools accept AP/IB credit?

Some do, but not all. Contact individual schools on their policies regarding AP and IB credit.

Will professional schools accept online classes?

Some do, but not all. Contact individual schools on their policies regarding online courses. If the courses were online due to individual circumstances surrounding COVID-19, most professional schools will accept the credit.

Can a pre-medical student submit the AMCAS application without an MCAT score?

Yes. If you have an MCAT test date enter in your anticipated test date. If you have recently taken the test and have not yet received a score, enter in your test date. Schools will automatically receive

the score once it is released by the AAMC. If you retake the MCAT, enter the new test date and resubmit the AMCAS application. You will not have to repay the application fee.

When should I submit my primary application (AMCAS, AACOMAS, AADSAS, TMDSAS, etc.)? You should aim to submit your application no later than **August 1** of the year prior to intended matriculation. The earlier the better!

When should I submit my secondary applications?

Again, the earlier the better! We suggest submitting secondary applications within three weeks of receiving them.

How do I get my committee or cover letter packet submitted to health professional school?

Once you submit your primary application to the application portal (AMCAS, AACOMAS, TMDSAS, AADSAS, etc.), you must provide a copy of your complete submitted primary application to the Pre-Health Office. The portal allows you to save your application as a pdf file. Once you save the application as a pdf file you may email it to prehealth@miami.edu. When we receive the application, we will check your pre-health file for all required documents, including your six individual letters that will be part of the packet. If we have all the required documentation, you will receive an email notification from the Pre-Health Office that you have been placed in queue for submission of your committee letter packet. The length of the queue varies. We cannot tell you, your place in the queue. Please be patient and keep in mind that the earlier you submit your paperwork, the higher your position in the queue. We work as quickly as we are able to submit your letter packet. You will receive email notification once your packet has been submitted. Additional instructions for applying to AMCAS, AACOMAS, TMDSAS and AADSAS are provided on our website.

- **Note on saving your AACOMAS application as a pdf file:** *The AACOMAS portal will generate one application for each osteopathic medical school you apply to. The Pre-Health Office needs a copy of only one of your submitted applications. For example, if you apply to ten osteopathic medical schools, send us your application for just one of those schools. To do so, go to Manage my Programs - Program status - blue download button.*
- **Note on saving your AADSAS application as a pdf file:** *Click the “Print Application” button on the “My tools” menu. This will open the application in a web page. Then save the web page as a pdf by selecting print and then selecting Adobe as the printer.*

Will my committee/cover letter packet be submitted without a standardized test score?

Yes. Applicants who are applying to medical or dental school with a letter packet do not need their MCAT/DAT score prior to the letter packet being submitted to individual health professional schools or application portals.

Can I send my transcripts before I submit my professional school application?

Yes. As soon as you create an online account and receive a personal identification number you can begin requesting your transcripts. If you currently are taking classes at an institution, wait until you have received your semester grades to submit that school’s transcript.

How do I submit my transcript requests?

Request transcripts directly from the registrar's office at every institution you have received credits from. Most schools allow you to do it online, while others may require a call or email to the school's registrar office. The institutions will send the transcripts directly to the schools. The Pre-Health Office does not process transcript requests. Please, contact the registrar's office for more information.

UM transcripts are processed by a third-party company called Credentials Solutions 847-716-3005. Students have the option to request an e-pdf transcript (which is sent electronically to AMCAS) or paper copy (which is mailed via USPS). All requests must be made through Canelink. Students will be prompted each step of the way during the ordering process. Students requesting to have their transcript sent via e-pdf to AMCAS must enter their 8-digit AAMC ID # and Transcript ID/Code. Students requesting to have their transcripts sent via USPS mail, at the end of the order the system will automatically generate a pre-populated Fax Note which will need to be faxed directly to Credentials for processing.



Where can I learn about financial aid options for health professional school?

Generally, institutions will offer financial aid in the form of grants and scholarships to select students. But this type of aid is limited. Students should look into outside fellowships, scholarships, and service commitment scholarships. Below are some resources for exploring financial aid opportunities.

- fafsa.ed.gov
- finaid.org
- nsls.ed.gov
- studentaid.ed.gov
- nhsc.hrsa.gov/scholarships
- explorehealthcareers.org/en/careers/funding
- aacom.org/InfoFor/students/finaid/
- goarmy.com/amedd/education/hpsp.html
- airforce.com/opportunities/healthcare/education
- navy.com/joining/college-options/hpsp.html
- www.ihs.gov/scholarship/index.cfm

When should I expect an interview invite from a health professional school?

You may receive an invite for an interview as early as August. Remember, the earlier you submit your primary and secondary applications, letter packet, transcripts, and take the standardized entrance exam, the earlier health professional schools will review your application and the better chance you have of getting interview invitations.

Health Professions Resources

Office of Undergraduate Research and Community Outreach

Ungar Building | 305-284-5058 | ugr.miami.edu

Camner Center for Academic Resources

<https://camnercenter.miami.edu/tutoring-services/index.html>

Writing Center

Otto G Richter Library | (305) 284-2956 | as.miami.edu/writingcenter

Toppel Career Center

5225 Ponce de Leon Blvd | 305-284-5451 | www.sa.miami.edu/toppel

Butler Center for Service and Leadership

Student Activities Center | 305-284-4483 | miami.edu/volunteer-services

Alpha Epsilon Delta – The Premedical Honor Society www.nationalaed.org

American Association of Chiropractic Colleges www.chirocolleges.org

American Association of Colleges of Osteopathic Medicine www.aacom.org

American Association of Colleges of Osteopathic Medicine Application Service
<http://aacomas.aacom.org>

American Association of Colleges of Podiatric Medicine www.aacpm.org

American Association of Colleges of Podiatric Medicine Application Service www.aacpm.org

American Chiropractic Association www.acatoday.org

American Dental Education Association www.adea.org

American Medical Association www.ama-assn.org

American Medical Student Association www.amsa.org

Physician Assistant Education Association (PAEA) paeaonline.org

American Osteopathic Association www.aoa-net.org

American Public Health Association www.apha.org

Associated American Dental Schools Application Service <http://aadsas.adea.org>

Association of American Medical Colleges www.aamc.org

Association of American Medical Colleges Application Service www.aamc.org/amcas

Association of American Veterinary Medical Colleges www.aavmc.org

Dental Admissions Test www.ada.org

Explore Health Careers explorehealthcareers.org

Graduate Record Exam www.gre.org

Medical College Admission Test www.aamc.org/mcat

American Optometric Association www.aoa.org

Minority Association of Pre-Health Students www.snma.org/premedical.php
Student Doctor Network <http://studentdoctor.net/>

Student National Medical Association www.snma.org

Texas Medical and Dental Schools Application Service www.utsystem.edu/tmdsas

Veterinary Medical College Application Service www.aavmc.org

Final Thoughts for The Pre-Health Student

Please remember that the Office of Pre-Health Advising and Mentoring exists to *support* undergraduates at UM interested in a health profession and in the process of seeking admission to health professional school. We want very much to see you succeed and will do whatever we can to assist you. We understand the demands on you, and we will try to ameliorate your anxiety.

We know it is a stressful time when you are applying to professional schools. We ask you to be respectful and patient as your file is being assembled. Also, try to avoid multiple cancellations of your committee letter interview. It has an impact on other students who need appointments.

If you have questions or concerns during the application process, please refer FIRST to the “Pre-Health Student Guide.” This guide is comprehensive and addresses most problems that may arise. Should an issue remain unanswered, you may send e-mails to the Pre-Health Office, and they will be answered promptly.

We share your hopes and dreams of becoming a future health-care professional. The staff in the Pre-Health Office is committed to turning those dreams into a reality. But we need your help. Please become knowledgeable about the procedures for requesting interview(s), letters of evaluation, and important deadlines. Remember to demonstrate the kinds of behaviors that suggest the character of an aspiring healthcare professional.

Best of luck!

Office of Pre-Health Advising and Mentoring

103 Ungar Building | 1365 Memorial Drive | Coral Gables, FL 33146

prehealth@miami.edu | postbaccUM@miami.edu

(305) 284-5176 | miami.edu/prehealth