
Pre-health 301

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Kevin Crisp & Katie Hughes

HPC

Committee Members

Kevin Crisp, Chair of the HPC, Biology

Lisa Bowers, Biology

Mary Beth Kuehn, Nursing

Elodie Marlier, Chemistry

Gary Muir, Psychology

Matthew Wright, Mathematics

Committee Administrator

Stacey Argabright, Chemistry AAA

Beth Abdella, Chemistry

Diane Angell, Biology

Amy Larsen, Physics

Ashley Hodgson, Economics

Jean Porterfield, Biology

Committee Liaison

Katie Hughes, Pre-Health Career
Coach

FERPA Waiver

Signed in as: |

SIS Menu

[Home](#)

STUDENT

- Holds & Alerts
- Courses & Grades
- Registration
- Financials
- Personal
- Permissions
- Forms & Links



PROXY

TOOLS

- Class & Lab
- Enrollments
- College Catalog
- GPA Calculator

Logout

Holds and Alerts for

Holds

Hold Description	Amount	Pay With	Records	Registration	Transcript	Diploma
Access Tax Documents W2 or 1098-T						

I am a Proxy for...

- You are a Registration proxy for |

FERPA Waiver

← → ↻ 🏠 <https://www.stolaf.edu/sis/st-forms.cfm>

📊 373 📊 291 📄 AMCAS 📄 MSAR 📄 ADEA 📄 AACOMAS 🕒 Appts 📄 SIS 📄 Propagation 📄 SWL 📄 K3UK 📄 SKCC 📄 LO

ST. OLAF COLLEGE
STUDENT INFORMATION SYSTEM

Signed in as:

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Student Forms and Links

Forms

Non-Digital Forms and Documents are available on the [Registrar's Office page](#).

Advising Resources

- [Major and Concentration Requirement Information](#)
- [Additional advising resources are available through the Academic Advising Center](#)

Digital Forms

- [FERPA Student Waiver for Reference/Recommendation Request](#)
- [Application to Repeat a Course](#)
- [Request to Change Academic Advisor](#)



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FERPA Student Waiver for Reference Request

Please contact the [the Registrar's Office](#) (x3015) with any questions.

I, **Monday, February 08, 2016**, request that the following College official:

← HPC & Faculty Evaluators

provide a recommendation and/or reference on my behalf. I give the college official permission to review, quote, and give other information as needed from my official St. Olaf College transcript and from my other education records held by the College to the parties identified below.

1. My request concerns (check all that apply):

- My application for admission to another educational institution or research position
- My application for employment/internship
- My consideration for an honor or award
- My application for study abroad (Specify):
- Other (Specify):

check "application for admission to another ed. inst."

2. Identify the requested action (check all that apply):

- Writing a letter of recommendation or reference
- Filling out a reference/recommendation form that I will provide to the recommender
- Completing an evaluation form
- Releasing information verbally and/or
- Other (Specify):

check all (except "other")

3. Identify or describe the records the College is authorized to disclose (check all that apply):

- Information about a course/courses
- Grade information
- Information from my transcript
- Information based on advising sessions
- Other (Specify):

check all (except "other")

4. The following is the scope of my authorization to provide a confidential recommendation and/or reference:

- I authorize recommendations/references be provided to representatives of only the following institution(s) and/or entit(y/ies)
- I authorize recommendations/references be provided in response to any requests received by the above-identified College official for up to 6 months following the date of this submission

check "any"

5. Requested completion date:

July 1st

6. I understand that the recommendation/reference may include information from my St. Olaf College transcript and from other education records held by the College.

- I understand

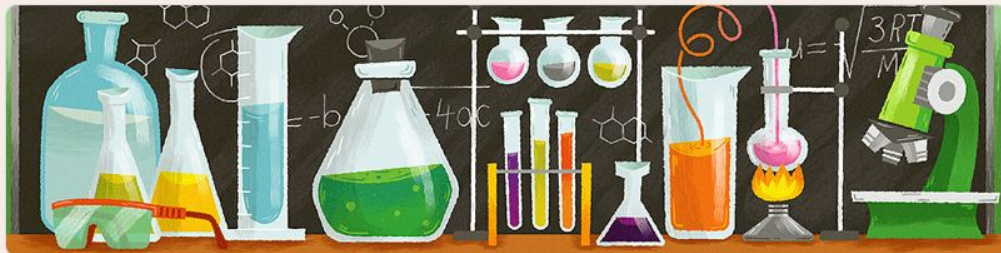
CHECK!

7. I also understand that the recommendation/reference will be confidential, and I waive any right I may have had to review it.

- Yes
- No

CHECK "YES"!

[Submit Form](#)



Application for HPC Interview - Spring 2020

PLEASE NOTE: Information the applicant does NOT wish to disclose to health professional schools should NOT be included on this form. Applicants are welcome to discuss issues they are unsure about disclosing with the HPC Chair (Kevin Crisp).

* Required

Email address *

Your email

Applying to a Health Professional School

OCT: Register to take the MCAT or DAT

JAN: Start studying for the MCAT or DAT (plan for 300+ hours)

FEB: Ask faculty for letters of evaluation & work on personal statement

MARCH: Complete HPC interview forms & work on personal statement

Prep for HPC interview

APRIL 1: HPC application must be submitted online (includes pers. stat. draft)

Faculty letters of evaluation are due (Google Form)

APRIL/MAY: Take MCAT or DAT, HPC interview

MAY: AMCAS or AACOMAS application opens

JUNE: AMCAS or AADSAS submission opens, submit AMCAS or AADSAS

*most students spend
\$4,000-\$6,000 on the
application process,
including interview
visits*

Applying to a Health Professional School

JULY-FALL: Secondary / supplemental applications (try to return within 2 weeks)

Prepare for interviews

AUG-FEB: Interviews

SEPT-AUG: Acceptances (MD, DO); Dental Schools have their first acceptance day Dec 1

The wait...

- Applicants tell us that **WAITING** is the **HARDEST** part of the application process!
 - **PLEASE STOP COMPARING YOURSELVES TO ONE ANOTHER!**
- There are MANY factors that are out of your control that influence this - such as which reviewer is assigned to your application, how often admissions committees meet, etc.

The HPC interview

- ~20 minutes, conversational
- 2 faculty interviewers (you will not know who is interviewing you in advance)
- DO: Be professional in your dress & conversation
- DON'T: cry, yell, swear or sit extremely far away. Consider avoiding politically provocative statements.

HPC Packet

counts as 1 letter

type = "committee letter"

includes:

generic cover letter

committee letter

3-5 faculty evals

Faculty Evaluation

Exceptional: Top 2%

Excellent - Top 3-10%

Very Good Next: 25%

Good: Next 25%

Fair: Bottom 40%

No Basis for Judgment

MOTIVATION: Genuineness and depth of commitment

MATURITY: Personal development, ability to cope with life situations

EMOTIONAL STABILITY: Performance under pressure, mood stability, and constancy in ability to relate to others

INTERPERSONAL RELATIONS: Ability to get along with others; rapport, cooperation, attitudes toward supervision

EMPATHY: Sensitivity to needs of others, consideration, tact

LEADERSHIP: Ability to motivate and inspire others

JUDGMENT: Ability to analyze a problem, common sense, decisiveness

CHARACTER: Integrity, ethical and moral standards

RESOURCEFULNESS: Originality, skillful management of available resources

RELIABILITY: Dependability, sense of responsibility, promptness, conscientiousness

COMMUNICATION SKILLS: Clarity of expression, articulation

PERSEVERANCE: Stamina, endurance.

SELF-CONFIDENCE: Assuredness, capacity to achieve with awareness of own strengths and weaknesses

Faculty Evaluation continued

- “Describe in the space below your **overall impression** of the suitability of this applicant for (medical, dental, etc.) school admission. Consider the qualities in the grid above and comment on any of the qualities listed.”
- **Summary evaluation** of the applicant's potential for success in (medical, dental, etc.) school, and becoming a superb health professional.

Options: *Outstanding candidate, Excellent candidate, Very Good candidate, Fair candidate, Poor candidate*

Professional School Interviews

- You will be asked about current events & ethical dilemmas, but you are not expected to have an answer
 - Read reliable, in-depth resources: NPR, NY Times
 - Know where the American medical community stands and be prepared to practice accordingly
- Regarding religion & politics...

Some factors to consider when choosing a school

- Mission statement and “focus” of institution
 - Service? Research? Global?
- What is your fit with the school?
- Public or private? *Cost of tuition*
- Curriculum
- Accreditation
- Size of student body
- Ratio of students to faculty

Some factors to consider when choosing a school

- Geographic location (*cost of living*)
 - Likely your home for a few years!
 - Family & significant others
- Board pass rates and residency matches
 - *Where do students go from this school?*
- Opportunities for:
 - research, community involvement, participation in focused programs (Rural oriented or Spanish speakers)

Remember....

- DO NOT apply to a health professional school that you are not willing to go to.
- **You may only get into one institution** and you need to be willing to attend **EVERY** institution you apply to (it may be your only choice).