Pre-health 301

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
Beth Abdella, Chemistry
Diane Angell, Biology
Amy Larsen, Physics
Jean Porterfield, Biology
Matthew Wright, Mathematics

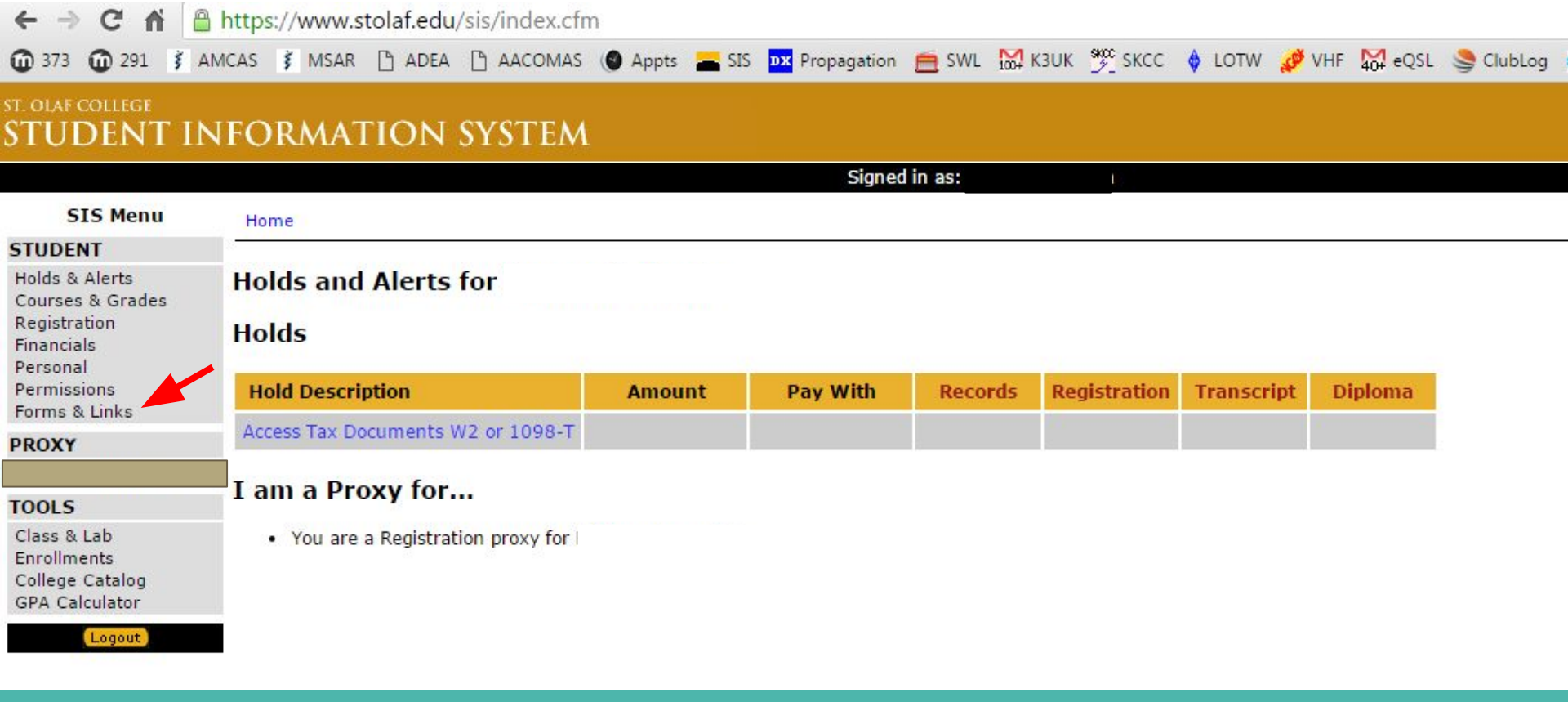
Committee Administrator

Stacey Argabright, Chemistry AAA

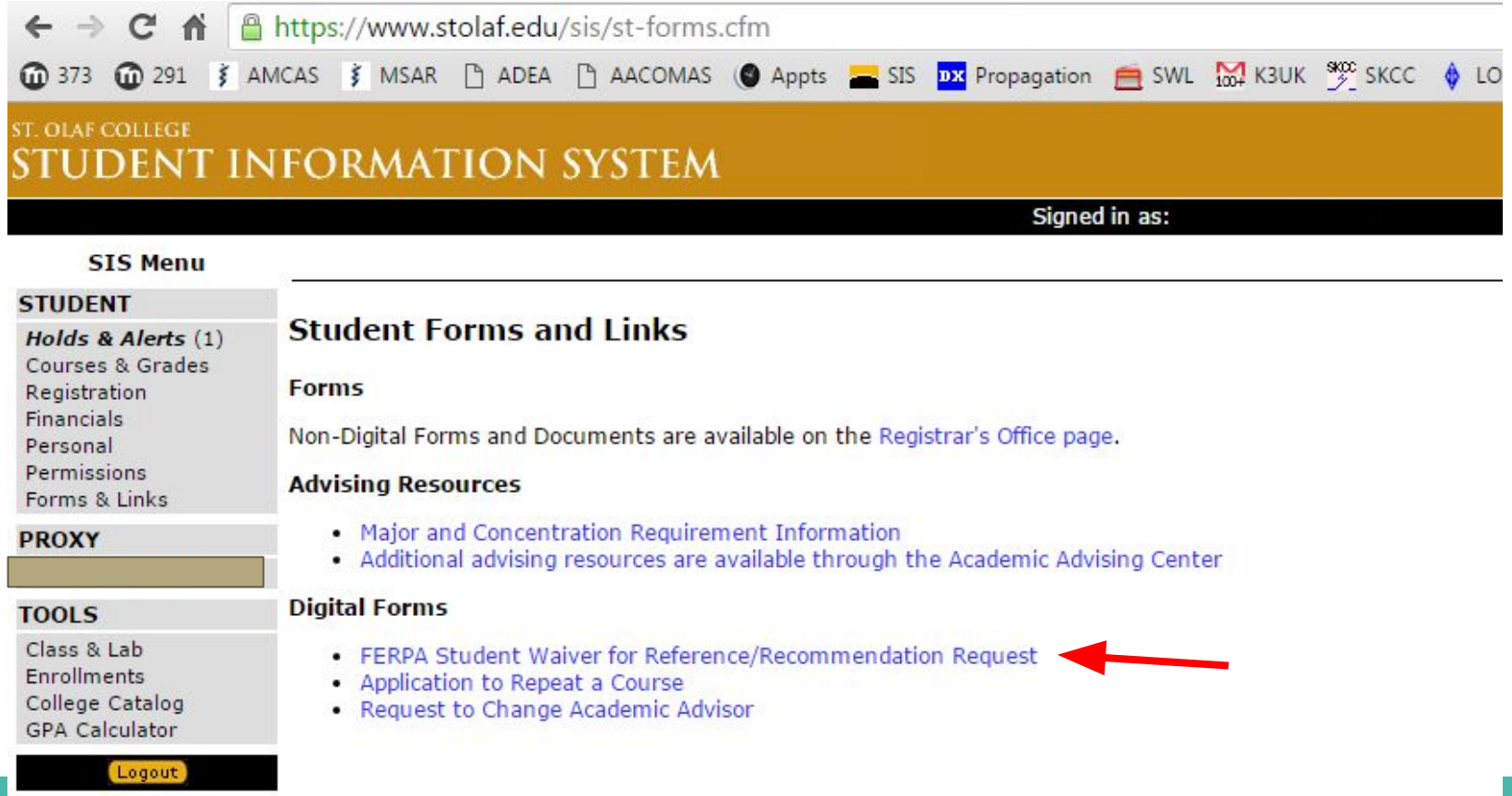
Committee Liaison

Katie Hughes, Pre-Health Career Coach

FERPA Waiver



FERPA Waiver



SIS Menu

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TOOLS
- Class & Lab Enrollments
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FERPA Student Waiver for Reference Request

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

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

--- Select Faculty Member --- ▼ 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):
- [x] 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):
- [x] Writing a letter of recommendation or reference
- [x] Filling out a reference/recommendation form that I will provide to the recommender
- [x] Completing an evaluation form
- [x] 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):
- [x] Information about a course/courses
- [x] Grade information
- [x] Information from my transcript
- [x] 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:

07/01/2016

July 1st

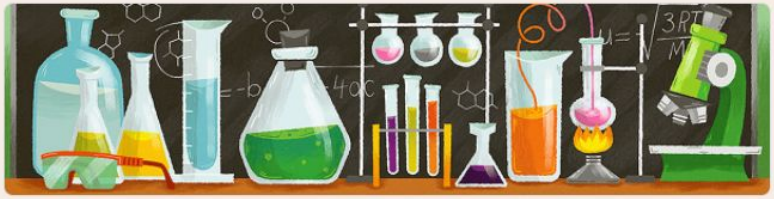
6. I understand that the recommendation/reference may include information from my St. Olaf College transcript and from other education records held by the College.
- [x] I understand

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 2021

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

Applicant Name *

First, Middle, Last

Your answer

https://wp.stolaf.edu/pipercenter/the-health-professions-committee/

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.

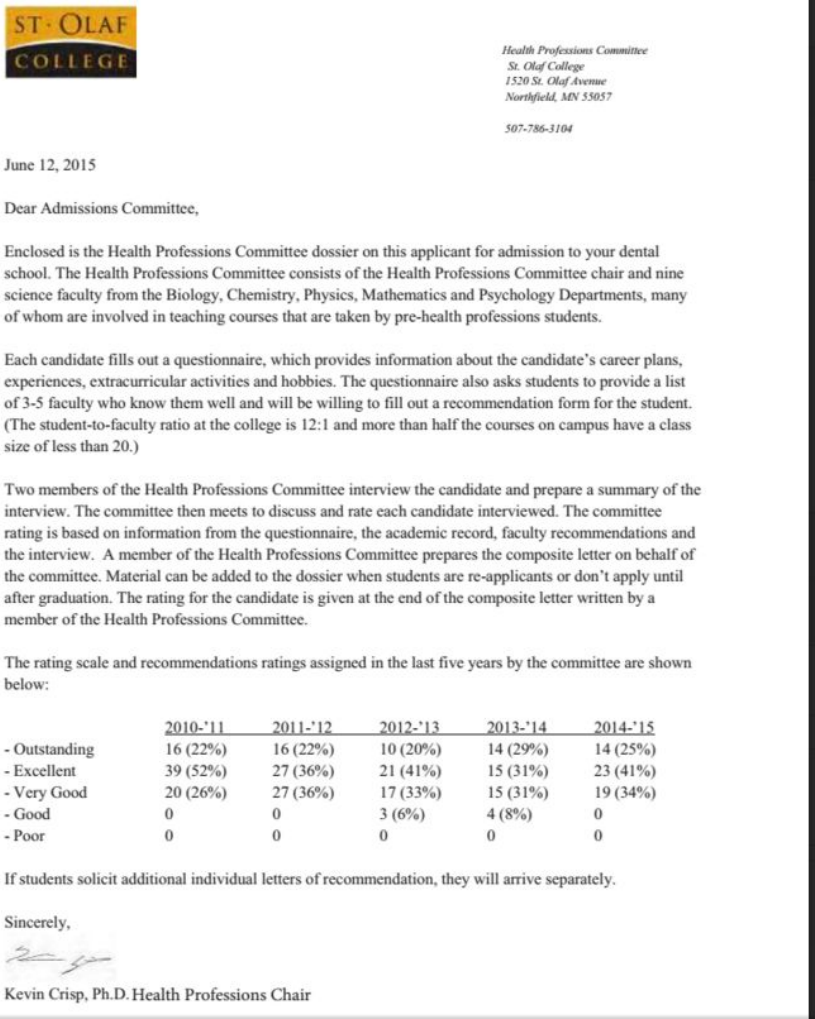
HPC Packet

counts as 1 letter

type = “committee letter”

<u>includes</u>:

- generic cover letter
- committee letter
- 3-5 faculty evals



ST · OLAF COLLEGE

Health Professions Committee
St. Olaf College
1520 St. Olaf Avenue
Northfield, MN 55057

507-786-3104

June 12, 2015

Dear Admissions Committee,

Enclosed is the Health Professions Committee dossier on this applicant for admission to your dental school. The Health Professions Committee consists of the Health Professions Committee chair and nine science faculty from the Biology, Chemistry, Physics, Mathematics and Psychology Departments, many of whom are involved in teaching courses that are taken by pre-health professions students.

Each candidate fills out a questionnaire, which provides information about the candidate's career plans, experiences, extracurricular activities and hobbies. The questionnaire also asks students to provide a list of 3-5 faculty who know them well and will be willing to fill out a recommendation form for the student. (The student-to-faculty ratio at the college is 12:1 and more than half the courses on campus have a class size of less than 20.)

Two members of the Health Professions Committee interview the candidate and prepare a summary of the interview. The committee then meets to discuss and rate each candidate interviewed. The committee rating is based on information from the questionnaire, the academic record, faculty recommendations and the interview. A member of the Health Professions Committee prepares the composite letter on behalf of the committee. Material can be added to the dossier when students are re-applicants or don't apply until after graduation. The rating for the candidate is given at the end of the composite letter written by a member of the Health Professions Committee.

The rating scale and recommendations ratings assigned in the last five years by the committee are shown below:

	2010-'11	2011-'12	2012-'13	2013-'14	2014-'15
- Outstanding	16 (22%)	16 (22%)	10 (20%)	14 (29%)	14 (25%)
- Excellent	39 (52%)	27 (36%)	21 (41%)	15 (31%)	23 (41%)
- Very Good	20 (26%)	27 (36%)	17 (33%)	15 (31%)	19 (34%)
- Good	0	0	3 (6%)	4 (8%)	0
- Poor	0	0	0	0	0

If students solicit additional individual letters of recommendation, they will arrive separately.

Sincerely,

Kevin Crisp, Ph.D. Health Professions Chair

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)

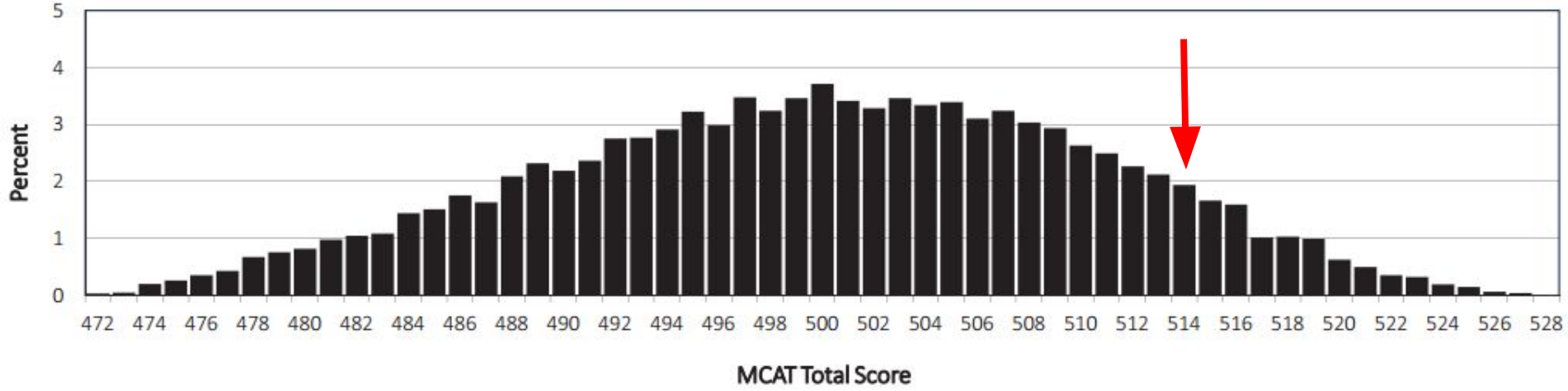
Remember….

- 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).

Medical School

Med School Admissions Statistics

- Mean of matriculants: MD: GPA=3.7, MCAT=510
  - DO: GPA = 3.54; MCAT = 502
- Identify your deficiencies as a holistic applicant and address them



The table below displays the acceptance rates at different MCAT and GPA levels for applicants and accepted applicants from 2017-2018 through 2018-2019 (aggregated). The frequencies are combined totals of both years. Please email datarequest@aamc.org if you need further assistance or have additional inquiries.

Acceptance Rate for Applicants		Total MCAT Scores										All Applicants
		Less than 486	486-489	490-493	494-497	498-501	502-505	506-509	510-513	514-517	Greater than 517	
Total GPA												
Greater than 3.79	Acceptees	3	7	40	204	668	1,782	3,207	4,156	3,971	4,213	18,251
	Applicants	107	217	482	1,061	2,141	3,500	5,009	5,492	4,772	4,743	27,524
	Acceptance rate %	2.8	3.2	8.3	19.2	31.2	50.9	64.0	75.7	83.2	88.8	66.3
3.60-3.79	Acceptees	0	6	40	221	707	1,520	2,538	3,014	2,209	1,478	11,733
	Applicants	250	416	884	1,692	2,869	4,177	4,929	4,549	2,944	1,774	24,484
	Acceptance rate %	0.0	1.4	4.5	13.1	24.6	36.4	51.5	66.3	75.0	83.3	47.9
3.40-3.59	Acceptees	5	7	41	190	510	939	1,359	1,475	979	565	6,070
	Applicants	382	577	1,108	1,865	2,691	3,366	3,554	2,835	1,559	791	18,728
	Acceptance rate %	1.3	1.2	3.7	10.2	19.0	27.9	38.2	52.0	62.8	71.4	32.4
3.20-3.39	Acceptees	1	2	26	118	290	471	584	556	347	158	2,553
	Applicants	455	559	1,001	1,483	1,864	2,138	1,919	1,383	695	273	11,770
	Acceptance rate %	0.2	0.4	2.6	8.0	15.6	22.0	30.4	40.2	49.9	57.9	21.7
3.00-3.19	Acceptees	1	5	13	62	136	223	237	228	103	57	1,065
	Applicants	499	515	710	959	1,070	1,034	908	650	245	123	6,713
	Acceptance rate %	0.2	1.0	1.8	6.5	12.7	21.6	26.1	35.1	42.0	46.3	15.9
2.80-2.99	Acceptees	3	2	9	23	37	75	76	48	31	14	318
	Applicants	459	367	439	481	504	462	361	190	110	36	3,409
	Acceptance rate %	0.7	0.5	2.1	4.8	7.3	16.2	21.1	25.3	28.2	38.9	9.3
2.60-2.79	Acceptees	0	2	1	10	22	31	17	11	18	-	117
	Applicants	306	212	278	254	257	175	124	69	42	-	1,726
	Acceptance rate %	0.0	0.9	0.4	3.9	8.6	17.7	13.7	15.9	42.9	-	6.8
2.40-2.59	Acceptees	0	1	2	5	3	11	10	8	3	-	45
	Applicants	229	120	122	124	87	63	39	30	10	-	830
	Acceptance rate %	0.0	0.8	1.6	4.0	3.4	17.5	25.6	26.7	30.0	-	5.4
2.20-2.39	Acceptees	0	0	0	1	4	6	2	2	-	-	19
	Applicants	126	67	55	37	34	26	21	14	-	-	387
	Acceptance rate %	0.0	0.0	0.0	2.7	11.8	23.1	9.5	14.3	-	-	4.9
2.00-2.19	Acceptees	0	0	1	0	-	1	-	-			2
	Applicants	76	22	20	18	-	11	-	-			159
	Acceptance rate %	0.0	0.0	5.0	0.0	-	9.1	-	-			1.3
Less than 2.00	Acceptees	0	-	1	-		-		-			1
	Applicants	38	-	10	-		-		-			67
	Acceptance rate %	0.0	-	10.0	-		-		-			1.5
All Applicants	Acceptees	13	32	174	834	2,377	5,059	8,030	9,498	7,663	6,494	40,174
	Applicants	2,927	3,081	5,109	7,981	11,522	14,953	16,868	15,217	10,381	7,758	95,797
	Acceptance rate %	0.4	1.0	3.4	10.4	20.6	33.8	47.6	62.4	73.8	83.7	41.9

Notes: In April 2015, the AAMC launched a new version of the MCAT exam. Scores are reported in four sections: 1) Chemical and Physical Foundations of Biological Systems (CPBS), 2) Critical Analysis and Reasoning Skills (CARS), 3) Biological and Biochemical Foundations of Living Systems (BBLS), and 4) Psychological, Social, and Biological Foundations of Behavior (PSBB). Some medical schools accept scores from both the new and old exams. Accordingly, applicants vary in which scores they include with their applications. In 2017, 11.5% of the applicants applied with scores from the old version of the MCAT® exam only, 15.9% applied with scores from the old exam and the new exam, and 71.0% applied with scores from the new exam only. By 2018, almost all applicants (i.e., greater than 96%) applied with scores from the new exam.

The MCAT columns include data from 44,869 applicants and 18,074 matriculants in 2017, and 51,067 applicants and 20,643 matriculants in 2018. The GPA columns include data from 51,432 applicants and 21,165 matriculants in 2017, and 52,518 applicants and 21,442 matriculants in 2018.

- For 2018 matriculation: nationally, 41.9% (AMCAS only)

See more Applicants and Matriculants Data (race, ethnicity, age, legal residence, etc.)

https://www.aamc.org/data/facts/applicantmatriculant/

Numeric profile of St. Olaf matriculants (AMCAS 2017)

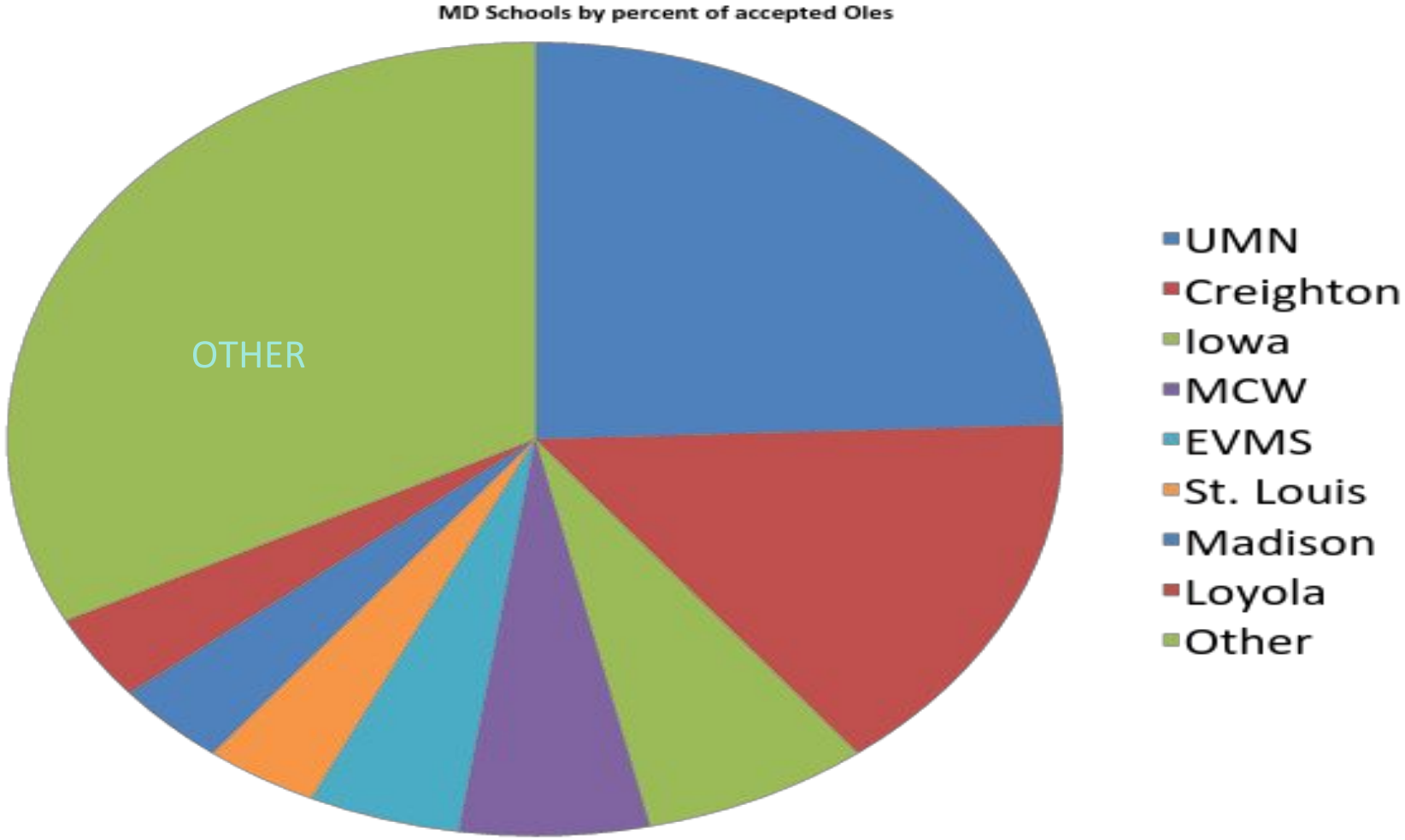
- Mean GPA: **3.8** Mean BCPM: 3.76
- Mean MCAT: 85% Overall Mean MCAT: **513**
- Mean number of schools applied to: **19**
  - **Range: 1-45**
- Mean number of acceptances: **2.25**
- 81% of competitive applicants (3.6 GPA) accepted
- **ZERO students applied as juniors with a GPA under 3.6**

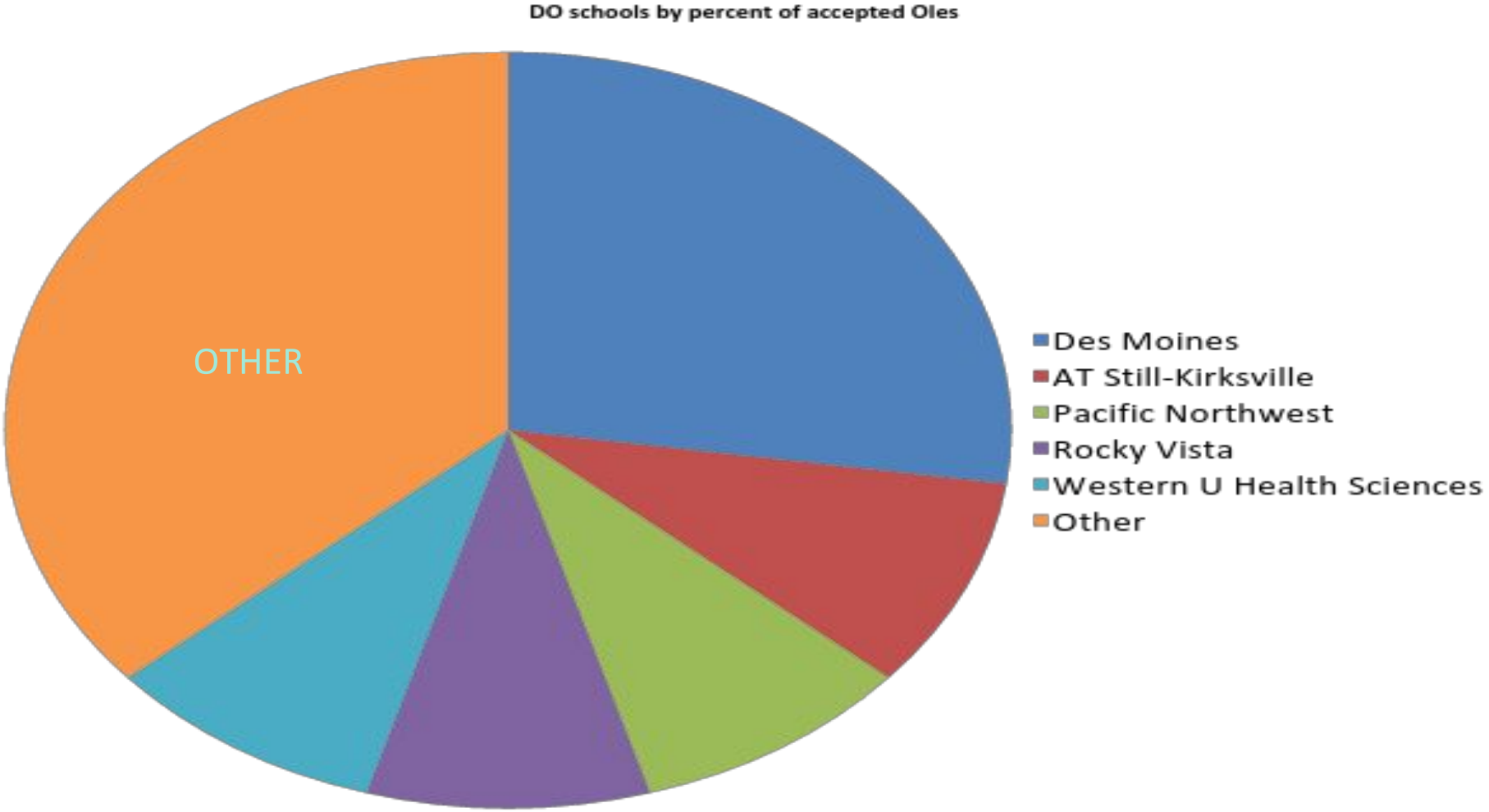
Cast Your Net Widely

Where the most Oles apply to medical school (from most to least)

28 = ~505
30 = ~508
32 = ~511
35 = ~515

	GPA	MCAT	MCAT %
University of Minnesota Medical School-Minneapolis/Duluth	3.74	32	87
Creighton University School of Medicine	3.74	30	78
University of Iowa, Carver College of Medicine	3.82	33	91
Medical College of Wisconsin	3.77	30	78
Loyola University Chicago Stritch School of Medicine	3.78	30	78
Mayo Medical School	3.85	33	91
University of Wisconsin	3.82	31	83
Rosalind Franklin University of Medicine and Science	3.61	31	83
Rush Medical College	3.64	30	78
Eastern Virginia Medical School	3.5	30	78
Wake Forest School of Medicine of Wake Forest Baptist Medical Center	3.73	32	87
University of Michigan Medical School	3.8	35	96
George Washington University Sch of Med & Hlth Sci	3.59	30	78
Northwestern University Feinberg School of Medicine	3.8	35	96
Uni. of North Dakota Sch. of Med. & Hlth. Sci.	3.68	28	67
Georgetown University School of Medicine	3.59	30	78
New York Medical College	3.61	30	78
Drexel University College of Medicine	3.62	31	83
Saint Louis University School of Medicine	3.74	31	83
University of Colorado School of Medicine	3.78	33	91
Oregon Health and Science University	3.75	33	91
Tufts University School of Medicine	3.69	33	91
Boston University School of Medicine	3.74	32	87
AVERAGE:	3.71	31	84


MD Schools by percent of accepted Oles
OTHER
UMN
Creighton
Iowa
MCW
EVMS
St. Louis
Madison
Loyola
Other


DO schools by percent of accepted Oles
OTHER
Des Moines
AT Still-Kirksville
Pacific Northwest
Rocky Vista
Western U Health Sciences
Other

What's different about the medical schools where St. Olaf students get accepted from those where they don't get accepted?

	SCHOOLS ACCEPTING OLES	NOT ACCEPTING OLES
GPA	3.72	3.70
BCPM	3.67	3.66
MCAT	31	30
Public	49%	80%
% Out of State Accepted	47%	23%

Take Home Messages: Even if they are numerically strong, St. Olaf students have difficulty getting into public institutions in states where they do not have residency.

At a minimum, apply to all schools for which you meet the residency requirements AND several carefully-selected private medical schools.

Medical School Admission Requirements (MSAR)

https://students-residents.aamc.org/applying-medical-school/faq/buying-and-using-medical-school-admission-requirem/

The Medical School Admission Requirements website is available for purchase through AAMC Publications for $28.00. A subscription (one year) to the Medical School Admission Requirements site includes data for each medical school. You may sort, browse, and compare medical school profiles.

Med School Review: Carefully Selected…

- STEP 1 pass rates
- % placement of students into residencies
- Average amount of debt after graduation
  - Financial aid available? What type?
- Dual degree programs (MD/MBA, MD/PhD, MD/MPH)
- Focus/Mission: research, global health, rural health
- Geographic location
- Composition of student body
- Class size

Dental School

http://www.dat-prep.com/dat-scores-for-dental-schools

Please keep in mind that the percentile rank indicates your test performance relative to all the students who did the same test on the same day. It records the percentage of students whose scores were lower than yours. **Percentile ranks are not used as dental school admissions criteria and the following percentile ranks fluctuate significantly from year to year.**

DAT Score (Quantitatively)	Percentile	DAT Score (Qualitatively)
17-18	50th	Average
19-20	75th	Usually Good
22-23	98th	Very High

Table 1: DAT Percentile Rank Chart with Quantitative and Qualitative DAT Score Estimates

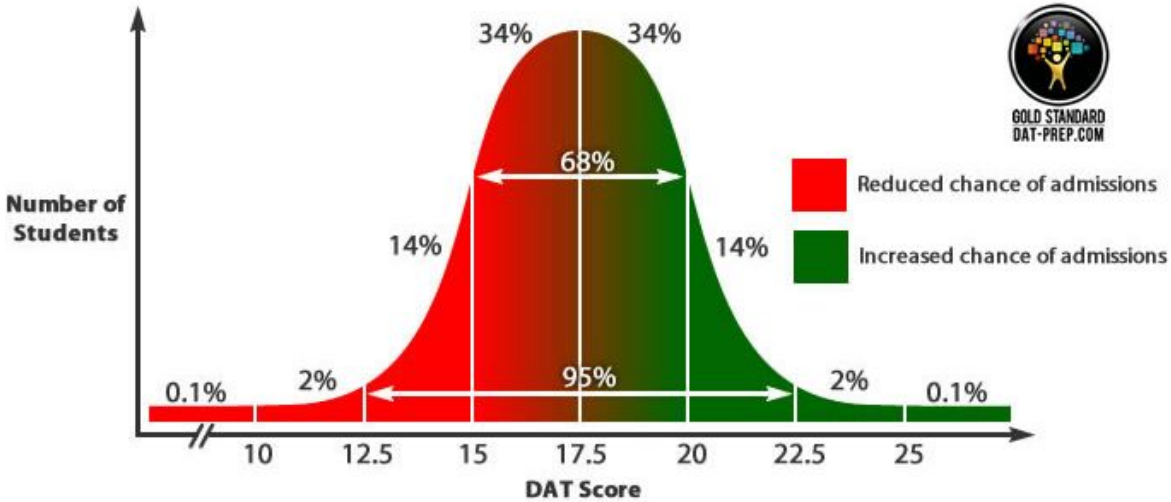


Figure 1: Typical Overall DAT Score Distribution (Approx.); No. of Test Administrations Annually = 13 000 (Approx.)

Numeric profile of St. Olaf matriculants (AADSAS 2015- 2016)

Mean DAT: 21.5

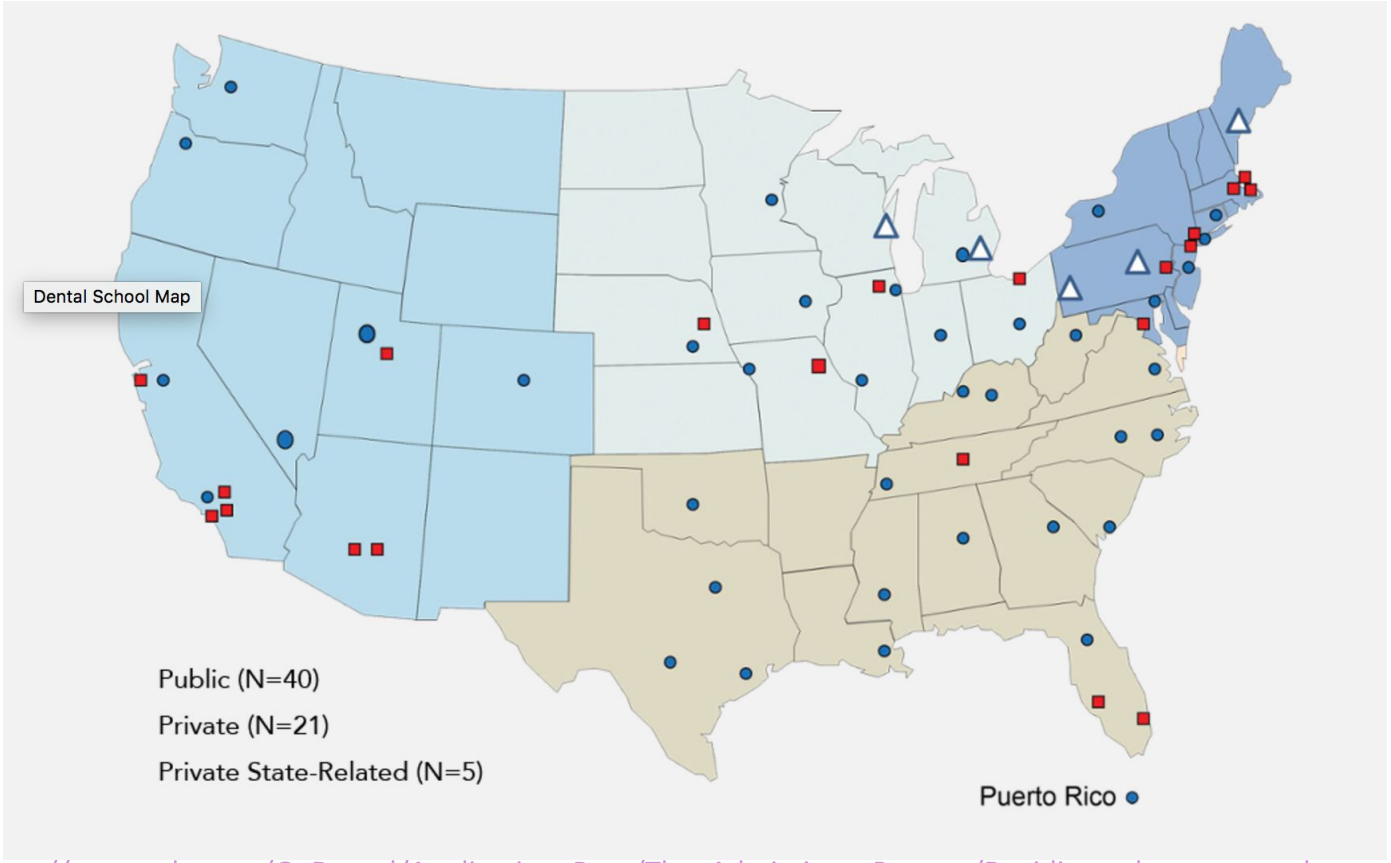
Mean Non-Science GPA: 3.68

Mean Science GPA: 3.49

WARNING: watch your english coursework!!!
GE labels like FYW, WRI and ALS-L don't appear on your transcript; schools will not necessarily understand that you have had composition and literature; we can translate if this is a problem!

66 dental schools

In 2016, the average number of dental schools that ALL students applied to was 10. St. Olaf matriculants = 11.



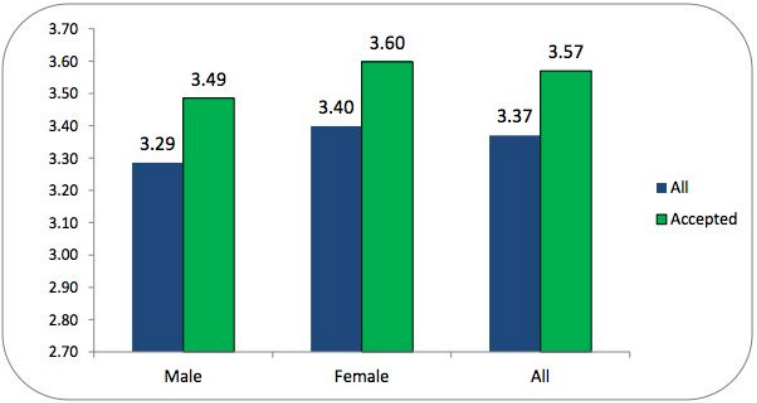
http://www.adea.org/GoDental/Application_Prep/The_Admissions_Process/Deciding_where_to_apply.aspx

Dental Schools Oles apply to

- University of Minnesota
- Marquette University
- Creighton University
- University of Iowa
- University of Washington
- Oregon Health & Science University
- The University of Colorado
- Western University of Health Sciences
- Midwestern University -Illinois
- Roseman University of Health Sciences
- Boston University Henry M Goldman School of Dental Medicine
- Tufts University
- University of New England
- University of Michigan
- University of Illinois at Chicago
- Case Western Reserve University
- University of North Carolina at Chapel Hill
- University of California, San Francisco
- New York University
- University of Pittsburgh
- University of Southern California Herman Ostrow School of Dentistry
- Arizona School of Dentistry & Oral Health
- West Virginia University
- Virginia Commonwealth University
- University of Texas at Houston
- Temple University - The Maurice H. Kornberg School of Dentistry
- Nova Southeastern University
- University of Missouri Kansas City

Physical Therapy School

Figure 13: Mean Undergraduate Cumulative GPA for PTCAS Applicants



http://www.ptcas.org/uploadedFiles/PTCASorg/About_PTCAS/PTCASApplicantDataRpt.pdf

Table 16: Mean Unofficial GRE Percentile Scores for PTCAS Applicants

	Male	Female	Declined to State	All
Verbal %	49.75%	47.61%	57.48%	48.39%
Quantitative %	47.73%	42.27%	46.31%	44.39%
Analytical %	48.45%	50.91%	54.33%	49.71%

Figure 14: Mean Combined Science and Math GPA for PTCAS Applicants

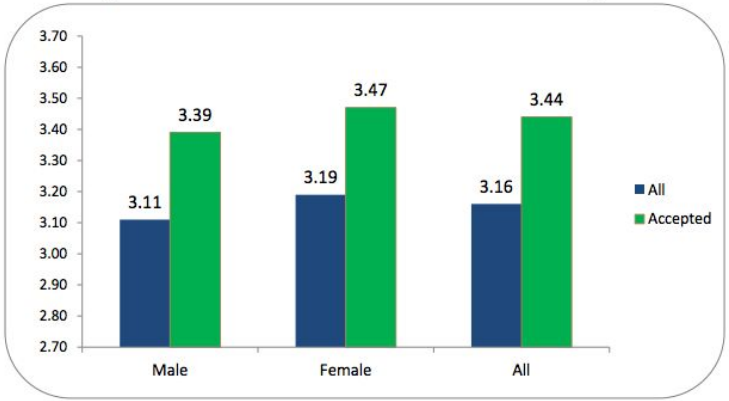


Table 17: Mean Unofficial GRE Percentile Scores for Accepted PTCAS Applicants

	Male	Female	Declined to State	All
Verbal %	56.22%	54.83%	66.24%	55.39%
Quantitative %	54.21%	48.91%	56.18%	50.96%
Analytical %	54.68%	57.18%	61.29%	56.21%

WARNING: watch your biology coursework!!!
1 year of general biology
1 year of human A&P (143 + 243); may need letter, also
Can't count 143 toward general biology!

PT Schools Oles Apply to

Google Map of PT programs

PTCAS programs by state

- Armstrong Atlantic State University
- Azusa Pacific University Chapman University
- College of St Scholastica
- Creighton University
- Des Moines University - Osteopathic Medical Center
- Florida Gulf Coast University
- Georgia State University
- Hampton University
- Long Island University - Brooklyn Campus
- Lynchburg College
- Mayo School of Health Sciences
- Mercer University
- Midwestern University - Downers Grove
- New York Institute of Technology
- New York Medical College
- Northern Arizona University
- Northwestern University
- Nova Southeastern University - Fort Lauderdale
- Regis University
- Rosalind Franklin University of Medicine and Science
- Sacred Heart University
- St Ambrose University
- St. Catherine University
- Stony Brook University
- Tennessee State University
- Touro College
- University of Central Arkansas
- University of Illinois at Chicago
- University of Indianapolis
- University of Iowa
- University of Kansas Medical Center
- University of Mary
- University of Montana - Missoula
- University of New England
- University of North Dakota
- University of Puget Sound
- University of Tennessee Health Science Center
- University of the Pacific
- University of Washington
- University of Wisconsin - LaCrosse
- University of Wisconsin - Madison
- Utica College
- Washington University of St Louis
- Wheeling Jesuit University
- Wingate University

University of Minnesota does NOT participate in PTCAS

Resources

- ADEA Go Dental: http://www.adea.org/GoDental/Application_Prep/The_Admissions_Process/Deciding_where_to_apply.aspx
- https://www.youtube.com/watch?v=2thW_cpAwAU&feature=youtu.be&list=PLCyJCPmOZNT4USaeex9jnuiAcaX8_EDsO

- Accredited PT programs (APTA) http://www.apta.org/apta/directories/accreditedschools.aspx?navID=10737423273

Resources

- Medical School Admissions Requirements
  - $28 for one year subscription, re-released annually in April
  - shows specific admissions requirements along with all of the applicant and acceptance statistics.
- How Do I… Decide Where to Apply?
  - https://aamc-orange.global.ssl.fastly.net/production/media/filer_public/b9/f8/b9f89504-b40f-41a0-a76d-a293b30b1c48/wheretoapply.pdf
- Alumni (LinkedIn, alumni directory)