

Lafayette College Health Professions Advising Application Information Session

Professor Nancy McCreary Waters

Faculty Health Professions Advisor; HPAC Chair

Ms Simona Glaus, Director

Health Professions Program

Ms Sue Herschlag, Administrative Coordinator

Health Professions Program

1 November 2023

Today we will...

reinforce our expectations of you as an applicant seeking guidance and entering the cycle,

walk you through the mechanics of the on campus HPAC Application process and its relationship to your off-campus professional school application processes,

provide context of the landscape you all will face in a variety of health professions *at this stage*...and how we can assist

Lafayette College HP Advising Principles

Cultivate in you, our students, how to **research** and **use** available resources independently to enable **you** to define **your** academic and personal goals.

**Is your application Complete? Strong? Competitive?
Who is your comparison group?**

Have you SELF-ASSESSED honestly?

Have you processed EXTERNAL FEEDBACK constructively?

Your HP Preparation To-Do List ...

SET SMART GOALS:

SPECIFIC (not general)

MEASURABLE (not qualitative)

ACHIEVABLE (not out of reach)

REALISTIC (not just hopeful)

TIMELY (not concrete)

- **TRACK YOUR COMPLETED COURSEWORK**
- **REVIEW DATA AT PROFESSIONAL WEBPAGES**
- **ATTEND HP SESSIONS AND GATEWAY CC EVENTS**
- **MANAGE YOUR COMMITMENTS**

Upcoming and On the Horizon?

- Study Abroad for Health Professions Students, jointly sponsored by HPA, Pre-Dental and Pre-Health Professions Society clubs Nov 2, 5:15pm RISC 104
- Spring 2024 SLUHN Pre-Med Observer Program Application Deadline, Nov 5, 11:59 pm to [Handshake](#)
- PCOM Info Session, Nov 8, 12 noon RISC 262
- Peer Editing Workshop for Personal Statements, Jan 29, 2024 (tentative)
- How to manage your growth year(s) Spring 2024

General Application Considerations...

- Complete undergraduate coursework: core science, writing; **Grades matter!**
- Select meaningful and diverse medical experiences; **Be Active!**
- Pursue and understand meaningful research skills; **Be able to relate!**
- Continue with service and extra-curricular involvement; **Be dedicated!**
- Plan for expenses: \$7500 on average per applicant for a full cycle; **Be prepared!**
- Develop back-up plans 1, 2 and 3; **Strengthen your portfolio!**
- For each choice, can you answer: “I see _____ in your record; how has it prepared you for your career as a medical professional?” **Relate each choice forward!**

Undergraduate Preparation – Academic coursework

Check your bellwether schools, but required or recommended:

1 Year EACH of:

Biology with labs (e.g., 111/112)

Physics with labs (e.g., 111/112; 131 & 132/133; 151 & 152)

Mathematics/Calculus/Statistics; minimally 1 calc + 1 stats

English composition/Writing-Intensive Coursework (1 or 2)

2+ Years of:

Chemistry with labs (GenChem121 & 122, Organic 221 & 222) and Biochemistry

Other frequently required or specialty required courses:

Sociology, **Psychology**, Bioethics; Microbiology, Nutrition, Genetics, Anatomy & Physiology or equivalent

~12-14 Core Courses needed; 1st semester juniors should target completion of ~10-12 courses to stay on track; 1st semester seniors should be closer to completion. Aim for all core requirements completed BEFORE APPLYING

EXPLORE course options in natural science, social science, humanities, and engineering divisions wherever possible!

SELECTION CRITERIA SIMPLIFIED...

- GPA (OVERALL AND SCIENCE) STRENGTH OF TRANSCRIPT
ALL GRADES GET REPORTED
- ADMISSIONS TEST SCORES
- IMPECCABLE APPLICATION INFORMATION
- INSIGHTFUL REFLECTIVE PERSONAL ESSAY
- LETTERS OF RECOMMENDATION, CLoE
- EXPERIENCE, DURATION AND DEPTH IN CLINICAL SETTINGS
- EXPERIENCE, DURATION AND DEPTH IN RESEARCH
- COMMITMENT TO SERVICE/VOLUNTEER POSTURE
- FOLLOWING THE DIRECTIONS...TO THE LETTER!
- *TIMELY SUBMISSION AT EVERY STAGE!!!!*

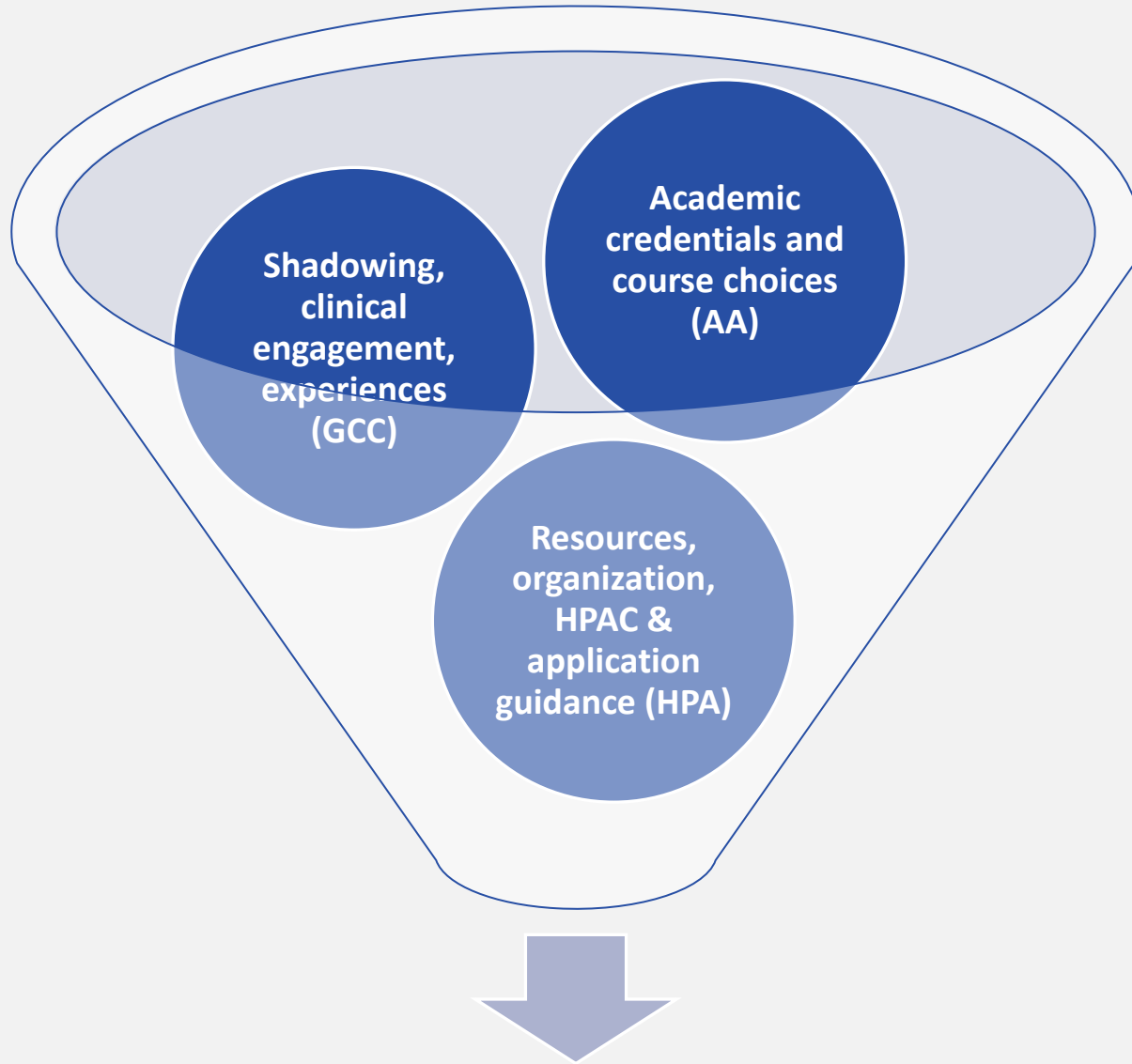
WHAT WILL REDUCE YOUR ODDS OF ADMISSION?

IGNORE ANY BELOW-AVERAGE SELECTION CRITERION!

IF THERE IS A REASON TO SET ASIDE AN APPLICATION?

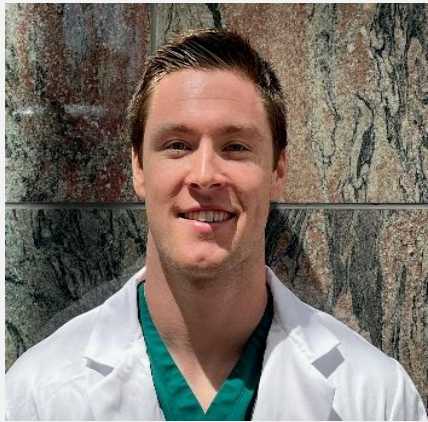
...THEY WILL!

How does this all fit together?



Your complete, competitive portfolio, ready to apply!

SEE YOUR FUTURE?



**KNOW YOUR
WHY!**



KNOW YOUR WHY!

Each of your decisions can eliminate some possibilities, but each may also lead to new opportunities. Make choices that reflect and demonstrate why they are valuable to you. *The best thing to do is always that for which we have the best reasons!* Be sure your reasons are authentic, rooted in knowledge, and are well-conceived.

UNDERSTANDING HOLISTIC REVIEW

- Useful in ‘first cut’ review for deciding/considering interview offers, HR places credentials of applicants contextually to life experiences; it insures applicants meet the school’s mission.
- HR is NOT ‘robbing Peter to pay Paul’ nor ‘using an overflowing bucket to fill an empty bucket’...strong performance in some areas will NOT mitigate weak performance elsewhere.
- “No one is saying that skills and inclination in science are not important,” Dr. Witzburg said. “But in this rapidly evolving and diverse society, they alone are insufficient.”
- “I have a really strong application, except for _____.”
Do not fall into this trap and fallacy!

EVALUATING THE AVALANCHE OF APPLICANTS FOR:

Interpersonal competencies: Service orientation, Social Skill, Culturally aware, Teamwork, Oral communication. Translate passive to ACTIVE clinical engagement

Intrapersonal competencies: Ethical responsibility to self and others, Reliability and dependability, Resilience and adaptability, Capacity for improvement. Focus not on what you have missed but make new opportunities!

Thinking and reasoning competencies: Quantitative reasoning, Critical thinking, Scientific inquiry, Written communication. Craft clear connections to your goals.

Science competencies: Life systems, Human behavior. Needed now more than ever!

EVALUATING THE AVALANCHE OF APPLICATIONS FOR:

Interpersonal competencies: Service orientation, Communication skill, Culturally aware, Teamwork, Organizational skills, and the ability to move from passive to ACTIVE clinical practice.

Intrapersonal
other

Anatomy of an Applicant Guide!
By AAMC, but used universally!
with developmental planning
worksheets so you can gauge
your performance! [Click here!](#)

Technical quantitative reasoning, Critical thinking, Written communication. Craft clear goals.

Science competencies: Life systems, Human behavior. Needed now more than ever!

Your Ongoing Resources:

HP Advising Page and Gateway

AAMC* & AMCAS

AACOM & AACOMAS

TMDSSAS

ADEA and AADSAS

AACPM and AACPMAS

AAVMC and VMCAS

ASCO and OptomCAS

AAPA and CasPA

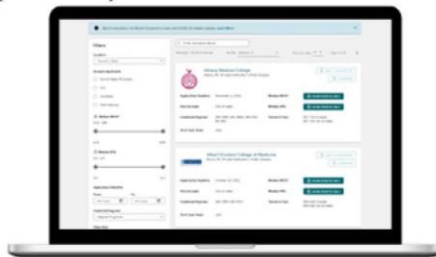
...and of course...

MSAR, MCAT, OAT, DAT, GRE

VMCAS 2022 APPLICANT GUIDE



Medical School Admission Requirements™ (MSAR®) for U.S. and Canada (Online)



[One-Year Subscription](#)

[Two-Year Subscription](#)

The Official Guide to Medical School Admissions: How to Prepare for and Apply to Medical School

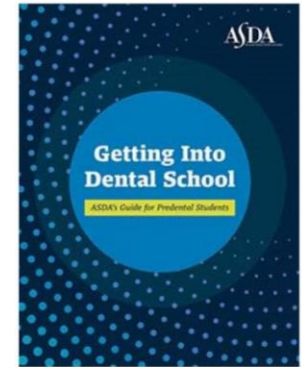


[Digital](#)

ASDA's Guide for Predental Students

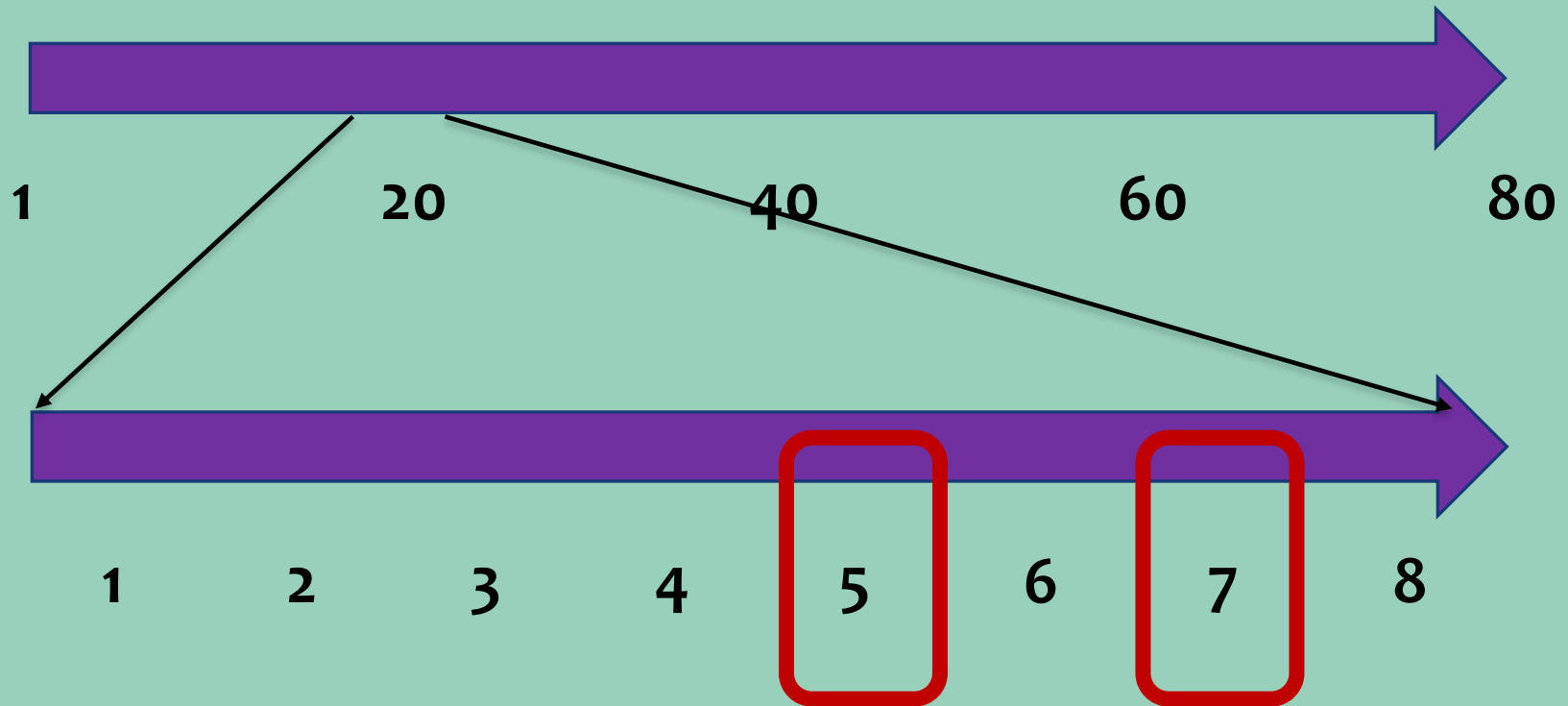
Predental members receive Getting Into Dental School: ASDA's Guide for Predental Students as a benefit of joining ASDA. This handbook includes helpful information on:

- **Preparing for the DAT** - Get familiar with the four sections of the DAT and learn about what you should be doing from day one to test day.
 - **Predental timeline** - Learn when you should take your prerequisite classes and what activities you should be participating in to make yourself a well rounded applicant.
- Letters of recommendation** - Make asking for a letter of recommendation easier with these tips.
- Interview tips** - The dental school interview helps the school assess qualities like your self-confidence, interpersonal skills and ability to overcome challenges. It's also a time for you to ask about the school to ensure its a good fit for you.
- Choosing a dental school** - Use these questions as a guide for deciding which school is right for you.
- Dental school listing** - This listing makes it easy to compare dental schools with information on admission, application requirements and tuition.
- Dental student perspectives** - Get perspective from other predentals, first through fourth year dental students and advanced standing students on what they experience in dental school every day.
- ASDA 101** - Get introduced to ASDA through the history of the organization and learn about the member benefits, national meetings, organized dentistry and outreach programs.
- Career paths** - Learn about the different options available after graduation.



our free copy - **Become a predental member.**

CONSIDER YOUR LARGER TIMELINE

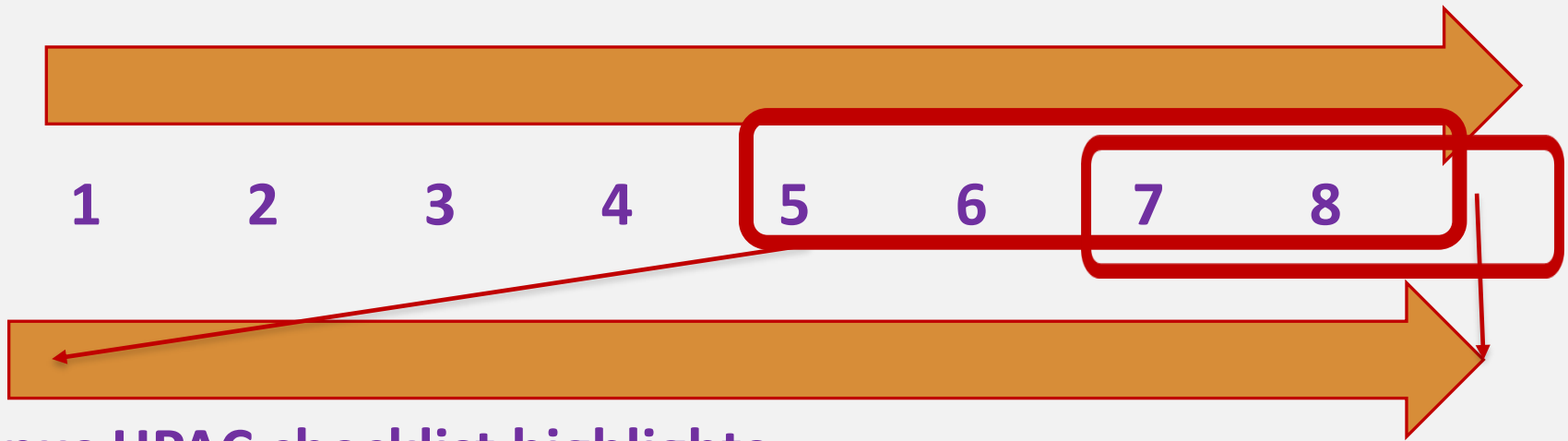


4 years, 8 semesters, that shape your future!

Semesters 5 & 7 are pivotal.

**From where have you come? How far will you go?
How have your expectations grown and changed while
pursuing your education here at Lafayette College?**

Campus HPAC Application Timeline



Campus HPAC checklist highlights:

Completing GreenSheet[®] advising/self-assessment

Soliciting individual Letters of Recommendation

Expanding your CV/Resume: evidence of competencies!

Developing your Test Prep Strategy...and sticking to it!

Completing your Personal Information Form

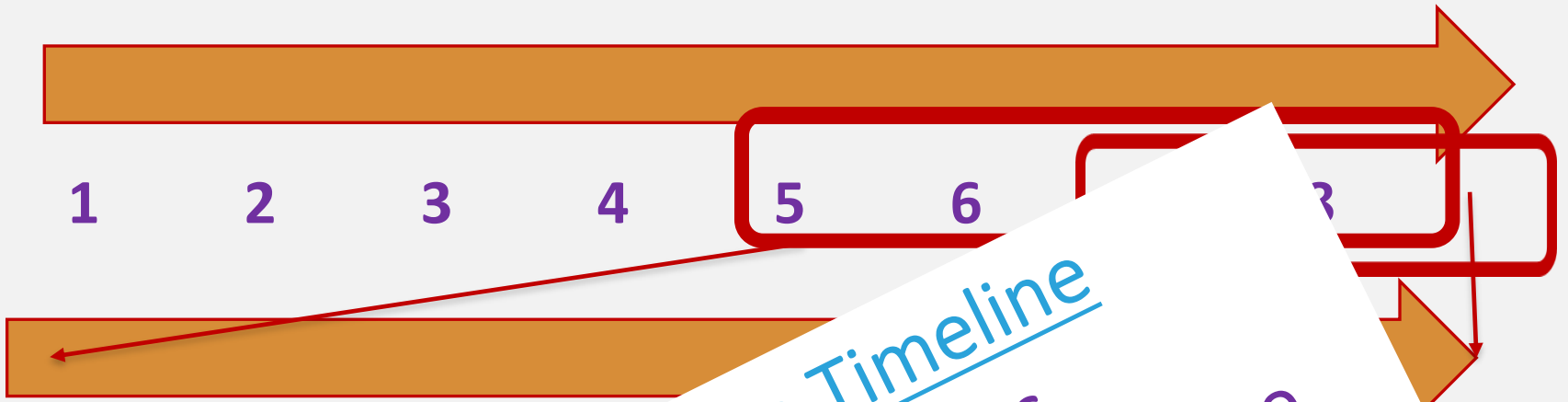
Draft and Redraft Reflective Personal Application Essay

Researching your vision/mission match for school choice

Interview with HPAC...

...**THEN**...Shift to Your Application Portal!!

Campus HPAC Application Timeline



Campus HPAC checklist highlights

Completing Graduate Application

Soliciting Letters of Recommendation

Crafting a Personal Statement

Developing a Study Plan

Completing the Information Form

Draft and Submit a Reflective Personal Application Essay

Researching your vision/mission match for school choice

Interview with HPAC...

Application Timeline

Considerations

See our HP website timeline resources on

competencies!

by...and sticking to it!

...**THEN**...Shift to Your Application Portal!!

To matriculate Fall 2025:

<http://healthprofessions.lafayette.edu/the-campus-application/>

- NOW start your Personal Statement Essay & PIF; Revise your HP CV
- NOW craft recommendation requests, complete cover letter waivers
- NOW develop test preparation strategy; stick to it!
- BOOKMARK CAS openings and Instruction Manuals! VMCAS 2025 launches January 2024; ~May onward portals open for most others
- 1 February 2024 submit Applicant Waiver Form; conduct review begins; respond to scheduling for disclosure meetings (if needed)
- 1 March 2024 SUPER DEADLINE! Submit completed HP CV, PIF, Essay; transcripts from ANY course beyond Lafayette (we will access advising transcripts). ALSO insure Letters of Recommendation HAVE ARRIVED in Scott 101, submitted on letterhead, *and with our needed documents!*

When these are COMPLETE...

- March/April 2024 respond to scheduling for campus HPAC interview
- RESEARCH your schools: mission, metrics, choices; compile strategically
- 15 May 2024 submit HP CLoE Release and List of Schools Form

- May 2024 courses completed; research wrapped; experiences executed
- Consider your test date AND your score release date—optimally, have it be in advance of submitting your application to the CAS. Be aware of ADDITIONAL TESTING/METRICS! CASPer, PREview, Duet profile, etc
- CAS openings! VMCAS ~January 2024; CASPA ~late April 2024; AAMC & AACOMAS ~early June 2024; ADEA AADSAS ~early June 2024; PTCAS ~June 2024; OptomCAS ~June 2024; AACPMAS ~early August 2024
- Open your CAS account as early as possible to start populating your Primary (1°) Application; *schools review differentially*. SUBMIT 1° Application as early as you can after CAS opens! Stagger school choice
- INSURE YOUR OFFICIAL TRANSCRIPTS ARE SUBMITTED!
- Application verification is extensive (3-6 weeks, depending) BE PATIENT!
- WE SUBMIT your Composite Letter of Evaluation (CLOE) by July 10, 2024
- Secondary (2°) Application Requests extended beginning July 2024; plan on 2-7 day turnaround time for each!
- interviews offered beginning August 2024 to April 2025
- admission offered as soon as 3 weeks... or as long as 6 months later

And you can see why the process is grueling and LONG!!

CHECKLIST HERE



A DEEPER DIVE into the On-Campus Application and HPAC

What? A standing College committee for HP fields needing CLoE; The Health Professions Advisory Committee

Who? Faculty HP Advisor, Director of HP Program, Gateway CC liaison, and faculty across all 4 campus divisions

Why? Contributing to HP Advising. HPAC is part of a voluntary but highly recommended on-campus application process. Applicants prepare portfolios for HPAC review. Then HPAC interviews each applicant, provides feedback and helps HP Advising write your CLoE. Valued by schools as an unbiased assessment of your suitability as an applicant. Materials you prepare for the on-campus process will help you complete the application at your CAS.

ABOUT YOUR LETTERS OF RECOMMENDATION...

WHO TO RECRUIT? 2 SCIENCE FACULTY, 1 NON-SCIENCE FACULTY, 2 NON-FACULTY. CHOOSE TO PROVIDE DISTINCTIVE PERSPECTIVES OF YOUR COMPETENCIES!

WHEN TO RECRUIT? REQUEST BEFORE END OF FALL 2023. LETTERS AND COVERSHEET CAN BE SUBMITTED STARTING 3 JANUARY 2024, BUT MUST BE SUBMITTED BY 1 MARCH 2024.

WHAT TO PROVIDE? AS MUCH AS YOU CAN! INCLUDE WORKING DRAFTS OF YOUR HP CV, PIF, PERSONAL STATEMENT ESSAY AS ATTACHMENTS TO YOUR REQUEST. ALSO INCLUDE THE CORRECT SIGNED LETTER COVER SHEET RELEASE FORM AND THE RATING FORM FOR YOUR RECOMMENDER.

HOW TO REQUEST? ASK “...ARE YOU ABLE AND WILLING TO WRITE A STRONG LETTER OF RECOMMENDATION FOR ME?” EXPLAIN WHY YOU ARE CHOOSING THEM. BE WILLING TO DISCUSS YOUR REQUEST. THANK THEM FOR THEIR TIME AND CONSIDERATION.

BUDGET ~AN HOUR PER RECOMMENDER

ABOUT YOUR PERSONAL STATEMENT ESSAY...

GOAL? WHY DO YOU WANT TO BE A _____? GO BEYOND CHILDHOOD DREAMS WITH EVIDENCE OF MATURE REFLECTIVE INSIGHT.

CONTENT? BEWARE THE CHRONOLOGY, THE GIMMICKS, TMI. THIS MUST BE AUTHENTIC AND COMPELLING; PATIENT FOCUSED, NOT CLINICIAN FOCUSED.

LENGTH? WHILE APPLICATION CAS PORTALS SET RESTRICTIVE LENGTH (E.G., 4500 OR 5000 CHARACTERS), HPAC PERMITS MORE LATITUDE. WE SEE ~4PP.

HOW TO CRAFT?

- START FROM YOUR HP BLOG NOTES/JOURNALING.
- TAKE TIME TO THINK (BUT DON'T PUT OFF THE STARTING!!)
- SELECT DETAILS THAT SUPPORT YOUR PATH; AVOID GENERAL PLATITUDES.
- AVOID REPETITION OF DETAILS FROM OTHER PLACES IN YOUR APPLICATION.
- SHOW, DON'T TELL. STAY FOCUSED, AND ON-TOPIC.
- EDIT, EDIT...AND EDIT AGAIN. THEN...PROOFREAD TO PERFECTION!

BUDGET ~3 MONTHS OF TWO TO FOUR HOURS WRITING WORK WEEKLY

ABOUT YOUR PERSONAL INFORMATION FORM (PIF) AND YOUR HP CV...

THE HP CV? PROVIDES EXHAUSTIVE RECORD OF RELEVANT ASPECTS OF YOUR PORTFOLIO; DOCUMENTS YOUR RESPONSIBILITIES TO SHOW COMPETENCIES; DISPLAYS YOUR JUDGMENT ABOUT PRIORITIES; DEMONSTRATES YOU CAN FOLLOW DIRECTIONS! GENERALLY ~2 PAGES

THE PIF? ORGANIZES AND CONTEXTUALIZES CREDENTIALS IN YOUR PORTFOLIO OUTLINED IN YOUR HP CV; OUR FORMAT PROVIDES LINKAGES AND SHOWS HOW YOU PRIORITIZE IMPACTS OF YOUR PORTFOLIO. GENERALLY ~3-4 PAGES

TOGETHER? BOTH ARE FORMATTED TO COMPLEMENT ONE ANOTHER AND YOUR PERSONAL STATEMENT ESSAY; THEY INFORM HPAC OF NEEDED CONTEXT, AND ALSO IMPROVE THE EASE OF ASSEMBLING YOUR APPLICATION TO THE CAS PORTAL.

BUDGET ~2 MONTHS OF TWO TO FOUR HOURS WRITING TO ASSEMBLE; UPDATE HP CV MONTHLY

ABOUT CONDUCT DISCLOSURES AND RELEASE FORMS

We have admonished you to practice principles of **intellectual honesty**, make judicious behavioral choices, exhibit high personal standards of ethics and department, and to own the **consequences** of your actions.

Both HPAC on campus and the CAS portals **require** your disclosure of and the Dean of Advising reporting of any disciplinary action as you seek admission. Problems arise when what is reported differs from what you disclose. Most schools also do background checks for off-campus violations.

Your release form on 1 February 2024 allows review of your record. We will work with you, the Dean of Advising and Student Development to assist you in providing context for your conduct.

...AND ANOTHER THING ABOUT CONDUCT...

ETIQUETTE AND MANNERS MATTER

DO YOUR HOMEWORK FIRST. SOMETIMES IT *DOES* HURT TO ASK!

ADDRESS PERSONS WITH RESPECT; USE THEIR TITLES.

TREAT E-MAIL AS FORMAL CORRESPONDENCE—FACULTY TREAT IT AS SUCH! GRAMMAR AND SPELLING MATTER!

INTRODUCE YOURSELF; PROVIDE COMPLETE INFORMATION, SPECIFIC CONTEXT (SUBJECT HEADER? CONTEXT? EMAIL SIGNATURE? RELEVANT ATTACHMENTS?)

REQUEST, RATHER THAN DEMAND OR INSTRUCT.

PROVIDE SUFFICIENT ADVANCE NOTICE.

ALWAYS SAY 'THANK YOU!' ... AND MEAN IT!

LISTEN TO WHAT YOUR DATA ARE TELLING YOU...

Applicant Matriculation Year	Acceptance GPA 3.60+	Acceptance GPA 3.59-3.20	Acceptance GPA <3.20	Acceptance Overall
LAFAYETTE 2018-2022 Aggregate data (MD + DO)	72%	46%	25%	64%
NATIONAL 2020-2023 (MD only)	53%	28%	13%	41%

2018-2022 at Lafayette College:

64% medical school applicants were accepted

89% dental school applicants were accepted

100% veterinary school applicants were accepted

100% optometry applicants were accepted

Data for DP, PA, MPH and other allied health specialties are not yet available.

Gaining Admittance Is Increasingly Challenging! Be Prepared!

* Source: aamc.org, aacomas.org

LISTEN TO WHAT YOUR DATA ARE TELLING YOU...

	Applicants 2020-2021	Matriculants 2020-2021	Applicants 2021-2022	Matriculants 2021-2022
MD 16/appl	506.4 3.6 53,030	511.5 3.73 22,239	505.9 3.48 62,443	511.9 3.74 22,666
DO 12/appl	502.8 3.58 27,277	504.6 3.56 8,516	n/a	n/a
Dentistry	19.1 3.45 11,759	20.4 3.59 6,295	n/a	n/a
Veterinary, optometry and podiatry data are not yet available				

Consider this: from MD applicants with GPA 3.8-4 & MCAT 518-528, 87% got accepted...but 13% did not! 1 in 8 rejected! Let that sink in a bit. Who is your comparison group?

* Source: 2022, 2023 aamc.org, aacomas.org

ABOUT ADMISSIONS TESTS COMPETITIVE TARGETS...

MCAT [HTTPS://WWW.AAMC.ORG/STUDENTS/APPLYING/MCAT/](https://www.aamc.org/students/applying/mcat/)

- BIOLOGICAL AND BIOCHEMICAL FOUNDATIONS OF LIVING SYSTEMS
- CHEMICAL AND PHYSICAL FOUNDATIONS OF BIOLOGICAL SYSTEMS
- CRITICAL ANALYSIS AND REASONING SKILLS
- PSYCHOLOGICAL, SOCIAL & BIOLOGICAL FOUNDATIONS OF BEHAVIOR
- TARGET: 510 (80TH %ILE) AND GPA 3.6+

DAT

[HTTP://WWW.AADEA.ORG/DENTAL_EDUCATION_PATHWAYS/AADSAS/APPLICANTS/PAGES/TAKETHEDAT\(DENTALADMISSIONTEST\).ASPX](http://www.aadea.org/dental_education_pathways/aadsas/applicants/pages/takethedat(dentaladmissiontest).aspx)

- NATURAL SCIENCE (BIOLOGY, GENERAL AND ORGANIC CHEMISTRY)
- PERCEPTUAL ABILITY (2- AND 3-DIMENSIONAL PROBLEM SOLVING)
- READING COMPREHENSION
- QUANTITATIVE REASONING
- TARGET: 20-21 (75TH %ILE) AND GPA 3.6

...TARGETS CONTINUED...

OAT [HTTPS://HTTP://WWW.ADA.ORG/EN/OAT](https://http://www.ada.org/en/oat)

- NATURAL SCIENCES (BIOLOGY, GEN CHEM, ORGANIC CHEM)
- READING COMPREHENSION
- PHYSICS
- QUANTITATIVE REASONING
- TARGET: 350 (75TH %ILE) AND 3.5 GPA

GRE- GENERAL TEST, SUBJECT TESTS

[HTTP://WWW.ETS.ORG/GRE/REVISED_GENERAL/ABOUT/?WT.AC=GRE](http://www.ets.org/gre/reviseD_general/about/?wt.ac=GRE) [HOME GREABOUT A 150213](#)

- VERBAL REASONING
- QUANTITATIVE REASONING
- ANALYTICAL WRITING
- BIOLOGY (CMB, ORGANISMAL, EE)
- BIOCHEMISTRY, CELL AND MOLECULAR BIOLOGY
- ~~VET~~ AND PA TARGET: ~155-160 (70TH%ILE) AND 3.4-3.8 GPA

...budget ~260 to 500 hours (2-3 college courses) to prepare

EXAMPLE: AAMC AGGREGATE MCAT AND GPA DATA

Table A-23: MCAT and GPA Grid for Applicants and Acceptees to U.S. MD-Granting Medical Schools, 2020-2021 through 2022-2023 (aggregated)



The table below displays the acceptance rates at different MCAT and GPA levels for applicants and accepted applicants from 2020-2021 through 2022-2023. The frequencies are combined totals of three 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	7	8	41	329	1,036	2,528	5,036	7,965	8,419	9,726	35,095
	Applicants	210	352	835	1,857	3,630	6,438	9,579	11,881	11,061	11,692	57,535
	Acceptance rate %	3.3	2.3	4.9	17.7	28.5	39.3	52.6	67.0	76.1	83.2	61.0
3.60-3.79	Acceptees	6	8	68	340	939	1,873	3,243	4,784	3,910	2,564	17,735
	Applicants	535	744	1,373	2,700	4,423	6,246	8,123	8,417	5,882	3,503	41,946
	Acceptance rate %	1.1	1.1	5.0	12.6	21.2	30.0	39.9	56.8	66.5	73.2	42.3
3.40-3.59	Acceptees	9	11	39	271	679	1,250	1,880	2,217	1,587	817	8,760
	Applicants	796	872	1,528	2,652	3,722	4,793	5,525	4,790	2,832	1,317	28,827
	Acceptance rate %	1.1	1.3	2.6	10.2	18.2	26.1	34.0	46.3	56.0	62.0	30.4
3.20-3.39	Acceptees	8	7	40	167	403	746	885	929	582	271	4,038
	Applicants	926	907	1,380	1,940	2,575	2,986	2,824	2,284	1,198	488	17,508
	Acceptance rate %	0.9	0.8	2.9	8.6	15.7	25.0	31.3	40.7	48.6	55.5	23.1
3.00-3.19	Acceptees	4	6	21	89	234	342	411	349	207	104	1,767
	Applicants	964	752	940	1,307	1,552	1,598	1,477	1,050	472	217	10,329
	Acceptance rate %	0.4	0.8	2.2	6.8	15.1	21.4	27.8	33.2	43.9	47.9	17.1
2.80-2.99	Acceptees	3	7	8	29	94	141	134	97	64	27	604
	Applicants	754	502	563	657	716	704	565	322	169	71	5,023
	Acceptance rate %	0.4	1.4	1.4	4.4	13.1	20.0	23.7	30.1	37.9	38.0	12.0
2.60-2.79	Acceptees	0	3	4	20	35	50	49	37	22	9	229
	Applicants	561	302	307	349	310	269	211	146	68	24	2,547
	Acceptance rate %	0.0	1.0	1.3	5.7	11.3	18.6	23.2	25.3	32.4	37.5	9.0
2.40-2.59	Acceptees	0	0	1	3	7	12	17	6	4	4	54
	Applicants	416	164	161	148	134	110	71	41	14	18	1,277
	Acceptance rate %	0.0	0.0	0.6	2.0	5.2	10.9	23.9	14.6	28.6	22.2	4.2
2.20-2.39	Acceptees	0	0	0	3	7	4	6	3	-	-	23
	Applicants	235	74	68	57	48	34	31	13	-	-	564
	Acceptance rate %	0.0	0.0	0.0	5.3	14.6	11.8	19.4	23.1	-	-	4.1
2.00-2.19	Acceptees	0	0	0	0	0	1	-	-	-	-	4
	Applicants	112	36	33	10	11	15	-	-	-	-	236
	Acceptance rate %	0.0	0.0	0.0	0.0	0.0	6.7	-	-	-	-	1.7
Less than 2.00	Acceptees	0	0	0	-	-	-	-	-	-	-	0
	Applicants	58	10	10	-	-	-	-	-	-	-	95
	Acceptance rate %	0.0	0.0	0.0	-	-	-	-	-	-	-	0.0
All Applicants	Acceptees	37	50	222	1,251	3,434	6,947	11,661	16,389	14,796	13,522	68,309
	Applicants	5,567	4,715	7,198	11,682	17,123	23,195	28,420	28,950	21,704	17,333	165,887
	Acceptance rate %	0.7	1.1	3.1	10.7	20.1	30.0	41.0	56.6	68.2	78.0	41.2

Notes: The means and SDs of MCAT scores are calculated based on data from applicants who applied with MCAT scores. In recent years, approximately 98% of individuals submitted MCAT scores in their applications. In 2022, 53,762 applicants and 22,011 matriculants were included in the calculations; only the most recent MCAT score is used for individuals who took the exam more than once. The means and SDs of UGPA are calculated based on applicants with available GPA data. In 2022, 54,969 applicants and 22,562 matriculants were included in the calculations.

Each academic year includes applicants and matriculants that applied to enter medical school in the fall of the given year. For example, academic year 2022-2023 represents the applicants and matriculants that applied to enter medical school during the 2022 application cycle.

Dashed cells indicate the MCAT/UGPA range combinations with fewer than 10 applicants; blank cells indicate MCAT/UGPA range combinations with zero applicants.

The landscape now? MEAN AGE 24-25; GENDER RATIO 45% ♂, 55% ♀

AMCAS (was ~17.5 schools, now ~16...41% nationally, but 1.2-8% by school!)

2019: 53,371 applicants submitted 896,819 applications for 21,869 seats

2021: 62,432 applicants submitted 1,094,700 applications for 22,665 seats

2022: 55,188 applicants submitted 990,790 applications for 22,712 seats

15,000+? Georgetown (nearly 16K!), Drexel, Tulane, GW

14,000+? Tufts

10,000+? UCLA-Geffen, Rush, Temple-Katz, Albany, Emory, NY Medical, Chicago Med Franklin, Penn State, Boston, Jefferson-Kimmel, WFU, Miami Miller, Colorado

AACOMAS (~9 schools per applicant...36% acceptance nationally; 2021: 27,278)

2019: 21,584 applicants submitted 193,119 applications for 7,672 seats

2020: 22,708 applicants submitted 203,118 applications for *8,280 seats

LECOM 17,133; PCOM 13,857

...in 2019 there were 1,089,938 applications reviewed

...in 2020-21 there were 1,297,818 applications reviewed

...2022 saw a 9.4% downturn, but how will 2023 shake out?

We want YOU to be One in a Million!!!!

And even more landscape...

>Dental schools admitted 4327 applicants in 2000, but 6327 in 2021, with applicants rising from 7770 to 11,759 for the 68 US dental schools.

>Veterinary schools admitted 3,456 applicants in 2018, but 3,860 in 2021, with applicants rising from 7,076 to 10, 253 for the 48 US veterinary schools.

>Optometry schools admitted 2,472 applicants in 2019, but 2,684 in 2020 with applicants rising from 11,756 to 12, 513 for the 23 US schools and colleges of optometry.

> Podiatry schools admitted 679 applicants in 2020, but 648 in 2021 with applicants decreasing from 1006 to 910 for the 9 colleges of podiatric medicine.

> With 260 accredited and provisionally accredited PA programs, PA schools admitted 9,645 applicants in 2019, but 11,235 in 2021 with applicants increasing from 27,762 to 30,353.

About the added metrics...

- > Professional Readiness Exams and Situational Judgment Tests. While some were developed for use in health professions, others are employed in a wide array of career fields. Timing and use varies by school!
- > Recommended/required by many US medical, dental, veterinary, optometry and PA schools. Know when you must complete this test!

PREview Pre-Interview Screening Measure.

Common among our applicants:

University of Massachusetts Medical School
Saint Louis University School of Medicine
Rutgers, Robert Wood Johnson Medical School *

CASPer Computer-Based Assessment for Sampling Personal Characteristics.

Common among our applicants:

Wake Forest School of Medicine
New York Medical College
Drexel University School of Medicine
Touro College of Osteopathic Medicine (both NY and Nevada)
Boston University Physician Assistant Program
Virginia- MD College of Veterinary Medicine
Ross University School of Veterinary Medicine
Temple University School of Dental Medicine

But let's bring it closer to home...

In State vs Out of State? How do perceptions stack up?

	NY Medical College	NJ Cooper Rowan	U St Louis Washington
# Applicants	12, 222	5,031	7,245
% In State	18.1 %	25.6%	6.5%
% Out of State	81.9%	74.4%	93.5%
% In State Matriculants	58.9%	65.5%	36.1%
% Out of State Matriculants	41.1%	34.5%	63.9%

“Things I wish I had known/done...”

- STUDIED AVAILABLE ONLINE RESOURCES! MSAR, HPAC HANDBOOK, LINKS, ETC!
- PREPARED BETTER FOR ADMISSION TESTS
- PRACTICED INTERVIEWS, REVIEWED QUESTIONS, READ MORE
- OWNED MY PERSONAL CHOICE OF SCHOOLS; ASKED MYSELF THE “ONLY” QUESTION!
- HONESTLY ASSESSED MY APPLICATION; AVOID “EXCEPT FOR XXXX, MY APP IS GOOD.”
- THOUGHT MORE STRATEGICALLY; BUILD THE RIGHT LIST OF SCHOOLS!!

One more time close to home...

New York Medical College	15
Pennsylvania State University College of Medicine	13
Lewis Katz School of Medicine at Temple University	13
Drexel University College of Medicine	12
Sidney Kimmel Medical College at Thomas Jefferson University	12
Albany Medical College	11
Cooper Medical School of Rowan University	11
George Washington University School of Medicine & Health Sciences	10
Hackensack Meridian School of Medicine	10
Rutgers New Jersey Medical School	10
Rutgers, Robert Wood Johnson Medical School	10
Wake Forest University School of Medicine	10
Geisinger Commonwealth School of Medicine	9
Tulane University School of Medicine	8
Tufts University School of Medicine	8
Loyola University Chicago Stritch School of Medicine	7
Frank H. Netter MD School of Medicine at Quinnipiac University	7
Georgetown University School of Medicine	7
Albert Einstein College of Medicine	6
Geisel School of Medicine at Dartmouth	6

One more time close to home...

New York Medical College	15
Pennsylvania State University College of Medicine	
Lewis Katz School of Medicine at Temple University	
Drexel University College of Medicine	
Sidney Kimmel Medical College at Thomas Jefferson	
Albany Medical College	
Cooper Medical School of Rowan University	
George Washington University School of Medicine	
Hackensack University Medical Center	
Rutgers Robert Wood Johnson Medical School	10
University of Maryland School of Medicine	10
University of North Carolina School of Medicine	10
University of South Florida Health MDC	9
University of Tennessee Health Science Center	8
University of Virginia School of Medicine	8
University of Wisconsin School of Medicine and Public Health	7
Loyola University Chicago Stritch School of Medicine	7
Franklin Pierce University MD School of Medicine at Quinnipiac University	7
Georgetown University School of Medicine	7
Albert Einstein College of Medicine	6
Geisel School of Medicine at Dartmouth	6

Lafayette students submitted 195 applications to these 20 schools. In the past cycle only 4 of the 20 schools accepted our applicants (7 of them matriculated!)

Be STRATEGIC in choosing and building your school list!!!

IS FINANCING PART OF THE EQUATION AND YOUR DECISION? MAYBE IT SHOULD BE!

- APPLICATION CYCLE EXPENSES: \$7400
- MEDIAN COST FOR 4 YEARS OF HP SCHOOL:
 - \$278,455 (PRIVATE) OR \$207,868 (PUBLIC)
- MEDIAN DEBT FOR 4 YEARS OF HP SCHOOL:
 - \$174,000
- FEDERAL LOANS: 6.8-7.9%
- UNDERGRADUATE ADDED INDEBTEDNESS: \$29,400
- RESIDENCY TRAINING SALARIES: ANNUAL AVERAGE IS
 - \$55,300 FOR 3+ YEARS, SO AN ADDED DEBT LOAD OF ~\$30,000 YEARLY

...WATCH FOR CAS PROGRAMMING ON THIS!

FINANCIAL COMPONENTS OF A SUCCESSFUL APPLICATION

TESTING FEES (SCORES REPORTED AS SOON AS INSTANTLY TO 4 WEEKS DEPENDING):

MCAT	\$325 (\$445, \$150)
DAT	\$415
OAT	\$450
GRE GENERAL	\$205
GRE SUBJECT TEST FEES	\$150
CASPER TEST	\$10 + \$10X/SCHOOL

PRIMARY APPLICATION FEES (SECONDARY FEES AND COLLEGE SERVICE FEES ALSO)

AMCAS	\$170+ \$42
AACOMAS	\$197 + \$48
ADEA AADSAS	\$259 + \$112
OPTOMCAS	\$180 + \$70
VMCAS	\$220 + \$120
AACPMAS	\$185 + \$50
CASPA	\$179 + \$55

ONCE MORE! SUMMARY APPLICATION TIMELINE

TO MATRICULATE FALL 2025

REFER TO YOUR APPLICATION MEETING CHECKLIST HANDOUT

- The process? A marathon...run like a sprint! *Nearly 21 months!***
- Completed GreenSheet Form and HP CV *to access our personal appointment evaluation sessions through Fall 2023***
- Start drafting your reflective personal statement essay and your PIF**
- Recommenders—WHO *to recruit? 2 science faculty, 1 non-science faculty, 2 non-faculty supervisors, chosen wisely! WHEN to ask? Before the end of classes Fall 2023, no submission before Jan 2024! HOW to request? By a formal email asking for consideration and a meeting, providing drafts of materials attached with your request***
- Establish your exam preparation schedule...and adhere to it**
- FIRST DEADLINE 1 February 2024: Provide to HPA your HP Advising Waiver Form (*may require Dean's meeting for follow-up*)**
- SUPER DEADLINE 1 March 2024: Provide to HPA ALL Letters of Recommendation with ratings and counter-signed cover sheet; PIF, updated HP CV, Reflective Personal Statement Essay; SEE the LIST!**

SUMMARY APPLICATION TIMELINE

CONTINUED... KEEP THE CHECKLIST AT HAND

- HPAC On-Campus Interview** *invitations are extended with HPAC sub-committees through March and April 2024*
- Refine your school listing** *start with bellwether trio, establish your core half-dozen, add and extend to strategically submit*
- Sit for Examination** *by May 2024 to have scores by 1 June 2024*
- Create your account with your CAS** *when application services open it; it easily takes a month to populate from your PIF/HP CV*
- Manage your TRANSCRIPTS** *following CAS policies asap; wait to authorize LC transcripts until Spring 2024 grades are available*
- 2ndary requests extended**, *sometimes after previews, sometimes automatically, but finish them within a week of receipt!*
- School interviews** *initiated in August 2024 and may continue through March 2025; virtual interviews may be here to stay!*
- Admission offered** *perhaps within 3 weeks or as long as 6 months, but October 15 2025 is earliest acceptance date; waitlist use varies*
...so you can see why the mean age of matriculation has increased to 25!

Employing the GAP year(s) effectively

What should I do? Assess your portfolio REALISTICALLY...

Your goal? Raise your competitiveness.

How? Fill in the gaps!

Enhance and focus!

Be creative and innovative!

Push beyond your comfort zone!

Is a Post-Bac Program a good fit? They are HIGHLY variable

In our experiences, the percentage of applicants choosing to delay for a growth year(s) who felt it was the wrong decision?? ZERO %!

Stay connected! Provide your materials so HP Advising can assist!

Register for and attend HP Advising and related events!
Come when you are able, leave when you must, but make it
a priority to be and stay engaged.

All of us at Lafayette College look forward to your
success as you plan for a career in the health
professions. Follow our Twitter account @HPLafCol,
connect with Gateway Career Center, and visit us at
<http://healthprofessions.lafayette.edu/>

Questions?

Remember if you are wondering, it is likely someone else is as well!

USEFUL RESOURCES SHARED ON OUR WEB SITE!

Pre-med:

- [Aspiring Docs](#) (the AAMC's Aspiring Docs website provides resources and inspiration to help pre-med students get started on their path to medicine)
- the [Premed Navigator](#) (a monthly email that includes relevant information, resources, tools, tips, and important dates for pre-med students at every stage of their journey to medical school)
- [Aspiring Docs Diaries](#) blog

Pre-dental:

- [ADEA GoDental](#) (The ADEA GoDental website provides comprehensive resources to help prospective dental students get started on their path to dentistry)
- [ADEA GoDental Newsletter](#)
- [ADEA Dental Blogs](#)

Pre-vet:

- [The AAVMC's portal](#) (provides information, resources and tools to help pre-vet students get started on path to medicine)
- [The Pathways Newsletter](#) (the AAVMC's monthly newsletter designed specifically for pre-vet students)

Pre-optometry:

- [The ASCO website](#) (provides information and resources to help students get started on exploring a career in optometry)
- ASCO's [Eye on Optometry](#) blog (provides timely and useful information to anyone who is interested in applying to optometry school)