

Lafayette College Health Professions Advising Application Information Session

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Don't forget to email us at healthprofessions@lafayette.edu about your interest in the health professions so that we can include you on our email distribution list. Please note that this distribution list is open only to current Lafayette students.

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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?



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.

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

UPCOMING AND ON THE HORIZON

WATCH OUR HP WEBSITE !

Look for the next Cookie Friday 😊!

- Oct 30: Mandatory Application Info Session; 12:15-1:15pm RISC 262
 - Nov 1: Giesinger Commonwealth SOM, RISC 262, 12-1pm
 - Nov 3: DEADLINE! 11:59pm GCC SLUHN Sp'25 Pre-Med Observer appl
 - Nov 11: PCOM for PA and DO , RISC 104, 12:30-1:30pm
 - Nov 18: HealthProf School Interviewing, RISC 262, 12:15-1:15pm
 - Nov 20: USArmy Suture Clinic 4:10 to 6pm, RISC 104
- ...plus Meritus SOM Western Atlantic SOM, PS workshops....!

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**

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!!!!*

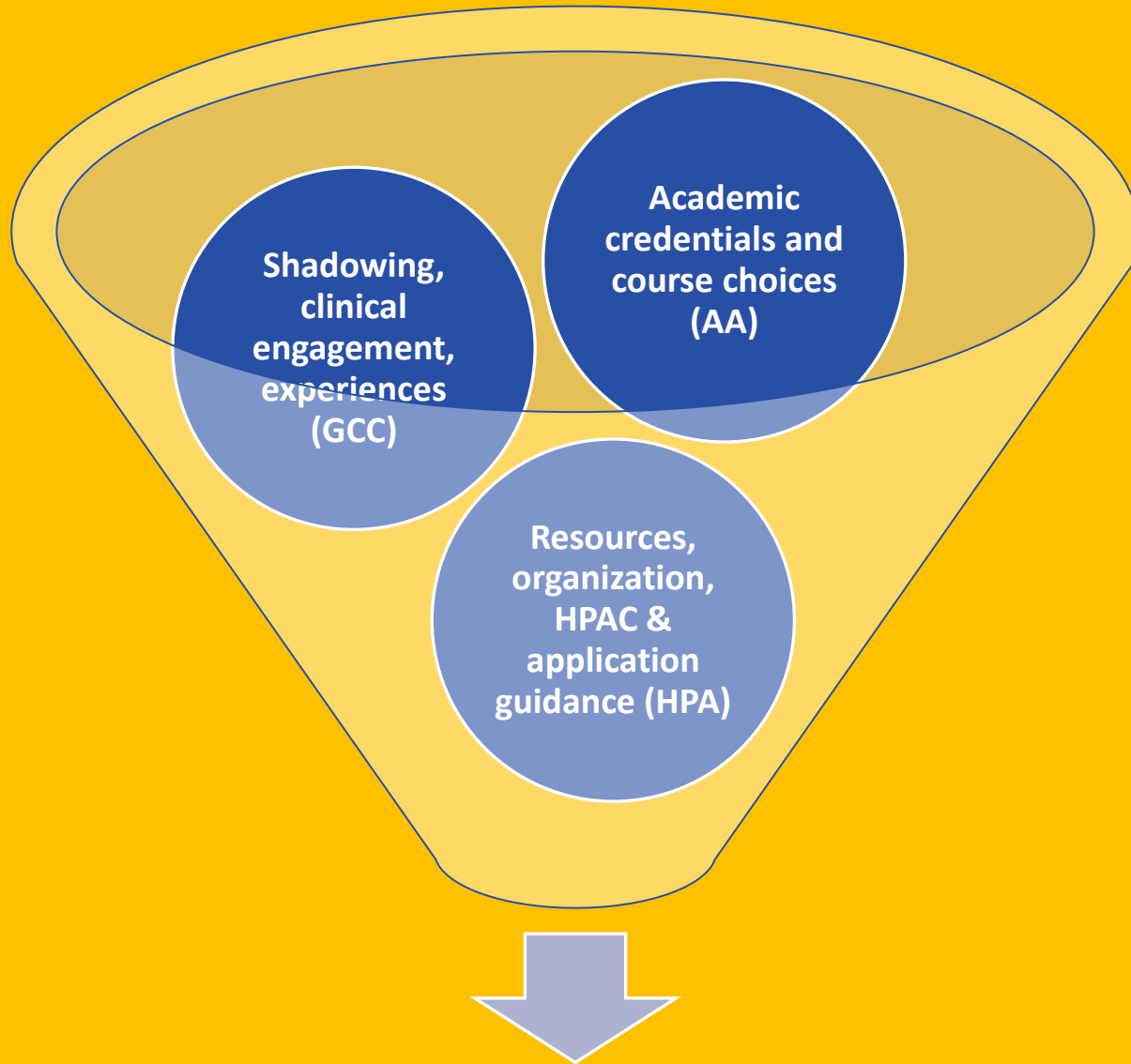
WHAT WILL REDUCE YOUR ODDS OF ADMISSION?

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!

Self-reflective insight to...

- Think **BROADLY** rather than **narrowly** as you complete coursework and develop your vision
- Devour your **bellwether** schools—3 is a start and evaluate **NOT** just metrics, but
 - Consider your **vision** of yourself as a health care provider; **NOT** a given specialty or residency, but how you see yourself contributing to the profession
 - Consider the **mission** of the school as it relates to that vision

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!

UNIVERSAL PRE-PROFESSIONAL COMPETENCIES

HOW SCHOOLS EVALUATE THE AVALANCHE OF APPLICANTS

Commitment to learning and growth

Cultural awareness

Cultural humility

Empathy and compassion

Ethical responsibility to self and others

Interpersonal skills

Oral communication

Reliability and dependability

Resilience and adaptability

Service orientation

Teamwork and collaboration

Critical thinking

Quantitative reasoning

Scientific Inquiry

Written communication

Human behavior

Living systems...MD & DO

Knowledge of biomedical and clinical sciences practice

Interpersonal and communication skills

Person-centered care

Interprofessional collaboration

Professionalism and ethics

Practice-based learning and quality improvement

Society and population health...PA

Critical Thinking

Professionalism

Communication and interpersonal skills

Health promotion

Patient care:

Assessment, diagnosis, planning, treatment

Establishment & maintenance of oral health

Practice management and informatics...DMD & DDS

Practice-based learning and improvement

Patient care and procedural skills

Systems-based practice

Medical knowledge

Interpersonal and communication skills

Professionalism

Compassion for all animals and people

Moral and ethical standards

Motivation to serve

Expectations on interactions with those of all ethnic, social, cultural, and religious backgrounds...DVM

Observation abilities: tactile & audio/visual

Communication ability

Sensory and motor coordination ability

Intellectual, conceptual, integrative, quantitative ability

Behavioral and social attributes...OD

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 APPLICANT TRENDS FOR:

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

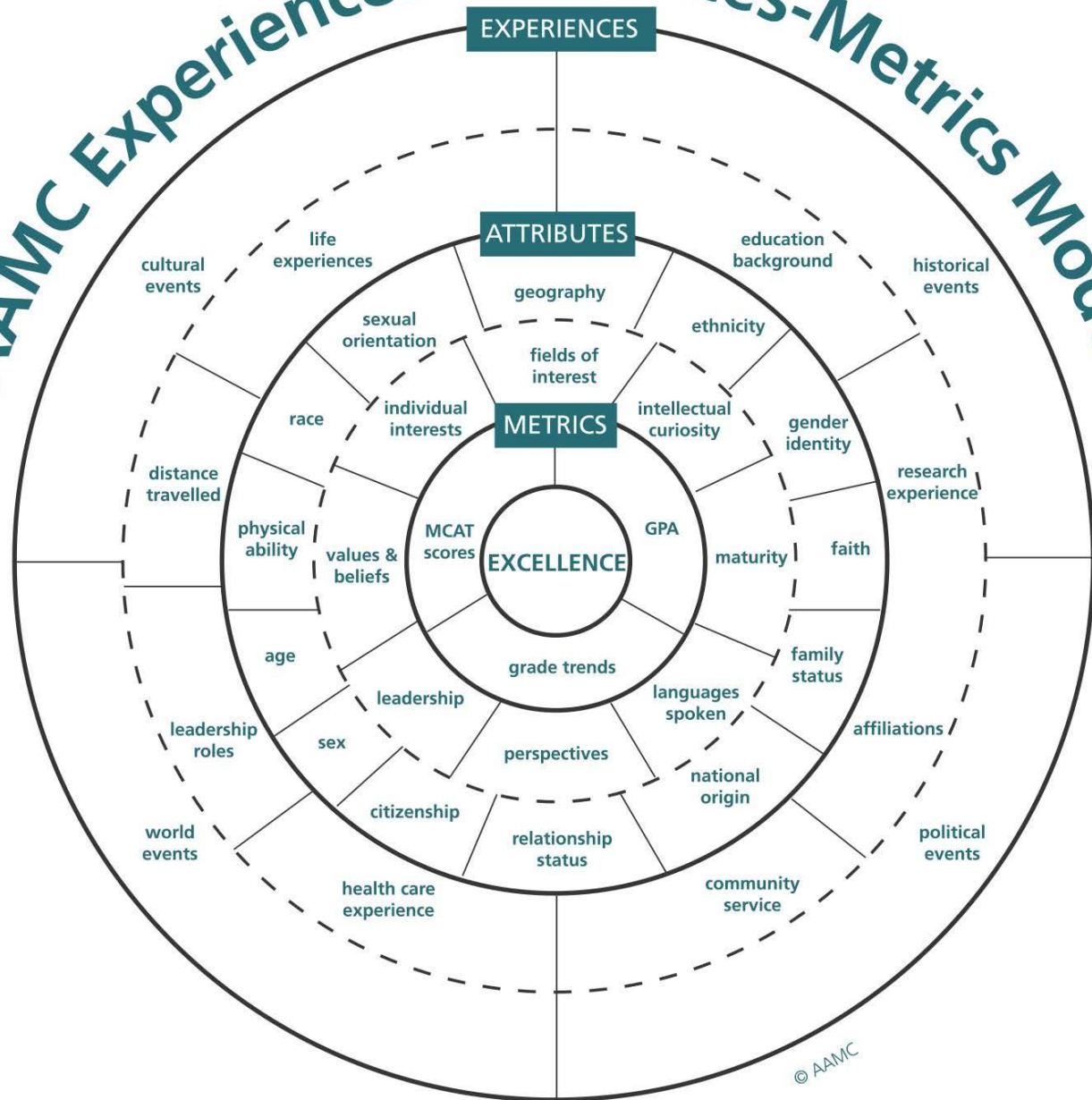
Intrapersonal competencies: Other

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

Technical competencies: Quantitative reasoning, Critical thinking, Written communication. Craft clear, concise, and measurable goals.

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

AAMC Experiences-Attributes-Metrics Model



Review this
as you zero
in on
EXCELLENCE
as an
Applicant!

Your Ongoing Resources:

HP Advising Page and Gateway

AAMC* & AMCAS

AACOM & AACOMAS

TMDSSAS

ADEA and AADSAS

AACPM and AACPMAS

AAVMC and VMCAS

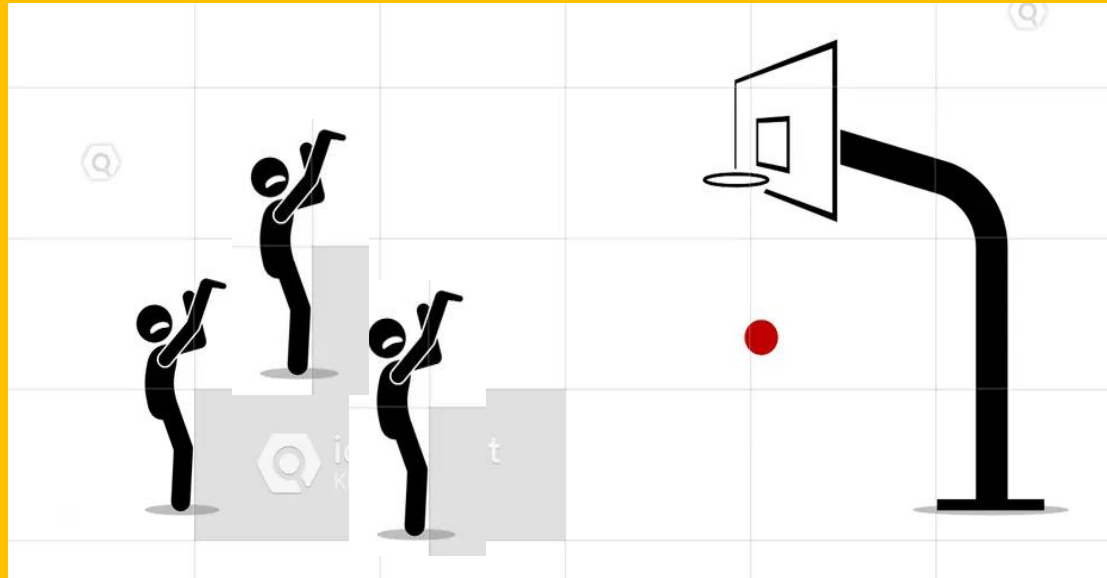
ASCO and OptomCAS

AAPA and CasPA

...and of course...

MSAR, MCAT, OAT, DAT, GRE

THE BIG PICTURE OFFICIAL APPLICATION



**WORK BACK FROM IT
TO WHERE YOU ARE NOW**

Dental School Applicant Quick Guide

Apply to traditional D.D.S. or D.M.D. programs through ADEA AADSAS® (ADEA Associated American Dental Schools Application Service).

ADEA AADSAS OPENS IN MID-MAY AND CLOSES IN EARLY FEBRUARY. Schools notify applicants of provisional offers of admissions in early December.

Who does what in the ADEA AADSAS application process?

1 APPLICANTS:

1. Submit the ADEA AADSAS application online and designate dental schools.
2. Send all official college and university transcripts to: ADEA AADSAS, P.O. Box #10, Washington, MA 02091
3. Specify who writes the letters of evaluation.
4. Schedule a date to take the U.S. Dental Admission Test (DAT), administered by the American Dental Association (ADA) or the Canadian Dental Aptitude Test (CDAT), administered by the Canadian Dental Association (CDA).

2 ADEA AADSAS:

1. Verifies all transcripts and calculates the ADEA AADSAS GPA.
2. ADEA imports DAT scores to ADEA AADSAS. CDA provides official scores to dental schools.
3. Processes and submits the final application to the applicant's designated dental schools.

3 DENTAL SCHOOLS:

1. Review completed applications and supplemental materials.
2. Interview selected applicants.
3. Make individual admissions decisions.

Resources to help when applying to dental school.

EVENTS: View information for engagement opportunities and receive tips on applying. [aede.org/Events](https://www.aede.org/Events)

ADEA OFFICIAL GUIDE TO DENTAL SCHOOLS. Learn about each of the dental schools in the U.S. and Canada and how to apply. [aede.org/officialguide](https://www.aede.org/officialguide)

ADEA DENTAL SCHOOL EXPLORER. This contains profiles of all U.S. and Canadian dental schools. All are searchable by keyword and filters. [aede.org/dse](https://www.aede.org/dse)

Tips for ADEA AADSAS application readiness.

Before starting your application, be sure to read the application instructions at [aede.org/GoDental/Apply](https://www.aede.org/GoDental/Apply)



Personal Information

- Keep your contact information updated, especially email addresses. Dental schools use this to contact you.
- Register for a DENTPIN from the ADA.

Academic History

- Use the Transcript Request Form to request all official transcripts. ADEA AADSAS will match them to your application.
- Pay close attention to details when entering coursework and standardized test dates.

Supporting Information

- Compose a strong personal statement.
- Identify individuals who know you well and request letters of evaluation at least two months before applying.

Program Materials

- Review individual dental school requirements and supplemental information.
- Designate the dental school(s) you want to receive your ADEA AADSAS application.

Have questions?
aedeinfo@aedeasweb.org
617.612.2045

Visit us:
[aede.org/aadsas](https://www.aede.org/aadsas)

Follow us:
@ADEAGoDental
#ADEAGoDental

[aede.org](https://www.aede.org)

ADEA ASSOCIATED AMERICAN DENTAL SCHOOLS

Apply to Medical School

Learn about the application process

The American Association of Colleges of Osteopathic Medicine Application Service – also known as AACOMAS – is the centralized online application service for U.S. colleges of osteopathic medicine.

AACOMAS simplifies the process of applying to osteopathic medical school. Complete one application and send it with the required information to our centralized service. We verify your application for accuracy, process it and send it with your materials to those osteopathic medical schools you designate.

The 2024-2025 AACOMAS application cycle is now open. [Start Your Application](https://aacomas.aacomas.com/applicant-us/#/login) (<https://aacomas.aacomas.com/applicant-us/#/login>)

Key Dates: 2024-2025 Application Cycle

May 6, 2024:

AACOMAS application opens for submissions.
Colleges begin receiving and processing applications.

Academic Update (Coursework) Periods:

Sep 2, 2024 – Oct 11, 2024
Dec 16, 2024 – Feb 14, 2025
Mar 17, 2025 – Apr 11, 2025

Visit the [Changes DO Explorer](https://www.aacomas.com/academic-update) ([aede.org/academic-update](https://www.aacomas.com/academic-update)) for individual college application requirements and deadlines.

Medical School Admission Requirements™ (MSAR®) for Applicants

The Medical School Admission Requirements™ (MSAR™) is an online database that enables you to browse, search, sort, and compare information about U.S. and Canadian medical schools and more.

Selecting a medical school will be one of your most significant decisions. Over the years, we have helped thousands of applicants navigate the application process and select the medical schools that fit best their goals and preferences.

Access MSAR® Products

[SIGN IN TO THE MSAR® GUIDE](#)

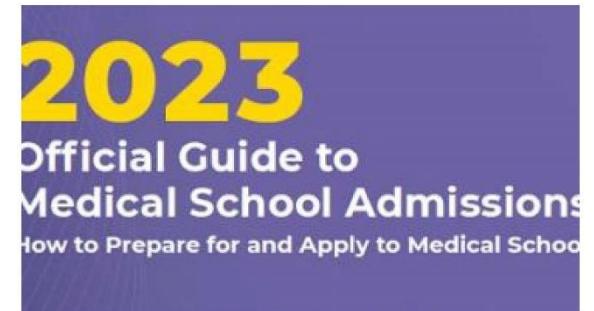
Admissions Products

In addition to the many free resources we offer aspiring medical students, the AACOM has developed products designed to help you make well-informed, strategic decisions about your medical school application process.

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

[One-Year Subscription](#)

[Three-Year Subscription](#)



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



Download Instructions for your CAS NOW!!!

VMCAS 2025
APPLICANT GUIDE



**ASSEMBLE AND ENTER YOUR
PERSONAL INFORMATION**

**CREDENTIALS
TRANSCRIPTS
COURSE WORK
CONVERSIONS**

AND THEN...

TACKLE THOSE IMPORTANT EXPERIENCES!

**NO ONE FORMAT ON EXPERIENCE BUT
FOR EACH ENTRY, PROVIDE A
NARRATIVE RATHER THAN BULLET
POINTS OR DRY DESCRIPTION...**

**PAINT THE PICTURE
SHOW YOUR ROLE
DEPICT YOUR TASKS
INDICATE HOW YOU GREW FROM IT**

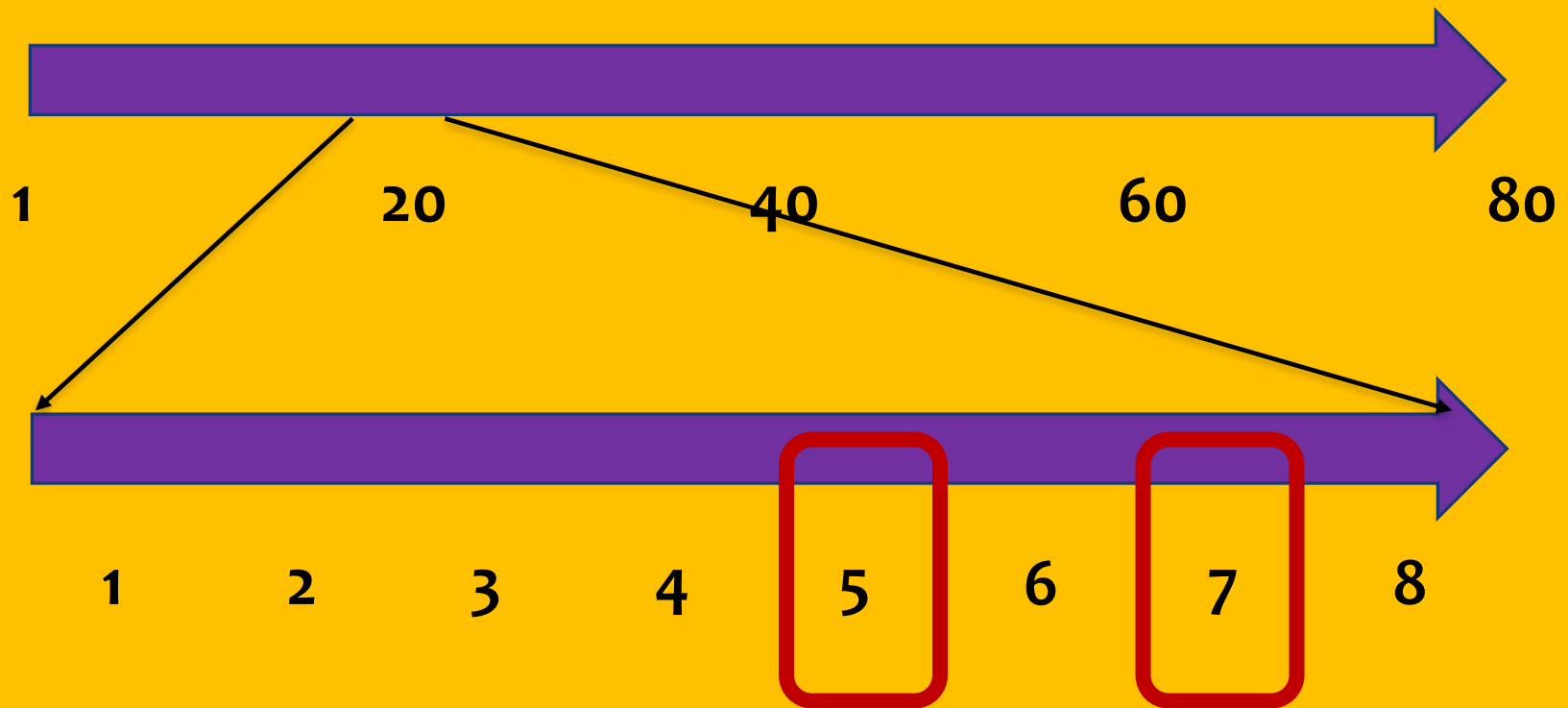
EXAM PREPARATION...PLAN YOUR PLAN ON HOW TO STUDY

REVIEW [AAMC](#) RESOURCES AND "[START YOUR MCAT PREP LIGHT WITH PROVEN LEARNING STRATEGIES](#)" FOR STUDY PLANS

REVIEW [DAT STUDY TIPS](#)

SCREEN WEBINAR BY DR. SHAVONIA WYNN, AAMC AUTHORITY AND TEST TAKING STRATEGIST

CONSIDER YOUR LARGER TIMELINE

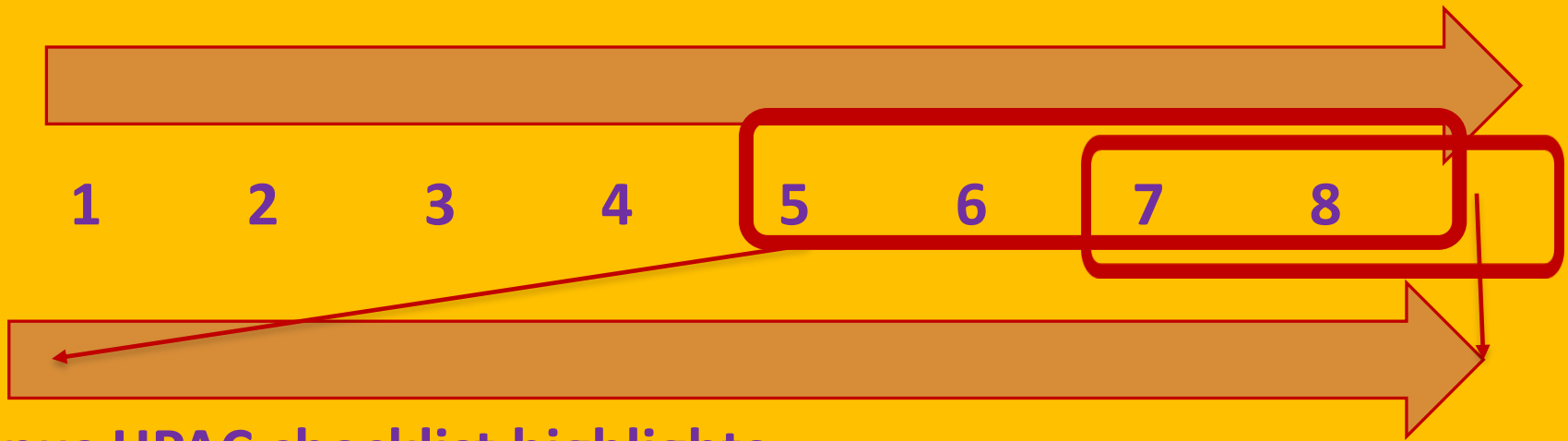


4 years, 8 semesters, that shape your future!

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

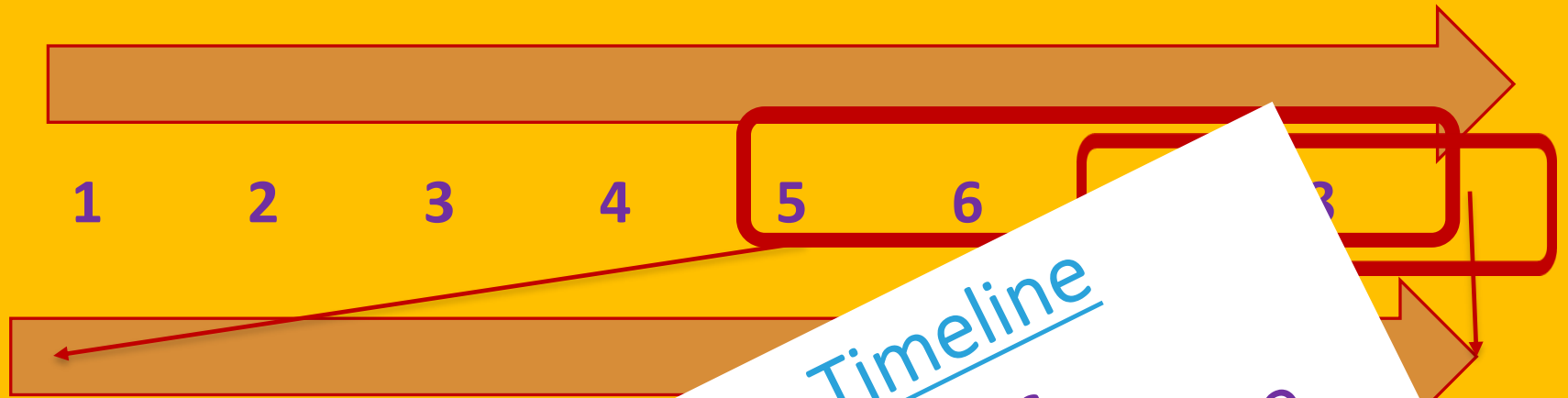
Draft and Redraft Reflective Personal Application Essay

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 Revise a Reflective Personal Application Essay
- Researching your vision/mission match for school choice
- Interview with HPAC...

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

Application Timeline

Considerations

See our HP website timeline resources

competencies!

by...and sticking to it!

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. This approach is 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.

OVERVIEW: To matriculate Fall 2026...

<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 2026 launches January 2025; ~May onward portals open for most others
- 1 February 2025 submit Applicant Waiver Form; conduct review begins; respond to scheduling for disclosure meetings (if needed)
- 1 March 2025 SUPER DEADLINE! Submit completed HP CV, PIF, Essay; transcripts from ANY course beyond Lafayette (we will access advising transcripts). ALSO ensure Letters of Recommendation HAVE ARRIVED in Scott 101, submitted on letterhead, *and with our needed documents!*

When these are COMPLETE...

- March/April 2025 respond to scheduling for campus HPAC interview
- RESEARCH your schools: mission, metrics, choices; compile strategically
- 15 May 2025 submit HP CLoE Release and List of Schools Form

- May 2025 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 2025; CASPA ~late April 2025; AAMC & AACOMAS ~early June 2025; ADEA AADSAS ~early June 2025; PTCAS ~June 2024; OptomCAS ~June 2025; AACPMAS ~early August 2025
- 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, 2025
- Secondary (2°) Application Requests extended beginning July 2025; plan on 2-7 day turnaround time for each!
- interviews offered beginning August 2025 to April 2026
- 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!!

GRAB YOUR CHECKLIST HERE!



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 2024. LETTERS AND COVERSHEET CAN BE SUBMITTED STARTING JANUARY 3 2025, BUT MUST BE SUBMITTED BY 1 MARCH 2025.

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 INTENDED 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; BUT
UPDATE HP CV MONTHLY***

RECENT LAFAYETTE COLLEGE APPLICANTS

- TOP UG MAJORS: BIOLOGY, NEUROSCIENCE, BUT 26% OF APPLICANTS WERE NON-SCIENCE MAJORS
- ACCEPTANCE RATE TO MED SCHOOL WAS 84%
- 53% OF APPLICANTS HAD 2+ GLIDE YEARS
- APPLICANT METRICS:
GPA=3.79, BCPM GPA=3.72, MCAT=508.4
- SUCCESSFUL MATRICULANT METRICS:
GPA=3.81, BCPM GPA=3.77, MCAT 509.6

HOW TO ASSESS YOUR READINESS? WHO IS YOUR COMPARISON GROUP? SOME RECENT NATIONAL DATA...

- Allopathic medical schools admitted 22,712 from 55,188 applicants (41.2%); osteopathic schools admitted 5,750 out of 23,000+ applicants (25%)
- 68 US dental schools admitted 6,327 of 11,180 (57%)
- 48 US/International veterinary schools admitted 3,860 of 10,811 applicants (35.7%)
- 23 US optometry schools admitted 1,954 of the 2,700 who applied (72.4%)
- 11 colleges of podiatry admitted 531 from 716 applicants (74.2%)
- 260 PA programs admitted 12,035 from the 30,137 applicants (39.9%)...with more programs gaining accreditation

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 & under	Acceptance Overall
LAFAYETTE 2018-2022 Aggregate data (MD + DO)	73% (59 of 81)	50% (13 of 26)	25% (1 of 4)	66% (73 of 111)
NATIONAL 2020-2023 (MD only)	53%	28%	13%	41%

Fall 2023 medical students saw 79% or our 14 LC applicants in MD or DO schools.

For 2018-2023 LC aggregate data:

80% dental school applicants were accepted (12 of 15)

80% veterinary school applicants were accepted (4 of 5)

100% optometry applicants were accepted (3 of 3)

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

Fall 2023: 22,981 of 52,577 applicants for 44% rate; successful GPA 3.77, MCAT 511.7

** 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?

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+, 800 HOURS!

DAT

[HTTP://WWW.ADEA.ORG/DENTAL_EDUCATION_PATHWAYS/AADSAS/APPLICANTS/PAGES/TAKETHEDAT\(DENTALADMISSIONTEST\).ASPX](http://www.aeea.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 ~600 -800 hours? That is 3+ college courses to prepare

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

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.

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!!

Employing the GAP year(s) effectively

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

Your goal? Apply at maximum competitiveness!

How? Don't gloss over cracks...Fill in the gaps!

Enhance and focus! Be creative and innovative!

Push beyond your comfort zone! Is Post-Bac/MSc a good fit?

Do your homework! They are HIGHLY variable...AND...leverage successful completion of any post graduate experiences you select!

By gliding, you defer entry into on-campus HPAC application cycles until your senior year or thereafter; the process then runs in normal sequence for secondaries, interviews...and hopefully acceptance!!

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

...But stay connected, update materials and meet on-campus deadlines

One more time close to home...

11

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...

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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 Meridian Health School of Medicine	
Brandeis University School of Health Sciences	10
University of Maryland School of Medicine	10
University of North Carolina School of Medicine	10
University of Pennsylvania School of Medicine	9
University of Texas Health Science Center at Houston School of Medicine	8
University of Virginia School of Medicine	8
Loyola University Chicago Stritch School of Medicine	7
Franklin Pierce University 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!

More recent helps and resources...

Fee Assistance Programs

Considering applying for financial help? Applicants need to apply to Fee Assistance programs *before* registering for their admissions tests or submitting their applications. Info about AAMC Fee Assistance program can be found at [this link](#).

MCAT/Preview Accommodation Process Updates

AAMC is combining the MCAT and PREview accommodations application process into one system. The updated and integrated system will allow applicants to apply for accommodations for one or both exams. Applicants will be able to log into the new MCAT/PREview accommodations application system beginning on Thursday, Oct. 10. More information is available at [this link](#). In addition, we urge our dental, optometry, or veterinary applicants to review accommodation process for their respective application services in advance of applying.

MCAT Preparation

There are many unofficial prep videos for other health professions applicants, however, none of them are directly offered by ADEA AADSAS or OptomCAS. So consider “Start your MCAT Prep Right with Proven Learning Strategies by Dr. Wynn, an AAMC consultant at [this link](#).

FINANCIAL COMPONENTS OF A SUCCESSFUL APPLICATION

TESTING FEES (SCORES MAY BE REPORTED INSTANTLY...OR UP TO 4 WEEKS LATER DEPENDING):

MCAT	\$335 (\$455, \$140)
DAT	\$525
OAT	\$515
GRE GENERAL	\$220
GRE SUBJECT TEST FEES	\$150
PREVIEW® TEST	\$100
CASPER TEST	\$85 (N=7)+ \$18X/SCHOOL

PRIMARY APPLICATION FEES (SECONDARY FEES, COLLEGE SERVICE FEES ADDITIONAL)

AMCAS	\$175+ \$45
AACOMAS	\$198 + \$57
ADEA AADSAS	\$264 + \$115
OPTOMCAS	\$187 + \$80+ SUPPL
VMCAS	\$234 + \$128
AACPMAS	\$205 + \$70
CASPA	\$184 + \$61

ONCE MORE! SUMMARY APPLICATION TIMELINE

TO MATRICULATE FALL 2026

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 2024***
- 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 2024, no submission before Jan 2025!* **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 2025:** Provide to HPA your HP Advising Waiver Form (*may require Dean's meeting for follow-up*)
- SUPER DEADLINE 1 March 2025:** 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 2025*
- Refine your school listing** *start with bellwether trio, establish your core half-dozen, add and extend to strategically submit*
- Sit for Examinations** *by May 2025 to have scores by 1 June 2025*
- 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 2025 grades are available*
- 2ndary requests extended**, *sometimes after previews, sometimes automatically, but finish them within a week of receipt!*
- School interviews** *initiated in August 2025 and may continue through March 2026; virtual interviews may be here to stay!*
- Admission offered** *perhaps within 3 weeks or as long as 6 months, but October 15 2026 is earliest acceptance date; waitlist use varies*
...so you can see why the mean age of matriculation has increased to 25!

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)

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 2025 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 and admissions staff treat it that way! Grammar and spelling matter! Use a signature and start your brand!

Introduce yourself; Provide complete information, specific context (subject header? context? email signature? Useful and relevant attachments?)

Request, rather than demand or instruct.

Provide sufficient advance notice.

Always say ‘Thank you!’ and mean it!