



UNIVERSITY OF VIRGINIA CAREER CENTER

PRE-HEALTH ADVISING HANDBOOK



UNIVERSITY OF VIRGINIA CAREER CENTER PRE-HEALTH AND LAW ADVISING

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HANDBOOK OVERVIEW

Thank you for checking out the Pre-Health Advising Handbook for 2017/2018! This handbook mirrors our Pre-Health website almost exactly, but provides an easy hard-copy reference for faculty and other advisors on pre-health planning for their advisees.

As you will see on the next page, “Fast Facts,” nearly 46% of our pre-health applicants seek professional programs outside of medical school. Still, the majority of students who seek assistance in their planning identify as “pre-med” and a large portion of our first- and second-year students start out as “pre-med” and learn about other health professions along the way. This is why we’ve provided quick facts about medical school acceptance in our “Fast Facts” and then give more detailed information within the body of each health profession section.

Also important to note is the emphasis on bridge years. A bridge year is the year between undergraduate and the professional program in clinical health (dental school, PT school, medical school, etc.). Most undergraduates come to UVA planning to attend professional school directly after graduation. This plan would require students to complete prerequisites within three years and apply during the summer after third year. However, many pre-health students will benefit from a bridge year. It allows applicants more time to complete prerequisite courses, gain valuable clinical experiences and research, and gain confidence that they’ve chosen the right profession for their unique set of interests, skills, and values. In most cases, it strengthens the professional school application. As Health Professions Advisors in the Career Center, we gather alumni stories and aggregate data which we provide to students as they explore their own best timeline. We hope to provide more information about bridge years in future iterations of this Handbook.

As you review this information yourself—and with your students—please send feedback to me at kws7j@virginia.edu. We seek to provide the best and most relevant information possible—and to provide consistent advising across the University. If you see something that doesn’t look right, or advice that is downright wrong, we want to know! Also, if you come across a question that is not answered in this document, please let us know so that we can do the research and provide evidence-based advice to our UVA students and alumni.

Finally, we do not expect you to do our jobs for us! We are providing this information to use if it is helpful to you, but we are most happy to receive direct student referrals. You can send a student’s name to us, or provide the following information to students. Many thanks for all you do to educate and advise UVA students.

Warm wishes,

Pre-Health and Law Advising, UVA Career Center

Kim Sauerwein

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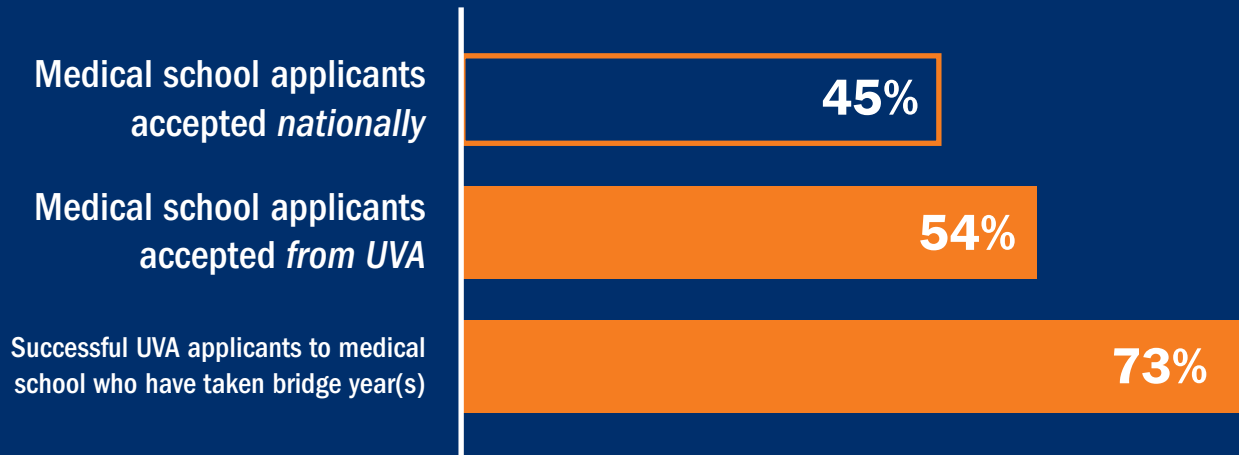
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To schedule a pre-health advising appointment, go to www.virginia.joinhandshake.com.

To visit open office hours on Grounds in Fall 2017, visit Gilmer 290D Monday - Thursday, 1:30 - 4:30 pm

FAST FACTS



PRE-HEALTH ≠ PRE-MED

357 UVA APPLICANTS TO ALLOPATHIC MEDICAL SCHOOL IN 2015/16*.

301 UVA APPLICANTS TO OTHER HEALTH PROFESSIONS PROGRAMS INCLUDING:

DENTAL, OCCUPATIONAL THERAPY, OPTOMETRY, PHYSICAL THERAPY, PHYSICIAN ASSISTANT, PODIATRY, VETERINARY MEDICINE**

*MOST RECENT APPLICATION YEAR FOR WHICH DATA ARE AVAILABLE

**ACCEPTANCE STATISTICS ARE INCLUDED ONLINE AND WITHIN THIS HANDBOOK

GUIDELINES FOR LETTER WRITING

Some health professional programs request an advisor or pre-health committee letter. UVA does not have such a committee; thus individual faculty letters of recommendation serve in that capacity. Thank you, in advance, for your important role in supporting UVA students and alumni who aspire to become healthcare professionals.

Professional programs favor letters which:

1. Serve as an *assessment* or *evaluation* of the applicant's suitability for health professional programs, rather than *advocate* for the applicant.
2. Speak only to aspects of the applicant's candidacy which the letter writer has *directly observed*.
3. Provide *context* for GPA, leadership, and other aspects of the applicant's candidacy.

For more information on letter writing, go to:

career.virginia.edu/gpsa/pre-health/apply/pre-health-letters-recommendation

Key Areas of Interest to Health Professional Schools

Unique contributions to the incoming class:

- Describe obstacles the applicant had to overcome, and if applicable, how those obstacles led to new learning and growth.
- Explain how the applicant may contribute to a professional programs' diversity, broadly defined (i.e. background, attributes, experiences, etc.)

Core, Entry-Level Competencies:

Describe how the applicant has, or has not, demonstrated any of the following competencies that are necessary for success in a health professional program:

- *Thinking and Reasoning Competencies*: critical thinking, quantitative reasoning, scientific inquiry, written communication
- *Science Competencies*: living systems, human behavior
- *Interpersonal Competencies*: service orientation, social skills, cultural competence, teamwork, oral communication
- *Intrapersonal Competencies*: ethical responsibility to self and others, reliability and dependability, resilience and adaptability, capacity for improvement

*Adapted from the [AAMC Guidelines for Writing a Letter of Evaluation for a Medical School Applicant](#).



Dentists (DDS, DMD) evaluate, diagnose, prevent and/or treat diseases, disorders, and/or conditions of the oral cavity. They advise their patients on oral health and disease prevention as well as perform clinical procedures such as fillings, crowns, implants, extractions, and corrective surgeries. Dentists may perform general dentistry or practice in one of nine dental specialties including:

- Dental Public Health
- Oral and Maxillofacial Radiology
- Periodontics
- Endodontics
- Oral and Maxillofacial Surgery
- Pediatric Dentistry
- Oral and Maxillofacial Pathology
- Orthodontics and Dentofacial Orthopedics
- Prosthodontics

While dentists diagnose and treat problems affecting the teeth, gingival tissue, tongue, lips and jaws, they are often the first health care professionals to detect and identify a wide variety of diseases. Dentists perform trauma surgery, implants, tissue grafts and laser surgery.

Resources

Professional and Student Organizations

- [American Dental Association](#)
- [American Dental Education Association](#)
- [American Student Dental Association](#)

Sources for Knowledge of the Field

- [Journal of the American Dental Association](#)
- [ADA New Dentist News](#)
- [Advocacy Brief](#)
- [Word of Mouth](#)
- [Mouthing Off](#)

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REQUIREMENTS AND INVOLVEMENT FOR DENTISTRY

Academics

Coursework

Prerequisite course requirements vary widely by individual school. You should determine specific requirements for programs of choice using the [American Dental Education Association Official Guide to Dental Schools](#).

The summary on the next page is a list of the most common pre-dental requirements.*

Most Common Pre-Dental Requirements

| Course | Amount | Required for Schools |
|-----------------------------|--------------------|----------------------|
| Introductory Biology | 2 lectures, 2 labs | Yes |
| General Chemistry | 2 lectures, 2 labs | Yes |
| Organic Chemistry | 2 lectures, 2 labs | Yes |
| General Physics | 2 lectures, 2 labs | Yes |
| Biochemistry | 1 course | Yes |
| English/Writing Composition | 2 courses | Some |
| Mathematics | 1-2 courses | Some |
| Cell Biology | 1 course | Some |
| Immunology | 1 course | Some |
| Microbiology | 1 course | Some |
| Genetics | 1 course | Some |
| Anatomy & Physiology | 2 courses | Some |
| Histology | 1 course | Few |
| Zoology | 1 course | Few |

**Dependent upon your academic home at UVA (College or School), specific course options to fulfill these requirements vary.*

Texas Residents: TX dental schools require 14 semester hours of biological science courses (not including biochemistry). Make sure you are familiar with the summary of TX school [undergraduate course requirements outlined here by TMDASAS](#).

Self-Assess

Use the [Pre-Health Pillars Candidacy Assessment](#) to keep track of your progress.

Advanced Placement Credit

Programs vary on whether they accept Advanced Placement (AP) credit as completion of a prerequisite requirement. You should complete lab courses for science coursework if UVA did not award lab credit for your AP science coursework.

Many programs that accept AP credit require you to supplement that credit by completing an equal number of hours in the same discipline at the university level.

Some students choose to retake science coursework they received AP credit for to prepare them for upper level coursework, as well as for entrance exams.

Dual Enrollment

Provided you earn a C or better in your dual

enrollment coursework, you can receive credit for the purpose of health professional program admission requirements. We encourage you to complete upper level coursework in the science disciplines to supplement your dual enrollment credit.

Extracurriculars

Student Organizations

Getting involved in a student organization is a great way to network with peers who have similar interests, access resources such as programs, speakers, and shadowing opportunities, as well as gain leadership and teamwork skills. Whether you select an organization specifically related to dentistry or not, we encourage you to review these organizations and participate.

- [Pre-Dental Society](#)
- [Operation Smile](#)
- [Global Medical Dental Brigades](#)

Find more health-related UVA organizations on the [clinical opportunities page](#).

Opportunities for Engagement

Engagement in the field of dentistry will not only help you continue to explore and confirm your interest in the profession, but also demonstrate a commitment to serving others. We encourage you to review the sampling of opportunities below, as well as self-initiate opportunities of your own!

- [Charlottesville Free Clinic](#)
- [Virginia Dental Association Foundation Mission of Mercy](#)
- [Summer Health Professions Education Program](#)
- [Virginia Commonwealth University Academic Enrichment Program](#)
- [Stony Brook School of Dental Medicine Discover Dental School Summer Scholars](#)
- [Rutgers School of Dental Medicine Gateway to Dentistry](#)
- [UCLA Premedical/Predental Enrichment Program](#)

Find more health-related opportunities for engagement on the [clinical opportunities page](#).

Manual Dexterity Development

During the admission process, dental schools look for evidence of your psychomotor skills to perform the necessary dexterity tasks dentistry demands. Consider some of the following tasks or identify others to help you practice this important skill set:

| |
|--------------------|
| Woodcarving |
| Sculpting |
| Drawing |
| Painting |
| Jewelry-making |
| Sewing/needlepoint |
| Cross-stitching |
| Crocheting |
| Knitting |

Learning to tie fishing knots

Playing a musical instrument that requires extensive hand-eye coordination (i.e. piano, violin, guitar)

Lab work that requires a steady hand and good hand-eye coordination

APPLICATION PROCESS FOR DENTISTRY

Candidacy Assessment

Your preparation for application to dental programs should always begin with assessment of your individual candidacy. Use the Pre-Health Pillars Candidacy Assessment as a guide to self-assess and plan to speak with a Pre-Health Advisor about your progress.

Resources

- [Pre-Health Pillars Candidacy Assessment](#)

Application

Associated American Dental Schools Application Services (AADSAS)

- This application is used for the majority of dental schools in the United States and some international schools.

Texas Medical and Dental Schools Application Service (TMDSAS)

- This application is used to apply to medical, dental, and veterinary schools in the state of Texas.

Applications open each year in early June. Although closing deadlines are not until February, you should apply in early summer due to the application verification and rolling admission cycle.

Dental Aptitude Test (DAT)

Consists of four multiple choice sections:

Survey of Natural Sciences

Perceptual Ability

Reading Comprehension

Quantitative Reasoning

Selecting Schools

It is essential to select schools that are not only a good fit for you academically, but also a good fit for your values, skills, interests, and that will help you become the professional you want to be. Take time to research programs prior to the application process. Here are some factors you should consider:

- Admission requirements: coursework and clinical experiences
- Institution's mission, goals, curriculum, grading system
- Size of cohort/class
- Location: where do you want to live? Where will you have a support network in place? What is the cost of tuition and cost of living?
- Where will you complete your clinical rotations? What type of patient population will you serve (i.e. urban, rural)? Will this provide the experiences you hope to gain?
- Does the school's mission and training focus align with your professional interests (i.e. research, personalized medicine, rural medicine?)

Recommended Length of School list: 12-15

Resources

- [Guidelines for Making a School List](#)
- [ADEA Official Guide to Dental Schools](#)

Letters of Evaluation (LOEs)

You may submit up to 4 individual letters to AADSAS. Some schools accept additional letters individually. Letters can be sent electronically through the AADSAS Evaluator's Portal or through the Interfolio letter service.

You should determine any specific LOE requirements from programs of choice. Letters are most commonly required by:

Science Faculty (2)

Non-Science Faculty (1)

Practicing Dentist (1)

Resources

- [Guidelines for Letters of Recommendation](#)

Personal Statement

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become a dentist? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become a dentist?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?

The AADSAS personal statement section includes a 4,500 character limit (including spaces). While there is no formal prompt, AADSAS additionally suggests considering the following topics:

- Do you have any special talents or leadership skills that could be transferable to the practice of dentistry?
- Express your commitment to helping others and mention any efforts made that enforce that commitment.
- Did you have to work to pay for your education? How has that made you a stronger applicant?
- To get where you are today, have you had to overcome hardships or obstacles? If so, how has this influenced your motivation for advanced education?
- Explain a defining moment that helped steer you toward a career in dentistry. Consider using that moment as the focus point of your essay.

Resources

- [Personal Statement Guidelines](#)
- [UVA Writing Center](#)
- Pre-Health Advising Personal Statement Reviews (by appointment)

Transcripts

Request official transcripts from all institutions attended. Make sure to carefully follow AADSAS instruction manual guidelines for specific details on transcript submission to the application service.

Resources

- [UVA Registrar's Office](#)

Interview Preparation

Pre-health mock interviewing is available to students and alumni preparing for or currently in the health professions application cycle. Interviews are one hour and include a feedback session aimed at increasing your readiness and confidence before an actual admissions interview. To schedule a mock interview, complete the following steps.

- **Schedule Your Mock Interview with an Advisor:** Contact the UVA Career Center at 434-924-8900 and indicate you are requesting a Pre-Health Mock Interview.
- **Complete a Full InterviewStream Mock Interview:** Create an [InterviewStream](#) account for free. Once you create an account, go to the *Home* tab and select *Conduct Interview*. Choose *Created for Me* and complete the *Dental School Interview*.
- **Submit the Pre-Health Mock Interviewing**


Form Online: Submit the [form](#) including a link to your completed InterviewStream video on the UVA Career Center website.

- **Come to the Career Center to be Interviewed:** Please dress as if this were a real interview. By doing so, you can become comfortable with an interview situation dressed in professional attire. The Pre-Health Advisor will provide feedback as to appropriate interview attire. If you do not have interview attire at this time, please dress in the most appropriate outfit you have available.

Resources

- [Interviewing for Health Professions Admissions](#)

Pre-Health Team & Open Office Hours



(L-R) Jessica Bowers, Rebecca Coulter, Kim Sauerwein

Monday - Thursday, 1:30 pm - 4:30 pm
 Gilmer 290D

Statistics for UVA Dental School Applicants

| Year | Number of Applicants | Number Accepted | Percentage Accepted |
|------|----------------------|-----------------|---------------------|
| 2014 | 59 | 41 | 69% |
| 2012 | 70 | 42 | 60% |
| 2011 | 74 | 47 | 63% |

*Statistics unavailable for 2013

APPLICATION TIMELINE FOR DENTISTRY

The entire application process lasts approximately 16-18 months, which spans two academic years. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins with preparation in the fall prior to your application submission in early summer.

| Time | Action |
|-----------|--|
| SEPTEMBER | <input type="checkbox"/> Begin drafting a Personal Statement |
| | <input type="checkbox"/> Have your resume reviewed by a Career Counselor to use when requesting Letters of Evaluation (LOEs) |
| OCTOBER | <input type="checkbox"/> Consider creating an Interfolio account (Letter of Evaluation reference file account information can be found at Interfolio.com) |
| | <input type="checkbox"/> Begin requesting letters of evaluation (LOEs) from faculty and dentists |
| | <input type="checkbox"/> Attend all relevant application process meetings and workshops in preparation for June submission of your application |
| NOVEMBER | <input type="checkbox"/> Attend all relevant application process meetings and workshops if not attended in October |
| DECEMBER | <input type="checkbox"/> Practice using InterviewStream to prepare for Mock Interview with Pre-Health Advisor |
| JANUARY | <input type="checkbox"/> Continue revising your Personal Statement Draft |
| | <input type="checkbox"/> Submit InterviewStream for Mock Interview Appointment |
| FEBRUARY | <input type="checkbox"/> Research programs and schools |
| | <input type="checkbox"/> Participate in Mock Interview Program |
| MARCH | <input type="checkbox"/> Finalize your Personal Statement |
| | <input type="checkbox"/> Consider Mock Interviewing if not previously completed |
| APRIL | <input type="checkbox"/> Participate in Mock Interview if not previously completed |
| | <input type="checkbox"/> Confirm receipt of all LOEs |
| MAY | <input type="checkbox"/> Take DAT no later than early May |
| | <input type="checkbox"/> Review AADSAS application instruction manual |
| JUNE | <input type="checkbox"/> Primary application (AADSAS) opens in early June |
| JULY | <input type="checkbox"/> Submit primary application, transcripts, and all LOEs by early July |
| | <input type="checkbox"/> Utilize InterviewStream and Mock Interviewing |
| AUGUST | <input type="checkbox"/> Complete secondary applications within two weeks of receiving them |
| | <input type="checkbox"/> Utilize InterviewStream and Mock Interviewing |
| | <input type="checkbox"/> Interviews begin |
| SEPTEMBER | <input type="checkbox"/> Complete secondary applications within two weeks of receiving them |
| FALL | <input type="checkbox"/> Interviews continue until spring |
| | <input type="checkbox"/> Provide relevant (academic, co-curricular) updates to schools in December |
| SPRING | <input type="checkbox"/> Make final choice of school based on AADSAS traffic rules |

Physicians diagnose and treat injuries or illnesses. They examine patients, take medical histories, prescribe medications, and order, perform, and interpret diagnostic tests. They counsel patients on diet, hygiene, and preventative healthcare. Physicians may work as general practitioners or choose to specialize in any number of over 120 specialties and sub-specialties.

Medical Degrees

There are two types of medical degrees. Allopathic medical schools grant the M.D. degree and Osteopathic medical schools grant the D.O. degree.

What's the difference?

The basic training at allopathic and osteopathic schools is essentially identical. The primary difference is that osteopathic medical schools and physicians take a more “holistic” approach to the practice of medicine. In addition to using all forms of standard medical treatment, D.O.'s are trained to use osteopathic manipulative treatment to help diagnose injury and illness, alleviate pain, and promote a person's well-being. They partner with each person to promote health on physical, emotional, and spiritual levels.

One in 5 medical students in the United States attends an osteopathic medical school. By 2020, all graduates of Allopathic and Osteopathic medical schools will complete their residency and/or fellowship education in programs accredited by the same agency.

[MD and DO Medical Programs: Similarities and Differences](#)

Resources

National Professional and Student Organizations

- [Association of American Medical Colleges](#)
- [American Association of Colleges of Osteopathic Medicine](#)
- [American Medical Association](#)
- [American Osteopathic Association](#)

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MD-PhD: Is It Right For Me?

Career Path

Programs

- [American Medical Student Association](#)
- [Student Osteopathic Medical Association](#)

Sources for Knowledge of the Field

- [Journal of the American Medical Association](#)
- [Journal of the American Osteopathic Association](#)
- [AMA Journal of Ethics](#)
- [The DO Osteopathic Magazine](#)
- [NIH News in Health](#)

REQUIREMENTS AND INVOLVEMENT FOR MEDICINE

Academics

Coursework

Prerequisite course requirements vary widely

by individual school. You should determine specific requirements for programs of choice using the:

- [Association of American Medical Colleges Medical School Admission Requirements](#)
- [Osteopathic Medical College Info Book](#)

Most Common Pre-Medical Requirements*

| Course | Amount | Required for Schools | Needed for MCAT Prep |
|-----------------------------|--------------------|----------------------|----------------------|
| English/Writing Composition | 2 courses | Yes | Yes |
| Introductory Biology | 2 lectures, 2 labs | Yes | Yes |
| General Chemistry | 2 lectures, 2 labs | Yes | Yes |
| Organic Chemistry | 2 lectures, 2 labs | Yes | Yes |
| General Physics | 2 lectures, 2 labs | Yes | Yes |
| Biochemistry | 1 course | Some | Yes |
| Calculus | 1 - 2 courses | Many | No |
| Introductory Statistics | 1 course | Many | Yes |
| Introductory Sociology | 1 course | Some | Yes |
| Introductory Psychology | 1 course | Some | Yes |
| Genetics | 1 course | Recommended | Recommended |
| Cell Biology | 1 course | Recommended | Recommended |

*Dependent upon your academic home at UVA (College or School), specific course options to fulfill these requirements vary.

Texas Residents: TX medical schools require 14 semester hours of biological science courses (not including biochemistry). Make sure you are familiar with the summary of TX school [undergraduate course requirements outlined here by TMDSAS](#).

Self-Assess

Utilize the [Pre-Health Pillars Candidacy Assessment](#) to keep track of your progress.

Advanced Placement Credit

Programs vary on whether they accept Advanced Placement (AP) credit as completion of a prerequisite requirement.

You should complete lab courses for science coursework if UVA did not award lab credit for your AP science coursework.

Many programs that accept AP credit require you to supplement that credit by completing an equal number of hours in the same discipline

at the university level.

Some students choose to retake science coursework they received AP credit for to prepare them for upper level coursework, as well as for entrance exams.

Dual Enrollment

Provided you earn a C or better in your dual enrollment coursework, you can receive credit for the purpose of health professional program admission requirements. We encourage you to complete upper level coursework in the science disciplines to supplement your dual enrollment credit.

Extracurriculars

Student Organizations

Getting involved in a student organization is a great way to network with peers who have similar interests, access resources such as programs, speakers, and shadowing opportunities, as well as gain leadership and teamwork skills. Whether you select an organization directly related to medicine or not, we encourage you to participate in a student organization that excites you!

- [Alpha Epsilon Delta PreHealth Honor Society \(AED\)](#)
- [American Medical Student Association \(AMSA\)](#)
- [Daniel Hale Williams Pre-Medical Society \(DHW\)](#)
- [Women in Medicine Initiatives \(WIMI\)](#)

Find more health-related UVA student organizations on the [clinical opportunities page](#).

Opportunities for Engagement

Engagement within the medical field will not only help you continue to explore and confirm your interest in the profession, but also demonstrate a commitment to serving others. We encourage you to review the sampling of opportunities below, as well as self-initiate opportunities of your own!

- [Madison House Volunteer Programs](#)
- [Charlottesville Free Clinic](#)
- [UVA Medical Center Scribe Program](#)
- [Charlottesville-Albemarle Rescue Squad \(CARS\)](#)
- [Western Albemarle Rescue Squad \(WARS\)](#)
- [Summer Health Professions Education Program](#)
- [Eastern Virginia Medical School Department of Pediatrics Summer Scholars Program](#)
- [Virginia Commonwealth University Academic Enrichment Program](#)

Find more health-related UVA organizations on the [clinical opportunities page](#).

APPLICATION PROCESS FOR MEDICINE

Candidacy Assessment

Your preparation for application to medical schools should always begin with assessment of your individual candidacy. Use the Pre-Health Pillars Candidacy Assessment as a guide to self-assess and plan to speak with a Pre-Health Advisor about your progress.

Resources

- [Pre-Health Pillars Candidacy Assessment](#)

Application

American Medical College Application Service (AMCAS)

- This application is used for allopathic medical program.

American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS)

- This application is used for osteopathic medical programs.

Texas Medical and Dental Schools Application Service (TMDSAS)

- This application is used to apply to medical, dental, and veterinary schools in the state of Texas.

Applications open each year in early May. Dependent upon the application service(s) most applicable to you, submission may begin in May or early June. Although closing deadlines are not until September - December, you should apply in early summer due to the application verification and rolling admission cycle.

Medical College Admission Test (MCAT)

Applicants should complete the MCAT no later than April prior to beginning the application cycle in May. The test consists of four sections:

Biological and Biochemical Foundations of Living Systems

Chemical and Physical Foundations of Biological Systems

Psychological, Social, and Biological Foundation of Behavior

Critical Analysis and Reasoning Skills

Selecting Schools

It is essential to select schools that are not only a good fit for you academically, but also a good fit for your values, skills, interests, and that will help you become the professional you want to be. Take time to research programs prior to the application process. Here are some factors you should consider:

- Admission requirements: coursework and clinical experiences
- Institution’s mission, goals, curriculum, grading system
- Size of cohort/class
- Location. Where do you want to live? Where will you have a support network in place? What is the cost of tuition and cost of living?
- Where will you complete your clinical rotations? What type of patient population will you serve (i.e. urban, rural)? Will this provide the experiences you hope to gain?
- Does the school’s mission and training focus align with your professional interests (i.e. research, personalized medicine, rural medicine)?

Recommended Length of School List:

- 12-15 Allopathic
- 10 -15 Osteopathic

Resources

- [Guidelines for Making a School List](#)

Letters of Evaluation (LOEs)

You may submit a minimum of three and a maximum of ten individual letters on the AMCAS application. Letters may be sent electronically through the AMCAS Letter Writer Application or Interfolio letter service.

You should determine any specific LOE requirements from programs of choice.

Letters are most commonly required by:

Science Faculty (2)

Non-Science Faculty (1)

Faculty Advisor

Employer

Research Mentor

Healthcare Provider

Volunteer Manager

Resources

- [Guidelines for Letters of Recommendation](#)

Personal Statement

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become a physician? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become a physician?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?

AMCAS: 5,300 character limit (including spaces and punctuation)

AACOMAS: 4,500 character limit (including spaces and punctuation)

While there is no formal prompt, the application services additionally suggest considering the following topics:

- What motivates you to learn more about medicine?
- What do you want medical schools to know about you that hasn’t been disclosed in other sections of the application?
- Have you experienced any special hardships, challenges, or obstacles that may have included your educational pursuits?
- Commentary on significant fluctuations in

your academic record that are not explained elsewhere in your application.

Resources

- [Personal Statement Guidelines](#)
- Pre-Health Advising Personal Statement Reviews (by appointment)
- [UVA Writing Center](#)

Transcripts

Request official transcripts from all institutions attended. Make sure to carefully follow AMCAS, AACOMAS, and TMDAS instruction manual guidelines for specific details on transcript submission to the application service.

Resources

- [UVA Registrar's Office](#)

Interview Preparation

Pre-health mock interviewing is available to students and alumni preparing for or currently in the health professions application cycle. Interviews are one hour and include a feedback session aimed at increasing your readiness and confidence before an actual admissions interview. To schedule a mock

interview, complete the following steps.

- **Schedule Your Mock Interview with an Advisor:** Contact the UVA Career Center at 434-924-8900 and indicate you are requesting a Pre-Health Mock Interview.
- **Complete a Full InterviewStream Mock Interview:** Create an [InterviewStream](#) account for free. Once you create an account, go to the *Home* tab and select *Conduct Interview*. Choose *Created for Me* and complete the *Medical School Interview*.
- **Submit the Pre-Health Mock Interviewing Form Online:** Submit the [form](#) including a link to your completed InterviewStream video on the UVA Career Center website.
- **Come to the Career Center to be Interviewed:** Please dress as if this were a real interview. By doing so, you can become comfortable with an interview situation dressed in professional attire. The Pre-Health Advisor will provide feedback as to appropriate interview attire. If you do not yet have interview attire, please dress in the most appropriate outfit you have available.

Resources

- [Interviewing for Health Professions Admissions](#)

Statistics for Medical School Applicants

These statistics include all applicants who chose UVA as their designated school for application purposes. Those applicants identified their academic work at UVA as anyone with:

1. Post-baccalaureate work,
2. Bachelor's degree,
3. Graduate degree (Masters, Doctoral),
4. Other degrees (Professional, Other), or
5. No degree.

Additionally, statistics are not reported for applicants who withheld their information from Health Professions Advisors on their centralized application (AMCAS/AACOMAS).

UVA Allopathic (MD) School Applicants

| Year | # of Applicants | # Accepted | % Accepted |
|------|-----------------|------------|----------------------|
| 2014 | 331 | 182 | 55% (43% nationally) |
| 2013 | 446 | 241 | 52% (44% nationally) |
| 2012 | 450 | 253 | 56% (45% nationally) |
| 2011 | 431 | 254 | 59% (46% nationally) |

UVA Osteopathic (DO) School Applicants

| Year | # of Applicants | # of Matriculates | % Matriculated |
|------|-----------------|-------------------|----------------------|
| 2014 | 108 | 36 | 33% (29% nationally) |
| 2013 | 111 | 35 | 31% (35% nationally) |
| 2012 | 83 | 25 | 30% (34% nationally) |
| 2011 | 88 | 32 | 36% (35% nationally) |

*The Osteopathic Medical School Application Service (AACOMAS) only reports the number of applicants who chose to matriculate, not the number of applicants who were accepted.

APPLICATION TIMELINE FOR MEDICINE

The entire application process lasts approximately 18 months, which spans two academic years. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins in the fall prior to your application submission in early June.

| Time | Action |
|-----------|--|
| | <ul style="list-style-type: none"> □ Begin drafting a Personal Statement |
| SEPTEMBER | <ul style="list-style-type: none"> □ Have your resume reviewed by a Career Counselor to use when requesting Letters of Evaluation (LOEs) |
| OCTOBER | <ul style="list-style-type: none"> □ Consider creating an Interfolio account (Letter of Evaluation reference file account information can be found at Interfolio.com) □ Begin requesting LOEs from faculty as well as employers, clinicians, volunteer managers, etc. □ Attend all relevant application process meetings and workshops in preparation for June submission of your application |
| NOVEMBER | <ul style="list-style-type: none"> □ Attend all relevant application process meetings and workshops if not attended in October |
| DECEMBER | <ul style="list-style-type: none"> □ Practice using InterviewStream to prepare for Mock Interview with Pre-Health Advisor |
| JANUARY | <ul style="list-style-type: none"> □ Continue revising your Personal Statement Draft □ Submit InterviewStream for Mock Interview Appointment |
| FEBRUARY | <ul style="list-style-type: none"> □ Research programs and schools □ Participate in Mock Interview Program |
| MARCH | <ul style="list-style-type: none"> □ Finalize your Personal Statement □ Consider Mock Interviewing if not previously completed |
| APRIL | <ul style="list-style-type: none"> □ Participate in Mock Interview if not previously completed □ Confirm receipt of all LOEs □ Take MCAT no later than April □ Review AMCAS/AACOMAS application instruction manual |
| MAY | <ul style="list-style-type: none"> □ Primary application (AMCAS/AACOMAS) opens in early May |
| JUNE | <ul style="list-style-type: none"> □ Submit primary application, transcripts, and all LOEs in early June |
| JULY | <ul style="list-style-type: none"> □ Utilize InterviewStream and Mock Interviewing |
| AUGUST | <ul style="list-style-type: none"> □ Complete secondary applications within two weeks of receiving them □ Utilize InterviewStream and Mock Interviewing □ Interviews begin |
| SEPTEMBER | <ul style="list-style-type: none"> □ Complete secondary applications within two weeks of receiving them |
| FALL | <ul style="list-style-type: none"> □ Interviews continue until spring □ Provide any relevant (academic, co-curricular) updates to schools in December |
| SPRING | <ul style="list-style-type: none"> □ Make final choice of school based on AAMC/AACOM traffic rules |

MD-PHD

The Doctorate of Medicine and of Philosophy (MD–PhD) is a dual doctoral degree for physician–scientists. MD-PhD candidates pursue this education to gain in-depth training in modern biomedical research and clinical medicine. The PhD may be awarded in a variety of disciplines within the biomedical sciences, as well as social and behavioral sciences, epidemiology, and public health to name a few. This dual career offers opportunities to work directly with patients, but also to impact large groups of people by advancing medical knowledge and developing new treatments.

Professional Association

- [American Physician Scientists Association](#)

MD-PhD Programs

The MD-PhD degree is granted by medical schools often through the Medical Scientist Training Program (MSTP) or other non-MSTP MD-PhD programs. MD-PhD students enter an integrated curriculum intended to take 7-8 years during which they complete the requirements for both the MD and the PhD.

The curriculum includes:

- Summer laboratory rotations
- Medical and graduate school coursework
- Doctoral research
- Clinical activities

MD-PhD Curriculum

| Years 1-2 | Years 3-6 | Years 7-8 |
|---|---|---|
| Mostly Medical School Some Graduate School | Some Medical School Mostly Graduate School | Mostly Medical School Some Graduate School |

MD-PhD: Is it Right for Me?

- Are you inspired by making new research discoveries?
- Do you exhibit the persistence to see a long-term project through?
- Do you display a keen sense of curiosity?
- Are you drawn to clinical work and rewarded by the opportunity to offer a healing hand?
- Are you prepared for a career in which you will spend most of your time doing research, in addition to caring for patients?
- Are you passionate about research and certain that it will be an important part of your career?

Resources

- [AAMC MD-PhD: Is It Right for Me?](#)
- [AAMC MD-PhD in the Social Sciences or Humanities: Is it Right for Me?](#)

- [Weill-Cornell/Rockefeller/Sloan-Kettering Tri-Institutional MD-PhD Program Podcasts](#)

Career Paths

The majority of MD-PhD graduates go on to complete clinical residencies and fellowship training (3-7 years additional training, depending on specialty). Upon completion of training, career pathways may include work within:

- Academic medical centers/schools
- Research institutions such as the NIH
- Pharmaceutical or biotechnical industry
- Academic, government, industry, or private organization leadership roles

Programs

There are over 100 MD-PhD programs, 44 of which are supported by the National Institutes of Health and referred to as Medical Scientist Training Programs (MSTPs).

MEDICINE

Most programs offer financial support through stipends and tuition waivers.

- [MD-PhD Degree Programs by State](#)
- [MD-PhD Program Policies](#)

How do I explore research and gain experience?

- [MD-PhD Summer Undergraduate Research Programs](#)
- [Research Opportunities](#)
- [Research Opportunity Recent Notifications](#)
- [UVA Undergraduate Research Network](#)

Applicant Resources

- [AAMC Workshops for Prospective MD-PhD Applicants](#)
- [AAMC Application and Acceptance Protocols for Applicants](#)
- [MD-PhD Interviews and Revisits Calendar](#)

Pre-Health Advising & Appointments



Pre-Health & Law Advising Team

(L-R) Jessica Bowers, Rebecca Coulter, Kim Sauerwein

Open Office Hours

15-minute drop-in sessions

Monday - Thursday, 1:30 pm - 4:30 pm

Gilmer 290D

Appointments

Schedule online through Handshake
(virginia.joinhandshake.com) or call
(434) 924-8900.



Optometrists (O.D.) are the independent primary healthcare professionals for the eye. They examine, diagnose, treat, and manage diseases, injuries, and disorders of the visual system, the eye, and the associated structures as well as identify related systematic conditions affecting the eye. Optometrists practice in many settings, including:

- Individual Private Practice
- Partnership or Group Practice
- Academic/Research
- Retail/Optical Settings
- Interdisciplinary Care
- Corporate/Industrial
- Military/Public Health
- Health Maintenance Organization
- Optometric/Ophthalmologic Professional Settings

Formal optometry education takes four years, with residency and extern programs taking place during the fourth year. Upon graduation, a board certification test is required. To remain certified, optometrists must complete at least 30 hours of board-approved continuing education each biennial period.

Resources

Professional Organizations

- [American Optometric Association](#)
- [Association of Schools and Colleges of Optometry](#)
- [Virginia Optometric Association](#)

Sources for Knowledge in the Field

- [ASCO Optometric Education Journal](#)
- [ASCO Eye on Optometry](#)
- [ASCO Eye on Education Newsletter](#)
- [AOA News](#)

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Application Timeline for Optometry

REQUIREMENTS AND INVOLVEMENT FOR OPTOMETRY

Academics

Coursework

Prerequisite course requirements vary widely by individual school. You should determine specific requirements for programs of choice using:

- [Association of Schools & Colleges of Optometry Admission Requirements Handbook](#)
- [OptomCAS Directory of Schools and Colleges](#)

The summary on the next page is a list of the most common pre-optometry requirements.

Most Common Pre-Optometry Requirements*

| Course | Amount | Required for Schools |
|-------------------------------|--------------------|----------------------|
| Introductory Biology | 2 lectures, 2 labs | Yes |
| General Chemistry | 2 lectures, 2 labs | Yes |
| Organic Chemistry I | 1 lecture, 1 lab | Yes |
| General Physics | 2 lectures, 2 labs | Yes |
| Calculus | 1 course | Yes |
| English / Writing Composition | 2 courses | Yes |
| Organic Chemistry II | 1 lecture, 1 lab | Some |
| Anatomy and Physiology | 1 - 2 courses | Some |
| Biochemistry | 1 course | Some |
| Microbiology | 1 course | Most |
| Statistics | 1 course | Most |
| Psychology | 1 course | Most |

*Dependent upon your academic home at UVA (College or School), specific course options to fulfill these requirements vary.

Self-Assess

Utilize the [Pre-Health Pillars Candidacy Assessment](#) to keep track of your progress.

AP Credit

Programs vary on whether they accept Advanced Placement (AP) credit as completion of a prerequisite requirement.

You should complete lab courses for science coursework if UVA did not award lab credit for your AP science coursework.

Many programs that accept AP credit require you to supplement that credit by completing an equal number of hours in the same discipline at the university level.

Some students choose to retake science coursework they received AP credit for to prepare them for upper level coursework, as well as for entrance exams.

Dual Enrollment

Provided you earn a C or better in your dual enrollment coursework, you can receive credit for the purpose of health professional program admission requirements. We encourage you to complete upper level coursework in the science disciplines to supplement your dual enrollment credit.

Extracurricular Activities

Student Organizations

Getting involved in a student organization is a great way to network with peers who have similar interests, access resources such as programs, speakers, and shadowing opportunities, as well as gain leadership and teamwork skills. Whether you select an organization directly related to optometry or not, we encourage you to review these organizations and participate.

- [Pre-Optometry Club](#)

Find additional health-related UVA student organizations on the [clinical opportunities page](#).

Opportunities for Engagement

Engagement within the field of optometry will not only help you continue to explore and confirm your interest in the profession, but also demonstrate a commitment to serving others. We encourage you to review the opportunities below, as well as self-initiate opportunities!

- [Madison House Volunteer Programs](#)
- Optometry School Career Opportunities and Enrichment Programs:

- [Illinois College of Optometry Focus on Your Future](#)
- [Ohio State University Improving Diversity in Optometric Careers](#)
- [University of California Berkeley Opto-Camp](#)
- [State University of New York \(SUNY\) State College of Optometry Collegiate Science & Technology Entry Program](#)

Find more health-related opportunities for engagement on the [clinical opportunities page](#).

APPLICATION PROCESS FOR OPTOMETRY

Candidacy Assessment

Your preparation for application to optometry programs should always begin with assessment of your individual candidacy. Use the Pre-Health Pillars Candidacy Assessment as a guide to self-assess and plan to speak with a Pre-Health Advisor about your progress.

Resources

- [Pre-Health Pillars Candidacy Assessment](#)

Application

Optometry Centralized Application Service (OptomCAS)

This application opens each year in July. Although application closing deadlines span from December – February, you should apply as early as possible due to the application verification process and rolling admission cycle.

Entrance Exam

The Optometry Admission Test (OAT) is available year round in a computerized format. The test includes four content sections:

Quantitative Reasoning

Physics

Reading Comprehension

Natural Sciences

OAT scores must be sent to OptomCAS directly from the OAT testing program. Scores over two

years old are not acceptable.

Selecting Schools

It is essential to select schools that are not only a good fit for you academically, but also a good fit for your values, skills, interest, and that will help you become the professional you want to be. Take time to research programs prior to the application process. Here are some factors you should consider:

- Admission requirements: coursework and clinical experiences
- Institution's mission, goals, curriculum, grading system
- Size of cohort/class
- Location. Where do you want to live? Where will you have a support network in place? What is the cost of tuition and cost of living?
- Where will you complete your clinical rotations? What type of patient population will you serve (i.e. urban, rural)? Will this provide the experiences you hope to gain?
- Does the school's mission and training focus align with your professional interests (i.e. research, personalized medicine)

Recommended Length of School List: 5-7

Resources

- [Guidelines to Making a School List](#)
- [OptomCAS Directory of Schools and Colleges of Optometry](#)

Letters of Evaluation (LOEs)

You may submit up to 4 individual letters to OptomCAS. Letters should be sent electronically through the OptomCAS online portal. Paper copies are not accepted.

You should determine any specific LOE requirements from programs of choice. However, it is typically required or recommended that letters come from the following people:

Optometrist

Science Faculty

Non-Science Faculty

Faculty Advisor

Employer

Other Healthcare Professional

Resources

[Guidelines for Letters of Recommendation](#)

Personal Statement

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become an optometrist? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become an optometrist?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?
- How might you demonstrate your aptitude and motivation for the field of optometry?
- What are your future career goals?

The OptomCAS personal statement section includes a 4,500 character limit (including spaces). See OptomCAS for a formal prompt topic. You should tailor your essay on the given prompt for each individual school to which you plan to apply. After you save your essay(s), you may upload them to be sent to the appropriate designated schools.

Resources

- [Personal Statement Guidelines](#)
- [Pre-Health Advisor Personal Statement Reviews \(by appointment\)](#)
- [UVA Writing Center](#)

Transcripts

Request official transcripts from all institutions attended. Make sure to carefully follow OptomCAS instruction manual guidelines for specific details on transcript submission to the

application service.

- [UVA Registrar's Office](#)

Interview Preparation

Pre-health mock interviewing is available to students and alumni preparing for or currently in the health professions application cycle. Interviews are one hour and include a feedback session aimed at increasing your readiness and confidence before an actual admissions interview. To schedule a mock interview, complete the following steps.

- **Schedule Your Mock Interview with an Advisor:** Contact the UVA Career Center at 434-924-8900 and indicate you are requesting a Pre-Health Mock Interview.
- **Complete a Full InterviewStream Mock Interview:** Create an [InterviewStream](#) account for free. Once you create an account, go to the *Home* tab and select *Conduct Interview*. Choose *Created for Me* and complete the *Medical School Interview*.
- **Submit the Pre-Health Mock Interviewing Form Online:** Submit the [form](#) including a link to your completed InterviewStream video on the UVA Career Center website.
- **Come to the Career Center to be Interviewed:** Please dress as if this were a real interview. By doing so, you can become comfortable with an interview situation dressed in professional attire. The Pre-Health Advisor will provide feedback as to appropriate interview attire. If you do not have interview attire at this time, please dress in the most appropriate outfit you have available.

Resources

- [Interviewing for Health Profession Admissions](#)

APPLICATION TIMELINE FOR OPTOMETRY

The entire application process lasts approximately 12-14 months, which spans a full academic year. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins with preparation in the fall prior to your application submission in late July.

| Time | Action |
|-----------------------|---|
| OCTOBER | <ul style="list-style-type: none"> <input type="checkbox"/> Begin drafting a Personal Statement <input type="checkbox"/> Have your resume reviewed by a Career Counselor to use when requesting Letters of Evaluation |
| NOVEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Attend all relevant application process meetings and workshops in preparation for July submission of your application <input type="checkbox"/> Begin to request LOEs from faculty and optometrists |
| DECEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Practice using InterviewStream to prepare for Mock Interview with Pre-Health Advisor |
| JANUARY | <ul style="list-style-type: none"> <input type="checkbox"/> Continue revising your Personal Statement Draft <input type="checkbox"/> Submit InterviewStream for Mock Interview Appointment |
| FEBRUARY | <ul style="list-style-type: none"> <input type="checkbox"/> Research programs and schools <input type="checkbox"/> Participate in Mock Interview Program with a Pre-Health Advisor |
| MARCH | <ul style="list-style-type: none"> <input type="checkbox"/> Finalize your Personal Statement <input type="checkbox"/> Consider Mock Interviewing if not previously completed |
| APRIL | <ul style="list-style-type: none"> <input type="checkbox"/> Participate in Mock Interview if not previously completed <input type="checkbox"/> Confirm preparation of all LOEs for July submission to OptomCAS |
| MAY & JUNE | <ul style="list-style-type: none"> <input type="checkbox"/> Take OAT by early May <input type="checkbox"/> Review OptomCAS application instruction manual |
| JULY | <ul style="list-style-type: none"> <input type="checkbox"/> Primary application (OptomCAS) opens in early July <input type="checkbox"/> Submit primary application, transcripts and all LOEs to OptomCAS by end of July |
| AUGUST | <ul style="list-style-type: none"> <input type="checkbox"/> Complete secondary applications <input type="checkbox"/> Utilize InterviewStream and Mock Interviewing |
| SEPTEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Complete secondary applications <input type="checkbox"/> Interviews begin <input type="checkbox"/> Notify fall semester professors of the potential need to travel during the semester for Optometry School Interviews |
| FALL | <ul style="list-style-type: none"> <input type="checkbox"/> Interviews continue until spring <input type="checkbox"/> Provide any relevant (academic, co-curricular) updates to schools in December |
| SPRING | <ul style="list-style-type: none"> <input type="checkbox"/> Make final choice of school based on OptomCAS traffic rules |

Pharmacists (PharmD) dispense drugs prescribed by physicians and other health practitioners and provide information to patients about their use. They require a broad knowledge of the manufacture and distribution of drugs; their uses, strengths, doses, side effects, interactions and potential harmful qualities. Pharmacists work in a variety of occupational settings including:

- Academic
- Ambulatory Care
- Consultant
- Community
- Federal - Armed Services or Public Health
- Hospital and Institutional
- Informatics
- Managed Care
- Pharmaceutical Sciences/Industry

A pharmacy degree requires four years of study. The first two years usually cover the basic sciences; the last two years cover pharmacy theory and practice. Upon completion of study, including an internship under a licensed pharmacist, students are awarded the degree of Pharm.D. and must pass a licensing exam to practice pharmacy in all 50 states, the District of Columbia, and U.S. territories.

Resources

Professional Organizations

- [American Association of Colleges of Pharmacy](#)
- [Virginia Pharmacists Association](#)

Sources for Knowledge of the Field

- [American Journal of Pharmaceutical Education](#)
- [Journal of the American Pharmacists Association](#)
- [Pharmacy is Right for Me](#)

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REQUIREMENTS AND INVOLVEMENT FOR PHARMACY

Academics

Coursework

Prerequisite course requirements vary widely by individual school. Determine specific requirements for your programs of choice using the [PharmCAS School Directory](#). We encourage you to begin researching individual program requirements as early as possible. If you are a resident of a particular state, start with those public institutions.

Most Common Pre-Pharmacy Requirements*

| Course | Amount | Required for Schools |
|--------------------------------|------------------------------|----------------------|
| English / Writing Composition | 2 courses | Yes |
| Introductory Biology | 2 lectures, 2 labs | Yes |
| General Chemistry | 2 lectures, 2 labs | Yes |
| Organic Chemistry | 2 lectures, 2 labs | Yes |
| Microbiology | 1 course | Many |
| Biochemistry | 1 course | Many |
| General Physics | 1 lecture, 1 lab | Many |
| Anatomy and Physiology | 2 courses, some require labs | Yes |
| Calculus | 1 course | Yes |
| Statistics | 1 course | Yes |
| Cell Biology | 1 course | Some |
| Genetics | 1 course | Some |
| Immunology | 1 course | Some |
| Public Speaking | 1 course | Some |
| Micro / Macroeconomics | 1 - 2 courses | Some |
| Humanities and Social Sciences | Varies | Some |

*Dependent upon your academic home at UVA (College or School), specific course options to fulfill these requirements vary.

Self-Assess

Utilize the [Pre-Health Pillars Assessment](#) to keep track of your progress.

Advanced Placement Credit

Programs vary on whether they accept Advanced Placement (AP) credit as completion of a prerequisite requirement.

- You should complete lab courses for science coursework if UVA did not award lab credit for your AP science coursework.
- Many programs that accept AP credit require you to supplement that credit by completing an equal number of hours in the same discipline at the university level.
- Some students choose to retake science coursework they received AP credit for to prepare them for upper level coursework, as well as for entrance exams.

Dual Enrollment

Provided you earn a C or better in your dual enrollment coursework, you can receive credit

for the purpose of health professional program admission requirements. We encourage you to complete upper level coursework in the science disciplines to supplement your dual enrollment credit.

Extracurriculars

Student Organizations

Getting involved in a student organization is a great way to network with peers who have similar interests, access resources such as programs, speakers, and shadowing opportunities, as well as gain leadership and teamwork skills. Whether you select an organization directly related to pharmacy or not, we encourage you to review these organizations and participate.

- [Pre-Pharmacy Society](#)

Find more health-related UVA student organizations on the [clinical opportunities page](#).

Opportunities for Engagement

Engagement within the field of pharmacy will not only help you continue to explore and

PHARMACY

confirm your interest in the profession, but also demonstrate a commitment to serving others. We encourage you to review the sampling of opportunities below, as well as self-initiate opportunities of your own!

- [Madison House Volunteer](#)
- [Charlottesville Free Clinic](#)
- [Pharmacy Technician Programs](#)
- [VCU Summer Academic Enrichment Program](#)
- [Summer Health Professions Education Program](#)

Find more health-related opportunities for engagement on the [clinical opportunities page](#).

APPLICATION PROCESS FOR PHARMACY

Candidacy Assessment

Preparation for application to pharmacy programs should always begin with assessment of your individual candidacy. Use the Pre-Health Pillars Assessment as a guide to self-assess and plan to speak with a Pre-Health Advisors about your progress.

Resources

- [Pre-Health Pillars Assessment](#)

Application

PharmCAS: Pharmacy College Application Service

This application opens each year in early to mid-July. Although there are 5 regular degree program application deadlines from November to March, you should apply as early as possible due to the application verification process and rolling admission cycle.

Entrance Exam

Pharmacy College Admission Test

Offered in July, September, October, November, and January of each year. The test includes the following content sections:

Verbal Ability

Reading Comprehension

Writing

Biology

Chemistry

Quantitative Reasoning

Selecting Schools

It is essential to select schools that are not only a good fit for you academically, but also a good fit for your values, skills, interests, and that will help you become the professional you want to be. Take time to research programs prior to the application process. Here are some factors you should consider:

- Admission requirements: coursework and clinical experiences
- Institution's mission, goals, curriculum, grading system
- Size of cohort/class
- Location. Where do you want to live? Where will you have a support network in place? What is the cost of tuition and cost of living?
- Where will you complete your clinical rotations? What type of patient population will you serve (i.e. urban, rural)? Will this provide the experiences you hope to gain?
- Does the school's mission and training focus align with your professional interests (i.e. research, personalized medicine)

Recommended Length of School List: 5-7

Resources

- [Guidelines for Making a School List](#)
- [PharmCAS School Directory](#)

Letters of Reference (LORs)

You may submit a maximum of 4 individual letters to PharmCAS. Some schools accept additional letters individually, but they should be sent directly to the pharmacy program. Letters should be submitted electronically through the PharmCAS eLOR portal.

You should determine any specific LOE requirements from programs of choice.

However, it is typically required or recommended that letters come from the following people:

| |
|------------------------------|
| Academic or Research Advisor |
| Science Faculty |
| Non-Science Faculty |
| Employer |
| Healthcare Professional |

Resources

- [Guidelines for Letters of Recommendation](#)

Personal Statement

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become a pharmacist? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become a pharmacist?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?
- What are your immediate and long-term professional goals? How does a PharmD degree relate to those goals?
- How does your personal, educational, and professional background help you achieve your goals?

The PharmCAS personal statement section includes a 4,500 character limit (including spaces). See PharmCAS for a formal prompt topic.

Resources

- [Personal Statement Guidelines](#)
- [Pre-Health Advising Personal Statement Reviews \(by appointment\)](#)
- [UVA Writing Center](#)

Transcripts

Request official transcripts from all institutions attended. Make sure to carefully follow PharmCAS instruction manual guidelines for specific details on transcript submission to the application service.

Resources

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Interview Preparation

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- **Complete a Full InterviewStream Mock Interview:** Create an [InterviewStream](#) account for free. Once you create an account, go to the *Home* tab and select *Conduct Interview*. Choose *Created for Me* and complete the *Pharmacy School Interview*.
- **Submit the Pre-Health Mock Interviewing Form Online:** Submit the [form](#) including a link to your completed InterviewStream video on the UVA Career Center website.
- **Come to the Career Center to be Interviewed:** Please dress as if this were a real interview. By doing so, you can become comfortable with an interview situation dressed in professional attire. The Pre-Health Advisor will provide feedback as to appropriate interview attire. If you do not have interview attire at this time, please dress in the most appropriate outfit you have available.

Resources

- [Interviewing for Health Professions Admissions](#)

Statistics for UVA Pharmacy School Applicants

| Year | Number of Applicants | Number Accepted | Percentage Accepted |
|------|----------------------|-----------------|---------------------|
| 2013 | 45 | 37 | 82% |
| 2011 | 42 | 37 | 88% |

APPLICATION TIMELINE FOR PHARMACY

The entire application process lasts approximately 12-14 months, which spans a full academic year. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins with preparation in the fall prior to your application submission in late summer.

| Time | Action |
|-----------------------|---|
| OCTOBER | <ul style="list-style-type: none"> <input type="checkbox"/> Have your resume reviewed by a Career Counselor to use when requesting Letters of Reference (LORs) <input type="checkbox"/> Register for PCAT test date if not yet registered <input type="checkbox"/> Attend all relevant application process meetings and workshops in preparation for July submission of your application |
| NOVEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Begin drafting personal statement <input type="checkbox"/> Begin requesting LORs from faculty and healthcare professionals or employers <input type="checkbox"/> Attend all relevant application process meetings and workshops if not attended in October |
| DECEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Practice using InterviewStream to prepare for Mock Interview with Pre-Health Advisor |
| JANUARY | <ul style="list-style-type: none"> <input type="checkbox"/> Continue revising your Personal Statement Draft <input type="checkbox"/> Submit InterviewStream for Mock Interview Appointment <input type="checkbox"/> Take PCAT by early January |
| FEBRUARY | <ul style="list-style-type: none"> <input type="checkbox"/> Research programs and schools <input type="checkbox"/> Participate in Mock Interview Program |
| MARCH | <ul style="list-style-type: none"> <input type="checkbox"/> Finalize your Personal Statement <input type="checkbox"/> Consider Mock Interviewing if not previously completed |
| APRIL | <ul style="list-style-type: none"> <input type="checkbox"/> Participate in Mock Interview if not previously completed |
| MAY & JUNE | <ul style="list-style-type: none"> <input type="checkbox"/> Confirm preparation of all LORs for July submission to PharmCAS eLOR portal <input type="checkbox"/> Review PharmCAS application instruction manual <input type="checkbox"/> Gather and compile any remaining materials in preparation for July application submission |
| JULY | <ul style="list-style-type: none"> <input type="checkbox"/> Primary application (PharmCAS) opens in mid-July <input type="checkbox"/> Submit primary application, transcripts, and all LORs <input type="checkbox"/> Utilize InterviewStream and Mock Interviewing |

-
- AUGUST**
- Complete secondary applications within two weeks of receiving them
 - Utilize InterviewStream and Mock Interviewing
- SEPTEMBER**
- [Interviews begin](#)
 - Complete secondary applications within two weeks of receiving them
- FALL**
- Interviews continue until spring
 - Complete Fall Academic Update in December
- SPRING**
- Make final choice of school based on PharmCAS traffic rules
 - Complete Spring Academic Update April - June



OCCUPATIONAL THERAPY

career.virginia.edu/occupational-therapy

Occupational therapists help people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations). Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing supports for older adults experiencing physical and cognitive changes.

Occupational therapy services typically include:

- An individualized evaluation, during which the client/family and occupational therapist determine the person's goals
- Customized intervention to improve the person's ability to perform daily activities and reach the goals
- An outcomes evaluation to ensure the goals are being met and/or make changes to the intervention plan.

Areas of practice in occupational therapy include:

- Children and Youth
- Health and Wellness
- Mental Health
- Productive Aging
- Rehabilitation, Disability, and Participation
- Work and Industry

(The American Occupational Therapy Association, 2016)

Resources

Professional and Student Organizations

- [American Occupational Therapy Association](#)
- [Virginia Occupational Therapy Association](#)
- [Student Occupational Therapy Association](#)

Sources for Knowledge of the Field

- [American Journal of Occupational Therapy](#)

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Application Timeline for Occupational Therapy

- [OT Practice Magazine](#)
- [OT Prospective Student Connections](#)
- [OT Student Pulse](#)

REQUIREMENTS AND INVOLVEMENT FOR OCCUPATIONAL THERAPY

Academics

Coursework

Prerequisite course requirements vary widely by individual school. You should determine specific requirements for programs of choice

Most Common Pre-Occupational Therapy Requirements*

| Course | Amount | Required for Schools |
|-------------------------------|--|----------------------|
| Anatomy and Physiology | 2 lectures, 2 labs | Yes |
| Statistics | 1 course | Yes |
| Anthropology | 1 - 2 courses commonly including: Introduction to Anthropology Cultural Anthropology | Yes |
| Psychology | 2 - 4 courses commonly including: Life Span Development Abnormal Psychology Cognitive Psychology Psychology of Learning Psychology of Aging | Yes |
| Sociology | 1 - 2 courses | Many |
| Medical Terminology | 1 course | Many |
| Introductory Biology | 1 lecture, 1 lab | Some |
| Introductory Physics | 1 lecture, 1 lab | Some |
| Writing/English Composition | 2 courses | Few |
| Public Speaking/Communication | 1 course | Few |

*Dependent upon your academic home at UVA (College or School), specific course options to fulfill these requirements vary.

using the [AOTA Find a School Page](#). We encourage you to begin researching individual program requirements as early as possible. If you are a resident of a particular state, you should start with those public institutions.

Self-Assess

Utilize the [Pre-Health Pillars Candidacy Assessment](#) to keep track of your progress.

AP Credit

Programs vary on whether they accept Advanced Placement (AP) credit as completion of a prerequisite requirement.

- You should complete lab courses for science coursework if UVA did not award lab credit for your AP science coursework.
- Many programs that accept AP credit require you to supplement that credit by completing an equal number of hours in the same discipline at the university level.
- Some students choose to retake science coursework they received AP credit for to prepare them for upper level coursework, as

well as for entrance exams.

Dual Enrollment

Provided you earn a C or better in your dual enrollment coursework, you can receive credit for the purpose of health professional program admission requirements. We encourage you to complete upper level coursework in the science disciplines to supplement your dual enrollment credit.

Extracurricular Activities

Student Organizations

Getting involved in a student organization is a great way to network with peers who have similar interests, access resources such as programs, speakers, and shadowing opportunities, as well as gain leadership and teamwork skills. Whether you select an organization specifically related to occupational therapy or not, we encourage you to review these organizations and find a place to engage!

- Kinesiology Club
- Camp Kesem at UVA

- 4S: Students Supporting Solider Psychology

Find additional health-related UVA student organizations on the [clinical opportunities page](#).

Opportunities for Engagement

Engagement in the field of occupational therapy will not only help you continue to explore and confirm your interest in the profession, but also demonstrate a commitment to serving others. Additionally, some occupational therapy programs require 40-60 observation hours in at least two different clinical settings which often need to be under supervision of a licensed occupational therapist. We encourage you to review the sampling of opportunities below, as well as self-initiate opportunities of your own!

- [Madison House Volunteer Programs:](#)
 - Adopt-a-Grandparent
 - Recreational Therapy
 - Medical Services
 - Housing Improvement
- [UVA Sports Medicine Volunteer Program](#)
- [UVA Alcohol and Drug Abuse Prevention Team \(ADAPT\)](#)
- [Become certified as an Occupational Therapy Assistant](#)
- [Find opportunities through AOTA OT Connections](#)

Seek out volunteer or shadowing opportunities at Charlottesville locations:

- Kluge Children's Rehabilitation Center
- Sentara Martha Jefferson Hospital
- UVA Health South Rehabilitation Hospital
- UVA Hospital

Find more health-related opportunities for engagement on the [clinical opportunities page](#).

APPLICATION PROCESS FOR OCCUPATIONAL THERAPY

Candidacy Assessment

Your preparation for application to Occupational Therapy programs should always begin with assessment of your individual candidacy. Use the Pre-Health Pillars Assessment as a guide to self-assess and plan to speak with a Pre-Health Advisor about your progress.

Resources

- [Pre-Health Pillars Assessment](#)

Application

Occupational Therapy Centralized Application Service (OTCAS)

This application opens each year in mid-July. You should specifically review deadlines for programs of interest carefully. However, despite program deadlines you are strongly advised to apply as early as possible due to the application processing delay and rolling admission cycle.

Entrance Exam

Graduate Record Exam

This exam consists of three test sections:

| |
|------------------------|
| Verbal Reasoning |
| Analytical Writing |
| Quantitative Reasoning |

Selecting Schools

It is essential to select schools that are not only a good fit for you academically, but also a good fit for your values, skills, interests, and that will help you become the professional you want to be. Take time to research programs prior to the application process. Here are some factors you should consider:

- Admission requirements: coursework and clinical experiences
- Institution's mission, goals, curriculum, grading system
- Size of cohort/class
- Location. Where do you want to live? Where will you have a support network in place? What is the cost of tuition and cost of living?
- Where will you complete your fieldwork?

What type of patient population will you serve (i.e. urban, rural)? Will this provide the experiences you hope to gain?

- Does the school's mission and training focus align with your professional interests?

Recommended Length of School list: 5-7

Resources

- [Guidelines for Making a School List](#)
- [AOTA Find a School](#)

Letters of Evaluation (LOEs)

You must submit at least 3 and no more than 5 evaluations within the OTCAS application. Letters must be sent electronically through the OTCAS evaluator portal.

You should determine any specific LOE requirements from programs of choice. However, letters are most commonly submitted by:

| |
|-------------------------------------|
| Faculty |
| Occupational Therapists |
| Employment of Volunteer Supervisors |
| Healthcare Professionals |
| Academic Advisors |

Resources

- [Guidelines for Letters of Recommendation](#)

Personal Statement

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become an occupational therapist? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become an occupational therapist?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?

Make sure to determine if you are applying to schools with specific character limits. OTCAS suggests considering the following topics:

- How does the OT degree relate to your immediate/long term professional goals?
- How will your personal, educational, and professional background help you achieve your goals?

Resources

- [Guidelines for Personal Statements](#)
- Pre-Health Advising Personal Statement Reviews (by appointment)
- [UVA Writing Center](#)

Transcripts

Request official transcripts from all institutions attended. Make sure to carefully follow OTCAS instructions for specific details on transcript submission to the application service or to individual programs.

Resources

- [UVA Registrar's Office](#)

Interview Preparation

Pre-health mock interviewing is available to students and alumni preparing for or currently in the health professions application cycle. Interviews are one hour and include a feedback session aimed at increasing your readiness and confidence before an actual admissions interview. To schedule a mock interview, complete the following steps.

- **Schedule Your Mock Interview with an Advisor:** Contact the UVA Career Center at 434-924-8900 and indicate you are requesting a Pre-Health Mock Interview.
- **Complete a Full InterviewStream Mock Interview:** Create an [InterviewStream](#) account for free. Once you create an account, go to the *Home* tab and select *Conduct Interview*. Choose *Created for Me* and complete the *Pharmacy School Interview*.
- **Submit the Pre-Health Mock Interviewing Form Online:** Submit the [form](#) including a link to your completed InterviewStream video on the UVA Career Center website.

OCCUPATIONAL THERAPY

- **Come to the Career Center to be Interviewed:** Please dress as if this were a real interview. By doing so, you can become comfortable with an interview situation dressed in professional attire. The Pre-Health Advisor will provide feedback as to appropriate interview attire. If you do not

have interview attire at this time, please dress in the most appropriate outfit you have available.

Resources

- [Interviewing for Health Professions Admissions](#)

APPLICATION TIMELINE FOR OCCUPATIONAL THERAPY

The entire application process lasts approximately 12-14 months, which spans a full academic year. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins with preparation in the fall prior to application submission in mid-late July.

| Time | Action |
|-----------------|--|
| OCTOBER | <ul style="list-style-type: none"><input type="checkbox"/> Have your resume reviewed by a Career Counselor to use when requesting Letters of Evaluation (LOEs)<input type="checkbox"/> Attend all relevant application process meetings and workshops in preparation for July submission of your application |
| NOVEMBER | <ul style="list-style-type: none"><input type="checkbox"/> Begin drafting personal statement<input type="checkbox"/> Begin requesting LOEs from faculty, occupational therapists, other letter writers<input type="checkbox"/> Attend all relevant application process meetings and workshops if not attended in October |
| DECEMBER | <ul style="list-style-type: none"><input type="checkbox"/> Practice using InterviewStream to prepare for Mock Interview with Pre-Health Advisor |
| JANUARY | <ul style="list-style-type: none"><input type="checkbox"/> Continue revising your Personal Statement Draft<input type="checkbox"/> Submit InterviewStream for Mock Interview Appointment |
| FEBRUARY | <ul style="list-style-type: none"><input type="checkbox"/> Research programs and schools<input type="checkbox"/> Participate in Mock Interview Program |
| MARCH | <ul style="list-style-type: none"><input type="checkbox"/> Finalize your Personal Statement<input type="checkbox"/> Consider Mock Interviewing if not previously completed |
| APRIL | <ul style="list-style-type: none"><input type="checkbox"/> Participate in Mock Interview if not previously completed |
| MAY | <ul style="list-style-type: none"><input type="checkbox"/> Take GRE no later than May<input type="checkbox"/> Confirm preparation of all LOEs for July submission to OTCAS evaluator portal |
| JUNE | <ul style="list-style-type: none"><input type="checkbox"/> Review OTCAS application instruction manual<input type="checkbox"/> Gather and compile any remaining materials in preparation for July application submission |
| JULY | <ul style="list-style-type: none"><input type="checkbox"/> Primary application (OTCAS) opens in mid-July<input type="checkbox"/> Submit primary application, transcripts, and all LOEs<input type="checkbox"/> Utilize InterviewStream and Mock Interviewing |
| AUGUST | <ul style="list-style-type: none"><input type="checkbox"/> Complete secondary applications within two weeks of receiving them<input type="checkbox"/> Utilize InterviewStream and Mock Interviewing |

| | |
|------------------|---|
| SEPTEMBER | <input type="checkbox"/> Interviews begin |
| | <input type="checkbox"/> Complete secondary applications within two weeks of receiving them |
| FALL | <input type="checkbox"/> Interviews continue until spring |
| | <input type="checkbox"/> Complete OTCAS Academic Update upon completion of Fall Semester |
| SPRING | <input type="checkbox"/> Complete OTCAS Academic Update by February if not previously completed |
| | <input type="checkbox"/> Submit any additional updates or requested information to individual schools |
| | <input type="checkbox"/> Make final choice of school |



PHYSICAL THERAPY

career.virginia.edu/physical-therapy

Physical Therapists (PT) assess, plan, organize, and participate in rehabilitative programs that improve mobility, relieve pain, increase strength, and improve or correct disabling conditions resulting from disease or injury. PTs often teach patients to prevent or manage their own condition to achieve long-term health benefits and healthy active lifestyles. PTs provide care for people in a variety of settings including:

- Hospitals
- Home Health Agencies
- Private Practices
- Federal and State Government
- Nursing Homes
- Outpatient Clinics
- Sports and Fitness Facilities
- Schools
- Work Settings

Resources

Professional Organizations

- [American Physical Therapy Association](#)
- [VA American Physical Therapy Association](#)

Sources for Knowledge of the Field

- [APTA You Can Be Me](#)
- [PT Journal: Journal of the American Physical Therapy Association](#)
- [APTA PT in Motion](#)
- [APTA Podcasts](#)

REQUIREMENTS AND INVOLVEMENT FOR PHYSICAL THERAPY

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Coursework

Prerequisite course requirements vary widely by individual school. You should determine specific requirements for programs of choice using the [PTCAS Program Directory](#). We encourage you to begin researching individual program requirements as early as possible. If you are a resident of a particular state, you should start with those public institutions.

The summary on the next page is a list of the most common pre-physical therapy requirements.*

Most Common Pre-Physical Therapy Requirements

| Course | Amount | Required for Schools |
|---------------------------------|--------------------|----------------------|
| Introductory Biology | 2 lectures, 2 labs | Yes |
| General Chemistry | 2 lectures, 2 labs | Yes |
| General Physics | 2 lectures, 2 labs | Yes |
| Anatomy and Physiology | 1 - 2 courses | Yes |
| English / Writing Composition | 1 - 3 courses | Yes |
| Statistics | 1 course | Many |
| Psychology | 1 - 3 courses | Many |
| Communication / Public Speaking | 1 course | Some |
| Medical Terminology | 1 course | Some |
| Upper Level Biology: | | |
| Cell Biology | | |
| Microbiology | Varies | Some |
| Genetics | | |
| Immunology | | |
| Biochemistry | | |

**Dependent upon your academic home at UVA (College or School), specific course options to fulfill these requirements vary.*

Self-Assess

Utilize the [Pre-Health Pillars Candidacy Assessment](#) to keep track of your progress.

AP Credit

Programs vary on whether they accept Advanced Placement (AP) credit as completion of a prerequisite requirement.

- You should complete lab courses for science coursework if UVA did not award lab credit for your AP science coursework.
- Many programs that accept AP credit require you to supplement that credit by completing an equal number of hours in the same discipline at the university level.
- Some students choose to retake science coursework they received AP credit for to prepare them for upper level coursework, as well as for entrance exams.

Dual Enrollment

Provided you earn a C or better in your dual enrollment coursework, you can receive credit

for the purpose of health professional program admission requirements. We encourage you to complete upper level coursework in the science disciplines to supplement your dual enrollment credit.

Extracurricular Activities

Student Organizations

Getting involved in a student organization is a great way to network with peers who have similar interests, access resources such as programs, speakers, and shadowing opportunities, as well as gain leadership and teamwork skills. Whether you select an organization specifically related to physical therapy or not, we encourage you to review these organizations and participate.

- [Pre-Physical Therapy Association](#)
- Kinesiology Club

Find additional health-related UVA student organizations on the [clinical opportunities page](#).

Opportunities for Engagement

Engagement in the field of physical therapy will not only help you continue to explore and confirm your interest in the profession, but also demonstrate a commitment to serving others. Additionally, most physical therapy programs require 40-100 hours in at least two different clinical settings which often need to be under supervision of a licensed physical therapist. We encourage you to review the sampling of opportunities below, as well as self-initiate opportunities of your own!

- [Madison House Volunteer Programs](#)
- [UVA Sports Medicine Volunteer Program](#)
- [Physical Therapy Assistant Programs](#)
- [Virginia Commonwealth University Academic Enrichment Program](#)
- Gain Clinical Hours in Charlottesville Locations:
 - Kluge Children's Rehabilitation Center
 - Martha Jefferson Hospital
 - UVA Health South Rehabilitation Hospital
 - UVA Hospital

Find more health-related opportunities for engagement on the [clinical opportunities page](#).

APPLICATION PROCESS FOR PHYSICAL THERAPY

Candidacy Assessment

Your preparation for application to physical therapy programs should always begin with assessment of your individual candidacy. Use the Pre-Health Pillars Candidacy Assessment as a guide to self-assess and plan to speak with a Pre-Health Advisor about your progress.

Resources

- [Pre-Health Pillars Candidacy Assessment](#)

Application

Physical Therapy Centralized Application Service (PTCAS)

This application opens each year in early July.

There are 15 application deadlines from October - May, so you should review deadlines for programs of interest carefully. Despite program deadlines, you should apply as early as possible due to the application verification process and rolling admission cycle.

Entrance Exam

Graduate Record Exam (GRE)

The majority of programs require the GRE. Scores should be sent directly to schools for which an applicant is applying and should be less than 5 years old.

Selecting Schools

It is essential to select schools that are not only a good fit for you academically, but also a good fit for your values, skills, interest, and that will help you become the professional you want to be. Take time to research programs prior to the application process. Here are some factors you should consider:

- Admission requirements: coursework and clinical experiences
- Institution's mission, goals, curriculum, grading system
- Size of cohort/class
- Location. Where do you want to live? Where will you have a support network in place? What is the cost of tuition and cost of living?
- Where will you complete your clinical rotations? What type of patient population will you serve (i.e. urban, rural)? Will this provide the experiences you hope to gain?
- Does the school's mission and training focus align with your professional interests (i.e. research, personalized medicine)

Recommended Length of School List: 5 - 7

Resources

- [Guidelines to Making a School List](#)
- [PTCAS Program Directory](#)

Letters of Evaluation (LOEs)

You may submit up to 4 evaluators on the PTCAS application. Letters must be submitted electronically through the PTCAS evaluator

portal. You should determine any specific LOE requirements from programs of choice. Letters are most commonly submitted by:

| |
|-------------------------|
| Physical Therapist |
| Science Faculty |
| Non-Science Faculty |
| Faculty Advisor |
| Employment Supervisor |
| Healthcare Professional |

Resources

- [Guidelines for Letters of Recommendation](#)

Personal Statement

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become a physical therapist? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become a physical therapist?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?
- How do/will you embody the American Physical Therapy Association's vision for the profession?

The PTCAS personal statement section includes a 4,500 character limit (including spaces). See PTCAS for a formal prompt topic.

Resources

- [Personal Statement Guidelines](#)
- Pre-Health Advising Personal Statement Reviews (by appointment)
- [UVA Writing Center](#)

Transcripts

Request official transcripts from all institutions attended. Make sure to carefully follow PTCAS

instruction manual guidelines for specific details on transcript submission to the application service.

Resources

- [UVA Registrar's Office](#)

Interview Preparation

Pre-health mock interviewing is available to students and alumni preparing for or currently in the health professions application cycle. Interviews are one hour and include a feedback session aimed at increasing your readiness and confidence before an actual admissions interview. To schedule a mock interview, complete the following steps.

- **Schedule Your Mock Interview with an Advisor:** Contact the UVA Career Center at 434-924-8900 and indicate you are requesting a Pre-Health Mock Interview.
- **Complete a Full InterviewStream Mock Interview:** Create an [InterviewStream](#) account for free. Once you create an account, go to the *Home* tab and select *Conduct Interview*. Choose *Created for Me* and complete the *Pharmacy School Interview*.
- **Submit the Pre-Health Mock Interviewing Form Online:** Submit the [form](#) including a link to your completed InterviewStream video on the UVA Career Center website.
- **Come to the Career Center to be Interviewed:** Please dress as if this were a real interview so you can become comfortable with an interview situation dressed in professional attire. The Pre-Health Advisor will provide feedback as to appropriate interview attire. If you do not have interview attire at this time, please dress in the most appropriate outfit you have available.

Resources

- [Interviewing for Health Professions Admissions](#)

Statistics for UVA Physical Therapy School Applicants

| Year | Number of Applicants | Number Accepted | Percentage Accepted |
|------|----------------------|-----------------|---------------------|
| 2014 | 41 | 30 | 73% |
| 2013 | 42 | 30 | 71% |

APPLICATION TIMELINE FOR PHYSICAL THERAPY

The entire application process lasts approximately 12-14 months. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins with preparation in the fall prior to your application submission in late summer.

| Time | Action |
|-----------------|--|
| OCTOBER | <ul style="list-style-type: none"> <input type="checkbox"/> Have your resume reviewed by a Career Counselor to use when requesting Letters of Evaluation (LOEs) <input type="checkbox"/> Attend all relevant application process meetings and workshops in preparation for July submission of your application |
| NOVEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Begin drafting personal statement <input type="checkbox"/> Begin requesting LOEs from faculty and physical therapists <input type="checkbox"/> Attend all relevant application process meetings and workshops if not attended in October |
| DECEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Practice using InterviewStream to prepare for Mock Interview with Pre-Health Advisor |
| JANUARY | <ul style="list-style-type: none"> <input type="checkbox"/> Continue revising your Personal Statement Draft <input type="checkbox"/> Submit InterviewStream for Mock Interview Appointment |
| FEBRUARY | <ul style="list-style-type: none"> <input type="checkbox"/> Research programs and schools <input type="checkbox"/> Participate in Mock Interview Program |
| MARCH | <ul style="list-style-type: none"> <input type="checkbox"/> Finalize your Personal Statement <input type="checkbox"/> Consider Mock Interviewing if not previously completed |
| APRIL | <ul style="list-style-type: none"> <input type="checkbox"/> Participate in Mock Interview if not previously completed |
| MAY | <ul style="list-style-type: none"> <input type="checkbox"/> Take GRE no later than May <input type="checkbox"/> Confirm preparation of all LOEs for July submission to PTCAS evaluator portal |
| JUNE | <ul style="list-style-type: none"> <input type="checkbox"/> Review PTCAS application instruction manual <input type="checkbox"/> Gather and compile any remaining materials in preparation for July application submission |
| JULY | <ul style="list-style-type: none"> <input type="checkbox"/> Primary application (PTCAS) opens in early July <input type="checkbox"/> Submit primary application, transcripts, and all LOEs <input type="checkbox"/> Utilize InterviewStream and Mock Interviewing |
| AUGUST | <ul style="list-style-type: none"> <input type="checkbox"/> Complete secondary applications within two weeks of receiving them <input type="checkbox"/> Utilize InterviewStream and Mock Interviewing |

SEPTEMBER

- Interviews begin
- Complete secondary applications within two weeks of receiving them

FALL

- Interviews continue until spring
- Provide any relevant (academic, co-curricular) updates to PTCAS/schools in December

SPRING

- Make final choice of school based on PTCAS traffic rules



PHYSICIAN ASSISTANT

career.virginia.edu/physician-assistant

Physician Assistants (PA) are nationally certified and state licensed to practice medicine. For nearly 50 years, PAs have been part of the healthcare team. PAs perform a comprehensive range of medical duties, from primary care to assisting in major surgery. PAs are educated at the graduate level and practice in every medical and surgical setting and specialty. PAs can:

- Order and interpret tests
- Diagnose and treat illnesses
- Prescribe medication
- Counsel on preventative healthcare
- Conduct physical exams
- Obtain patient medical histories
- Develop treatment plans
- Prescribe medication
- Assist in surgery

Throughout their training, PAs complete more than 2,000 hours of clinical rotations in family medicine, internal medicine, obstetrics and gynecology, pediatrics, general surgery, emergency medicine, and psychiatry.

Resources

Professional Organizations

- [American Academy for Physician Assistants](#)
- [Physician Assistant Education Association \(PAEA\)](#)
- [National Commission on Certification of PAs](#)

Sources for Knowledge of the Field

- [Journal of the American Academy of Physicians Assistants](#)
- [AAPA Professional Magazine](#)
- [AAPA Blog](#)
- [PAEA PA Focus](#)

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Application Timeline for PAs

REQUIREMENTS AND INVOLVEMENT FOR PAS

Academics

Coursework

Prerequisite course requirements vary widely by individual school. You should determine specific requirements for programs of choice using the Physician Assistant Education Association Program Directory. We encourage you to begin researching individual program requirements as early as possible. If you are a resident of a particular state, you should start with those public institutions.

Resource

- [PAEA Program Directory](#)

Most Common Pre-Physician Assistant Requirements*

| Course | Amount | Required for Schools |
|-------------------------------|--------------------|----------------------|
| General Chemistry | 2 lectures, 2 labs | Yes |
| Introductory Biology | 2 lectures, 2 labs | Many |
| Organic Chemistry | 1 lecture, 1 lab | Many |
| Microbiology | 1 course | Yes |
| Anatomy and Physiology | 2 courses | Yes |
| Psychology | 1 - 3 courses | Yes |
| Medical Terminology | 1 course | Many |
| Statistics | 1 course | Many |
| Biochemistry | 1 course | Many |
| Sociology | 1 course | Many |
| English / Writing Composition | 2 courses | Some |
| Genetics | 1 course | Some |
| Physics | 1 course | Some |
| Upper Level Biology: | Varies | Few |
| Immunology | | |
| Cell Biology | | |
| Histology | | |

**Dependent upon your academic home at UVA (College or School), specific course options to fulfill these requirements vary.*

Self-Assess

Your preparation for PA programs should continually include assessment of your individual candidacy. Use the Pre-Health Pillars Candidacy Assessment as a guide for your progress and plan to discuss with a Pre-Health Advisor as you go!

Resource

- [Pre-Health Pillars Candidacy Assessment](#)

AP Credit

Programs vary on whether they accept Advanced Placement (AP) credit as completion of a prerequisite requirement.

- You should complete lab courses for science coursework if UVA did not award lab credit for your AP science coursework.
- Many programs that accept AP credit require you to supplement that credit by completing an equal number of hours in the same discipline at the university level.

- Some students choose to retake science coursework they received AP credit for to prepare them for upper level coursework, as well as for entrance exams.

Dual Enrollment

Provided you earned a C or better in your dual enrollment coursework, you can receive credit for the purpose of health professional program admission requirements. We encourage you to complete upper level coursework in the science disciplines to supplement dual enrollment credit.

Extracurricular Activities**Student Organizations**

Getting involved in a student organization is a great way to network with peers who have similar interests, access resources such as programs, speakers, and shadowing opportunities, as well as gain leadership and teamwork skills. Whether you select an organization specifically related to the

PHYSICIAN ASSISTANT

physician assistant (PA) profession or not, we encourage you to review these organizations and participate.

- [Future Physicians Assistant Society \(FPAS\)](#)
- [Alpha Epsilon Delta Pre-Health Honor Society \(AED\)](#)
- [Women in Medicine Initiative \(WIMI\)](#)
- [Daniel Hale Williams Pre-Medical Honor Society](#)

Find more health-related UVA student organizations on the [clinical opportunities page](#).

Opportunities for Engagement

Engagement in the PA profession will not only help you continue to explore and confirm your interest in the profession, but also demonstrate a commitment to serving others. Additionally, most PA programs require prior healthcare experience with direct patient care. Experience requirements range from strictly required to preferred/recommended. Additionally, the amount of hours required varies widely from program to program and can range anywhere from 100 to 4,000 hours, although 1,000 is a common requirement.

We encourage you to review the sampling of opportunities below, as well as self-initiate opportunities of your own!

- [Madison House Volunteer Programs](#)
- [UVA Sports Medicine Volunteer Program](#)
- [UVA Medical Center Scribe Program](#)
- [Charlottesville-Albemarle Rescue Squad \(CARS\)](#)
- [Western Albemarle Rescue Squad \(WARS\)](#)
- [Physical Therapy Assistant Programs](#)
- [Certified Nursing Aide Programs](#)

Find more health-related opportunities for engagement on the [clinical opportunities page](#).

APPLICATION PROCESS FOR PHYSICIAN ASSISTANT

Candidacy Assessment

Your preparation for application to PA programs should always begin with assessment of your individual candidacy. Use the Pre-Health Pillars Candidacy Assessment as a guide to self-assess and plan to speak with a Pre-Health Advisor about your progress.

Resources

- [Pre-Health Pillars Candidacy Assessment](#)

Application

Centralized Application Services for Physician Assistants

This application opens for submission in April of each year. Program start dates vary (January, May, June, August, September), thus application deadlines vary widely. It is always advantageous to apply early, so reach school deadlines well in advance!

Entrance Exam

Graduate Record Exam (GRE)

The majority of programs require the GRE. Scores should be sent directly to schools for which an applicant is applying and should be less than 5 years old.

Selecting Schools

It is essential to select schools that are not only a good fit for you academically, but also a good fit for your values, skills, interests, and that will help you become the professional you want to be. Take time to research programs prior to the application process. Here are some factors you should consider:

- Admission requirements: coursework and clinical experiences
- Institution's mission, goals, curriculum, grading system
- Size of cohort/class
- Location. Where do you want to live? Where will you have a support network in place? What is the cost of tuition and cost of living?
- Where will you complete your clinical rotations? What type of patient population will you serve (i.e. urban, rural)? Will this provide the experiences you hope to gain?

- Does the school's mission and training focus align with your professional interests (i.e. research, personalized medicine, etc.)?

Recommended Length of School List: 5 - 7

Resources

- [Guidelines for Making a School List](#)
- [PAEA Program Directory](#)

Letters of Reference (LORs)

You should provide 3 LORs and submit through the CASPA Electronic Evaluation Portal. Determine any specific LOR requirements from programs of choice. However, letters are most commonly required by:

| |
|---------------------|
| Science Faculty |
| Non-Science Faculty |
| Employer |
| Physician Assistant |

Resources

- [Guidelines for Letters of Recommendation](#)

Personal Statement

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become a physician assistant? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become a physician assistant?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?

The CASPA personal statement section includes a 5,000 character limit, including spaces. See CASPA for a formal prompt topic.

Resources

- [Guidelines for Personal Statements](#)
- Pre-Health Advising Personal Statement

Reviews (by appointment)

- [UVA Writing Center](#)

Transcripts

Request official transcripts from all institutions attended. Make sure to carefully follow CASPA instruction manual guidelines for specific details on transcript submission to the application service

Resources

- [UVA Registrar's Office](#)

Interview Preparation

Pre-health mock interviewing is available to students and alumni preparing for or currently in the health professions application cycle. Interviews are one hour and include a feedback session aimed at increasing your readiness and confidence before an actual admissions interview. To schedule a mock interview, complete the following steps.

- **Schedule Your Mock Interview with an Advisor:** Contact the UVA Career Center at 434-924-8900 and indicate you are requesting a Pre-Health Mock Interview.
- **Complete a Full InterviewStream Mock Interview:** Create an [InterviewStream](#) account for free. Once you create an account, go to the *Home* tab and select *Conduct Interview*. Choose *Created for Me* and complete the *Pharmacy School Interview*.
- **Submit the Pre-Health Mock Interviewing Form Online:** Submit the [form](#) including a link to your completed InterviewStream video on the UVA Career Center website.
- **Come to the Career Center to be Interviewed:** Please dress as if this were a real interview so you can become comfortable with an interview situation dressed in professional attire. The Pre-Health Advisor will provide feedback as to appropriate interview attire. If you do not have interview attire at this time, please dress in the most appropriate outfit you have available.

Statistics for UVA Physician Assistant School Applicants

| Year | Number of Applicants | Number Accepted | Percentage Accepted |
|------|----------------------|-----------------|---------------------|
| 2013 | 71 | 30 | 42% |
| 2012 | 40 | 16 | 40% |
| 2011 | 38 | 18 | 47% |

APPLICATION TIMELINE FOR PHYSICIAN ASSISTANTS

The entire application process lasts approximately 18 months, which spans two academic years. Whether you plan to apply at the end of your 3rd year, 4th year, or after graduation, this timeline begins with preparation in the fall prior to your application submission in May.

| Time | Action |
|------------------|---|
| SEPTEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Begin drafting a Personal Statement <input type="checkbox"/> Get your resume reviewed by a Career Counselor to use when requesting Letters of Reference (LORs) |
| OCTOBER | <ul style="list-style-type: none"> <input type="checkbox"/> Begin requesting LORs from faculty as well as PAs, employers, clinicians, volunteer managers, etc. <input type="checkbox"/> Attend all relevant application process meetings and workshops in preparation for May submission of your application |
| NOVEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Attend all relevant application process meetings and workshops if not attended in October |
| DECEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Practice using InterviewStream to prepare for Mock Interview with Pre-Health Advisor |
| JANUARY | <ul style="list-style-type: none"> <input type="checkbox"/> Continue revising your Personal Statement Draft <input type="checkbox"/> Submit InterviewStream for Mock Interview Appointment |
| FEBRUARY | <ul style="list-style-type: none"> <input type="checkbox"/> Research programs and schools. Review all application deadlines and program start dates very carefully on the CASPA application and PAEA program directory <input type="checkbox"/> Confirm preparation of all LORs for April submission to CASPA evaluation portal <input type="checkbox"/> Participate in a Mock Interview <input type="checkbox"/> Take GRE no later than February |
| MARCH | <ul style="list-style-type: none"> <input type="checkbox"/> Finalize your Personal Statement <input type="checkbox"/> Consider Mock Interviewing if not previously completed <input type="checkbox"/> Review CASPA application instruction manual |
| APRIL | <ul style="list-style-type: none"> <input type="checkbox"/> Primary application (CASPA) opens mid to late April |
| MAY | <ul style="list-style-type: none"> <input type="checkbox"/> Submit primary application, transcripts, and all LORs |
| JUNE | <ul style="list-style-type: none"> <input type="checkbox"/> If relevant, complete CASPA Academic Update <input type="checkbox"/> Utilize InterviewStream and Mock Interviewing <input type="checkbox"/> Complete secondary applications within two weeks of receiving |

JULY

- Utilize [InterviewStream](#) and Mock Interviewing
- Complete secondary applications within two weeks of receiving them

AUGUST

- Utilize [InterviewStream](#) and Mock Interviewing
- Interviews begin

FALL

- Interviews continue until spring
- If relevant, complete CASPA Academic Update for fall term and send any other relevant co-curricular updates to schools in December

SPRING

- Make final choice of school based on CASPA traffic rules



Podiatrists are Doctors of Podiatric Medicine (DPM), also known as podiatric physicians or surgeons. Podiatrists diagnose and treat conditions of the foot, ankle, and related structures of the leg. They complete four years of training in a podiatric medical school and three years of hospital residency training. Podiatrists can specialize in many fields, including:

- Surgery
- Sports Medicine
- Wound Care
- Biomechanics
- Geriatrics
- Orthopedics
- Pediatrics
- Diabetic Care

Podiatric physicians are licensed in all 50 states, the District of Columbia and Puerto Rico to treat the foot and its related or governing structures. State licensing requirements generally include graduation from one of the nine accredited schools and colleges of podiatric medicine, passage of the National Board exams, postgraduate training and written and oral examinations.

Resources

Professional and Student Organizations

- [American Podiatric Medical Association](#)
- [American Podiatric Medical Students' Association](#)
- [American Association of Colleges of Podiatric Medicine](#)
- [National Podiatric Medical Association](#)

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REQUIREMENTS AND INVOLVEMENT FOR PODIATRY

Academics

Coursework

Prerequisite course requirements vary widely by individual school. You should determine specific requirements for individual programs of choice. We encourage you to begin researching individual program requirements as early as possible.

Resources

- [American Association of Colleges of Podiatric Medicine](#)
- [Podiatric Medical College Information Book](#)

The summary on the next page is a list of the most common pre-podiatry requirements.*

Most Common Pre-Podiatry Requirements

| Course | Amount | Required for Schools | Needed for MCAT Prep |
|-----------------------------|--------------------|----------------------|----------------------|
| Introductory Biology | 2 lectures, 2 labs | Yes | Yes |
| Introductory Chemistry | 2 lectures, 2 labs | Yes | Yes |
| Organic Chemistry | 2 lectures, 2 labs | Yes | Yes |
| Introductory Physics | 2 lectures, 2 labs | Yes | Yes |
| English/Writing Composition | 2 courses | Yes | Yes |
| Biochemistry | 1 course | Recommended | Yes |
| Immunology | 1 course | Recommended | No |
| Microbiology | 1 course | Recommended | No |
| Genetics | 1 course | Recommended | Recommended |
| Anatomy and Physiology | 2 courses | Recommended | No |
| Histology | 1 course | Recommended | No |
| Zoology | 1 course | Recommended | No |

**Dependent upon your academic home at UVA (College or School), specific course options to fulfill these requirements vary.*

Self-Assess

Your preparation for Podiatry programs should continually include assessment of your individual candidacy. Use the Pre-Health Pillars Candidacy Assessment as a guide for your progress and plan to discuss with a Pre-Health Advisor as you go!

Resources

- [Pre-Health Pillars Candidacy Assessment](#)

AP Credit

Programs vary on whether they accept Advanced Placement (AP) credit as completion of a prerequisite requirement.

- You should complete lab courses for science coursework if UVA did not award lab credit for your AP science coursework.
- Many programs that accept AP credit require you to supplement that credit by completing an equal number of hours in the same discipline at the university level.
- Some students choose to retake science coursework they received AP credit for to prepare them for upper level coursework, as well as for entrance exams.

Dual Enrollment

Provided you earned a C or better in your dual enrollment coursework, you can receive credit for the purpose of health professional program admission requirements. We encourage you to complete upper level coursework in the science disciplines to supplement dual enrollment credit.

Opportunities for Engagement

Engagement within the field of podiatry will not only help you continue to explore and confirm your interest in the profession, but also demonstrate a commitment to serving others. We encourage you to review the sampling of opportunities below, as well as self-initiate opportunities of your own!

- [Madison House Volunteer Programs](#)
- [Charlottesville Free Clinic](#)
- [UVA Medical Center Scribe Program](#)
- [Charlottesville-Albemarle Rescue Squad \(CARS\)](#)
- [Western Albemarle Rescue Squad \(WARS\)](#)
- Podiatry School Undergraduate Internship Programs:
 - [New York College of Podiatric Medicine](#)

- [Kent State University College of Podiatric Medicine](#)
- [Temple University School of Podiatric Medicine](#)

- AACPM Footfest Conferences
- [AACPM Contact a Podiatry Mentor](#)

Find more health-related opportunities for engagement on the [clinical opportunities page](#).

Student Organizations

Getting involved in a student organization is a great way to network with peers who have similar interests, access resources such as programs, speakers, and shadowing opportunities, as well as gain leadership and teamwork skills. Whether you select an organization directly related to podiatry or not, we encourage you to review these organizations and participate.

- [Alpha Epsilon Delta PreHealth Honor Society \(AED\)](#)
- [American Medical Student Association \(AMSA\)](#)
- [Daniel Hale Williams Pre-Medical Society \(DHW\)](#)
- [Society of Multicultural Medicine \(SMM\)](#)
- [Women in Medicine Initiatives \(WIMI\)](#)

Find more health-related UVA student organizations on the [clinical opportunities page](#).

APPLICATION PROCESS FOR PODIATRY

Candidacy Assessment

Your preparation for application to Podiatry programs should always begin with assessment of your individual candidacy. Use the Pre-Health Pillars Candidacy Assessment as a guide to self-assess and plan to speak with a Pre-Health Advisor about your progress.

Resources

- [Pre-Health Pillars Candidacy Assessment](#)

Application

American Association of Colleges of Podiatric Medicine Application Service (ACPMAS)

This application opens on the first Wednesday in August each year. Despite published application deadlines, you should apply as early as possible.

Entrance Exam

Medical College Admission Test (MCAT)

Some colleges will accept the Graduate Record Exam (GRE) or Dental Admission Test (DAT) in lieu of the MCAT.

Selecting Schools

It is essential to select schools that are not only a good fit for you academically, but also a good fit for your values, skills, interests, and that will help you become the professional you want to be. Take time to research programs prior to the application process. Here are some factors you should consider:

- Admission requirements: coursework and clinical experiences
- Institution's mission, goals, curriculum, grading system
- Size of cohort/class
- Location. Where do you want to live? Where will you have a support network in place? What is the cost of tuition and cost of living?
- Where will you complete your clinical rotations? What type of patient population will you serve (i.e. urban, rural)? Will this provide the experiences you hope to gain?
- Does the school's mission and training focus align with your professional interests (i.e. research, personalized medicine, rural medicine, etc.)

Resources

- [Guidelines for Making a School List](#)
- [AACPM College Information Book](#)

Letters of Recommendation (LORs)

You should provide 2 to 3 LORs electronically

through Interfolio or by mail. Determine any specific LOR requirements from programs of choice. However, letters are most commonly required by:

| |
|----------------------|
| Science Faculty |
| Academic Advisor |
| Podiatric Physician |
| Medical Professional |

Resources

- [Guidelines for Letters of Recommendation](#)

Personal Statement

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become a podiatrist? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become a podiatrist?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?
- Provide information about your development for a career in podiatric medicine.

Resources

- [Guidelines for Personal Statements](#)
- Pre-Health Advising Personal Statement Reviews (by appointment)
- [UVA Writing Center](#)

Transcripts

Request official transcripts from all institutions attended. Make sure to carefully follow ACPMAS instruction manual guidelines for specific details on transcript submission to the application service.

Resources

- [UVA Registrar's Office](#)

Interview Preparation

Pre-health mock interviewing is available to students and alumni preparing for or currently in the health professions application cycle. Interviews are one hour and include a feedback session aimed at increasing your readiness and confidence before an actual admissions interview. To schedule a mock interview, complete the following steps.

- **Schedule Your Mock Interview with an Advisor:** Contact the UVA Career Center at 434-924-8900 and indicate you are requesting a Pre-Health Mock Interview.
- **Complete a Full InterviewStream Mock Interview:** Create an [InterviewStream](#) account for free. Once you create an account, go to the *Home* tab and select *Conduct Interview*. Choose *Created for Me* and complete the *Pharmacy School Interview*.
- **Submit the Pre-Health Mock Interviewing Form Online:** Submit the [form](#) including a link to your completed InterviewStream video on the UVA Career Center website.
- **Come to the Career Center to be Interviewed:** Please dress as if this were a real interview so you can become comfortable with an interview situation dressed in professional attire. The Pre-Health Advisor will provide feedback as to appropriate interview attire. If you do not have interview attire at this time, please dress in the most appropriate outfit you have available.

APPLICATION TIMELINE FOR PODIATRY

The entire application process lasts approximately 12 months. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins in the fall prior to your application submission in August.

| Time | Action |
|------------------|---|
| OCTOBER | <ul style="list-style-type: none"> <input type="checkbox"/> Have your resume reviewed by a Career Counselor to use when requesting Letters of Recommendation (LORs) <input type="checkbox"/> Attend all relevant application process meetings and workshops in preparation for application submission the following summer <input type="checkbox"/> Consider creating an Interfolio account (Letter of Recommendation reference file account information can be found at Interfolio.com) |
| NOVEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Begin drafting personal statement <input type="checkbox"/> Begin requesting LORs from faculty and healthcare professionals or employers <input type="checkbox"/> Attend all relevant application process meetings and workshops if not attended in October |
| DECEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Practice using InterviewStream to prepare for Mock Interview with Pre-Health Advisor |
| JANUARY | <ul style="list-style-type: none"> <input type="checkbox"/> Continue revising your Personal Statement Draft <input type="checkbox"/> Submit InterviewStream for Mock Interview Appointment |
| FEBRUARY | <ul style="list-style-type: none"> <input type="checkbox"/> Research programs and schools <input type="checkbox"/> Participate in Mock Interview Program |
| MARCH | <ul style="list-style-type: none"> <input type="checkbox"/> Consider Mock Interviewing if not previously completed |
| APRIL | <ul style="list-style-type: none"> <input type="checkbox"/> Participate in Mock Interview if not previously completed |
| MAY | <ul style="list-style-type: none"> <input type="checkbox"/> Finalize personal statement <input type="checkbox"/> Confirm receipt of all LORs in Interfolio account |
| JUNE | <ul style="list-style-type: none"> <input type="checkbox"/> Review AACPMAS application instructions |
| JULY | <ul style="list-style-type: none"> <input type="checkbox"/> Gather and compile any remaining materials in preparation for August application <input type="checkbox"/> Utilize InterviewStream and Mock Interviewing |
| AUGUST | <ul style="list-style-type: none"> <input type="checkbox"/> Primary application (AACPMAS) opens in early August <input type="checkbox"/> Submit primary application, transcripts, and all LORs <input type="checkbox"/> Utilize InterviewStream and Mock Interviewing |
| SEPTEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Complete secondary applications within two weeks of receiving them <input type="checkbox"/> Utilize InterviewStream and Mock Interviewing |
| FALL | <ul style="list-style-type: none"> <input type="checkbox"/> Interviews begin and continue until spring <input type="checkbox"/> Send any relevant updates (academic, co-curricular) to schools in December |
| SPRING | <ul style="list-style-type: none"> <input type="checkbox"/> Make final choice of school based on AACPMAS traffic rules |



VETERINARY MEDICINE

career.virginia.edu/veterinary

Veterinarians (DVM) diagnose, treat, and research diseases and injuries of animals. They broadly conduct research and development, inspect livestock, and care for pets and companion animals. Veterinarians can effectively apply their Doctor of Veterinary degrees in a variety of settings such as the following:

- Private Practice
- Corporate Veterinary Medicine
- Federal Government
- Shelter Medicine
- Military
- Global Veterinary Medicine
- Teaching (Academia or Non-Professional)
- Public Policy
- Public Health
- Food Supply Medicine
- Research

Resources

Professional Organizations

- [Association of American Veterinary Medical Colleges](#)
- [American Veterinary Medical Association](#)
- [American Association of Wildlife Veterinarians](#)
- [American Animal Hospital Association](#)

Sources for Knowledge of the Field

- [AAVMC Journal of Veterinary Medical Education](#)
- [Journal of the American Veterinary Medical Association](#)
- [AAHA Trends Magazine](#)

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Application Timeline for Veterinary Medicine

REQUIREMENTS AND INVOLVEMENT FOR VETERINARY MEDICINE

Academics

Coursework

Prerequisite course requirements vary widely by individual school. You should determine specific requirements for programs of choice using the:

- [AAVMC Veterinary Medical School Admission Requirements](#)
- [AAVMC College Descriptor Pages](#)

Most Common Pre-Veterinary Requirements

| Course | Amount | Required for Schools |
|------------------------------------|--------------------|----------------------|
| English/Writing Composition | 2 courses | Yes |
| Introductory Biology | 2 lectures, 2 labs | Yes |
| General Chemistry | 2 lectures, 2 labs | Yes |
| Organic Chemistry | 2 lectures, 2 labs | Yes |
| General Physics | 2 lectures, 2 labs | Yes |
| Biochemistry | 1 course | Yes |
| Cell Biology | 1 course | Some |
| Microbiology | 1 course | Some |
| Genetics | 1 course | Some |
| Physiology | 1 course | Some |
| Calculus or Statistics | 2 courses | Some |
| Animal Science or Advanced Biology | Varies | Few |
| Humanities and Social Sciences | Varies | Yes |

**Dependent upon your academic home at UVA (College or School), specific course options to fulfill these requirements vary.*

Self-Assess

Utilize the [Pre-Health Pillars Candidacy Assessment](#) to keep track of your progress.

AP Credit

Programs vary on whether they accept Advanced Placement (AP) credit as completion of a prerequisite requirement.

- You should complete lab courses for science coursework if UVA did not award lab credit for your AP science coursework.
- Many programs that accept AP credit require you to supplement that credit by completing an equal number of hours in the same discipline at the university level.
- Some students choose to retake science coursework they received AP credit for to prepare them for upper level coursework, as well as for entrance exams.

Dual Enrollment

Provided you earn a C or better in your dual enrollment coursework, you can receive credit for the purpose of health professional program admission requirements. We encourage you to complete upper level coursework in the science disciplines to supplement your dual

enrollment credit.

Opportunities for Engagement

Engagement within the field will not only help you continue to explore and confirm your interest in the profession, but also demonstrate a commitment to serving others. Review the sampling of opportunities below, as well as self-initiate opportunities of your own!

- [Madison House Animals & Environment Volunteer Program](#)
- [Charlottesville Albemarle SPCA](#)
- [Blue Ridge Equine Center](#)
- [Wildlife Center of Virginia](#)
- [US National Wildlife Refuge](#)
- [Volunteer or Intern at the National Zoo](#)
- [Smithsonian Conservation Biology Institute \(SCBI\)](#)
- [MI State University College of Veterinary Medicine Enrichment Summer Program](#)

Find more health-related opportunities for engagement on the [clinical opportunities page](#).

Student Organizations

Getting involved in a student organization is a great way to network with peers who have similar interests, access resources such as programs, speakers, and shadowing opportunities, as well as gain leadership and teamwork skills. Whether you select an organization directly related to veterinary medicine or not, we encourage you to review these organizations and participate.

- [Pre-Veterinary Society](#)

Find more health-related UVA organizations on the [clinical opportunities page](#).

APPLICATION PROCESS FOR VETERINARY MEDICINE

Candidacy Assessment

Your preparation for application to veterinary medicine programs should always begin with assessment of your individual candidacy. Use the Pre-Health Pillars Candidacy Assessment as a guide to self-assess and plan to speak with a Pre-Health Advisor about your progress.

Resources

- [Pre-Health Pillars Candidacy Assessment](#)

Application

Veterinary Medical College Application Service (VMCAS)

This application opens each year in early June. Although application deadlines are not until early October, you should apply as early as possible due to the application verification process and rolling admission cycle.

Entrance Exam

Graduate Record Exam (GRE) or Medical College Admission Test (MCAT).

Graduate Record Exam (GRE)

The majority of programs require the GRE. Scores should be sent directly to schools for which an applicant is applying and should be less than 5 years old.

Selecting Schools

It is essential to select schools that are not

only a good fit for you academically, but also a good fit for your values, skills, interests, and that will help you become the professional you want to be. Take time to research programs prior to the application process. Here are some factors you should consider:

- Admission requirements: coursework and clinical experiences
- Institution's mission, goals, curriculum, grading system
- Size of cohort/class
- Location. Where do you want to live? Where will you have a support network in place? What is the cost of tuition and cost of living?
- Where will you complete your clinical rotations? What type of patient population will you serve? Will this provide the experiences you hope to gain?
- Does the school's mission and training focus align with your professional interests?

Recommended Length of School List: 4-6

Resources

- [Guidelines for Making a School List](#)
- [Veterinary Medical School Admission Requirements \(VMSAR\)](#)

Letters of Evaluation (LOEs)

You must submit a minimum of three and a maximum of six evaluators on the VMCAS application. Evaluations should be submitted through the VMCAS Electronic Evaluation Portal (eLOR). You should determine any specific LOE requirements from programs of choice. However, most commonly LOEs come from:

| |
|---------------------|
| Veterinarian |
| Science Faculty |
| Non-Science Faculty |
| Employer |
| Faculty Advisor |

Resources

- [Guidelines for Letters of Recommendation](#)

Personal Statement

VETERINARY

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become a veterinarian? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become a veterinarian?
- What is your understanding of the veterinary medical profession?
- What are your immediate and long-term career goals and objectives?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?

The VMCAS personal statement section includes three separate essays with a 1,000 character limit per essay. See VMCAS for a formal prompt topic.

Resources

- [Personal Statement Guidelines](#)
- Pre-Health Advising Personal Statement Reviews (by appointment)
- [UVA Writing Center](#)

Transcripts

Request official transcripts from all institutions attended. Carefully follow VMCAS instruction manual guidelines for specific details on submission to the application service.

Resources

- [UVA Registrar's Office](#)

Interview Preparation

Pre-health mock interviewing is available to students and alumni preparing for or currently in the health professions application cycle. Interviews are one hour and include a feedback session aimed at increasing your readiness and confidence before an actual admissions interview. Schedule a mock interview by completing the following steps.

- **Schedule Your Mock Interview with an Advisor:** Contact the UVA Career Center at 434-924-8900 and indicate you are requesting a Pre-Health Mock Interview.
- **Complete a Full InterviewStream Mock Interview:** Create an [InterviewStream](#) account for free. Once you create an account, go to the *Home* tab and select *Conduct Interview*. Choose *Created for Me* and complete the *Pharmacy School Interview*.
- **Submit the Pre-Health Mock Interviewing Form Online:** Submit the [form](#) including a link to your completed InterviewStream video on the UVA Career Center website.
- **Come to the Career Center to be Interviewed:** Please dress as if this were a real interview so you can become comfortable with an interview situation dressed in professional attire. The Pre-Health Advisor will provide feedback as to appropriate interview attire. If you do not have interview attire at this time, please dress in the most appropriate outfit you have available.

Resources

- [Interviewing for Health Professions Admissions](#)

UVA Veterinary Medicine Applicants

| Year | Number of Applicants |
|------|----------------------|
| 2014 | 9 |
| 2012 | 12 |
| 2011 | 9 |

**VMCAS only reports number of applicants, and not applicant outcomes.*

APPLICATION TIMELINE FOR VETERINARY MEDICINE

The entire application process lasts approximately 12-14 months, which spans a full academic year. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins with preparation in the fall prior to application submission in late June.

| Time | Action |
|-----------|--|
| SEPTEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Begin drafting a Personal Statement <input type="checkbox"/> Have your resume reviewed by a Career Counselor to use when requesting Letters of Evaluation (LOEs) |
| OCTOBER | <ul style="list-style-type: none"> <input type="checkbox"/> Begin requesting LOEs from faculty as well as employers, clinicians, volunteer managers, etc. <input type="checkbox"/> Attend all relevant application process meetings and workshops in preparation for June submission of your application |
| NOVEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Attend all relevant application process meetings and workshops if not attended in October |
| DECEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Practice using InterviewStream to prepare for Mock Interview with Pre-Health Advisor |
| JANUARY | <ul style="list-style-type: none"> <input type="checkbox"/> Continue revising your Personal Statement Draft <input type="checkbox"/> Submit InterviewStream for Mock Interview Appointment |
| FEBRUARY | <ul style="list-style-type: none"> <input type="checkbox"/> Research programs and schools <input type="checkbox"/> Participate in Mock Interview Program |
| MARCH | <ul style="list-style-type: none"> <input type="checkbox"/> Finalize your Personal Statement <input type="checkbox"/> Consider Mock Interviewing if not previously completed |
| APRIL | <ul style="list-style-type: none"> <input type="checkbox"/> Participate in Mock Interview if not previously completed <input type="checkbox"/> Confirm preparation of all LOEs for June submission to VMCAS eLOR portal <input type="checkbox"/> Take GRE no later than April |
| MAY | <ul style="list-style-type: none"> <input type="checkbox"/> Review VMCAS application instruction manual <input type="checkbox"/> Gather and compile any remaining materials in preparation for June application submission |
| JUNE | <ul style="list-style-type: none"> <input type="checkbox"/> Primary application (VMCAS) opens in early June |
| JULY | <ul style="list-style-type: none"> <input type="checkbox"/> Submit primary application, transcripts, and all LOEs by July <input type="checkbox"/> Utilize InterviewStream and Mock Interviewing |
| AUGUST | <ul style="list-style-type: none"> <input type="checkbox"/> Complete secondary applications within two weeks of receiving them <input type="checkbox"/> Utilize InterviewStream and Mock Interviewing <input type="checkbox"/> Interviews begin |
| SEPTEMBER | <ul style="list-style-type: none"> <input type="checkbox"/> Complete secondary applications within two weeks of receiving them |
| FALL | <ul style="list-style-type: none"> <input type="checkbox"/> Interviews continue until spring <input type="checkbox"/> Provide any relevant updates to schools in December |
| SPRING | <ul style="list-style-type: none"> <input type="checkbox"/> Make final choice of school based on VMCAS traffic rules |

FEEDBACK

A new version of this handbook will be available prior to Fall 2018 semester. Please send us feedback to improve the handbook by July 1, 2018.

What was most helpful about this handbook?

What was missing?

Do you have recommendations related to the format of the handbook?

Do you have additional feedback for Pre-Health Advising in the Career Center?

If so, you can send this anonymously via inter-office mail, send an email to one of us, or schedule a lunch conversation (courtesy of the Career Center) with any Health Professions Advisor.

PRE-HEALTH AND LAW ADVISING, UVA CAREER CENTER

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FEEDBACK FOR PRE-HEALTH ADVISING HANDBOOK 2017-18

Please remove this page, complete the assessment on the reverse, and return to:

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Career Center

