



Premedical and Allied Health Advising: Timeline and Checklist

The Premedical Office: An Academic Resource

The Premedical Office, located in the Student Success Center on the second floor of the Science Center, is open to any UMass Boston student interested in learning about the health professions. The Premedical Advisor is available to talk with interested students, and also works closely with those who are applying to medical, dental, veterinary school, or other allied health programs. Premedical students are encouraged to meet with the advisor regularly through the entire process, from orientation through acceptance.

Advance Planning Means Excellent Timing

UMass Boston's premedical program helps you gain a strong academic background if you're considering the fields of medicine, dentistry, veterinary medicine, optometry, physician assistant, or any allied health profession. Another program benefit is to help you plan your academic program well in advance. Advance planning is crucial, especially since applying to professional schools in any of these highly competitive areas requires paying strict attention to timing.

If you wish to begin your studies the year after you graduate from college, for example, plan to complete all your premedical courses by the end of your junior year or, at the very latest, by the end of the summer before your senior year. One reason for this is that you're expected to apply to medical, dental, veterinary, and other health-related graduate programs one year before you expect to begin. Another reason is that admissions tests, which you'll need to take before your senior year, are largely based on premedical coursework.

Boosting Your Chances

Prospects for admission are best for those with a grade point average of 3.5 - 3.6 overall and 3.5 - 3.6 or better in math and science, combined with above-average scores on standardized admission tests. You will need to have completed all premedical requirements by the time you apply, and exhibit considerable strength in all admissions criteria.

Admissions decisions are typically based on a combination of academic performance, test results, recommendations, work experience including health care-related work, volunteer work and community service, evidence of significant teamwork experience, and personal qualities. Although clinical and research experience is encouraged, admissions committees are more interested in what you've learned, regardless of the type of work or whether it is paid or volunteered.

You're encouraged to major in the field that is of the greatest interest and appeal to you; medical schools neither require nor suggest that a student major in science. But regardless of your major, virtually all medical, dental, and veterinary schools require that, at a minimum, applicants complete the premedical requirements before they will consider an application.

- [Requirements](#)
- [The Program of Study in Premedical Studies](#)



Health Profession School Application Process Timeline

Freshman –Junior Years	
<input type="checkbox"/>	<p>Start and work to complete premedical courses Consider declaring the Program of Study in Premedical Studies. Click here for eligibility requirements</p>
<input type="checkbox"/>	<p>Join the premed listserve and check the Premedical and Allied Health Calendar of Events to stay up to date on what workshops, information sessions, and other events and programs both on campus and in the New England area.</p> <p>Examples of Workshops and Events that have been offered at UMB:</p> <ul style="list-style-type: none"> • Personal Statement Workshop • Health Professions Fair • Application Workshop • Alumni Panel • Mock Interview Workshop
<input type="checkbox"/>	<p>Start looking for and obtaining opportunities that will provide patient interaction. This could be volunteering, shadowing, working at a hospital or community health center. Visit the Volunteer Opportunities section of the Premedical Advising website for ideas on where to look in the Boston area. Volunteering over a longer extended period of time is recommended. 3-5 hours a week would be ideal. Many local organizations have volunteer programs so it is encouraged to check out their websites for further information.</p> <p>Additionally, there are many summer programs around the country including summer research and summer enrichment programs. Many are residential and provide stipends. UMass Medical School has both a research and enrichment program over the summer. More information can be found here.</p> <p>Research can also be useful to prepare you for entry into the health field. There are grant funded programs here at UMass you can apply for. Also, many faculty members are conducting research and it is recommended to contact the UMass Boston Biology and Chemistry departments to learn more about how to get involved.</p>
Junior Year (year leading up to application)	
<input type="checkbox"/>	<p>Fall semester</p> <ul style="list-style-type: none"> • Start constructing your personal statement. This is your chance to really show Admissions Committees the real you, your personality and motivations for choosing the profession. Remember, it is not enough to say you want to help people; you must use specific examples to show why you have chosen to pursue this career and the steps you have taken to confirm it is the right fit for you. Your essay should have a theme, use transitions, be proofread, and be an accurate representation of you. It is recommended to have multiple people read over your essay to provide feedback. The Premedical Advisor is able to review essays TWICE, the initial copy sent and one rewrite, so please have an almost complete draft before sending. Expect to have many drafts. • Princeton Review Courses: Offered in the spring semester for the MCAT. Check at the SSC Information Desk for information on how to register and costs



<input type="checkbox"/>	<p><u>Spring semester</u></p> <ul style="list-style-type: none">• Register for an upcoming spring MCAT if your coursework is complete or about to be completed, and you have prepared for the exam. You should be in a preparatory class during the spring semester if you plan to take the admissions test at the beginning of the summer.• Meet with the premedical advisor to check on the status of your folder and to discuss choice of schools, and applications.• Seek information online for AMCAS (allopathic medical school primary application, online), AACOMAS (osteopathic medical school primary application, online) and AADSAS (dental school primary application, online). If you are planning to apply to schools that don't use these application services, learn what application services they do use, if any, and follow their directions. If the program you're interested in uses its own application, request the application as early as possible
<input type="checkbox"/>	<p><u>Summer</u></p> <p>By now you should have secured between three to five letters of recommendation. Many applications will open during the early summer months.</p> <ul style="list-style-type: none">• AMCAS and AACOMAS will open in May and can be submitted in June.• AADSAS will open and can be completed and submitted at the beginning of June. <p>Secondary applications will start to be requested. It is recommended to have a quick turnaround with these</p> <p>Be sure to have your official transcript sent from the Registrar's office <i>**Remember that many application services take between four to six weeks to verify your application**</i></p> <p>Make an appointment with the Office of Career Services and Internships to conduct a mock interview</p>
Senior Year (year after you've submitted application)	
<input type="checkbox"/>	<p><u>Late summer-early fall</u></p> <p>Continue to complete secondary applications for schools that have requested it. Have letter packet sent to the application services by sending the application's letter service request to the Premedical Advisor. To have the premedical advisor send your letter packet to those schools, send a request to the premedical advisor utilizing the application's letter service of choice. Send applications electronically well before stated deadlines, so that schools await only your test scores.</p> <p><u>September-March</u></p> <p>During this time schools interview serious candidates. You will begin to receive acceptances and rejections during these months. The later you submitted your applications, the later you are likely to hear from the schools.</p>



Your Premedical Folder

<input type="checkbox"/>	<p>Recommendations</p> <p>**As of the 2013-2014 academic year there will no longer be a Premedical Committee, therefore, committee letters will no longer be provided.</p> <p>Students will still be able to utilize the SSC to house their individual letters of recommendation and request that they be submitted to the various application services as a Letter Packet**</p>	<p>Between 3 - 5 letters are recommended, with 2 letters to come from science and math faculty who have taught you in a classroom. The remaining recommendations can come from individuals who can write about your qualifications and accomplishments. The recommended distribution is 2 or more for premedical courses, 1 for social sciences or humanities courses, and 1 or 2 from an employer or supervisor, preferably from a healthcare-related experience.</p> <p>Students should send their letter writers the Recommendation Form indicating whether or not they waive their right to see the letter. In general, it is recommended to waive your right to see the letter. This form should be submitted along with the letter of recommendation to the Premedical Advisor.</p> <p>Letters must be on letterhead and signed by the recommender. The letter writer can email or send a hard copy to the SSC (S-2-60) or premedadvising@umb.edu (preferred method).</p>
<input type="checkbox"/>	<p>Transcripts</p>	<p>Unofficial copies of all college and university coursework.</p>
<input type="checkbox"/>	<p>Application</p>	<p>Many professional schools use centralized application services. Check the association's website for further details.</p>
<input type="checkbox"/>	<p>Letter Request</p>	<p>A letter request is necessary for the letters of recommendation to be uploaded to the application service. If using AMCAS or AADSAS the letter request is within the application itself. If using AACOMAS or other application services then creating an Interfolio account and sending a request to the Premedical Advisor would be recommended.</p>
<input type="checkbox"/>	<p>Test Results/Transcript</p>	<p>Helpful to have on file for a better indication of overall student profile. Unofficial transcript and test results are sufficient for your folder.</p> <p>Official transcripts must be requested from the Registrar's office. Check the association's website for exact instructions.</p>
<input type="checkbox"/>	<p>Personal Statement</p>	<p>Your personal statement is your opportunity to show your personality and motivations for pursuing the health profession you are applying for. Make sure to check the application's FAQs and Instructions to know how long the essay can be. Many have character limits (including spaces) of around 5,000-5,300.</p> <p>Plan on multiple revisions to your essay. The Premedical Advisor can review your personal statement a total of 2 times to provide feedback.</p> <p>Check the Premedical and Allied Health Calendar of Events to find out when a Personal Statement workshop will be offered.</p>