

## **Student Policy for Pre-Health Advising Services 2020-2021**

Anna M. K. Gilmore, Director of Pre-Health Advising (“Director”), provides one-on-one advising to current undergraduate students and recent alumni (within three years of completion of undergraduate degree) who are considering, preparing to apply, or actively applying to **doctoral degrees** in medicine and healthcare as follows:

- MD (Allopathic Medicine)
- DO (Osteopathic Medicine)
- DDS or DMD (Dentistry)
- OD (Optometry)
- PharmD (Pharmacy)
- DPM (Podiatric Medicine)
- DVM (Veterinary Medicine)
- AuD (Audiology)
- DPT (Physical Therapy)
- ND (Naturopathic Medicine)
- CD (Chiropractic Medicine)

One-on-one pre-health advising includes, but is not limited to:

- Assessment of readiness (experientially and academically)
- Evaluation of rightness of fit based on health experience, work values, and interests
- Education on professional school expectations and requirements
- Coaching on application strategy, timing, professionalism, and networking
- Essay critique – primary application essay for active applicants (see policy below)
- Mock interviews for active applicants (see policy below)
- School/program selection

**Prior to scheduling an initial one-on-one advising appointment (“Sophomore Check-in”) with Ms. Gilmore, students must complete all of the following:**

1. **Attend one (1) Pre-Med 101 session** (preferably first semester to receive important guidance and resources for first year pre-professional development)
2. **Complete a minimum of 60 hours of healthcare experience or exposure.** Keep track of all dates/hours and be prepared to provide details and discuss during appointment:
  - a. **Any type of experience** (or combination of experiences) in **any type of healthcare setting** accepted (shadowing, volunteering, work, and/or internships).
  - b. **Recent experience required (within year and a half prior to “Sophomore Check-in”)**
    - i. Note: Exceptions *may* be made for students with substantial, clinical work experience in healthcare prior to college (high school experience is worthwhile, but you must have built upon those experiences in college prior to one-on-one appointment request – this allows for a productive and meaningful advising appointment specific to your interests, goals, work values, and needs).
  - c. **Experience During COVID-19**: Given the difficulty of obtaining in-person healthcare experience during the pandemic, time spent doing the following *from March 2020 onward* will count towards minimum hours required prior to Sophomore Check-In for the 2020-2021 academic year.
    - i. Listening to recommended podcasts listed on **Gilmore Guide to Books, Podcasts & Documentaries 2020-2021** (attached).
    - ii. Attending virtual fairs or professional school open houses advertised via “Pre-Health Events & Opportunities” emails.

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- iii. Involvement in pandemic relief efforts (contact tracing, local volunteering, clinical work, etc.).
- iv. Participation in QU pre-health workshops or guest speaker events held Director or advertised via the “Pre-Health Events & Opportunities” emails.

(NOTE: Falsification or embellishment of experience hours may result in limited access to individual pre-health advising services. Please be accurate and honest!)

3. **Complete three (3) semesters of coursework\*** (completion of two semesters of biology and general chemistry and one semester of organic chemistry *preferred but not required*).
  - a. \*Class year or term status determined by how long you have been *enrolled* in college on a full time basis (not by current total credit hours via transfer or AP credits).
  - b. Transfer students who have completed at least two semesters of full-time coursework elsewhere are encouraged to schedule an appointment after completing their first full-time semester at QU *and* meeting other requirements herein.

Sophomore Check-Ins *may be scheduled September–November or January–March* in order to allow Director to fully assist active applicants during late spring and summer.

### **Pre-Professional Development Prior to Sophomore Check-In:**

Pre-health students in pursuit of doctoral degrees in medicine and healthcare should focus on gaining experience over winter and summer breaks and/or during their first three academic semesters. Be sure to read the bi-monthly “Pre-Health Events & Opportunities” emails sent out by Director (email [anna.gilmore@quinnipiac.edu](mailto:anna.gilmore@quinnipiac.edu) to join or confirm subscription). Also utilize Gilmore Guide to Summer Opportunities distributed via email for guidance on finding and applying to summer break experiential learning or research programs/internships.

### **Pre-Health Resources & Guidance for First & Second Year Students:**

1. **Pre-Med 101** (overview of first year goals, course requirements, exploring healthcare careers, professional school expectations, and on-campus resources)
2. **Gilmore Guides** provided to all Pre-Med 101 attendees for assistance with:
  - a. Shadowing
  - b. Volunteering
  - c. Exploring Healthcare Careers
  - d. 100+ Healthcare Careers
  - e. Academic Etiquette & Professionalism
3. **Pre-Health Workshops & Guest Speaker Events** (program guide and workshop offerings advertised via Pre-Health Events & Opportunities email)
4. **QU Career Counselors** (for help with professionalism, resumes, networking, and exploring interests/work values (Rick DelVecchio for CAS and Cindy Christie for SHS)).
5. **Pre-Health Walk-in Hours for First Years and sophomores** provided fall and spring semester by Director and/or Pre-Health Advising Graduate Assistant, a current

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medical student and QU undergrad alumni (time/dates included in Pre-Health Events & Opportunities email).

### **Additional Pre-Health Advising Service Policies:**

- I. **Essay Critiques:** Director provides essay critique services for professional school application essays only. Limit of two (2) critiques per student. Essay critiques are first-come, first-serve and may be requested via in-person appointment or via email. Applicants should allow 3-5 business days turnaround for emailed requests. [Gilmore Guide to Professional School Essays](#) available by request and essay writing workshops are held at the start of each spring term.
- II. **Mock Interviews:** There is no limit on mock interview appointments for undergraduate students or recent undergraduate alumni (within three years of undergraduate degree completion) who are actively applying to the doctoral route degrees listed above.
- III. **Graduate Students:** Graduate students who completed their undergrad degree at Quinnipiac may continue to seek advising with the Director. All other graduate students in need of pre-medical and pre-health advising are coached Dr. Jeffrey Mital, Associate Director of Biomedical Sciences ([jeffrey.mital@quinnipiac.edu](mailto:jeffrey.mital@quinnipiac.edu)).
- IV. **Application Assistance & Advising:** Director provides application assistance to doctoral degree applicants for programs listed above. Students applying to master's degrees such as PA, genetic counseling, public health, speech pathology, health administration, etc. should work with their academic advisor and/or career counselor within their school for application assistance, if needed.