Pre-Health Professions

Truman State

Apr 3, 2019

This Week:

1) FAQ: Letters of Recommendation
2) EVENTS & ANNOUNCEMENTS
3) FAQ.2: Applications & Applying
4) RESOURCES & SUPPORT
5) CONTACT INFORMATION

01 FAQ: Letters of Recommendation

Answers to some of the most common questions about pursuing pre-health professions.

Who should I ask for a letter of recommendation?

- Minimum 1 letter from a physician (or dentist, physical therapist, etc)
- Minimum 1 letter from a bard-science professor (BIOL, CHEM, PHYS)
- 1 letter from another professional (non-science professor, advisor, supervisor).
- You should check with the health professions schools you are applying to because each one has specific requirements.
- Some schools even ask for a personal reference, although that is less common.

What information should I send my letter writers?

- Send them as much information is necessary to write you a strong letter of support. Such as:
- Your resume/CV
- Your personal statement
- Guidelines for writing a LoR. See **here**.
- An explanation about how to submit their letters (see right -->)
- A due date (see below)
- Anything else you feel is pertinent

What due date should I give them?

Give your letter writers a due date that is one week or so before you plan to submit your application. You should plan to submit your application as soon as you are able to start submitting (so this is based on the health professions and application service you're using).

However, your letter writers MAY submit their letters after you submit the application. The application does not need the letters in order to be processed, but your application won't be complete until everything is received. Ideally, though, you have everything done around the time you submit so you don't have to worry about it.

As your preferred due date gets close, you may want to send a reminder to your letter writers (if they haven't already submitted their letters, of course). You may email them something along the lines of:

"Dear [name],

I just wanted to thank you for being willing to write me a strong letter of support for my admission to [health professions school]. I am finalizing all of my materials to submit my application, and I wondered if there was further information you needed in order to submit your letter? I appreciate you taking the time to do this for me.

Thank you,

[Your name]"

What else do I need to know?

Letters must be on official letterhead (institution or organization). If your letter writer is uploading more than making a pdf you print their letter on letterhead and then scan it.

Truman does not do a letter packet service. Letter packet services are no longer necessary because nearly all health professions schools use centralized application services that allow direct uploads of letters.

Truman does not do committee letters. Often, health professions schools do not require or prefer committee letters. There are a few schools that require a committee letter if your school provides that service. You may need to submit a waiver if your school requires one (this is true for very few schools).

SEND THANK YOU NOTES to each of your letter writers. And, in many cases, letter writers want to hear your updates on whether or not you got interviews and/or accepted!

How do I ask for a letter? Isn't it awkward?

- It's not awkward unless you barely know the person you're asking...
- Professors and health professionals know that students needs letters of recommendation, and they know that they will need to write some for students! As long as you have some sort of history with the person, it shouldn't be a problem to ask them for a letter.
- You should ask IN PERSON if at all possible (although this isn't always possible).
- Say something along the lines of, "I am applying to [health professions] school, and I have appreciated your guidance through my education. Would you be willing to write me a strong letter of recommendation?"

How do letter writers submit their recommendations?

AMCAS: After you input each of your letter writer's information in the application, you are given the option to create and download a Letter Request Form. Download this form and email it to your letter writer OR print the form and give it to your letter writer in person. Your letter writer may upload their letter directly in the Letter Writer Application OR mail it to AMCAS.

AACOMAS: After you input each of your letter writer's information in the application and click save, an email is sent directly to your letter writer to ask for their letter submission. All evaluations are submitted electronically for AACOMAS.

PTCAS: After you input each of your letter writer's information on the application, an email is sent directly to your letter writer. Letter writers will be required to answer specific questions as well as upload a letter of recommendation.

AADSAS: Letters may be submitted one of two ways:
1) Input your letter writer's information in the application, and an email will be directly sent to the letter writer. They will then upload the letter directly to AADSAS via the Evaluator Portal.
2) Download the Letter of Evaluation Request and give to the letter writer. They will then mail in their letter, along with the Letter of Evaluation Request

OTCAS: After you input each of your letter writer's information on the application, an email is sent directly to your letter writer. All evaluations are submitted electronically only.

PharmCAS: After you input each of your letter writer's information on the application, an email is sent directly to your letter writer. All evaluations are submitted electronically only.

CASPA: After you input each of your letter writer's information on the application, an email is sent directly to your letter writer. All evaluations are submitted electronically only.

OptomCAS: After you input each of your letter writer's information on the application, an email is sent directly to your letter writer. Letter writers will be required to answer specific questions as well as upload a letter of recommendation. Alternately, you may print the evaluation forms to give to your letter writer. They will then mail in their letter, along with the rating of attributes.

VMCAS: After you input each of your letter writer's information on the application, an email is sent directly to your letter writer. All evaluations are submitted electronically only.

02 EVENTS & ANNOUNCEMENTS

[ALL]

Sign Up NOW to Volunteer for the TriFAN!
The 2019 TriFANL Triathlon is Saturday, May 4th. Volunteers are needed! Sign up as a volunteer individually or as your club or organization. For more information about the TriFANL, click **here**. To sign up a volunteer, click **here.**

[ALL]

PERSONAL STATEMENT FEEDBACK
Would you like feedback on your personal statement? Truman's Pre-Health Assistant, Jared, will provide feedback on your personal statement. If you are interested, fill out the form **here.**

[ALL]

Saturday, April 6th
7:30am-4pm
Practice Test Day at Truman. Purchase a full-length practice exam and use our quiet, computer room to emulate your admissions exam day experience, click **here.**

[Dent]

Saturday, April 13th
10am-3pm
ATSU - MOSDOH will be hosting a dental workshop experience at their St. Louis campus. This includes application workshop, lunch, student panel, and a tour of the facility. For more information and to register, click **here.**

[ALL]

Saturday, April 27th
7:30am-4pm
Practice Test Day at Truman. Purchase a full-length practice exam and use our quiet, computer room to emulate your admissions exam day experience, click **here.**

[PT]

RSVP Due:
May 1, 2019
Program Date:
Friday, June 14th
DMU will be hosting a visit day to learn more about their Doctor of Physical Therapy program. For more information and to register, click **here.**

[Med]

RSVP Due:
June 1, 2019
Program Date:
Friday, June 21st
DMU will be hosting a visit day to learn more about their Doctor of Podiatric Medicine program. For more information and to register, click **here.**

[ALL]

Applications Due:
Varies
Program Dates:
Summer 2019 (varies)
For more summer opportunities across the nation, click **here.** Many summer programs have application deadlines in February and March.

[Dent]

Applications Due:
varies
Program Dates:
Varies
ADEA has created a calendar for Enrichment Programs, specifically for pre-dental students. See **here** for program options and information.

03 FAQ.2: Applications & Applying

Answers to some of the most common questions about pursuing pre-health professions.

How do I enter the classes & grades from my transcripts?

There will be a place on the application to add a semester and then add courses to that semester. You will need to enter each course you took and the grade you received for it.

DOUBLE CHECK your work here. Incorrectly entering information can result in a red flag, which slows down the processing of your application.

You will need transcripts from each institution that you received credit from. This includes any dual-credit or college credit you received in high school.

Are there directions to walk me through the process step-by-step?

AMCAS: see **here** and **here**
AACOMAS: see **here**
AADSAS: see **here**
CASPA: see **here**
OptomCAS: see **here**
OTCAS: see **here**
PharmCAS: see **here**
PTCAS: see **here** and **here**
VMCAS: see **here**

What do I do with dual credit or AP classes from high school?

All of your dual credit and AP credits from high school should be entered in your FIRST SEMESTER of undergraduate education on the application. You will also enter your first semester courses in this area.

When does the application open? When can I submit?

AMCAS: Opens early May, submit early June
AACOMAS: Opens early May
AADSAS: Opens late May/early June
CASPA: Opens late April
OptomCAS: Opens late June/early July
OTCAS: Opens mid-July
PharmCAS: Opens mid-July
PTCAS: Opens early July
VMCAS: Opens in May

When should I submit my application? Should I wait for my test score?

You should submit your application as soon as you are able to submit via the application system. The earlier you apply, the better chances you have. Health professions schools want to fill up their classes as early as possible.

Interviews are often already being scheduled before September/October in many cases. If you are applying around then, you are putting yourself at a disadvantage.

04 RESOURCES & SUPPORT

Truman has a pre-health professions page with lots of great resources, such as overviews of the different pre-health paths, ideas on shadowing/volunteering/research in Kirksville, archives of all the weekly newsletters, and details about our agreements with health professions schools! Click HERE to visit the page.

Truman has a table with great information about pre-health professions, schools, admission tests, and more. Test prep materials are also available for checkout. The table is located in the Kirk Building, outside of the freshmen academic advising office (Kirk Building 107).

We have an MCAT/Health Admissions Test Prep Course. The course is currently titled INSV 020: MCAT/Med School Success Seminar, and it is open to all students who will be taking an admission test for a health professions school (MCAT, DAT, OAT, etc.) in the next six months to a year. If you have questions regarding this course, contact Brittany Harden.

CONTACT INFO

Brittany Harden
Pre-Health Professions Coordinator & Advisor
Kirk Building 107
bharden@truman.edu
Click **HERE** to make an Appointment

If you are in your second year or later at Truman AND majoring in Biology, Chemistry, Exercise Science, Health Science, or Agricultural Science:

You should meet with the designated pre-health advisor in your major. Depending on the department, some major advisors have a specialty in pre-health profession and some are versed in multiple pre-health professions.

If you are a first-year student OR majoring in anything other than the majors above:

You should meet with Brittany Harden to begin your preparation for health professions school. You may call 660-785-7403 (Monday-Friday 8am-5pm) or click HERE to make an appointment.