PLU Pre-Health Sciences Advising

https://www.plu.edu/prehealthsciences/

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🎓 **ACADEMICS** | 🔑 **ADMISSION** | 🍎 **ADMINISTRATION** | 🏆 **ATHLETICS** | ⚲ **ALUMNI** | 👥 **CAMPUS LIFE** | 🤸 **FAMILIES** | ♥ **GIVING**

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Pre-Health Sciences Advising
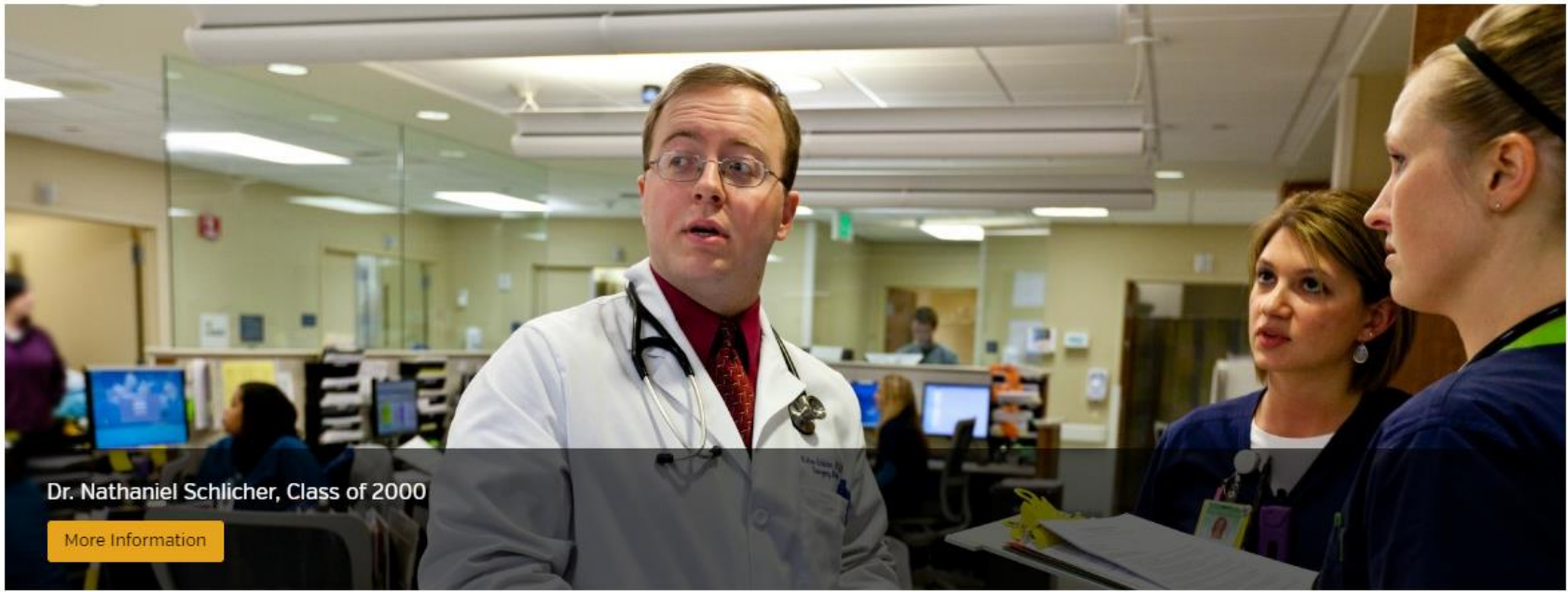
Dr. Nathaniel Schlicher, Class of 2000

More Information

If You're a Current PLU Student Interested in Pre-Health Sciences, Please Click Here to Join our Google Group

Considering Your Path

- Honestly assess your interests, motivations, talents, and abilities

- Discuss informally with faculty, peers, mentors, family, professionals

- Sign-up for PHSAT email list
  (via www.plu.edu/prehealthsciences)

- Chat with any PHSAT advisor (informal advising)

Some Ways That A PHSAT Advisor Can Help

- Planning your curriculum
- Advice about volunteer and internship options
- Advice on obtaining letters of recommendation
- Advice about your personal statement
- Help arrange a mock interview
- Be one of your letter writers

Start the Process

- Submit a PHSAT Biographical Information Form
(Save the message receipt with the link to return to the form for later editing)

- Gain relevant experience (volunteer, shadow, research)

- Plan for relevant admissions tests

- Take admissions tests

- Update your PHSAT Biographical Information Form (with test scores, new experience)

- Visit web page of Admissions Office at institutions of interest

- Join Social Media pages for institutions of potential interest (e.g. UW School of Medicine FB page)

Biographical Information Form Data

- What type of professional program?
- AMCAS, DENTPIN, or AACOMAS identification number
- High School and pre-PLU Academic Information
- PLU Major(s)/Minor(s)
- Scholarships you have received
- MCAT, DAT or other test scores
- Your plans if not admitted in this cycle (e.g., reapply, how to improve, alternative career paths)
- Why is this career right for you?
- Relevant volunteer or work experience (with dates and times)
- Hobbies/interests
- List of schools to which you will apply
- Non-PLU email address (for future correspondence)

Letters of Reference

- Applicants need to arrange for their references to submit letters <u>directly</u> to the relevant letter-writing service (AAMCAS, AACOMAS, AADSAS, Letters by Liaison, etc.), or direct to the professional school.

- PHSAT does not write composite letters or coordinate letters of recommendation

- A PHSAT adviser can be the writer of one of your individual letters of reference

What is in a letter of reference?

- The length of time and way(s) in which the recommender knows you.

- Reflections on your:

  - Academic qualities and performance
  - Personal qualities as relevant to your intended field
  - Exposure to your chosen field

- An overall level of recommendation (e.g., highly recommend, recommend, urge your consideration)

Who to ask for letters of reference?

- One or two PLU faculty (at least one from NSCI)
- Professionals in your chosen field, as known through significant volunteer work, employment, or shadowing
- Supervisors from work or volunteer positions
- Faith leaders, coaches, ensemble directors, etc.
- Faculty from other universities you may have attended
- Do not ask family members

Preparing for the Upcoming Application Cycle

Medical School Application Timeline
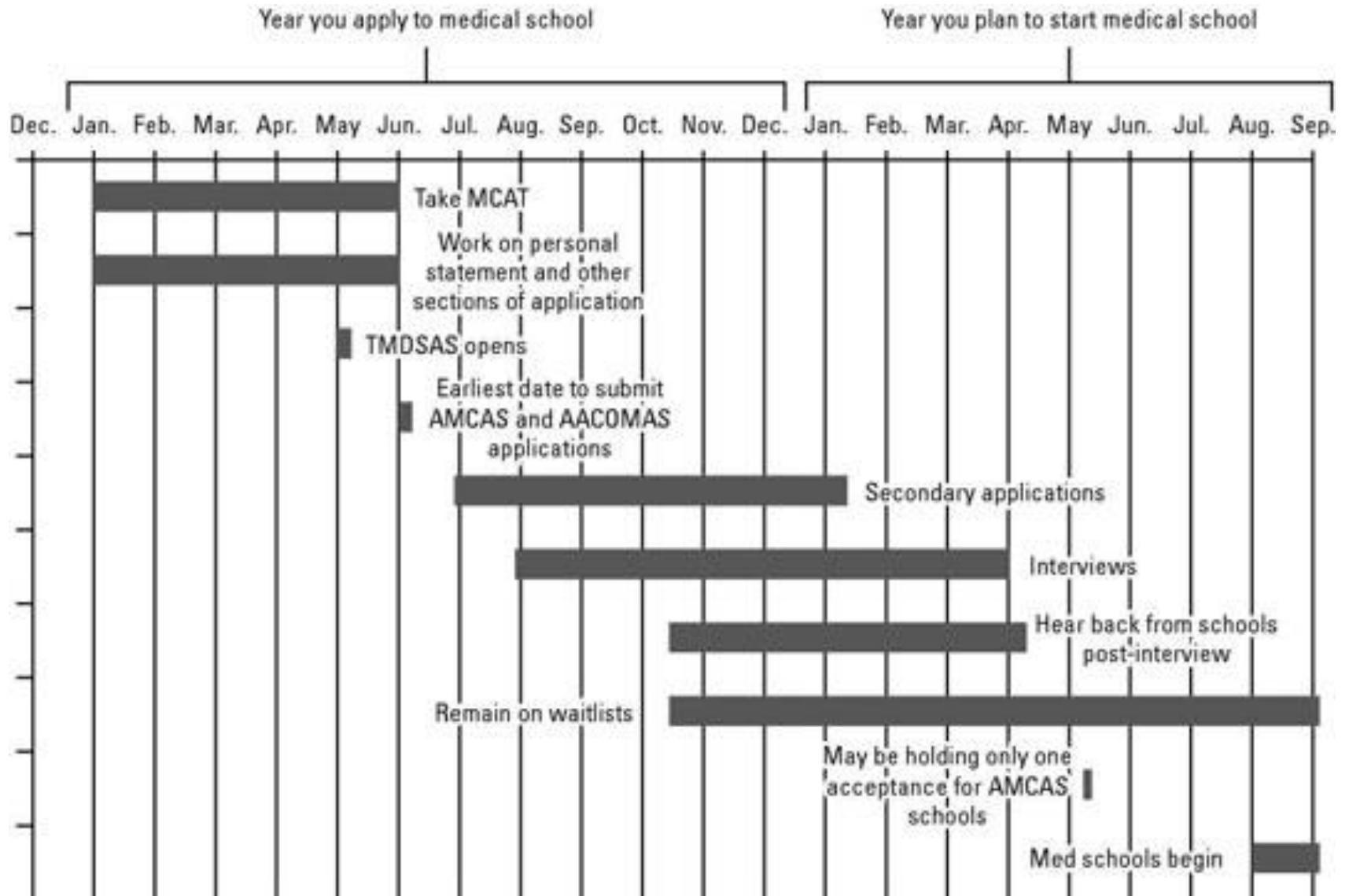
UW Medicine

Admissions

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M.D. Program ›

Admissions Resources/Events ›

Visiting Students Program ›

‹ BACK TO UW SCHOOL OF MEDICINE

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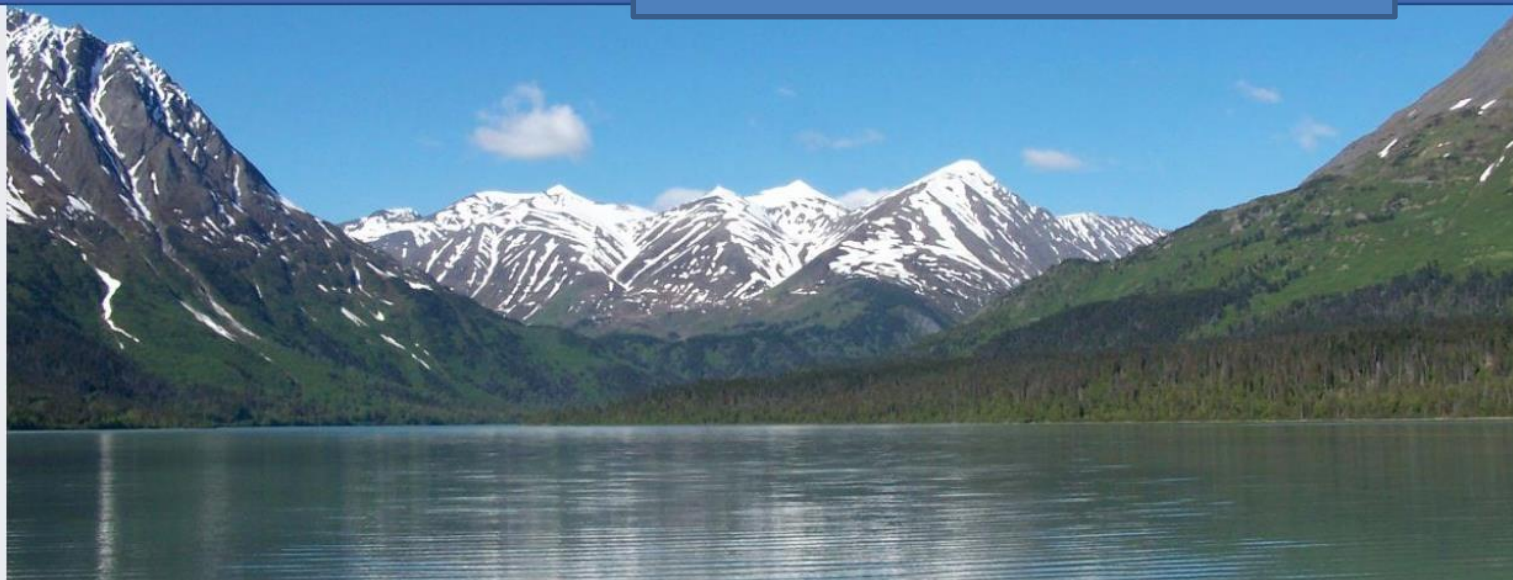
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👥 **Dylan Neberg** and **1 other** lik...

Chat

2020 Schedule for the
Medical College Admission Test® (MCAT®)*

AAMC | Medical College Admission Test

JAN
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEB
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MAR
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APR
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUN
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JUL
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUG
SUN	MON	TUE	WED	THU	FRI	SAT
						1
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEP
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MCAT Admin	Score Release
Jan. 17	Feb. 18
Jan. 18	Feb. 18
Jan. 23	Feb. 25
March 14	April 14
March 27	May 1
April 4	May 5
April 24	May 27
April 25	May 27
May 9	June 9
May 15	June 16
May 16	June 16
May 21	June 23
May 29	June 30
June 5	July 7
June 19	July 21
June 20	July 21
June 27	July 28
July 7	Aug. 6
July 18	Aug. 18
July 23	Aug. 25
July 31	Sept. 1
Aug. 1	Sept. 1
Aug. 7	Sept. 9
Aug. 8	Sept. 9
Aug. 14	Sept. 15
Aug. 29	Sept. 29
Sept. 3	Oct. 6
Sept. 4	Oct. 6
Sept. 11	Oct. 13
Sept. 12	Oct. 13

*The highlighted dates above indicate the U.S. MCAT test dates.
For Canadian and international test dates, please visit students-residents.aamc.org/mcatregister.

Note: The MCAT exam is not offered in February or October-December 2020.

All exams start at 8 a.m. local time.

@AAMC_MCAT

MCAT® is a program of the
Association of American Medical Colleges

aamc.org/mcat

MCAT Subject Matter

SECTIONS	QUESTIONS	LENGTH	CONTENT BREAKDOWN
Chemical and Physical Foundations of Biological Systems	59	95 min.	
Critical Analysis and Reasoning Skills (CARS)	53	90 min.	No content required—all information necessary to answer the questions is contained in passages on the humanities and social sciences.
Biological and Biochemical Foundations of Living Systems	59	95 min.	
Psychological, Social, and Biological Foundations of Behavior	59	95 min.	
TOTAL SEAT TIME (including all breaks and surveys)		7.5 hours	BIOCHEMISTRY BIOLOGY GENERAL CHEMISTRY ORGANIC CHEMISTRY PHYSICS PSYCHOLOGY SOCIOLOGY

AMCAS Deadlines

2020 Application Dates

Application Deadlines

· Application must be submitted by 11:59 p.m. ET of the deadline date

· Transcript deadlines: must be received by AMCAS within 14 calendar days of the application deadline date

- Must be received by August 1 for EDP applicants

· Visit www.aamc.org/amcasdeadlines

Date*	Event
Week of April 22	2020 AMCAS resources available
May 1	**AMCAS application opens**
May 30	**AMCAS application submission begins**
June 28	Initial transmission of application data to medical schools
August 1	Early Decision Program deadline
Sept.-Dec.	Application deadlines

*Dates subject to change

AAMC

Application Deadlines By College (2019-2020 Cycle)

The application cycle opens in May and closes the following April. Deadlines vary by college so be sure to confirm deadlines for the schools to which you are applying.

COM = College of Osteopathic Medicine
SOM = School of Osteopathic Medicine

Campus	AACOMAS Deadline	Supplemental Deadline	Deposit deadlines conform to AACOMAS Traffic guidelines
Alabama COM	Mar. 1,2019	Apr. 15, 2019	Yes
Arizona COM of Midwestern University	Jan. 1, 2019	Mar. 1, 2019	Yes
Arkansas COM	Mar. 1, 2019	Rolling	Yes
A.T. Still University-Kirksville COM	Feb. 1, 2019	Mar. 1, 2019	Yes
A.T. Still University-SOM in Arizona	Mar. 1, 2019	Apr.1, 2019	Yes
Burrell COM at New Mexico State University	Mar. 29, 2019	Apr. 15, 2019	See listing for Burrell COM at New Mexico State University*
Campbell University Jerry M. Wallace SOM	Mar. 1, 2019	Apr. 1, 2019	See listing for Campbell University Jerry M. Wallace SOM*
Chicago COM of Midwestern University	Jan. 1, 2019	Mar. 1, 2019	Yes
Des Moines University COM	Mar. 1, 2019	N/A	Yes
Idaho COM	Mar. 1, 2019	Mar. 15, 2019	See listing*for Idaho COM
Kansas City University of Medicine and Biosciences COM	Mar. 1, 2019	Mar. 29, 2019	Yes
Lake Erie COM	Apr. 1, 2019	Apr. 1, 2019	See listing for Lake Erie COM*
Lake Erie COM Bradenton Campus	Apr. 1, 2019	Apr. 1, 2019	See listing for Lake Erie COM Bradenton Campus*
Liberty University COM	Mar. 1, 2019	Mar. 15, 2019	See Listing*for Liberty University COM
Lincoln Memorial University–DeBusk COM	Mar. 15, 2019	Mar. 15, 2019	Yes
Marian University COM	Feb. 1, 2019	Mar. 1, 2019	Yes
Michigan State University COM	Dec. 1, 2018	Feb. 12, 2019	See listing for Michigan State University COM*
New York Institute of Technology COM (Old Westbury, NY/Jonesboro, AR)	Feb. 1, 2019	Feb. 16, 2019	See listing for New York Institute of Technology COM (Old Westbury, NY/Jonesboro, AR)*
Nova Southeastern University-Dr. Kiran C. Patel COM	Jan. 15, 2019	Mar. 1, 2019	Yes
Ohio University Heritage COM	Feb. 1, 2019	Mar. 15, 2019	Yes
Oklahoma State University Center for Health Sciences COM	Feb. 28, 2019	Mar. 30, 2019	Yes
Pacific Northwest University of Health Sciences–COM	Feb. 1, 2019	Mar. 1, 2019	Yes
Philadelphia COM	Feb. 1, 2019	Mar. 1, 2019	Yes
Georgia Campus–Philadelphia COM (Suwanee and Moultrie campuses)	Feb. 1, 2019	Mar. 1, 2019	Yes
Rocky Vista University COM (Colorado, Utah)	Mar. 15, 2019	Apr. 15, 2019	Yes
Rowan University SOM	Feb. 1, 2019	Feb. 15, 2019	Yes
Touro COM–New York	Apr. 1, 2019	Apr. 15, 2019	See listing for Touro COM–New York*
Touro University COM–California	Mar. 15, 2019	Apr. 15, 2019	See listing for Touro University COM–California*
Touro University Nevada COM	Mar. 15, 2019	Apr. 15, 2019	See listing for Touro University Nevada COM*
University of the Incarnate Word SOM	Mar. 15, 2019	Apr. 15, 2019	Yes
University of New England COM	Feb. 1, 2019	Mar. 15, 2019	Yes
University of North Texas Health Science Center/Texas COM (UNTHSC/TCOM applicants must use the Texas Medical and Dental School Application Service: www.tmdsas.com.)	Oct. 1, 2018	Oct. 15, 2018	See listing for University of North Texas Health Science Center/Texas COM (UNTHSC/TCOM applicants must use the Texas Medical and Dental School Application Service: www.tmdsas.com.)*
University of Pikeville-Kentucky COM	Feb. 1, 2019	Mar. 1, 2019	Yes
Edward Via COM–Auburn	Mar. 1, 2019	Rolling	Yes
Edward Via COM–Carolinas	Mar. 1, 2019	Rolling	Yes
Edward Via COM–Virginia	Mar. 1, 2019	Rolling	Yes
West Virginia SOM	Feb. 15, 2019	Feb. 15, 2019	Yes
Western University of Health Sciences/COM of the Pacific (Pomona and Lebanon campuses)	Feb. 1, 2019	Feb. 14, 2019	Yes
William Carey University COM	Mar. 15, 2019	Apr. 15, 2019	Yes

https://choosedo.org/college-application-deadlines/

Dental School Application Timeline

	Dec	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr
DAT	Register & Study				Take exam												
Recom. Letters	Request letters (Have all letters sent electronically to AADSAS)																
Application	**Prep** - Write draft of Personal Statement (Essay) - Research Schools						- AADSAS Available online in Jun - Fill-out the form & submit				Application deadline (Oct.~Feb.)						
							Interviews										
												Acceptance Notifications (Consider applying for At Large Scholarship. See more info under RDEP below.)					
Financial Aid														Priority filing for federal financial aid (Mar. 15)			

DAT Subject Matter

DAT Question Distribution	
Survey of the Natural Sciences (Biology, General Chemistry, and Organic Chemistry)	100 Questions- 40 Biology- 30 General Chemistry- 30 Organic Chemistry
Perceptual Ability Test	90 Questions- 15 Keyhole- 15 Top/Front/End- 15 Angle Ranking- 15 Hole Punching- 15 Cube Counting – 15 Pattern Folding
Reading Comprehension	50 Questions
Quantitative Reasoning	40 Questions
Total # of Questions	280 questions

Veterinary School Application Timeline

	Dec	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr
GRE® / MCAT	Register, study, take exam & submit score to schools by Oct 2																
Recom. Letters	Request letters (Get e-mail addresses f/writers. VMCAS will contact them by e-mails.)																
Application	**Prep** Write draft of Personal - Statement - Research Schools					- VMCAS application form available online in late May or early June - Fill-out the form & submit - VMCAS application deadline (Oct 2)											
						Supplemental application deadline (~Nov)											
												Interviews					
														Acceptance Notifications			

Prior to Starting Application: Research programs, prerequisites, and other requirements

3 Months Before Deadline
- Begin App
- Inform Evaluators
- Complete Colleges Attended

6-8 Weeks Before Deadline
- Monitor application for receipt of Transcripts & eLORs
- Follow up on Missing Items

10-12 Weeks Before Deadline
- Request Transcripts to be sent to VMCAS
- Request additional copy for your entry

4-6 Weeks Before Deadline
- Submit application
- All transcripts, payments and at least 3 eLORs received
- Monitor status frequently through verification

http://sites.tufts.edu/prehealth/2015/06/26/pre-vet-resources/

Pharmacy School

Application Instructions

The American Association of Colleges of Pharmacy (AACP) is pleased to welcome you to PharmCAS. Applicants who apply through PharmCAS will submit a completed web-based application comprised of biographical data, post secondary degree programs attended, academic course history, work experience, extracurricular activities, and a personal statement. It is your responsibility to read and follow all PharmCAS and program-specific instructions.

The 2019-2020 PharmCAS admissions cycle begins in mid-July 2019. Applicants may start and submit the application as soon as it is available. PharmCAS will not accept application materials after June 30, 2020, when the 2019-2020 cycle officially closes.

Download the PharmCAS 2019-2020 Application Instructions (PDF) for fall 2020 enrollment.

IMPORTANT NOTICES

- The PharmCAS institutional deadline indicates the date you must submit your web application and official transcripts to PharmCAS. This is NOT the deadline by which your verified application must arrive at your designated programs.

- Allow up to 4 weeks for PharmCAS to process and verify your application once your application and transcripts are received.

- Your pharmacy programs may require additional materials, including supplemental applications and letters of recommendation, before your application is considered.

- Pharmacy programs may not take all PharmCAS application fields into consideration in the admission decision process.

- PharmCAS is not responsible for any materials lost in the mail or for delays caused by the registrar's office. Express or certified mail does not guarantee expedient processing, nor does sending transcripts express or certified guarantee receipt by PharmCAS.

- Carefully review the instructions and checklist on this web site to prepare for the PharmCAS application process. Go to Forms & Printable Documents to download PDF versions of these materials.

http://www.pharmcas.org/preparing-to-apply/application-instructions/

PCAT Subtests	Number and Approximate Percentage of Item Types
1. Writing (30 minutes)	1 prompt
2. Biological Processes (45 minutes)	48 items
General Biology	50%
Microbiology	20%
Human Anatomy and Physiology	30%
3. Chemical Processes (45 minutes)	48 items
General Chemistry	50%
Organic Chemistry	30%
Basic Biochemistry Processes	20%
Rest Break (optional): 15 minutes (not included in total testing time)	
4. Critical Reading (50 minutes)	48 items
Comprehension	30%
Analysis	40%
Evaluation	30%
5. Quantitative Reasoning (50 minutes)	48 items
Basic Math	25%
Algebra	25%
Probability & Statistics	18%
Precalculus	18%
Calculus	14%
Total Test (220 minutes): 192 multiple-choice items, 1 writing prompt	

Note: Each multiple-choice subtest consists of 40 operational items and 8 experimental items.

Physician Assistant Application Cycle

Application Timeline

PA Program Application 2019-2020 Cycle	
April 25, 2019	CASPA application portal opens for applicants. Data begins to be sent electronically to programs for the 2019-2020 cycle.
May 2019– November 2019	Applications reviewed. Invitations for interview are sent beginning in late August.
October 2019 – November 2019	Applicant Interviews are conducted.
November 1, 2019	USF program deadline for the receipt of **VERIFIED** CASPA application. **Note:** The transcript verification process can take CASPA up to 3 weeks to complete. Be sure to submit your application **and transcripts** to CASPA with this timeframe in mind. Check your CASPA application often to ensure no problems exist with your transcripts verification. USF does not grant application deadline extensions.
January 2020 – April 2020	Offers of admission are made from the wait list.

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