

## General timeline for students applying to medical/dental school in 2019

\*Note: this is for students who wish to start medical/dental school in August 2020

### December 2018-February 2019

#### **IMPORTANT NEW, TIME SENSITIVE INFORMATION for STUDENTS APPLYING TO MEDICAL OR DENTAL SCHOOL IN 2019**

MULTI-STEP APPLICATION PROCESS FOR COMMITTEE STATEMENT SUPPORT (please note we will still support those who do not opt for, or qualify for, a committee statement by preparing a packet, upon request, of the letters in your HPOdrome account.)

##### Part 1:

Students who hope to gain a committee interview and letter **must have opened a file with the HPO by February 22, 2019 at 5pm**

**Must attend a pre-application workshop and submit an INTENT TO APPLY by February 28, 2019 at 5pm**

Workshop dates will be offered throughout December, January, and February.

First workshop date: Friday, December 14, 10-11:30 in the Life Sciences Building Auditorium.

January and February dates will be announced ASAP.

**Intent to apply forms will only be available to those who attend the workshops. No exceptions to this or to deadlines.**

Please note that a current cumulative and science (as calculated on your HPOdrome account) of 3.4 minimum is a requirement for the committee interview. We will not be granting exceptions or appeals to this requirement. Other requirements will be reviewed at the workshops.

Please also remember that we are happy to support applicants with advising and by preparing a letter packet from the best of the letters they have on their HPOdrome account, if they are not participating in the committee interview process for any reason.

##### Part 2:

Those who attend a workshop, submit the intent to apply form and resume (using the required template) will be emailed a committee interview checklist and worksheet.

**Committee interview checklist and worksheet, and all supporting materials must be submitted no later than May 31, 2019 at 5pm.**

As soon as you submit the HPO committee interview worksheet and all required supporting materials, you will be verified and placed on a waitlist. Interviews are first-come first served,

and based on interviewer availability so the earlier you get everything in, the earlier you will be interviewed.

## **February-March-April**

### ***Letters:***

Work on getting your letters of recommendation in order. Medical schools require a minimum of 3 letters of recommendation. The HPO requires a minimum of 5 as one of the qualifications for an HPO committee interview. These letters should include the following:

#### **Life sciences majors:**

- 2 RU science letters, preferably both, from upper level major courses
- 1 RU non-science letters
- 2 additional letters

#### **Non-life sciences majors:**

- 2 RU letters from your major
- 2 RU science letters from your premed prerequisites
- 1 additional letter

The additional letters should be mostly from academic sources, including anyone who supervised you in research. You may also have letters from outside of the classroom experiences such as shadowing, volunteer work, paid work etc. There is no limit to the number of recommendations you may submit to your HPO file. Avoid letters that are subjective personal testimonials.

### ***Personal Statement:***

You should have a working draft of your personal statement by now. Attend a University Career Services workshop ([careers.rutgers.edu](http://careers.rutgers.edu)), give it to friends to read, put it in a drawer for two weeks and look at it again. See link for more tips: <http://www.sas.rutgers.edu/cms/hpo/docman-lister/interview-worksheet/97-personal-statement-tips/file>

### ***Disciplinary Clearance:***

Please contact the Office of Student Conduct in Bishop House to find out if you have ever been the subject of institutional action. If so, ask to review your file. The HPO will require that you have disciplinary clearance to qualify for an HPO committee statement and the centralized, primary application services for health professions schools (AMCAS, AACOMAS, ADSAS, OPTOMCAS, etc) will ask if you have EVER been the subject of disciplinary action by your institution (Rutgers). Be informed and proactive! It is far better to be truthful than to forget or ignore something and be found out later. It might appear that you are trying to cover something up.

**MCAT:**

If you have not taken the MCAT already, you should be studying and have a target date in April, May, or June to take the exam. It takes at least 4 weeks for your scores to be processed. Remember a good portion of your final study time before the exam must consist of taking practice exams in conditions that closely simulate the real exam conditions. Remember, most people score better on their practice exams so if you are barely making your target score on your practice exams, you are probably not ready for the exam. More information and registration information is available at: <https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/>

**DAT:**

Same as MCAT, except you can take the exam a bit later because scores are processed immediately. More information:

[http://www.adea.org/dental\\_education\\_pathways/aadsas/Applicants/Pages/RegisterfortheDAT.aspx](http://www.adea.org/dental_education_pathways/aadsas/Applicants/Pages/RegisterfortheDAT.aspx)

***Autobiography and resume:***

Both are additional requirements to qualify for the HPO committee interview. The autobiography is not your personal statement. It is a brief story of your life from day one to the present. Please refer to our guide for writing the autobiography at: <http://www.sas.rutgers.edu/cms/hpo/docman-lister/interview-worksheet/96-guidelines-for-writing-the-autobiography-for-the-hpo-committee-interview-application/file>. Only the highlights please, 2-4 pages single spaced or 4-8 pages double spaced. This is only used by the HPO to help prepare for your interview and to get to know you a bit better. You do not need convince us of how great you are for medical school, rather give us a narrative version of your life and experiences so we get to know you a bit better. Your resume should follow the template provided in packet provided at the committee interview workshop.. Post resume to your HPOdrome account by February 28, 2019 and update, as necessary by May 31 .

**May:**

Get excellent grades in your spring semester coursework.

Continue working on personal statement. Finalize by the time your application cycle opens.

Finalize MCAT plans (if not taken already).

Create an account with the appropriate application service and familiarize yourself with the policies and deadlines:

**AAMC:** <https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/applying-medical-school-amcas/>

(Applications open on May 2 and can be submitted beginning May 31)

**AACOMAS:** <http://www.aacom.org/InfoFor/applicants/Pages/default.aspx> (Applications open in May.)

**AADSAS:** [http://www.adea.org/dental\\_education\\_pathways/aadsas/Applicants/Pages/default.aspx](http://www.adea.org/dental_education_pathways/aadsas/Applicants/Pages/default.aspx)

Have transcripts sent to appropriate application services, following their directions. Be sure to have Rutgers send the transcripts that include your spring grades.

If you have attended a committee interview workshop, completed an intent to apply and resume by February 28, submit your committee interview application by May 31 at 5pm. Committee interview will be scheduled on a rolling basis and based on the availability of interviewers. The sooner you submit your completed interview worksheet and all the required materials, the sooner you will be interviewed.

### **June:**

Submit your primary application as early as possible. This is really important. The longer you delay the further and further back you get in the line of thousands of applicants medical schools have to review.

### **July:**

Release your letters of recommendation. Forms available in the HPO or at [www.hpo.rutgers.edu](http://www.hpo.rutgers.edu), under Resources.

Work on your secondary applications

### **Mid August**

Have all of your application materials in to the medical schools. This includes your MCAT (or DAT), primary and secondary applications, letters of recommendation etc.

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Podiatry and Optometry schools have later deadlines find out more here:

Podiatry: AACPM: <http://www.aacpm.org>

Optometry: OPTOMCAS: [www.optomcas.org](http://www.optomcas.org)

### ***Considering a gap year??***

***As the competition for entrance to medical school intensifies, the role of the gap year has become more common. The gap year can be an excellent opportunity to gain further clinical experience, prepare for or retake the MCAT, or complete a biomedical masters' degree to enhance your academics. Consider speaking with an HPO advisor to weigh the pros and cons of applying during the traditional end of junior year timeline versus a gap year to enhance your overall strength as an applicant.***