

Pre-Med/Pre-Health Advising at JHU

family weekend

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Office of Pre-Professional Programs & Advising

<https://studentaffairs.jhu.edu/preprofadvising/>

Welcome!

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OVERVIEW OF SESSION

1. JHU's Pre-Professional Advising--services
2. Pre-med/pre-health student considerations
3. Anatomy of a successful student
4. Supporting your pre-med student
5. Considerations for a bridge/gap year
6. Fun facts
7. Student panel



Pre-Professional Advising– Services

- Office serves students and alumni of Krieger and Whiting pursuing career interests in the health professions
 - JHU students are mostly pre-med, but we also serve students with interests in other health fields (as well as pre-law students).
- We support three (3) key aspects of your student's journey:
 1. Academic planning, academic success skills, and completing requirements
 - Pre-Health 101
 - Appointments: 30-min, 1:1, Zoom
 - Drop-in hours
 - Peer Mentors
 2. Pursuit of relevant extra-curricular experiences
 3. Coaching and guidance throughout the application process

Pre-Professional Advising— Fall Programming

- UC Davis School of Medicine
- University of Michigan School of Medicine
- University of Maryland School of Medicine
- Icahn School of Medicine at Mount Sinai
- Sidney Kimmel Medical College at Thomas Jefferson University
- NYIT College Of Osteopathic Medicine
- Lewis Katz School of Medicine at Temple University
- Geisel School of Medicine at Dartmouth
- Post-bac “academic record-enhancer” Panel
 - Georgetown University School of Medicine
 - Johns Hopkins Bloomberg School of Public Health
 - Tufts University School of Medicine

Pre-Medical Student Considerations

- Applicants to medical school **must** have medically-related **and** volunteer experience.
- Medical schools value quality and commitment over quantity when it comes to volunteer, clinical, and research experiences.
- First-year students, in particular, need to be careful to not get over-involved outside of the classroom.
- Medical schools value breadth when looking at a student's academic background.
- Students should apply to medical school when they are at their strongest. This may mean a gap/bridge year is appropriate.

Anatomy of a Successful Student

- Academic Achievement
- Research Experience
- Clinical Experience—mandatory; beyond shadowing
- Community Service
- Additional Experiences
- Letters of Recommendation
- Also—aamc.org Core Competencies
 - Leadership
 - Professionalism

How to Support Your Student?

- Acknowledge there are multiple paths to the same goal.
- Understand that students successfully overcome struggles and may reach career goals at different points in their lives.
- Support their search for academic and co-curricular activities.
- Encourage your student to build relationships with faculty, to take advantage of campus resources, and to pursue their genuine interests.
- Be open to the idea of one or more “gap/bridge” years. (next slide)

Considerations for a Bridge Year

- Four full years to: raise GPA, prepare for MCAT or DAT, obtain meaningful experiences, improve application
- Popular bridge year ideas include:
 - Research
 - Graduate school
 - Paid public service
 - Clinical work, i.e., medical scribe
 - National Fellowship, i.e., Fulbright
 - Corporate job—if choosing this option, continue clinical volunteering on the side
 - Post-bac record enhancer
- More than 80% of our applicants take at least one bridge year.
- Average age of a first-year medical student is 24.



Our “Top 10” List for Pre-Health Students

10. Build relationships with your professors.
9. Follow your academic interests.
8. Serve the community.
7. Engage in clinical experiences—work with patients.
6. Utilize resources both on and off campus.
5. Take the time necessary to become a strong applicant.
4. Journal your experiences; reflect on *why* you're doing what you're doing.
3. Enjoy the undergraduate experience.
2. Don't give up your hobbies.
1. Be diligent, but don't forget to cherish and spend time with and appreciate those around you.

Hopkins Pre-Med Fun Facts!

- Class of 2024
 - ✓ 895 yes/maybe interested in pre-med/pre-health (freshman enrollment = 1,300)

- EY2019:

Table 15. Acceptance rates by overall GPA bucket

	N Applied	N Accepted	% Accepted
3.8+	140	122	87.1%
3.5-3.79	165	119	72.1%
3.2-3.49	67	41	61.2%
3.0-3.19	28	9	32.1%
<3.0	21	4	19.0%

- EY2019 Hopkins data:

- 3.75 median cumulative GPA for accepted applicants.
- 3.72 median BCPM GPA for accepted applicants.

- How many Hopkins applicants matriculate to the JHU SoM?

- ✓ 2016 = 13 applicants matriculated to the SoM
- ✓ 2017 = 8 applicants matriculated to the SoM
- ✓ 2018 = 17 applicants matriculated to the SoM
- ✓ 2019 = 17 applicants matriculated to the SoM
- ✓ 2020 = 12 applicants matriculated to the SoM
 - ✓ Acceptances ranged from 19 – 24 applicants; SoM class size = 120

RESOURCES

JHU Office of Pre-Professional Programs and Advising: <https://studentaffairs.jhu.edu/preprofadvising/>

Association of American Medical Colleges: <https://students-residents.aamc.org/>

American Association of Colleges of Osteopathic Medicine: <https://choosedo.org/>

American Dental Education Association: <https://www.adea.org/aadsas/>

Texas medical and Dental Schools Application Services: <https://www.tmdsas.com/PLAN/index.html>

QUESTIONS?

