

# Pre-Med/Pre-Health Advising at JHU

**November 2022**



**Office of Pre-Professional Programs & Advising**

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

# Welcome!

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# Pre-Professional Advising– Services

- The Office of Pre-Professional Programs and Advising employs thoughtful communication, robust resources, innovative programming, and continuous assessment to serve undergraduates and alumni pursuing professional education in medicine, other health professions, and law
- Support three key aspects of your student's journey:
  1. Exploration
  2. Reflection
  3. Application
- How do we support your students?
  - Pre-Health 101
  - Individual advising appointments
  - Drop-In appointments
  - Pre-Health 201
  - Programming—pre-application and during application; med school visits (see next slide)
  - Website—advising guides, pre-health opportunities, activities tracker, links to clinical experiences and community service, *and more*
  - Social media—Instagram, YouTube

# Pre-Professional Advising— Medical School Visits

## Spring 2022:

Emory

Virginia Tech

Kaiser Permanente

Johns Hopkins

Yale

New York Medical College

University of Maryland

## Fall 2022:

University of Virginia

Georgetown

Boston University

Johns Hopkins

Case Western

Uniformed Services University

# Anatomy of a Successful Student

- Academic Achievement
- Research Experience
- Clinical Experience—mandatory; beyond shadowing
- Community Service
- Additional Experiences
- Letters of Recommendation

# Pre-Medical Student Considerations

- Applicants to medical school must have medically-related experiences and community service.
- Medical schools value quality and commitment to activities.
- 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.

# 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
  - Service programs
  - 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 90% of our applicants take at least one bridge year.
- Average age of a first year medical student is 23.



# 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!

Cumulative (overall) GPA of accepted applicants from JHU, EY2019 – 2021:

Entry Year	Mean	Median
2019	3.71	3.75
2020	3.71	3.76
2021	3.74	3.82

- GPA “bins” for accepted applicants, EY2021:

Cum GPA Bins	Percent Accepted*
3.8+	82%
3.5-3.79	59%
3.2-3.49	45%
3.0-3.19	36%
<3.0	16%

- How many JHU Homewood applicants matriculate to the JHU SoM?
  - SoM class size = 120, which includes MD-PhD students
  - Acceptances from JHU range from 19 – 24 applicants/year
  - Matriculants from JHU vary from 8 – 17/year (data from 2017 – 2021)
  - JHU Homewood applicants comprise 10% - 12% of incoming class

# RESOURCES

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

Association of American Medical Colleges: <https://www.aamc.org/>

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

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

Texas Medical and Dental Schools: <https://www.tmdsas.com/>

## QUESTIONS?

