JOHNS HOPKINS
KRIEGER SCHOOL
of ARTS & SCIENCES

Pre-Health Advising Services

Daveena Colwell

Director of Pre-Professional Advising

March 13, 2024

Who are we:

Daveena Colwell, Ed.M.

Director

Kayla Cullum Michael, MA

Assistant Director

Zuri Obado Bennett

Assistant Director

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

What do we do:

Explore

- Opportunities Newsletter
- 1:1 Advising Appointments
- Drop- In Advising & Traveling Advising Hours
- Pre-Health 101
- MD-PhD, DO, & Dental Specific Workshops

Reflect

- Pre-Health 201
- Exploring You Why Intersession Course
- Personal Statement Workshop
- Partnerships with LDL (experience mapping)
- Pre-Health Academy Courses

Apply

- Are You Ready Assessment?
- HPA & Committee Process
- Applicant Specific Workshops
- Virtual Admissions Visits
- Mock Interview Practice
- Alumni Services

Anatomy of a Successful Applicant

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

Important Considerations

- Applicants to medical school must have medically-related experiences and community service.
- Medical schools value quality and commitment to activities.
- First-year students should take time to adjust academically before over-committing to extracurriculars.
- 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)

Gap Years are Normal!

- **More than 90% of our applicants take at least one bridge year.**
- Average age of 1st year medical student is 24.
- Showing all 4 years on application
- What to do in gap year:
  - Graduate school or Post-Bacc Programs
  - Research
  - Service programs
  - Clinical work
  - National Fellowship
  - Industry

Data:

This data is compiled from AAMC reports which exclusively reflects MD programs. It does not include AACOMAS,AADSAS TMDSAS.

Application Year	Hopkins Mean BCPM GPA (sGPA)	National Mean BCPM GPA (sGPA)	Hopkins Mean Cumulative GPA (cGPA)	National Mean Cumulative GPA (cGPA)
2022	3.74	3.68	3.77	3.75
2021	3.74	3.67	3.77	3.74
2020	3.70	3.66	3.75	3.73

All data is reported as undergraduate GPA for accepted Hopkins applicants

Application Year	Hopkins Mean MCAT	National Mean MCAT
2022	517	512
2021	516	511
2020	516	512

All data reported above is using first-time applicants ONLY accepted Hopkins applicants.

Application Year	Number of Applicants Nationally	Hopkins Acceptance Rate	National Acceptance Rate
2022	52,890	~77%	~44%
2021	60,363	~65%	~38%
2020	51,191	~66%	~44%

All data reported above is using first-time applicants ONLY for accepted Hopkins applicants.

Life Design Lab

Matthew Golden

Executive Director Life Design Lab

MISSION

Empower all students* to design fulfilling lives.

*if you have the capacity to learn, you are a student

WHAT IS LIFE DESIGN

Life design at Johns Hopkins is our approach to integrative learning, career readiness, and professional development. Students utilize the process of design thinking to explore and access professional networks and career opportunities to mindfully and intentionally design fulfilling and purposeful lives that align with their values, identites and aspirations.

Find Your Educator to Connect:

Undergraduate Educators >

Graduate Educators >

SOAR Educators (Seizing Opportunities, Access & Relationships) >

Lemoine Joseph

Life Design Educator for Chemical & Biomolecular Engineering, Mechanical Engineering, and Material Sciences and Engineering

Contact

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Connect on LinkedIn

LIFE DESIGN LAB

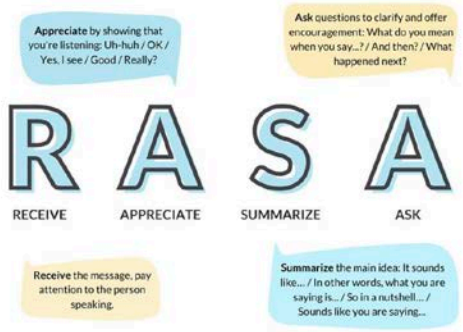
INDUSTRY WEEKS

Fall 2023 Calendar

SEPT 25-29	CONSULTING
OCT 3-13	ENGINEERING & TECH
OCT 23-27	BIOTECH
OCT 30 - NOV 3	DATA-DRIVEN CAREERS
NOV 6-10	INTERNATIONAL CAREER SUMMIT

Listening is something that we have to work at - it's a relationship with sound. And yet, it's a skill none of us are taught.
- Julian Treasure

Most people do not listen with the intent to understand; they listen with the intent to reply.



Nurturing Tech and Entrepreneurial Spirit: An Intersession Trek to the Bay Area

Published on February 16, 2024

Intersession Treks are one of Johns Hopkins University's Life Design Lab's signature programs. The staff meticulously craft multiple industry-based, immersive, and credit-bearing experiences, recognizing the profound impact of integrating our Life Design curriculum into real-world contexts. In one of these experiences over Intersession 2024, 20 students embarked on a "Tech Trek" to the heart of innovation- the San Francisco Bay Area.

Universities play a pivotal role in shaping future leaders and innovators in the dynamic landscape of technology and entrepreneurship. In today's competitive landscape, particularly in the "tech world," individuals need more than just technical skills; they must adapt, innovate, and create their own paths.

The Life Design coursework, paired with company site visits, provides students with the essential framework and practical experience to navigate their personal and professional journeys with clarity and purpose. Through this two-week intersession class, our aim was to expose students to the forefront of innovation in the Bay Area and empower them with the skills and mindsets needed to thrive in an ever-evolving world.

Do You Have the Magic Bullet for Your Job Search?

Published on October 3, 2023

By Heather Braun

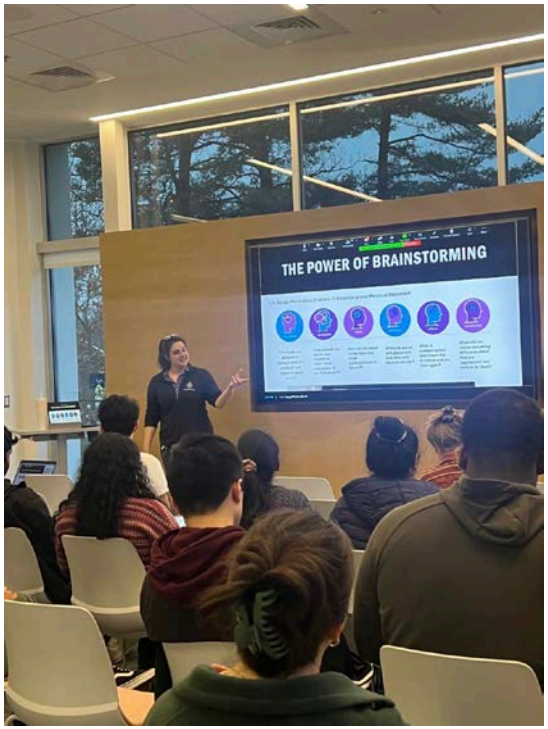
ALDE Course, Week 3: Building Connections

"You cannot truly listen to anyone and do anything else at the same time."
— M. Scott Peck

Crowds make me dizzy with anxiety. As a hard core introvert, I've learned to be extroverted for work, but whenever I'm "networking" in large, impersonal spaces, I feel like I'm just one bee in the swarm.

I've found out I'm far from alone. When my students share their networking exhaustion, I introduce them to an approach I like to think of as "networking for introverts": the art of building meaningful connections that can endure beyond the transactional. In other words, a relationship where you're not just trying to get something from each other.

Johns Hopkins University
STARTUP FEST 2024
The Johns Hopkins University Life Design Lab, the Carey Business School and Fast Forward U are partnering to bring Baltimore-region startups together with JHU undergraduate and graduate students for this event!
Are you a Baltimore-region startup looking for intern support? Then we want YOU for Startup Fest 2024!
APRIL 3RD 4:30-6:30PM AT FAST FORWARD U
Organizations can demo to JHU undergraduate and graduate students and pitch paid employment opportunities!
Registration is limited!
REGISTER NOW

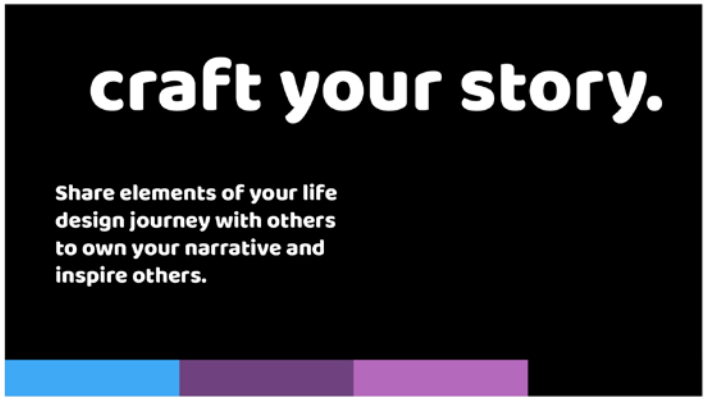

THE POWER OF BRAINSTORMING

JOHNS HOPKINS UNIVERSITY
Integrative Learning and Life Design
Life Design Lab
SPRING COFFEE HOURS
We have some thrilling news to share! Life Design Lab and GRO have yet again joined forces to bring you a series of Coffee Hours that will spark your curiosity, help you envision new horizons, and embolden you to embrace exciting adventures. Come join us on this transformative journey and shape your own narrative by taking charge of your story. Let's make it happen together!
"IMAGINE POSSIBLE LIVES"
FUN LIFE DESIGN ACTIVITIES + GAMES!
LOTS OF PRIZES
MAR. 12
10:30AM LEVERING HALL
APR.9
10:30AM LEVERING HALL
"EXPERIENCE MORE"
LINKEDIN + MEANINGFUL CONVERSATIONS!
LOTS OF PRIZES
"CRAFT YOUR STORY"
COMPETE + PITCH A FUN PROJECT!
LOTS OF PRIZES
MAY 14
10:30AM LEVERING HALL

get curious.
Discover what makes you tick and embark upon your life design journey intentionally and with purpose.

experience more.
Connect with people, experiences, and resources to take action intentionally in your life design journey.

imagine possible lives.
Explore the many paths that are possible to you on your life design journey.


craft your story.
Share elements of your life design journey with others to own your narrative and inspire others.

Impact

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Thank you!

Questions?