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Pre-Health Application Guide

University of Virginia Career Center

How to Use This Guide

Welcome to Pre-Health Advising at the University of Virginia! Health Professions is the "umbrella term" that contains many healthcare careers and professional school options. Applying to a health professions school may seem daunting, but our Pre-Health Advisors are here to help you through the process.

Within this guide, you will find specific details for the application processes for each profession that we advise. In addition, you will find general information on topics such as personal statements and interviewing that will provide detailed guidelines on these important components of the application.

We recommend reading these general sections as well as the specific sections for the profession that interests you. Additionally, you should plan to meet with a Pre-Health Advisor as you prepare your application for a health professions program to discuss the details that are personalized to you.

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The Pre-Health Pillars candidacy assessment incorporates three essential components of preparation to be successful in the application process to a health professional program. Let this model serve as a guide to understanding how to build a solid foundation for your development and growth as a pre-health student.

Academic

Your academic performance at the undergraduate level demonstrates your capability to handle the rigor and demands of coursework and licensing exams required to practice in your health profession of interest.

Pre-requisite Coursework

Most programs require pre-requisite coursework, but they will vary from school to school. Some schools have very specific course requirements and others have no course requirements at all. As you begin to explore health professional programs, remember to pay attention to the pre-requisite coursework for the programs to which you are applying.

As always, when it comes to course registration and timelines for completion of pre-requisite courses, your major and graduation requirements should be the priority.

Overall and Science GPA

Overall and science GPA highlight your academic performance over a period of time. Programs are generally most interested in the science or pre-requisite GPA. Programs calculate science GPA in different ways, so make sure to consult the centralized application service for your health profession. Common classifications include BCPM (Biology, Chemistry, Physics, and Math) and BCP (Biology, Chemistry, and Physics).

Entrance Exam

All programs require applicants to take an entrance exam. This is an important predictor for future licensing exams required for health professional practice. Look at the section for the profession you are considering for more information about the entrance exam required.

Academic Trends

Trends and patterns in your academic record are important. Health professional programs are interested in seeing if your record displays positive, stable, and consistent performance throughout your undergraduate years. Ideally, you want to have a few solid academic years with consistently strong grades before applying to a professional program.

Career

Career exploration is essential in making an informed decision about your future career in healthcare. Your participation in clinical experiences in healthcare settings shows your commitment to the profession. Students who are dedicated to pursuing a health professional career will likely have hundreds of hours of experience devoted to career exploration. Journaling during your clinical and observational experiences is valuable as these experiences are likely to become a part of your personal statement and secondary application essays. Required clinical hours can vary by program. Be sure to do your research!

Necessary	
Clinical Direct Patient Involvement *Find our if you enjoy and are comfortable being around patients in a healthcare setting.*	Common Options: • Athletic Trainer Assistant • Certified Nursing Assistant (CNA) • Clinical Research Assistant • Dental Assistant • Free Clinic Volunteer • Hospice Volunteer • Hospital Volunteer • Medical Mission Trip Participant • Medical/Clinical Assistant • Patient Transporter • Peer Health Educator • Pharmacy Technician • Physical Therapy Assistant • Rehabilitation Therapy Assistant • Rescue Squad / Emergency Medical Technician (EMT) • Scribe • Veterinary Technician
Clinical Observation of Health Professional(s) *See what a healthcare practitioner's day-to-day life looks like*	Common Options: • Shadow • Extern • Volunteer
Optional	
Research *Develop the technical and analytical skills that cannot be gained in the academic classroom or through extracurricular activities.*	• Clinical research with patient contact • Bench research
Personal or Family *Contribute to a greater understanding of the patient experience*	• Personal experience as a patient • Observer of family member's medical condition or procedure • Caregiver for family member *While these situations contribute to a better understanding of the patient experience and are an important piece of your background, you should not rely heavily on these events to demonstrate your understanding of the career field.*

Personal

Life experience and personal growth are important in the preparation process. This includes any aspect of you that contributes to your interest and fit for a clinical career in healthcare. Examples may include passions, extracurricular experiences, and skills beyond those directly relevant to the health professions.

Competencies *An observable behavior that captures your knowledge, skills, values, or attitudes.*	**Interpersonal Competencies** Service Orientation Social Skills Cultural Competence Teamwork Oral Communication **Intrapersonal Competencies** Ethical Responsibility to Self and Others Reliability and Dependability Resilience Adaptability Capacity for Improvement **Thinking and Reasoning Competencies** Critical Thinking Quantitative Reasoning Scientific Inquiry Written Communication **Scientific Competencies** Living Systems Human Behavior
Non-Clinical Extracurricular Activities *Activities you choose to participate in outside of your academic and clinical preparation that highlight you as a person and how that person is suited for a career in the health professions.*	Participation in a Student Organization Study Abroad Athletic Pursuits Artistic Pursuits Leadership Roles Work or Internship in Professional Setting Community Volunteer Hobbies
Questions for Consideration and Reflection *Reflect upon these questions and discuss with a Pre-Health Advisor or conduct a mock interview to practice communicating your experiences.*	How has your upbringing and personal background influenced who you are today? How have you demonstrated maturity and strong decision-making skills? How would you present yourself in an interview? How comfortable are you presenting your strengths and areas of growth in an interview setting?

Did you know?

81% of ALL accepted MD applicants took *at least one* bridge year &

45% of all accepted MD applicants took *two or more* bridge years.

A bridge year(s) between graduation and entry to a health professional school has become increasingly common. The average matriculant age for many health professional programs now ranges from 24 - 28 years of age. Students who engage in a bridge year go through the same application process, however the timeline is extended over an additional year. Events such as completing the entrance exam, completing school applications and attending interviews occur one year later.

A bridge year can and should be used for a variety of purposes, all of which depend on a careful assessment of your candidacy for your health profession of choice. Consider your preparation in the following areas:

- Academic
- Career Exploration
- Life Experience
-

Use the Pre-Health Candidacy Assessment in the previous section to determine where your strengths and weaknesses lie. Use your bridge year to strengthen the weak area of your application!

Bridge Year Service Programs and Fellowship Options

- American Public Health Association Internships and Fellowships
- AmeriCorps
- Change Corps
- Citizen School Teaching Fellowship
- City Year
- Green Corps
- Fulbright
- Health Corps
- Peace Corps
- Teach For America
- Samuel Huntington Public Service Fellowship Award
- Winston Foundation for World Peace Fellowships
- UVA Education Abroad Programs

Other common bridge year options include gaining clinical experience through becoming a medical assistant, medical scribe, Certified Nurse Assistant, or Certified EMT.

Talk to a Pre-Health Advisor to discover if a bridge year is right for you and the best way to utilize the time!

Medicine (M.D. & D.O.)

Application Systems

[AMCAS: American Medical College Application Service](#)

- This application is used for allopathic medical programs.

[AACOMAS: American Association of Colleges of Osteopathic Medicine Application Service](#)

- This application is used for osteopathic medical programs.

[TMDSAS: Texas Medical and Dental Schools Application Service](#)

- This application is used to apply to medical, dental, and veterinary schools in the state of Texas.

Applications open each year in early May. Dependent upon the application service(s) most applicable to you, submission may begin in May or early June. Although closing deadlines are not until September - December, you should apply in early summer due to the application verification and rolling admission cycle.

Creating a School List

We recommend applying to **15-20 medical schools** for both allopathic and osteopathic programs. You can research schools utilizing the following resources:

- [AAMC Medical School Admissions Requirements (MSAR)](#)
- [AACOM Choose DO Explorer](#)

Medical College Admission Test (MCAT)

Applicants should complete the MCAT no later than April prior to the application cycle beginning in May. The test consists of four sections:

1. Biological and Biochemical Foundations of Living Systems
2. Chemical and Physical Foundations of Biological Systems
3. Psychological, Social and Biological Foundation of Behavior
4. Critical Analysis and Reasoning Skills

Test Preparation Resources

There are many types of test preparation resources that vary in cost and approach. Pre-Health Advisors do not endorse any of the providers below, but are happy to speak with you about how you might identify the style of preparation that best fits your needs.

[AAMC How I Studied for the MCAT Exam Testimonials](#): Tips from students who self-identified as having performed well on the exam. Profiles include insight on student performance, overall study approach, tips, any challenges they faced and overcame, and "do's and don'ts" to be aware of.

Source	Cost Level
AAMC Interactive Content Tool: What's on the MCAT?	Free
AAMC Creating a Study Plan	Free
Khan Academy MCAT Collection	Free
Coursera and **EdX**	Free
AAMC Materials:	
Study for the MCAT Resources	Low
Practice for the MCAT Resources	Low
Practice with Exam Features	Low
	Free
Dr. Flowers MCAT	Low-Mid
Exam Krackers	Low-High
Clayborne Education	Low-High
Kaplan Test Prep	Free-High
Princeton Review	Free-High
Altius Test Prep	Free-High
Blueprint	Free-High

Casper Exam

Casper is an online, open-response situational judgment test (SJT) that is required by some medical schools. It asks what you would do in difficult situations and why. This helps determine behavioral tendencies of applicants pursuing helping professions.

Casper assesses the following characteristics:

- Collaboration
- Communication
- Empathy
- Equity
- Ethics
- Motivation
- Problem Solving
- Professionalism
- Resilience
- Self-Awareness

Not all medical schools require that their applicants take the Casper, so you should check with the schools you are intending to apply to and if you need to take it, register and take the exam as you are preparing your primary application in May or June. Because the scores take a few weeks to process, this will ensure that the scores reach your schools when you complete your secondary applications.

AAMC PREview Professional Readiness Exam

The AAMC PREview is a professional readiness exam that some medical schools will require as a part of their admissions process. It assesses candidates on the following 8 core pre-professional competencies:

- Service Orientation
- Social Skills
- Cultural Competence
- Teamwork
- Ethical Responsibility to Self and Others
- Resilience and Adaptability
- Reliability and Dependability
- Capacity for Improvement

Not all medical schools require that their applicants take the AAMC PREview Exam, so you should check on the AAMC website for the schools that you are intending to apply to and then register to take the exam on one of the testing dates offered.

Letters of Recommendation

Every medical school has difference letters of recommendation requirements, and it is recommended that you look at their specific requirements through their program website or the MSAR.

You may submit a minimum of three and a maximum of ten individual letters on the AMCAS application. You can submit a maximum of six letters on the AACOMAS application. Letters may be sent electronically through the AMCAS or AACOMAS Letter Writer Application or Interfolio letter service.

You should determine any specific LOR requirements from programs of choice. However, letters are most commonly required by:

- Science Faculty (2)
- Non-Science Faculty (1)
- Faculty Advisor

- Employer
- Research Mentor
- Healthcare Provider

- Volunteer Manager

In addition, if you are considering D.O. schools, they require letter from a practicing osteopathic physician.

For more specific guidelines on letters of recommendation, see the *Letters of Recommendation* section on page 36.

Personal Statements

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become a physician? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become a physician?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?

While there is no formal prompt, the application services additionally suggest considering the following topics:

- What motivates you to learn more about medicine?
- What do you want medical schools to know about you that hasn't been disclosed in other sections of the application?
- Have you experienced any special hardships, challenges, or obstacles that may have included your educational pursuits?
- Commentary on significant fluctuations in your academic record that are not explained elsewhere in your application.

Character Limits:

AMCAS: 5,300 character limit (including spaces and punctuation)
AACOMAS: 4,500 character limit (including spaces and punctuation)

For more specific personal statement guidelines, see the *Personal Statement Section* on page 37.

Medical School Application Timeline

The entire application process lasts approximately 18 months, which spans two academic years. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins in the fall prior to your application submission in early June.

Month	Tasks
September	• Begin drafting a personal statement • Have your resume reviewed by a Career Counselor to use when requesting Letters of Recommendation
October	• Consider creating an Interfolio account to store Letters of Recommendation • Begin requesting letters of recommendation from faculty as well as employers, clinicians, volunteer managers, etc. • Attend all relevant application meetings and workshops in preparation for June submission of application
November	• Attend application meetings if not attended before and/or meet with a Pre-Health Advisor
December	• Continue revising your personal statement
January	• Begin researching schools and programs
February	• Finalize requests for letters of recommendation from all letter writers
March	• Finalize your personal statement
April	• Take MCAT no later than April • Create school list and discuss with Pre-Health Advisor
May	• Primary application (AMCAS/AACOMAS) opens in early May to begin inputting information
June	• **Submit primary application, transcripts, and all letters of recommendation in early June**
July	• Complete secondary applications within 2 weeks of receiving them • Complete a mock interview with a Pre-Health Advisor (recommend to schedule when you receive your first interview request)
August	• Interviews begin
September	• Continue completing secondaries and interviews as they come up
Fall	• Interviews continue through the spring • Provide any relevant updates (academic, co-curricular, professional) to schools in December
Spring	• Make a final choice of school based on AAMC/AACOM traffic rules

Other Resources

- [Association of American Medical Colleges](#)
- [American Association of Colleges of Osteopathic Medicine](#)
- [American Medical Association](#)
- [American Osteopathic Association](#)
- [American Medical Student Association](#)
- [Student Osteopathic Medical Association](#)

- [AAMC News](#)
- [Journal of the American Medical Association](#)
- [Journal of the American Osteopathic Association](#)
- [AMA Journal of Ethics](#)
- [The DO Osteopathic Magazine](#)
- [NIH News in Health](#)

Application Systems

[AADSAS: Associated American Dental Schools Application Services](#)

- This application is used for the majority of dental schools in the United States and some international schools.

[TMDSAS: Texas Medical and Dental Schools Application Service](#)

- This application is used to apply to medical, dental, and veterinary schools in the state of Texas.

Application opens each year in early June. Although closing deadlines are not until February, you should apply in early summer due to the application verification and rolling admission cycle.

Creating a School List

We recommend applying to **12-15 dental schools**. You can research schools utilizing the following resource:

- [ADEA Official Guide to Dental Schools](#)

Dental Admission Test (DAT)

The exam consists of four sections that measure academic ability, scientific understanding, and perceptual ability:

1. Natural Sciences (Biology, Inorganic Chemistry, Organic Chemistry)
2. Perceptual Ability
3. Reading Comprehension
4. Quantitative Reasoning

Test Preparation Resources
There are many types of test preparation resources that vary in cost and approach. Pre-Health Advisors do not endorse any of the providers below, but are happy to speak with you about how you might identify the style of preparation that best fits your needs.

Source	Cost Level
ADA Resources - **DAT Guide** - **DAT Practice Exam and Tutorial**	Free-Low
Khan Academy	Free
Coursesaver	Low
DAT Destroyer	Low
DAT Bootcamp	Free-Mid
Crack the DAT	Low-Mid
Kaplan Test Prep	Free-High
Princeton Review	Free-High

Letters of Recommendation

You may submit up to 4 individual letters to AADSAS. Some schools accept additional letters individually. Letters can be sent electronically through the AADSAS Evaluator's Portal or through the Interfolio letter service.

You should determine any specific LOR requirements from programs of choice. However, letters are most commonly required by:

- Science Faculty (2)
- Non-Science Faculty (1)
- Practicing Dentist (1)

For more specific guidelines on letters of recommendation, see the *Letters of Recommendation* section on page 36.

Personal Statements

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become a dentist? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become a dentist?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?

The AADSAS personal statement section includes a 4,500 character limit (including spaces). While there is no formal prompt, AADSAS additionally suggests considering the following topics:

- Do you have any special talents or leadership skills that could be transferable to the practice of dentistry?
- Express your commitment to helping others and mention any efforts made that enforce that commitment.
- Did you have to work to pay for your education? How has that made you a stronger applicant?
- To get where you are today, have you had to overcome hardships or obstacles? If so, how has this influenced your motivation for advanced education?

For more specific personal statement guidelines, see the *Personal Statement Section* on page 37.

Dentistry Application Timeline

The entire application process lasts approximately 16-18 months, which spans two academic years. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins with preparation in the fall prior to your application submission in early summer.

September	• Begin drafting a personal statement • Have your resume reviewed by a Career Counselor to use when requesting Letters of Recommendation
October	• Consider creating an Interfolio account to store Letters of Recommendation • Begin requesting letters of recommendation from faculty as well as employers, clinicians, volunteer managers, etc. • Attend all relevant application meetings and workshops in preparation for June submission of application
November	• Attend application meetings if not attended before and/or meet with a Pre-Health Advisor
December	• Continue revising your personal statement
January	• Begin researching schools and programs
February	• Finalize requests for letters of recommendation from all letter writers
March	• Finalize your personal statement
April	• Create school list and discuss with Pre-Health Advisor
May	• Take DAT no later than early May • Review AADSAS application instruction manual
June	• Primary application (AADSAS) opens in early June
July	• **Submit primary application, transcripts, and all letters of recommendation by early July**
August	• Complete secondary applications within 2 weeks of receiving them • Complete a mock interview with a Pre-Health Advisor (recommend to schedule when you receive your first interview request)Interviews begin • Interviews begin
September	• Continue completing secondaries and interviews as they come up
Fall	• Interviews continue through the spring • Provide any relevant updates (academic, co-curricular, professional) to schools in December
Spring	• Make a final choice of school based on AADSAS Traffic Guidelines

Other Resources

- American Dental Association
- American Dental Education Association
- American Student Dental Association
- Journal of the American Dental Association

- ADA New Dentist News
- Advocacy Brief
- Word of Mouth
- Mouthing Off

Physician Associate

Note: As of May 2021, PA now stands for Physician Associate instead of Physician Assistant. You may continue to see the terms used interchangeably, but the official title now stands as Physician Associate.

Application System

CASPA: Centralized Application Services for Physician Assistants

CASPA opens for submission in April of each year. Program start dates vary (January, May, June, August, September), thus application deadlines vary widely. It is always advantageous to apply early, so reach school deadlines well in advance!

Creating a School List

We recommend applying to **5-7 Physician Associate Programs**. You can research schools utilizing the following resource:

- PAEA Program Directory

GRE: Graduate Record Exam

The majority of programs require the GRE. Scores should be sent directly to schools for which an applicant is applying and should be less than 5 years old. The test consists of three sections:

1. Verbal Reasoning
2. Quantitative Reasoning
3. Analytical Writing

Test Preparation Resources

There are many types of test preparation resources that vary in cost and approach. Pre-Health Advisors do not endorse any of the providers below, but are happy to speak with you about how you might identify the style of preparation that best fits your needs.

Source	Cost Level
Educational Testing Service (ETS)	Free-Low
Khan Academy	Free
Magoosh	Low
McGraw-Hill Education	Low
Clayborne Education	Low-High
Princeton Review	Low-High
Manhattan Prep	Mid-High
Kaplan Test Prep	Free High

Letters of Recommendation

You should provide 3 LORs and submit through the CASPA Electronic Evaluation Portal. Determine any specific LOR requirements from programs of choice. However, letters are most commonly required by:

- Science Faculty
- Non-Science Faculty
- Employer
- Physician Assistant

For more specific guidelines on letters of recommendation, see the *Letters of Recommendation* section on page 36.

Personal Statement

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become a physician associate ? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become a physician associate?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?

The CASPA personal statement section includes a 5,000 character limit, including spaces. See CASPA for a formal prompt topic.

For more specific personal statement guidelines, see the *Personal Statement Section* on page 37.

Physician Associate Application Timeline

The entire application process lasts approximately 18 months, which spans two academic years. Whether you plan to apply at the end of your 3rd year, 4th year, or after graduation, this timeline begins with preparation in the fall prior to your application submission in May.

Month	Tasks
September	• Begin drafting a personal statement • Have your resume reviewed by a Career Counselor to use when requesting Letters of Recommendation
October	• Begin requesting letters of recommendation from faculty as well as employers, clinicians, volunteer managers, etc. • Attend all relevant application meetings and workshops in preparation for June submission of application
November	• Attend application meetings if not attended before and/or meet with a Pre-Health Advisor
December	• Continue revising your personal statement
January	• Begin researching schools and programs. Review all application deadlines and program start dates very carefully on the CASPA application and PAEA program directory.
February	• Finalize requests for letters of recommendation from all letter writers • Confirm preparation of all letters of recommendation for April submission to CASPA evaluation portal • Take GRE no later than February
March	• Finalize your personal statement • Review CASPA application instruction manual
April	• Primary application (CASPA) opens mid to late April
May	• Submit primary application, transcripts, and all letters of recommendation
June	• If relevant, complete CASPA Academic Update • Complete a mock interview with a Pre-Health Advisor (recommend to schedule when you receive your first interview request) • Complete secondary applications within 2 weeks of receiving them
July	• Continue completing secondaries as they come up • Interviews begin
August	• Continue completing secondaries and interviews as they come up
Fall	• Interviews continue through the spring • If relevant, complete CASPA Academic Update for fall term and send any other relevant co-curricular updates to schools in December
Spring	• Make a final choice of school based on CASPA Traffic Guidelines

Other Resources

- [American Academy for Physician Assistants](#)
- [Physician Assistant Education Association](#)
- [National Commission on Certification of Pas](#)
- [Journal of the American Academy of Physicians Assistants](#)
- [AAMC News](#)

Application System

[PharmCAS: Pharmacy College Application Service](#)

This application opens each year in early to mid July. Although there are 5 regular degree program application deadlines from November to March, you should apply as early as possible due to the application verification process and rolling admission cycle.

Creating a School List

We recommend applying to **5-7 Pharmacy Programs**. You can research schools utilizing the following resource:

- [PharmCAS School Directory](#)

PCAT: Pharmacy College Admission Test

Offered in July, September, October, November, and January of each year. The exam consists of the following content sections:

1. Verbal Ability
2. Reading Comprehension
3. Writing
4. Biology
5. Chemistry
6. Quantitative Reasoning

Test Preparation Resources
There are many types of test preparation resources that vary in cost and approach. Pre-Health Advisors do not endorse any of the providers below, but are happy to speak with you about how you might identify the style of preparation that best fits your needs.

Source	Cost Level
Pearson • **PCAT Test Blueprint and Sample Items**	Free-Low
Mometrix	Free-Low
Coursesaver	Low
PCAT Destroyer	Low
Crack the PCAT	Low-Mid
The PCAT Prep Class- Dr. Collins	Mid
Kaplan Test Prep • **250 full-tuition PCAT scholarships provided per year**	Free-High

Letters of Recommendation

You may submit a maximum of 4 individual letters to PharmCAS. Some schools accept additional letters individually, but they should be sent directly to the pharmacy program. Letters should be submitted electronically through the PharmCAS eLOR portal.

You should determine any specific LOR requirements from programs of choice. However, it is typically required or recommended that letters come from the following people:

- Science Faculty
- Non-Science Faculty
- Healthcare Professional
- Employer
- Academic or Research Advisor

For more specific guidelines on letters of recommendation, see the *Letters of Recommendation* section on page 36.

Personal Statements

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become a pharmacist? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become a pharmacist?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?
- What are your immediate and long-term professional goals? How does a PharmD degree relate to those goals?
- How does your personal, educational, and professional background help you achieve your goals?

The PharmCAS personal statement section includes a 4,500 character limit (including spaces). See PharmCAS for a formal prompt topic.

For more specific personal statement guidelines, see the *Personal Statement Section* on page 37.

Pharmacy School Application Timeline

The entire application process lasts approximately 12-14 months, which spans a full academic year. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins with preparation in the fall prior to your application submission in late summer.

Month	Tasks
October	• Have your resume reviewed by a Career Counselor to use when requesting Letters of Recommendation (LORs) • Register for PCAT test date if not yet registered • Attend all relevant application process meetings and workshops in preparation for July submission of your application
November	• Begin drafting personal statement • Begin requesting Letters of Recommendation from faculty and healthcare professionals or employers • Attend all relevant application process meetings and workshops if not attended in October
December	• Continue to revise personal statement
January	• Take PCAT by early January
February	• Research programs and schools • Participate in a mock interview with a Pre-Health Advisor
March	• Finalize your Personal Statement • Consider Mock Interviewing if not previously completed
April	• Participate in Mock Interview if not previously completed
May	• Confirm preparation of all Letters of Recommendation for July submission to PharmCAS eLOR portal
June	• Review PharmCAS application instruction manual • Gather and compile any remaining materials in preparation for July application submission
July	• Primary application (PharmCAS) opens in mid-July • Submit primary application, transcripts, and all Letters of Recommendation
August	• Complete secondary applications within two weeks of receiving them
September	• Interviews begin • Complete secondary applications within two weeks of receiving them
Fall	• Interviews continue until spring • Complete Fall Academic Update in December
Spring	• Make final choice of school based on PharmCAS traffic rules • Complete Spring Academic Update April - June

Other Resources

- American Association of Colleges of Pharmacy
- Virginia Pharmacists Association
- American Journal of Pharmaceutical Education
- Journal of the American Pharmacists Association
- Pharmacy is Right for Me

Application System

OptomCAS: Optometry Centralized Application Service

This application opens each year in July. Although application closing deadlines span from December -- February, you should apply as early as possible due to the application verification process and rolling admission cycle.

Creating a School List

We recommend applying to **5-7 Optometry Programs**. You can research schools utilizing the following resource:

- OptomCAS Directory of Schools and Colleges

OAT: Optometry Admission Test

The Optometry Admission Test (OAT) is available year round in a computerized format. The test includes four content sections including:

1. Quantitative Reasoning
2. Physics
3. Reading Comprehension
4. Natural Sciences

Test Preparation Resources
There are many types of test preparation resources that vary in cost and approach. Pre-Health Advisors do not endorse any of the providers below, but are happy to speak with you about how you might identify the style of preparation that best fits your needs.

Source	Cost Level

ASCO Resources
    • **OAT Guide**
    • **OAT Sample Test Items and Tutorial**
	Free

Khan Academy	Free
Mometrix Test Prep	Free-Low
Coursesaver	Low
OAT Destroyer	Low
Crack the OAT	Low-Mid
Princeton Review	Low-High
Kaplan Test Prep	Free-High

Letters of Recommendation

You may submit up to 4 individual letters to OptomCAS. Letters should be sent electronically through the OptomCAS online portal. Paper copies are not accepted.

You should determine any specific LOR requirements from programs of choice. However, it is typically required or recommended that letters come from the following people:

- Optometrist
- Science Faculty
- Non-Science Faculty
- Faculty Advisor
- Employer
- Other Healthcare Professional

For more specific guidelines on letters of recommendation, see the *Letters of Recommendation* section on page 36.

Personal Statement

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become an optometrist? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become an optometrist?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?
- How might you demonstrate your aptitude and motivation for the field of optometry?
- What are your future career goals?
-

The OptomCAS personal statement section includes a 4,500 character limit (including spaces). See OptomCAS for a formal prompt topic. You should tailor your essay on on the given prompt for each individual school to which you plan to apply. After you save your essay(s), you may upload them to be sent to the appropriate designated schools.

For more specific personal statement guidelines, see the *Personal Statement Section* on page 37.

Optometry School Application Timeline

The entire application process lasts approximately 12-14 months, which spans a full academic year. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins with preparation in the fall prior to your application submission in late July.

Month	Tasks
September	• Meet with a Pre-Health Advisor to discuss your candidacy • Consult OptomCAS for each school's prerequisites
October	• Begin drafting a personal statement • Have your resume reviewed by a Career Counselor to use when requesting letters of recommendation
November	• Attend all relevant application process meetings and workshops in preparation for July submission of your application • Begin to request letters of recommendation from faculty and optometrists
December	• Continue to revise your personal statement draft
January	• Begin studying for the OAT
February	• Research schools and programs • Complete a mock interview with a pre-health advisor
March	• Finalize your personal statement
April	• Participate in mock interviews if not previously completed • Confirm preparation of all letters of recommendation for July submission to OptomCAS
May & June	• Take OAT by early May • Review OptomCAS application instruction manual
July	• Primary application (OptomCAS) opens in early July • Submit primary application, transcripts, and all letters of recommendation to OptomCAS by end of July
August	• Complete secondary applications • Complete a mock interview with a pre-health advisor if not already completed
Fall	• Complete secondary applications • Interviews begin
Spring	• Interviews continue • Make final choice of school based on OptomCAS traffic rules

Other Resources

- American Optometric Association
- Association of Schools and Colleges of Optometry
- Virginia Optometric Association
- ASCO Optometric Education Journal
- ASCO Eye on Optometry
- ASCO Eye on Education Newsletter
- AOA News

Application System

OTCAS: Occupational Therapy Centralized Application Service

This application opens each year in mid-July. You should specifically review deadlines for programs of interest carefully. However, despite program deadlines you are strongly advised to apply as early as possible due to the application processing delay and rolling admission cycle.

Creating a School List

We recommend applying to **5-7 Occupational Therapy Programs**. You can research schools utilizing the following resource:

- AOTA Find a School

GRE: Graduate Record Exam

The majority of programs require the GRE. Scores should be sent directly to schools for which an applicant is applying and should be less than 5 years old. The test consists of three sections:

1. Verbal Reasoning
2. Quantitative Reasoning
3. Analytical Writing

Test Preparation Resources

There are many types of test preparation resources that vary in cost and approach. Pre-Health Advisors do not endorse any of the providers below, but are happy to speak with you about how you might identify the style of preparation that best fits your needs.

Source	Cost Level
Educational Testing Service (ETS)	Free-Low
Khan Academy	Free
Magoosh	Low
McGraw-Hill Education	Low
Clayborne Education	Low-High
Princeton Review	Low-High
Manhattan Prep	Mid-High
Kaplan Test Prep	Free High

Letters of Recommendation

You must submit at least 3 and no more than 5 recommendations within the OTCAS application. Letters must be sent electronically through the OTCAS evaluator portal.

You should determine any specific LOR requirements from programs of choice. However, letters are most commonly submitted by:

- Faculty
- Occupational Therapists
- Employment or Volunteer Supervisors
- Healthcare Professionals
- Academic Advisors

For more specific guidelines on letters of recommendation, see the *Letters of Recommendation* section on page 36.

Personal Statement

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become a occupational therapist? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become an occupational therapist?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?

Make sure to determine if you are applying to schools with specific character limits. OTCAS suggests considering the following topics:

- How does the OT degree relate to your immediate and long term professional goals?
- How will your personal, educational, and professional background help you achieve your goals?

For more specific personal statement guidelines, see the *Personal Statement Section* on page 37.

Occupational Therapy Program Application

The entire application process lasts approximately 12-14 months, which spans a full academic year. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins with preparation in the fall prior to application submission in mid-late July.

October	• Have your resume reviewed by a Career Counselor to use when requesting letters of recommendation • Attend all relevant application process meetings and workshops in preparation for July submission of your application
November	• Begin drafting a personal statement • Begin requesting letters of recommendation from faculty, occupational therapists, and other letter writers • Attend all relevant application process meetings and workshops if not previously attended
December	• Continue to revise your personal statement draft
January & February	• Research programs and schools • Complete a mock interview with a pre-health advisor
March	• Finalize your personal statement • Participate in mock interviews if not previously completed
April	• Participate in mock interviews if not previously completed
May	• Take GRE no later than May • Confirm preparation of all letters of recommendation for July submission to OTCAS evaluator portal
June	• Review OTCAS application instruction manual • Gather and compile any remaining materials in preparation for July application submission
July	• Primary application (OTCAS) opens in mid-July • Submit primary application, transcripts, and all letters of recommendation
August	• Complete secondary applications within two weeks of receiving them
September	• Interviews begin • Complete secondary applications applications within two weeks of receiving them
Fall	• Interviews continue until spring • Complete OTCAS Academic Update upon completion of fall semester
Spring	• Complete OTCAS Academic Update by February if not previously completed • Submit any additional updates or requested information to individual schools • Make final choice of school

Other Resources

- American Occupational Therapy Association
- Virginia Occupational Therapy Association
- Student Occupational Therapy Association
- American Journal of Occupational Therapy (AJOT)
- OT Practice Magazine
- OT Prospective Student Connections
- OT Student Pulse

Application System

PTCAS: Physical Therapy Centralized Application Service

This application opens each year in early July. There are 15 application deadlines from October - May, so you should review deadlines for programs of interest carefully. Despite program deadlines, you should apply as early as possible due to the application verification process and rolling admission cycle.

Creating a School List

We recommend applying to **5-7 Physical Therapy Programs**. You can research schools utilizing the following resource:

- PTCAS Program Directory

GRE: Graduate Record Exam

The majority of programs require the GRE. Scores should be sent directly to schools for which an applicant is applying and should be less than 5 years old. The test consists of three sections:

1. Verbal Reasoning
2. Quantitative Reasoning
3. Analytical Writing

Test Preparation Resources

There are many types of test preparation resources that vary in cost and approach. Pre-Health Advisors do not endorse any of the providers below, but are happy to speak with you about how you might identify the style of preparation that best fits your needs.

Source	Cost Level
Educational Testing Service (ETS)	Free-Low
Khan Academy	Free
Magoosh	Low
McGraw-Hill Education	Low
Clayborne Education	Low-High
Princeton Review	Low-High
Manhattan Prep	Mid-High
Kaplan Test Prep	Free High

Letters of Recommendation

You may submit up to 4 evaluators on the PTCAS application. Letters must be submitted electronically through the PTCAS evaluator portal. You should determine any specific LOR requirements from programs of choice. However, letters are most commonly submitted by:

- Physical Therapists
- Science Faculty
- Non-Science Faculty
- Faculty Advisor
- Employment Supervisor
- Healthcare Professional

For more specific guidelines on letters of recommendation, see the *Letters of Recommendation* section on page 36.

Personal Statement

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become a physical therapist? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become a physical therapist?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?
- How do / will you embody the American Physical Therapy Association's vision for the profession?

The PTCAS personal statement section includes a 4,500 character limit (including spaces). See PTCAS for a formal prompt topic.

For more specific personal statement guidelines, see the *Personal Statement Section* on page 37.

Physical Therapy Program Application Timeline

The entire application process lasts approximately 12-14 months. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins with preparation in the fall prior to your application submission in late summer.

Month	Tasks
October	• Have your resume reviewed by a Career Counselor to use when requesting letters of recommendation • Attend all relevant application process meetings and workshops in preparation for July submission of your application
November	• Begin drafting your personal statement • Begin requesting letters of recommendation from faculty and physical therapists • Attend all relevant application process meetings and workshops if not attended previously
December	• Continue revising your personal statement draft
January & February	• Research programs and schools • Complete a mock interview with a pre-health advisor
March	• Finalize your personal statement • Consider completing a mock interview if not completed previously
April & May	• Take GRE no later than May • Confirm preparation of all letters of recommendation for July submission to PTCAS evaluator portal
June	• Review PTCAS application instruction manual • Gather and compile any remaining materials in preparation for July application submission
July	• Primary application (PTCAS) opens in early July • Submit primary application, transcripts, and all letters of recommendation • Complete a mock interview with a pre-health advisor if not completed previously
August	• Complete secondary applications within two weeks of receiving them
September	• Interviews begin • Complete secondary applications within two weeks of receiving them
Fall	• Interviews continue until spring • Provide any relevant (academic, co-curricular) updates to PTCAS/schools in December
Spring	• Make final choice of school based on PTCAS traffic rules

Other Resources

- American Physical Therapy Association
- Virginia American Physical Therapy Association
- APTA You Can Be Me
- PT Journal: Journal of the American Physical Therapy Association
- APTA PT in Motion
- APTA Podcasts

Application System

[AACPMAS: American Association of Colleges of Podiatric Medicine Application Service](#)

This application opens on the first Wednesday in August each year. Despite published application deadlines, you should apply as early as possible.

Creating a School List

We recommend applying to **5-7 Podiatric Medical Colleges**. You can research schools utilizing the following resource:

- [List of Podiatric Medical Colleges](#)

Medical College Admission Test (MCAT)

Applicants should complete the MCAT no later than April prior to the application cycle beginning in May. The test consists of four sections:

1. Biological and Biochemical Foundations of Living Systems
2. Chemical and Physical Foundations of Biological Systems
3. Psychological, Social and Biological Foundation of Behavior
4. Critical Analysis and Reasoning Skills

Test Preparation Resources

There are many types of test preparation resources that vary in cost and approach. Pre-Health Advisors do not endorse any of the providers below, but are happy to speak with you about how you might identify the style of preparation that best fits your needs.

[**AAMC How I Studied for the MCAT Exam Testimonials**](#): Tips from students who self-identified as having performed well on the exam. Profiles include insight on student performance, overall study approach, tips, any challenges they faced and overcame, and "do's and don'ts" to be aware of.

Source	Cost Level
[**AAMC Interactive Content Tool: What's on the MCAT?**](#)	Free
[**AAMC Creating a Study Plan**](#)	Free
[**Khan Academy MCAT Collection**](#)	Free
[**Coursera**](#) and [**EdX**](#)	Free
AAMC Materials:	
[**Study for the MCAT Resources**](#)	Low
[**Practice for the MCAT Resources**](#)	Low
[**Practice with Exam Features**](#)	Low
	Free
[**Dr. Flowers MCAT**](#)	Low-Mid
[**Exam Krackers**](#)	Low-High
[**Clayborne Education**](#)	Low-High
[**Kaplan Test Prep**](#)	Free-High
[**Princeton Review**](#)	Free-High
[**Altius Test Prep**](#)	Free-High
[**Blueprint**](#)	Free-High

Letters of Recommendation

You should provide 2 to 3 LORs electronically through Interfolio or by virtual evaluations. Determine any specific LOR requirements from programs of choice. However, letters are most commonly required by:

- Science Faculty
- Academic Advisor
- Podiatric Physician
- Medical Professional

For more specific guidelines on letters of recommendation, see the *Letters of Recommendation* section on page 36.

Personal Statement

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become a podiatrist? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become a podiatrist?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?

For more specific personal statement guidelines, see the *Personal Statement Section* on page 37.

Podiatric Medical College Application Timeline

The entire application process lasts approximately 12 months. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins in the fall prior to your application submission in August.

Month	Tasks
October	• Have your resume reviewed by a Career Counselor to use when requesting letters of recommendation • Attend all relevant application process meetings and workshops in preparation for application submission the following summer • Consider creating an Interfolio account for letters of recommendation
November	• Begin drafting personal statement • Begin requesting letters of recommendation from faculty and healthcare professionals or employers • Attend all relevant application process meetings and workshops if not attended previously
December	• Continue revising personal statement
January & February	• Research programs and schools • Complete a mock interview with a pre-health advisor
March & April	• Consider completing a mock interview if not previously completed
May	• Finalize personal statement • Confirm receipt of all letters of recommendation in Interfolio if using
June	• Review AACPMAS application instructions
July	• Gather and compile any remaining materials in preparation for August application
August	• Primary application (AACPMAS) opens in early August • Submit primary application, transcripts, and all letters of recommendation • Consider completing a mock interview if not previously completed
September	• Complete secondary applications within two weeks of receiving them
Fall	• Interviews begin and continue until spring • Send any relevant updates (academic, co-curricular) to schools in December
Spring	• Make final choice of school based on AACPAS traffic rules

Other Resources

- American Podiatric Medical Association
- American Podiatric Medical Students' Association
- American Association of Colleges of Podiatric Medicine
- National Podiatric Medical Association

Application System

[VMCAS: Veterinary Medical College Application Service](#)

This application opens each year in early June. Although application deadlines are not until early October, you should apply as early as possible due to the application verification process and rolling admission cycle.

Creating a School List

We recommend applying to **4-6 Veterinary Medical Schools**. You can research schools utilizing the following resource:

- [AAVMC Veterinary Medical School Admissions Requirements](#)

GRE: Graduate Record Exam

The majority of programs require the GRE. Scores should be sent directly to schools for which an applicant is applying and should be less than 5 years old. The test consists of three sections:
1. Verbal Reasoning
2. Quantitative Reasoning
3. Analytical Writing

Test Preparation Resources

There are many types of test preparation resources that vary in cost and approach. Pre-Health Advisors do not endorse any of the providers below, but are happy to speak with you about how you might identify the style of preparation that best fits your needs.

Source	Cost Level
Educational Testing Service (ETS)	Free-Low
Khan Academy	Free
Magoosh	Low
McGraw-Hill Education	Low
Clayborne Education	Low-High
Princeton Review	Low-High
Manhattan Prep	Mid-High
Kaplan Test Prep	Free High

Letters of Recommendation

You must submit a minimum of three and a maximum of six evaluators on the VMCAS application. Evaluations should be submitted through the VMCAS Electronic Evaluation Portal (eLOR). You should determine any specific LOR requirements from programs of choice. However, most commonly LORs come from:

- Veterinarian
- Science Faculty
- Non-Science Faculty
- Employer
- Faculty/Research Advisor

For more specific guidelines on letters of recommendation, see the *Letters of Recommendation* section on page 36.

Personal Statement

Your personal statement is a distinctive aspect of your application. It begins with reflection. Consider the following questions to begin:

- Why do you want to become a veterinarian? Why is this the profession you have chosen instead of another?
- Think back to your experiences volunteering, shadowing, researching, studying abroad. Can you provide a specific story that deeply impacted you and your decision to become a veterinarian?
- What is your understanding of the veterinary medical profession?
- What are your immediate and long-term career goals and objectives?
- What do you want the committee to know about you as a person or future colleague? What makes you a good fit for the profession?

The VMCAS personal statement section includes a 5,000 character limit (including spaces). See VMCAS for a formal prompt topic.

For more specific personal statement guidelines, see the *Personal Statement Section* on page 37.

Veterinary Medicine Application Timeline

The entire application process lasts approximately 12-14 months, which spans a full academic year. Whether you plan to apply immediately after your 3rd year, 4th year, or after graduation, this timeline begins with preparation in the fall prior to application submission in late June.

Month	Tasks
September	• Begin drafting a personal statement • Have your resume reviewed by a Career Counselor to use when requesting letters of recommendation
October	• Begin requesting letters of recommendation from faculty as well as employers, clinicians, volunteer managers, etc. • Attend all relevant application process meetings and workshops in preparation for June submission of your application
November	• Attend all relevant application meetings and workshops if not attended previously
December	• Continue revising your personal statement draft
January & February	• Research programs and schools • Complete a mock interview with a pre-health advisor
March	• Finalize your personal statement • Consider completing a mock interview if not previously completed
April	• Confirm preparation of all letters of recommendation for June submission to VMCAS portal • Take GRE no later than April
May	• Review VMCAS application instruction manual • Gather and compile any remaining materials in preparation for June application submission
June	• Primary application (VMCAS) opens in early June
July	• Submit primary application, transcripts, and all letters of recommendation by July • Complete a mock interview if not previously completed
August	• Complete secondary applications within two weeks of receiving them • Interviews begin
September	• Complete secondary applications within two weeks of receiving them
Fall	• Interviews continue until spring • Provide any relevant (academic, co-curricular) updates to schools in December
Spring	• Make final choice of school based on VMCAS traffic rules

Other Resources

- Association of American Veterinary Medical Colleges
- American Veterinary Medical Association
- American Association of Wildlife Veterinarians
- American Animal Hospital Association
- AAVMC Journal of Veterinary Medical Education
- Journal of the American Veterinary Medical Association
- AAHA Trends Magazine

Requesting a Letter of Recommendation

Prepare

- Begin getting to know your professors early, go ahead and get started your first year. The better they know you, the better your letters of recommendation will be. Here are some strategies to get to know your faculty:
  - Sit up front and speak up in class
  - Attend office hours. Communicate in person, not just by email.
  - Familiarize yourself with your professor's research or other responsibilities around Grounds. How do they spend their professional time other than teaching your class?
  - Look for opportunities to enroll in a second course with the same professor.
  - Become a teaching assistant, peer mentor, or research assistant for a professor you have taken a class with.
- Gain an understanding of the type of letters you will need for your profession and individual schools of interest and plan accordingly. Jump to the specific health profession you are considering in this guide for additional details.

Ask Your Recommender

- Make an appointment with your potential recommenders (over the phone, Zoom, or in person) to discuss your intended goals. *Request* if the person is willing to provide a positive letter of recommendation.
- Make sure to provide your recommender with enough context to write a good letter. Prepare copies of the following documents for them:
  - Resume
  - Personal Statement Draft
  - Project or copy of work completed for the recommender's class (if requesting from a faculty member)
- Give your letter writer 6-8 weeks to write your recommendation. Make sure to provide them with a deadline.
- Don't forget to provide instructions for how your recommenders should send their letter to the appropriate application tool (Interfolio or application service).
- Send a thank you note. Keep your recommender updated about your acceptances!

Submission of Letters

- The process to submit letters of recommendation differs among the health professions, and sometimes from school to school. See additional details under your specific health profession in this guide.
- For medical and dental applications, submission of letters through Interfolio is suggested. Interfolio is an online portfolio which can be used to store letters from recommenders. The advantage of this system is that it allows letters to be written as soon as possible (immediately after your class with a recommender ends, for example), and then stored until the letter is needed.

Please note: Some health professional programs request an advisor or pre-health committee letter if your institution offers one. UVA does not have such a committee, thus individual faculty letters of recommendation serve in that capacity.

Personal Statements

Your personal statement is an opportunity to set yourself apart from other applicants. It is the portion of the application where you get to discuss who you are and what is important to you, so take advantage of this opportunity! To successfully utilize the personal statement, spotlight two or three particular experiences or examples that demonstrate your motivation and preparation towards making an informed decision about your career path. Unlike the majority of your application, which is largely concerned with what you did, your personal statement should provide depth into why and how you came to your decision that a career in the health professions is a good fit for you.

How does a personal statement fit into your application?

Your personal statement is important, but so are the other components of your application (e.g., recommendations, clinical exposure, entrance exam score and GPA). The key to a strong application is to be strong in every area of your application.

One common mistake students make is to waste time attempting to perfect their personal statement during the application submission phase. Remember to allocate appropriate time to creating a document that demonstrates your interest in the health professions and career goals; but do not let "personal statement perfecting" delay you in submitting your application.

What are admissions committees looking for?

Everyone has a different opinion on what should be included in a personal statement; therefore, every admissions committee member will have a different approach to reading and reviewing a personal statement. Below are a few questions that committees generally keep in mind when reading a personal statement. Remember, this is not an exhaustive list and opinions will vary from reader to reader.

- Who you are as a person? (e.g., background, experiences, education, etc.)
- Why did you choose ___ instead of another career path?
- Do you possess the qualities necessary to be a health professional?
- How do your professional goals coincide with going to a health professional school?
- Have you explored your interest in the health professions?
- Would I be interested in meeting you?
- Do I want to learn more about you?
- Are you a good fit for the program?

Before Writing: Brainstorm

The brainstorming phase is an important step in the writing process. During this phase, consider every potential topic to include in your statement. Answer the questions below to start the brainstorming process.

- How have you prepared to be a student and why are you ready to enroll now?
- What is special, distinctive, unique or impressive about you or your life story?
- How did you learn about ___? What stimulated your interest in ___?
- What characteristics and skills do you possess that enhance your prospects for success?
- Have you overcome any unusual obstacles or hardships?
- What is your biggest accomplishment? What are you proud of?
- What are the most compelling reasons for the admissions committee to be interested in you?
- What are your short- and long-term goals?
- Did you take time off after earning your undergraduate degree? If so, how have you used this time to grow?

- What is the most important thing for an admissions committee to know about you?
- If you took a bridge year, how have you improved your candidacy since graduation?

During Writing: Exercises

As you begin the writing process, use the following exercises to get you started.

- Write your initial draft as if you were writing to a friend about going to a health professional school. Tell him/her why you want to go and why it is the best choice for you.
- Imagine you have five minutes to talk to an admissions committee; what would you tell them and why?
- Write down all you can about your goals, decision to attend a health professional school, what you hope to accomplish, your qualifications, etc. without stopping.
- As you begin to write your initial draft, emphasize identifying the message you want to convey and don't worry about editing or length. This is the inventing stage of the writing process, so be creative.
- As you begin the writing process, use the following exercises to get you started.
- Write your initial draft as if you were writing to a friend about going to a health professional school. Tell him/her why you want to go and why it is the best choice for you.
- Imagine you have five minutes to talk to an admissions committee; what would you tell them and why?
- Write down all you can about your goals, decision to attend a health professional school, what you hope to accomplish, your qualifications, etc. without stopping.

Expressing Your Clinical Experiences in Writing

The personal statement gives you the opportunity to express how your specific clinical experiences influenced your decision to pursue a career in the health professions. It is not uncommon for students to describe specific events that solidified their decision to pursue a career in healthcare. If you choose to describe a specific clinical experience (involving a physician or patient), please be cognizant of how you are conveying the experience. As a future healthcare professional, confidentiality and compassion are of utmost importance.

Writing about one of your impactful clinical experiences is appropriate for the personal statement; but please be aware that including substantial details describing a physician or patient in a negative manner is not advised. Watch your use of adjectives in portraying your experience and aim for a professional tone.

Do's and Don'ts of Personal Statements

Do's	
	• Read the applications' requirements carefully and follow the directions. • Aim for depth, not breadth. • Describe why an event is significant to you and what you learned from it. • Focus on one or two specific themes and discuss experiences related to them. • Concentrate on capturing the reader's interest in the opening paragraph. • Strive to make the essay unique by using concrete examples from your life experience. • Select people who you trust to read and provide feedback on your personal statement. • Create a conclusion that refers back to your introduction and ties your points together. • Connect life experiences to your professional goals and career motivation. • Articulate short- and long-term career goals clearly.
Don'ts	• Write a clichéd introduction or conclusion. • Inappropriately describe interactions with patients during clinical experiences. • Preach to the reader. • Repeat information elsewhere in your application. • Discuss money as a motivating factor. • Cram too much information into the essay. • Exceed word and/or page limits. • Exaggerate your qualifications or experience. • Discuss potentially controversial topics (e.g., politics or religion). • Include spelling, punctuation, formatting or grammatical errors. • Excessively apologize for any preconceived shortcomings.

Evaluating Your Personal Statement

Evaluation is an important part of the writing process. Carefully read over your personal statement and use the personal statement evaluation chart below to critique your statement. Ask at least one person whose opinion you value to review and evaluate your personal statement as well.

Content	
	• Did it answer the prompt and/or questions asked? • Did the opening paragraph capture the reader's attention? • Is each topic supporting with specific and/or concrete examples? • Is it personal? • Does it reflect the writer's qualifications? • Is it positive and upbeat? • Is it an honest and forthright presentation of the writer?
Structure	• Is it clear and concise? • Do the first sentences of each paragraph express all the main points? • Do thoughts and themes flow from paragraph to paragraph? • Is it well-organized? • Does it have a main focus? • Are there an appropriate number of topics addressed? (2 to 3 main topics) • Does each paragraph have a main point and evidence to support the main point? • Does it have a solid conclusion that naturally develops from the previous paragraphs?

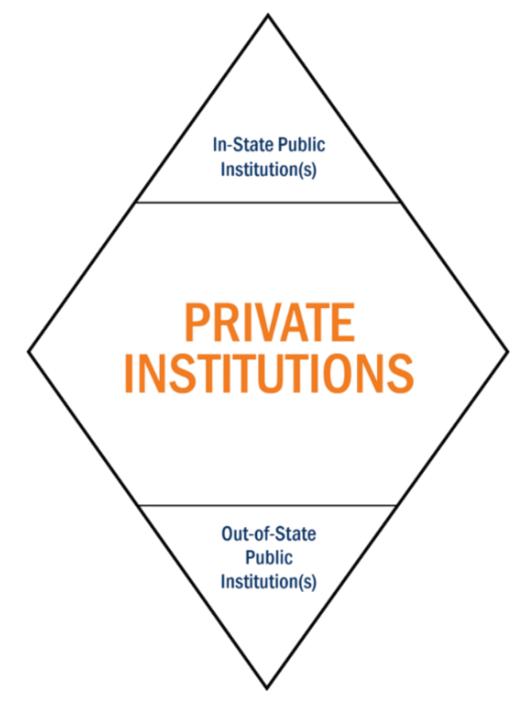| Interest	• Does it have a compelling theme? • Does it sound interesting? • Does the ending give the reader a sense of completeness?
Mechanics	• Is proper punctuation used? • Is proper capitalization used? • Do subjects agree with verbs? • Does it contain typos? • Are contractions used sparingly? • Does it use "I" appropriately? • Is active voice used?
Overall	• Would I be interested in meeting the person who wrote this personal statement? • Do I want to learn more about the person that wrote this personal statement? • Would the writer be a good addition to the student body?

Resources

- Submit a draft of your Personal Statement to the Pre-Health Advisors at **prehealth@virginia.edu** in Word Document format! You can expect a review within 1-2 weeks of submission. ***Reminder****: Advisors do **one** review per applicant, per application cycle due to high demand. We encourage you to submit a final draft rather than an early draft!*

- Make an appointment with the UVA Writing Center. Tutors at the writing center work one on one with students in 50-minute appointments. They can assist with drafting, revision, argument structure and other special concerns.

Creating a School List

It is essential to select schools that are not only a good fit for you academically, but also a good fit for your values, skills, and interests, and that will help you become the professional you want to be. Take time to research programs prior to the application process. Check out the section on your profession(s) of interest for ways to research programs.

The shape of the diamond represents both the order of institution importance and number of schools which should be reflected in your list. For example, state institutions in which you are a resident are the most essential schools on your school list; but they will likely not represent the majority of the list. Private institutions will likely constitute the majority of your list while public institutions in states outside of your residency will be in the minority.

In-State Public Institutions

Whether your state of residency has one or three public institutions make sure you apply to all! Public institutions receive state funds; therefore they are more committed to educating in-state residents! If your state does not have its own institution research reciprocity agreements with neighboring states!

Private Institutions

Private institutions are more independently funded; therefore they often have less preference on a candidate's state of residency. An informed school list will consist of private schools that the candidate feels their candidacy aligns with the accepted applicant pool.

Out-of-State Public Institutions

Since your state institutions have a preference for educating their own residents, other states feel the same obligation. As a result, spots for out of state students are limited and very competitive! If you choose to apply to these types of schools make sure they are limited.

International Schools

International schools can be a good option for some applicants, but make sure you do your research in order to fully understand the difference between programs and what may be the best fit for you.

Why Limit the Number of Schools?

Many schools utilize centralized application services therefore; the only way an individual school can ask you specific questions is in a secondary application. When you're in the application process you may receive a number of secondary applications within a small time frame. It is important to respond to these essays within one to two weeks of receiving them. The number and type of secondary essays vary and can potentially add up quickly. You do not want to substitute quality for quantity so a having a manageable number is key. Financial costs and interview schedules are also important factors to consider.

Additional Factors for Consideration

Entrance exam scores and GPA should not be the only factors you consider when creating a school list. Reflect on your previous experiences and your career goals to help find the best fit. Some additional considerations may include:

- Admission requirements: coursework and clinical experiences
- Institution's mission, values, and goals
- Program's curriculum and grading system
- Size of cohort/class
- Location: Where do you want to live? Where will you have a support network in place? What is the cost of living?
- Where will you complete your fieldwork/clinical hours/rotations? What type of patient population will you serve? Will this provide the experiences you hope to gain?
- Does this school's mission and training focus align with your professional interests?

Recommended School List Length

Program Type	Recommended List Length
Medicine: M.D.	15-18
Medicine: D.O.	12-15
Dental	12-15
Pharmacy	5-7
Physician Associate	5-7
Optometry	5-7
Physical Therapy	5-7
Occupational Therapy	5-7
Veterinary Medicine	4-6

Resources to Research Schools

Medicine: M.D.	AAMC Medical School Admissions Requirements (MSAR)
Medicine: D.O.	AACOM Choose DO Explorer
Dental	ADEA Official Guide to Dental Schools
Pharmacy	PharmCAS School Directory
Physician Associate	PAEA Program Directory
Optometry	OptomCAS Directory of Schools and Colleges
Physical Therapy	PTCAS Program Directory
Occupational Therapy	AOTA Find a School
Veterinary Medicine	AAVMC Veterinary Medical School Admission Requirements (VMSAR)

Health Professions Admissions Interviews

Once an admissions committee has offered you an interview, they consider you a viable candidate for their school based on your application. The interview allows the committee to evaluate and assess your interpersonal skills, your motivation for the profession, and the unique aspects of your academics and experience. Be prepared and make the most of the opportunity!

Types of Interviews

The Individual Interview

These are one-on-one interviews with a faculty member, student or member of the admissions office. There can be one or several people that you interview with, so be prepared to be energetic and "fresh" if responding to repeated questions during an interview day.

Panel or Small Group Interview

Several interviewees are interviewed by one or more admissions committee members. A small group of faculty and a current medical student may interview you together. Often, these interviews are conducted in either a question or a scenario format. In the question format, each panel member will ask his or her own question; whereas, in the scenario format, applicants will discuss certain scenarios with the entire panel. In these interviews, ensure eye contact is made with the individual asking questions as well as with each member of the panel.

Multiple Mini Interview

Some schools are now implementing this interviewing technique, which focuses on assessing an applicant's "soft skills". These are skills that are often harder to assess simply by viewing an application or by employing a standard one-on-one interview. The interviewers using this technique look for communication skills, cooperation, professionalism, critical thinking, etc. In this interview, an applicant will go through 8-10 stations, for 5-10 minutes each. At each new station, the applicant reads each new scenario and then enters the station and talks to the new interviewer. Each interviewer at each station will provide a score, and at the end of the interview process, the scores are totaled.

Structured Interview

It may or may not be evident that you, as an applicant, are participating in a structured interview. In a structured interview, the interviewer is given a set of standardized questions to ask each applicant. Generally, there are four types of questions.

- **Situational:** questions are asked to gain an understanding of how you would behave in a given situation; these could include ethical questions.
- **Knowledge:** questions could pertain to specific information from classes or activities you participated in (M.D./Ph.D. students encounter this frequently).
- **Task:** questions might address something medically related such as tying a knot or taking a short test.
- **School requirement:** questions simply ask if you can meet the school's entry and performance requirements.

Multiple-Interviewee Panels

Two or three applicants may be brought into a room of faculty and asked multiple questions in rapid succession. In these situations, just remember to be polite and keep your cool!

The Typical Interviewer

In general, there can be a variety of interviewers a school might employ. There could be physician and non-physician faculty, current medical students, alumni, current residents or members of the admissions office staff.

The interviewer(s) may or may not have seen your application and/or your transcript (these are called "blind" or closed interviews). Be prepared, therefore, for questions you have already addressed in your application and discuss them fully. If interviewed by a student of the school, remember to take it seriously.

Should you encounter an inexperienced interviewer who asks an inappropriate or even illegal question such as those referring to relationships/marital status, sexual orientation, religious affiliation, and/or economic background, you can let someone from the admissions office know of your experience. If you are not comfortable reporting the questions or behaviors of your interviewer, let one of the UVA Pre-Health Advisors know immediately and we can attempt to contact the Director of Admissions on your behalf.

How Important is the Interview?

Your GPA and tests scores are considered to be very important factors; however, many schools consider the interview process to be the most important admissions factor. Below are important factors considered in the admissions process:

- Interview evaluation
- Undergraduate science GPA
- Reference Letters
- Entrance exam scores
- Undergraduate non-science GPA

Before Your Admissions Interview

Plan for Your Absence

- Arrange to make up missed course work or get coverage for your other responsibilities.
- Make travel arrangements if necessary; ask admissions staff about resources for student host programs or other affordable local accommodation options.

Know Yourself

- Take time to reflect on all of the experiences that brought you to pursue this path.
- Review all of the materials you submitted and be prepared to discuss them in greater detail (i.e., think of concrete/specific examples).
- Understand your strengths and weaknesses and how to convey them using specific examples.
- Be prepared to talk about your goals (e.g., "Why do you want to be a ___?" "Why do you think you would be happy taking care of people?").
- Consider your responses to questions beforehand, but do not memorize your responses.
- Conduct a mock interview with a Pre-Health Advisor

Educate Yourself

- Learn about current healthcare issues in newspapers, journals and professional websites.
- Be able to demonstrate that you are aware of the issues in the field and have an educated opinion regarding those topics.

Research Each School

- Ask admissions staff for more information about the structure and format of the interview.
- Be prepared to ask specific questions regarding the school to further demonstrate how their particular program is compatible with your interests.
- Remember, they are trying to decide if you are a "fit" for their program.

Plan Your Attire

Interviewers assess how you are dressed and groomed as well as how you conduct yourself. They consider whether a wide variety of patients would feel confident about you based on your appearance.

- Suits are recommended and should be in matching, conservative colors (e.g., navy, black, or charcoal)
    - If wearing a skirt, hemline should extend past the knee
- Wear a clean, pressed shirt/blouse in solid or neutral colors with a conservative neckline
    - When wearing a button-up shirt, a subtle tie in a complementary color is recommended
- Wear professional but comfortable closed-toe dress shoes or heels (1 inch or lower)
    - When wearing socks, choose plain colors to match your suit
- Make sure hair is neat and trimmed, including facial hair
- Clean and trim your nails
- Do not wear perfume/cologne, makeup, piercings, jewelry, nail polish, hair accessories that could be distracting in an interview
- When in doubt, keep it conservative!

Interview Day

Prepare for Weather

- Bring an umbrella (e.g., be prepared for rain).
- Have a professional winter jacket/coat (most interviews will be conducted during the fall or winter months).

Carry Extra Application Materials

- Bring three copies of your application/essays for yourself and interviewers (in case someone has been reassigned to interview and does not have your materials).
- Carry your materials and a legal pad for note-taking in a professional portfolio.

Arrive Early

- Be at least 10-15 minutes early to the interview site so you will not be rushed.
- If an emergency keeps you from arriving on time, call the Admissions Office and let them know what is happening and when you expect to arrive.
- If you are late, offer your apologies and explanation again when you arrive.

Remember Your Manners

- Be polite to everyone you meet—including secretaries, tour guides and other interviewees.
- Turn off your cell phone.
- Do not eat, drink or chew gum.
- Introduce yourself, shake hands firmly and make and maintain eye contact.
- Relax and smile at appropriate times.
- Monitor your speech patterns (e.g., informal speech that is acceptable with your friends is not appropriate for an interview).

- Always prepare specific questions tailored towards the school/program (e.g., write them down and refer back to them when necessary).

After Your Interview

Send Thank-You Notes

- Immediately send a personalized "thank-you" email/note to your interviewers.
- Reiterate your interest in the program.

Make the Interview a Learning Experience

- Write down what you learned from your experience at the school.
- Review your performance and evaluate how to improve for your next interview.

Virtual Interview Guidance

Technology

- One of the most common concerns is going to be the wi-fi connection. Check the speed with speedtest.net to be sure it is strong enough.
- If you live with others that share the same network, ask for them to shut down their devices during the time to prevent the network from being stretched. You will also want to shut down all other applications on your computer for the same purpose.
- You may also want to conduct your interview close to an outlet and have a charger at the ready in case of a low battery emergency.
- Try not to use a device that accepts phone calls or text messages for your interview so that you are not disturbed during the interview.
- Do a test-run video call with a friend or family member to get feedback on how the sound quality, video quality, and environment appear to the receiver.
- Prior to the interview, be sure to have the appropriate software on your computer. Some might run through Zoom but there are additional platforms for virtual interviews. You will want to allow time to navigate the interface prior to the interview starting.
- Develop a plan for if the technology cuts out. This could involve providing the employer with your cell phone number prior to the session in case it cuts out unexpectedly.
- If the interview is in Zoom, be sure to use your UVA email address, not your personal email. It demonstrates a level of professionalism and brands you as a UVA student.

Interview Environment

- Where you conduct this interview is important. Try to find a location that is both well lit and has a neutral background. This may be difficult to find if you are in an apartment or shared space, so consider virtual backgrounds if need be or if the platform allows.
- If you do live in a shared space, it is important you let the people around you know about your interview. You do not want there to be any interruptions so you can focus on the task at hand.

Final Tips and Suggestions

- Relax and BE YOUR (most professional) SELF!
- Listen carefully and respond to the question being asked, not the one you may be anticipating.
- Professional attire is very important! Dress to impress.
- Use your best communication skills, avoid rambling responses, maintain good eye contact and pay attention to your posture and gestures.
- Do not try to second-guess your interviewer. Answer questions honestly and sincerely and do not be afraid to say, "I don't know."
- Do not be afraid of silence! Remain confident and realize that natural silence is OK.
- Do not offer excuses or rationalizations – explain your deficiencies honestly, if asked.
- Do not draw unnecessary attention to yourself; you do not want to be noticed for the wrong reasons.
- Have a BRIEF and POSITIVE "wrap-up line" and always thank your interviewers for their time. Try to remember the names of all of your interviewers.
- Do not judge the quality and/or success of your interview by its length.

Resources

AAMC Interview Guidance
Pre-Health Mock Interviews

- Schedule via Handshake or contact the UVA Career Center at 434-924-8900
- The interview may be virtual or in-person. Please dress as if this were a real interview. By doing so, you can become comfortable with an interview situation dressed in professional attire. The Pre-Health Advisor will provide feedback as to appropriate interview attire. If you do not have interview attire at this time, please dress in the most appropriate outfit you have available.

- *When should I request my transcripts?*
  - We recommend submitting your transcript to AMCAS/AACOMAS **once final grades are in released SIS.** We also encourage you to request a transcript for yourself, as well as print off your unofficial transcript (that will include transfer credits/AP/DE credits) to help you fill out the "Coursework" section of the application.

- *How long does it take the UVA Registrar to send my transcripts?*
  - Per the University Registrar - when a student requests a transcript, they are sent within 3-5 business days.

- *What happens if I submit my transcript without my final grades on it?*
  - This can sometimes mean a student will have to send final transcripts to individual schools later on. If you send a new transcript while AMCAS is in the process of verifying your previous transcript, this could potentially delay your application. AMCAS recommends waiting to submit your transcript until final grades are out because if your application is verified before an updated transcript is received, they cannot verify those final courses/grades and those grades cannot be added.

- *What transcripts do I need to submit?*
  - In general, you should submit transcripts from all postsecondary institutions. This includes community college transcripts if you received DE credit. Even if you received transfer credit on your UVA transcript for a course taken at another institution, you should request a transcript from that other institution.
  - Note: Students who did UVA study abroad programs like the UVA Valencia program, do NOT need a transcript from the foreign (Valencia) institution. Learn more about [entering study abroad coursework on AMCAS.](#)

- *How do I submit transcripts from other institutions I took courses at?*
  - Every registrar at other institutions (community colleges, universities, etc.) have their own processes for submitting transcripts. Some are similar to UVA, some are not. Therefore, if you have questions regarding how to get your transcript from other institutions, we recommend reaching out to those institution's registrars specifically.

- *How do I enter AP Credit if it doesn't appear in my official transcript?*
  - Your UVA official transcript lumps together ALL credit hours earned for AP credit. But AP courses and their UVA equivalents appear on your *unofficial* transcript, so it can be helpful to have it on-hand when entering in your coursework. Typically students enter in AP credit as if it was "taken" first semester, first year. For example, if I had AP English credit, I would enter the course number as 1000T that UVA gave me credit for and the title of the course as "AP Credit: English". Review the [AMCAS Application Tutorial: How to Enter AP Course Work](#) and the [AACOMAS Transcript Entry](#) for further clarification.

- *Other Helpful Resources*
  - [UVA Registrar: Official Transcript Information](#)
  - [AMCAS FAQs: Transcripts](#)
  - [AACOMAS Quick Start Guide](#)
  - [AACOMAS Transcript Entry](#)

Financial Guidance & Resources

Students enrolling in health professional programs should be prepared for a substantial financial commitment. Loans are generally the primary source of funding, with graduate debt averaging over $100,000. Check out these resources to learn more about possible sources of funding:

Smart Student Guide to Financial Aid	Information about loans, scholarships, military aid programs, links to online aid applications, FAQs, a loan repayment calculator, and a financial aid contribution estimator.
Department of Education's Student Guide	Information on federal student aid resources, the application process, eligibility requirements, and standard award amounts.
Free Application for Federal Student Aid (FAFSA)	Application used to determine eligibility for government funded financial aid.

Things to Consider

Budget
There are many costs associated with health professional programs in addition to tuition and fees. You will also need to pay for your health insurance, rent, transportation, utilities, books, food, etc. Some additional costs, such as child care, medical, and dental costs, are not covered by financial aid. Make sure to set aside savings or other resources available for emergencies.

Citizenship
Limited resources are available to non-U.S. citizens. Most federal sources of aid (and a significant portion of school-funded aid) are available only to U.S. citizens, nationals, permanent residents, and eligible non-citizens. Learn more about policies and resources for international students as health professional program applicants.

Debt
If you have debt, either from credit cards or loans (educational, automobile, etc.), aim to pay off as much of this debt as possible before you begin law school. You will likely pay more in interest if you defer payments while you are in school. Many options exist for loan repayment to fit each individual's situation. Try starting with the Personal Finance advising and resources offered by UVA's Student Financial Services.

Credit Score
Most federal aid for law school will depend on your current credit status and having bad credit can affect your ability to access funding for school.

Sources of Funding

Loans	
Federal	**Stafford/Ford Loan Program:** Students can borrow a maximum annual amount through the U.S. Department of Education. These monies are unsubsidized, thus interest begins accruing as soon as the loan is taken out. **Primary Care Loan:** The U.S. Department of Health and Human Services offers this need-based loan to medical students interested in primary care. Students who borrow through this program are required to complete a residency and practice in primary care until the loan is completely repaid. Participation in and eligibility requirements for this loan program vary from school to school. **Perkins Loan:** A low-interest, federal subsidized loan, awarded by some schools to students who demonstrate financial need. Generally these funds are limited and are not offered to most students. Be sure to submit your <u>FAFSA (Free Application for Federal Student Aid)</u> the *year prior* to when you hope to attend health professional school!
Institutional	Some schools have established endowed loan programs and offer loans to their students, often with terms more favorable than federal or private loans.
Private	These loans have higher interest rates and fees and less favorable repayment terms. You can take out private loans to cover costs associated with residency and relocation. Some private loan programs include: - MEDLOANS Alternative Loan Program (Sallie Mae) - CitiAssist (Citibank) - MedExcel (Nellie Mae) - Med Access (Access Group) - Educaid
Scholarships	
Federal	Scholarships for Disadvantaged Students (SDS) are funded by the federal government and awarded by medical schools to students demonstrating significant financial need. Funds are generally very limited and eligibility for awards is based on school-established criteria.
Institutional	Many schools award scholarships to students based on criteria such as merit or financial need. A large percentage of schools require you to submit parental financial information on your application in order to be considered for need-based scholarships. In some cases, you may need to submit financial aid (scholarship/grant) applications to each individual school to which you've applied either during the application process or upon acceptance. Be sure to check each school for the appropriate process!
External Scholarships	Utilize free scholarship search engines that are available online to find other opportunities offered by private groups. Be wary of services that cost money or guarantee scholarship awards. Some credible and free search engines are:

	• FastWeb Scholarship Search: Create a personal profile and search for scholarships that match your background. • CollegeNET MACH 25: Search for scholarships using keywords, with no registration required.
Service Repayment Programs	
National Health Service Corps	The Public Health Service offers a competitive scholarship program designed for students committed to providing primary health care in underserved communities.
Armed Forces Health Professions Scholarship Programs	The Army, Navy, and Air Force will cover the tuition, living expenses, and other educational costs associated with medical school; the student repays this scholarship with service during school and after graduation.
Private Health Systems/Hospitals	Some private health systems and hospitals (typically in underserved areas or specialties) will offer medical professionals financial incentives (i.e., signing bonuses or tuition reimbursements) as part of their hiring packages. • Example: Signing Bonuses for Physician & Non-Physician Providers (*VeryWellHealth*)
Other State and Federal Based Programs	Some states and federal agencies offer loan repayment/forgiveness, scholarship, or other programs for medical professionals. Try starting with the AAMC's database, which includes programs for medical and other health professional students and providers.

Resources by Health Profession

Dentistry	ADEA AADSAS Fee Assistance Program ADEA GoDental Money Matters
Medicine	AAMC Fee Assistance Program AAMC FIRST: Financial Information, Resources, Services, & Tools AACOM Financial Aid and Scholarships UVA Paige Pre-Medical Fund Established to defray the high cost of applying to medical school
Occupational Therapy	OTCAS Fee Waivers AOTA Financial Aid
Optometry	AOA Guide to Optometric Loans, Grants, & Scholarships
Pharmacy	PharmCAS Fee Waivers AACP Financial Aid & Scholarships
Physical Therapy	PTCAS Fee Waivers APTA Scholarships, Awards, & Grants
Physician Associate	CASPA Fee Assistance Program PAEA PA Focus: Paying for PA School
Veterinary Medicine	VMCAS Fee Reimbursement Program AAVMC Funding Education AVMA Getting Financial Assistance