



BATES COLLEGE PRE-HEALTH PROGRAM

Bates Center for
PURPOSEFUL | WORK



Junior/Senior Pre-Health Packet

Did You Know

The Bates College Center for Purposeful Work Pre-Health Program advises Bates students and alumni who are applying to medical school or other programs in the health professions. The information below applies to students interested in becoming a doctor or dentist. The Bates Medical Studies Committee will interview you and subsequently write a composite letter of evaluation which will be submitted to your professional school application service along with your individual letters of recommendation.

- **You will be applying to medical or dental school 14 months before you actually begin.** These schools have rolling admissions which means they will fill their classes as they receive applications from qualified applicants. Therefore, when the application cycles open up at the beginning of **June** it is to your advantage to apply **ASAP!**
- You will be applying to the allopathic medical schools through the American Medical College Application Service: www.aamc.org/students/amcas. For osteopathic schools, apply through the American Association of Colleges of Osteopathic Medicine Application Service: www.aacomas.aacom.org/. For dental school you will apply through the associated ADEA American Dental Schools Application Service: www.adea.org.
- For your information: the average **GPA of Bates' applicants** accepted into medical school is around 3.65.
- **Committee interviews occur during March/April. Interview formats are either in-person or via Zoom.**
- If you are planning to attend medical/dental school **directly after Bates**, you will begin the process in January of your junior year.
- If you are planning to **take a year or more off** between Bates and medical/dental school, then you will be applying your senior year or later. The average age of matriculation into medical school is 24 years old.
- Alum can also go through the Bates Medical Studies Committee process to obtain a Committee Letter. If you would like to speak with an advisor, you can do so in-person, over the phone, or via Zoom.
- You can find much of the information you need about applying to medical & dental school on the Bates Center for Purposeful Work [Pre-Health Advising & Resources](#) website.

Questions?

Pre-Health Advisors: Make an appointment via Handshake (login to [Handshake](#), go to the upper tab "Career Center" and then click "Appointments") to speak with a pre-health advisor:

Bruno Salazar – Perea, Chair, Lecturer in Biology, Faculty Fellow for Medical Studies

Karen Daigler, Director of Graduate and Professional School Advising

2024 Medical Studies Committee Requirements and Timeline

Bates

Requirements and Timeline

The Bates College Medical Studies Committee supports alumni and students interested in applying to medical or dental school. To interview with the Committee and receive a composite committee evaluation, please follow the guidelines below. For more information visit: <https://www.bates.edu/purposeful-work/pre-health-advising-resources/>

Submit all necessary documents to James H. Smith by email: jsmith6@bates.edu

- 1. January 15th - Registration Form, Release Forms, and Photo** - This includes the Registration Form, the Open File Request Form, and the Committee Letter Release Form. In addition, please submit a head-shot photograph. Submission of your Registration Form will initiate your medical studies file at the Bates Center for Purposeful Work.
- 2. February 1st Self-Assessment** – Please complete and submit the Pre-Med [Self-Assessment guide](#).
- 3. February 1st - Resume** – A [Resume Guide](#) is available through the Bates Center for Purposeful Work. Please have Karen Daigler critique your resume.
- 4. February 15th - Personal Statement** – A personal statement workshop is held each year in December/January. If you would like feedback on your statement, please schedule an appointment with a writing specialist in Coram Library (2nd floor), and/or ask a pre-health advisor.

Note: For the AMCAS applications, the personal statement can be a maximum of 5300 characters including spaces. AACOMAS allows a maximum of 4500. AADSAS is a 1-page personal essay. Please provide the Bates Medical Studies Committee with a personal statement that is approximately this length and close to a final draft. This is one of the most important parts of your application and should be completed in a series of ever-improving drafts. DO NOT wait until the last minute to write your PS.
- 5. February 15th - Transcript** - Obtain an unofficial transcript from the Registrar's Office or Garnet Gateway. (Also include transcripts from all post-high school courses including summer courses at other colleges).
- 6. February/March - Schedule Mock Interview**- All current students must schedule a mock interview. Alumni may schedule a phone or zoom mock interview if desired. To schedule, call the Center for Purposeful Work at (207)786-6232 or send an email to purposefulwork@bates.edu.
- 7. March 1st - References** – Letters of Recommendation take time to complete, so ask early and provide a copy of the [Bates Reference Writers Guide](#) so that your references are submitted properly.
 - You should have at least 3 references: Two academic, and at least 1 of the 2 academic references should be from a science faculty member. Increasingly, medical schools are indicating a preference for fewer, rather than more, letters of reference. Please discuss your letter of recommendation options with your pre-health advisor.
 - All references are **required** to be on **letterhead**, **signed**, and **recently dated**.
 - You will need one **Reference Release Form** per letter. You will need to sign each form and provide it to each writer so that they can submit their completed release copy attached with your letter.
 - Your references and release forms should be submitted **directly** to James H. Smith jsmith6@bates.edu.
- 8. Medical Studies Committee Interview**- Interviews will be conducted between **March 1st - April 14th, 2023**. In February, once you have submitted all necessary documents to the Committee, James Smith will provide you with a list of interview dates that are available to choose from.
- 9. AMCAS/AACOMAS/AADSAS** – Rolling admissions: Apply in June or ASAP!

Committee Members

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Postbaccalaureate Premedical Programs

A number of schools offer postbaccalaureate premedical programs to assist individuals who are interested in pursuing a medical career after they have completed a Bachelor's degree.

The purposes of post bac programs vary:

- Some are designed for people wishing to change careers; these individuals have not yet completed the science courses required for applying to medical school.
- Other programs are designed for people who wish to enhance their existing academic record; these students have completed the courses they need, but need to improve their GPA to increase the competitiveness of their medical school application. Finally, some applicants undertake a “special master’s program” to strengthen their academic credentials and prepare them for the rigors of medical school.
- Still other programs are specifically designed to assist people from groups who are currently underrepresented in medicine or from economically disadvantaged backgrounds.

For further information, including articles on which post bac program might be best for you, please visit: <https://students-residents.aamc.org/postbacc/>. There is also a searchable database on the AAMC website: <https://students-residents.aamc.org/financial-aid/article/postbaccalaureate-premedical-programs/>.

Ten Good Reasons to Consider a Glide or Gap Year For Pre-Health Students

1. **You'll have more time to study for the MCAT/DAT/GRE if you haven't taken it yet.** To be as early as possible in the application cycle (which, gives you a better shot at getting into medical or dental school), you should be focusing on taking standardized tests by early May/June. If you wait to apply, you could study over the summer and retake the test if necessary before applying the following year.
2. **You can use next year to solidify your GPA.** Your academic metrics almost always improve in your senior year. You have more control over the courses you take and you're more acclimated to the college environment. If you're a senior whose GPA is not competitive at schools of interest, Bates pre-health advisors can discuss various options to improve your GPA before applying.
3. **You might secure stronger letters of recommendation.** Again, if you're a junior, your classes are likely to get smaller next year, and you'll have more opportunity to forge relationships with your faculty, especially your thesis adviser. You'll also have this summer to work on garnering a letter from a supervisor or volunteer coordinator in a summer activity. If you're a senior, going on to post-bac class work could give you more chances to get to know additional faculty, or if you go on to work, you could have an excellent professional reference.
4. **You can get your finances in order.** Health professions school is expensive, as is the process of applying. Taking time away from school means that you may have to start repaying any student loans, but working full-time should allow you to make payments on loans (to defray some debt load) while also saving some money to put toward applications and future expenses. If you have poor credit, rebuilding your credit record may also pay off when taking out professional school loans.
5. **You will have more time to focus on preparing your application.** It takes time to write a strong personal statement, prepare for standardized tests, gather letters of recommendation, research schools, and gain community services and clinical experience.
6. **"Everyone else is doing it."** Very few Bates applicants apply after their junior year, the rest take time after graduation to gain experience and to become as strong an applicant as they can be. Every alum describes their time off as beneficial. They have all found something productive to do in their "glide years," and may be more attractive to admissions committees because of this new experience as well as the maturity gained from being in the 'real world' for a while.
7. **You can gain more experience and practice articulating your career interests, on paper and aloud.** You can participate in activities that allow you to serve the community and to build the skills you need to be a health professional. This will help you to show that you have a realistic understanding of what you're about to undertake. The more time you spend in these settings, the easier it will be to write application essays, and the better you'll do in your grad or professional school interviews. If you need more experiences to back up your "gut feeling" that you "must" be a doctor or dentist or vet, take the time to find those experiences. If you're having trouble writing your essay, or practicing interview answers, you may just need more time and experiences.
8. **It can be hard for a junior to compete favorably with alums and post bacs who have rich life experiences, and with seniors who have their complete academic history...graduation honors, senior thesis, etc.** Admissions committees have acknowledged that younger applicants often "suffer by comparison" to the older, more experienced applicant (the average age of medical and dental matriculants is 24 years old).
9. **Life is short!** Once you get to medical school, it becomes more difficult to take time off – you're more likely to have financial or family concerns, and a professional schedule that will keep you from, say, traveling to Africa for six months, pursuing independent research, or going to culinary school. There are many fellowships, research opportunities, community service experiences, etc., that you can look into, which will enhance your application.
10. **Your brain could use the break.** Bates academics are rigorous. Health professions programs, and the support Bates provides, will always be there for you.

INTERNSHIPS/FELLOWSHIPS/GRANTS

AmeriCorps: <http://www.nationalservice.gov/programs/ Americorps>
Doctors Without Borders: <http://www.doctorswithoutborders.org/work-us/work-office/office-internships>
Global Health Corps: <http://ghcorps.org/>
Health Corps: <http://healthcorps.org/>
Institute for Health Metrics and Evaluation (IHME): <http://www.healthdata.org/>
Idealist: <http://www.idealists.org/>
Institute for Justice and Democracy in Haiti: <http://www.ijdh.org/take-action/volunteer/>
National Health Corps: <http://www.nationalhealthcorps.org/>
Pathways: <https://www.usajobs.gov/Help/working-in-government/unique-hiring-paths/students/>
Peace Corps: <http://www.peacecorps.gov/>
Peer Health Exchange: <http://www.peerhealthexchange.org/>
Princeton in Africa: <http://www.princetoninafrica.org/>
Princeton in Asia: <http://piaweb.princeton.edu/>
Princeton in Latin America: <http://www.princeton.edu/~pila/>
US Aid: <http://www.usaid.gov/work-usaid/careers/student-internships>
Association of Public Health Laboratories Emerging Infectious Disease Program: <http://www.aphl.org/mycareer/fellowships/eid/pages/default.aspx>
CDC PHAP Prog: http://www.cdc.gov/phap/become_associate/opportunity.html
Center for Disease Control (CDC): <http://www.cdc.gov/fellowships/>
Families USA Villers Internship: <http://familiesusa.org/about/careers>
Emerson National Hunger Fellowship: <http://www.hungercenter.org/fellowships/emerson/>
Fulbright-Fogarty Awards in Public Health: <https://www.fic.nih.gov/Programs/Pages/fulbright-fellowships.aspx>
Harry S. Truman Scholarship Foundation: <http://www.truman.gov/>
National Biosafety and Biocontainment Program (NBBTP): <http://www.nbbtp.org/>
NIH Post Bac IRTA Program: https://www.training.nih.gov/programs/postbac_irta
NIH Technical IRTA Program (NIRTA): <https://www.training.nih.gov/>
The Samuel Huntington Public Service Award: <https://www.samuelhuntingtonaward.org/>
Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Prevention: <https://www.samhsa.gov/>
Summer Programs outside the NIH: https://www.training.nih.gov/summer_programs_outside_the_nih
UNICEF: <https://www.unicefusa.org/>

BATES RELATED

- Fellowships in which you apply through Bates: <http://www.bates.edu/fellowships/the-fellowships/>

GENERAL DATABASES/ADDITIONAL RESOURCES

- Columbia's database of fellowships: <https://urf.columbia.edu/>
- MSU Grants for Individuals: <http://staff.lib.msu.edu/harris23/grants/3subject.htm>

ABROAD INFORMATION: DATABASES and SELECT PROGRAMS

- **Guidelines for Premedical and Medical Students Providing Patient Care During Clinical Experiences Abroad:** this important document reviews what to keep in mind in while exploring volunteer programs abroad. Association of American Medical Colleges (AAMC). <https://www.aamc.org/download/181690/data/guidelinesforstudentsprovidingpatientcare.pdf>
- [Foundation for Advancement of International Medical Education and Research \(FAIMER\)](https://www.faimer.org/): list of programs and fellowships.
- [Idealist.org](http://volunteerinternational.org/): searchable database of volunteer opportunities worldwide; also has organization directory
- <http://volunteerinternational.org/>: searchable database of opportunities; information about volunteering abroad.
- [Child Family Health International](http://www.childfamilyhealth.org/): 20+ community health project programs in seven countries
- [Himalayan Health Exchange](http://www.himalayanhealthexchange.org/): expeditions to provide care to underserved populations in remote areas of Indo-Tibetan Borderlands
- [International Service Learning](http://www.international-service-learning.org/): offers volunteer opportunities in many countries, providing medical care to those who would otherwise be unable to receive treatment
- [Maximo Nivel](http://www.maximodel.org/): volunteer in Latin America while building your proficiency in the Spanish language
- [Projects Abroad](http://www.projectsabroad.org/): sends 10,000 people per year overseas to participate in a variety of service projects and internships
- <http://www.uniteforsight.org/> offers four program divisions to provide support to eye clinics worldwide
- <http://www.somoshermanos.org/>: this program entails a mix of one-on-one language instruction, community volunteering, cultural activities and lectures, and a visit to El Salvador and Mexico