Important Websites & Resources

**Pre-Health Advising**

**Who are we?**
Pre-Professional Advisors
Kelly Haller, Pre-Professional Advisor
Jennifer Hecker, Pre-Professional Advisor
Lakshmi Ramsoondar, Assistant Director, Pre-Professional Advising
James Montren, Director, Pre-Professional Advising

Contact Information:
Location: E3310 Melville Library
Phone: (631) 632-7080
Email: prehealth@stonybrook.edu
Website: www.stonybrook.edu/prehealth

Advising Hours:
Medical Monday Walk-Ins
By Appointment Tuesday - Friday (9 a.m. - 5 p.m.)
Pre-Health Scheduler: www.stonybrook.edu/ssccampus/

**Dental Schools:**
- ADEA: American Dental Education Association: http://www.adea.org
- AADSAS: Associated American Dental Schools Application Service: https://portal.aadsasweb.org

**Medical Schools:**
MD Allopathic Schools:
- AAMC: Association of American Medical Colleges: http://www.aamc.org
- AMCAS: American Medical College Application Service: http://www.aamc.org/students/amcas

DO Osteopathic Schools:

**Optometry Schools:**
- ASCO: Association of Schools and Colleges of Optometry: http://www.opted.org
- OptomCAS: Optometry Centralized Application Service: http://www.optomcas.org

Use the WEB. The internet has a lot of good information to help you through the application process. Visit our website. Visit the website of the schools you wish to apply to.

**Podiatry Schools:**

**Veterinary Schools:**
- AAVMC: Association of American Veterinary Medical Colleges: http://www.aavmc.org/
- VMCAS: Veterinary Medical College Application Service: https://portal.vmcas.org

**Other Websites:**
- The Student Doctor Network (many opinions are cited): http://www.studentdoctor.net/
- Explore Health Careers: www.explorehealthcareers.org
- GPA Calculator: Academic and Transfer Advising Services: http://www.stonybrook.edu/advising

**Books/ Subscriptions**
- *MSAR: Medical School Admission Requirements Guide* - Online yearly subscription.
- *Osteopathic Medical School Information Book*
- *ADEA Official Guide to Dental Schools*
- *VMSAR: Veterinary Medical School Admission Requirements*
  *New editions usually come out in mid April.*

**Additional Material**
- The Medical School Interview
- Essays that will get you into Medical School
- Med School Confidential

**Committee Letter**
**Author Contact Info**
If you need contact information for your committee letter when filling out your admission applications please use the following information:

Mr. James Montren
Faculty Committee on Health Professions
E3310 Melville Library
Stony Brook University
Stony Brook, NY 11794-3351
Email: prehealth@stonybrook.edu
Phone: 631-632-7080
The Application Season:
While deadlines vary, the application services for most health professions open in May/June; approximately 15 months prior to entering a Graduate Health Profession program. You are encouraged to begin your applications as soon as possible. Prior to the opening of the application services you should begin collecting recommendation letters, writing your personal statement and starting the committee letter process.

Deciding to Apply:
The quantity and quality of applicants has increased greatly over the past few years. There is a lot of competition for a limited number of seats. Consistently high grades, good test scores, high-quality health-related experience, and good recommendation letters are factors that increase the likelihood of success. Research experience can be important, too. These days, it is not unusual for applicants who consider themselves weak to strengthen themselves and apply a year later. You need to be both realistic and optimistic. Think carefully about whether, when, and where to apply and talk to a pre-health advisor about it.

Things to Consider:
- Completed Pre-requisites
- GPA
- Admissions Test score
- Amount of health related experience
- The cost and time of applying

Choosing Where to Apply & Planning For Deadlines:
We hope to help you organize your thinking and your options about the schools you are going to apply to. There is no single, sure-fire recipe for success but we think that the following points are important.

1. Apply where you think you have a chance of getting in.
2. Apply where you would like to go.
3. Watch deadlines and application fees.
4. List all of the schools (and possibly special programs) you want to apply to. Note their primary application and secondary application deadlines. (Yes, many schools have two applications.) **Strive to schedule your committee letter interview at least eight weeks before your first school’s primary application deadline.**

The following is a fairly reasonable number of schools to apply to.

<table>
<thead>
<tr>
<th>US MD: 15 or more</th>
<th>Optometry: 6 or more</th>
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<tbody>
<tr>
<td>US DO: 10 or more</td>
<td>Podiatry: 5 or more</td>
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<tr>
<td>Dentistry: 10 or more</td>
<td>Veterinary: 10 or more</td>
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Consider keeping a chart like this:

<table>
<thead>
<tr>
<th>Name of School</th>
<th>State</th>
<th>Primary Deadline</th>
<th>Secondary Deadline</th>
<th>App Fee</th>
<th>Special Factors that interest you</th>
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Committee Letter Process

The Faculty Committee Letter of Evaluation is a composite letter which Stony Brook University provides to undergraduates, post-baccalaureate pre-health students and alum who are applying to a graduate level health profession (medical, dental, optometry, podiatry, veterinary school). A committee letter packet includes your committee letter of evaluation and a selection of at least three recommendation letters from your file. Applicants to graduate health programs must get letters of recommendation and should get a committee letter of evaluation. While we do have suggested deadlines for some of the necessary forms, it is in your best interest to prepare early, well before the deadlines.

Intent to Apply Form
Let us know you are planning to apply this year. This form is available at www.stonybrook.edu/prehealth (click on Forms) and is to be completed and emailed to prehealth@stonybrook.edu no later than May 1, 2019.

Letters of Recommendation
Submit your letters of recommendation. At least three recommendation letters are required and must be on file before you can schedule an interview. However, there is no maximum number of recommendations you can have on file. It is recommended that you ask for letters as soon as possible to give your recommenders time to write your letter. Make sure to ask someone who knows you well and please be sure to give them a Letter of Recommendation form. This form is available at www.stonybrook.edu/prehealth (click on Forms).

Letter of Recommendation Worksheet
We have created a worksheet to assist in your plans for obtaining letters from appropriate recommenders. Please complete this form and email it to prehealth@stonybrook.edu no later than May 15, 2019. This is the date to return the worksheet to us, so we can review your plans; you do not need to have all of your letters on file at this time.

Autobiographical Packet
Fill out your Autobiographical Packet. This packet includes valuable information for the Committee to use to write a more informed evaluation for you. You will need to complete a course history, health-related experiences, personal statement, etc. This packet is also available at www.stonybrook.edu/prehealth (click on Forms) and is to be completed and emailed to prehealth@stonybrook.edu no later than September 15, 2019.

Disciplinary Release Form
Professionals in health care are expected to live up to high standards. Careful scrutiny begins when students apply to schools of the health professions, and in a great many cases applicants must undergo a criminal background check. The Faculty Committee on Health Professions (FCHP) consult the University’s disciplinary records when a student seeks a committee letter of evaluation. The main purpose of this is so that the Faculty Committee on Health Professions can most effectively advise and evaluate applicants. In general, disciplinary problems can weaken an application, but applicants can surmount a difficult past and gain acceptance to the doctorate-level health profession of their choice. Make sure to consult your prehealth advisor about any disciplinary problems you may have. This form is available at www.stonybrook.edu/prehealth and must be completed and submitted to Pre-Professional Advising prior to your committee interview.

Transcripts
We have access to your Stony Brook grades, however, we require copies of transcripts from all other colleges and universities you have attended. This includes credits earned while in high school. (We do not need AP scores or AP credit report.) Unofficial copies are okay, but they must be clearly legible. Foreign transcripts must be accompanied by an assessment from a transcript evaluation service (WES).

Interview
You must have an interview with a Pre-Professional Advisor to obtain a committee letter. Interviews will be held between January 2, 2019 through November 1, 2019.

Before you can SCHEDULE an interview you MUST have the following on file:
1. Students must complete an autobiographical packet. Substitute documents or attachments without a thoroughly completed autobiographical packet are not acceptable.
2. Copies of all your non-Stony Brook transcripts.
3. At least three letters of recommendation.

To schedule an interview please call 631-632-7080 or stop by the Pre-Health Advising office.
Finalizing and Sending Your Letter

Admissions Test Score
You can take your admissions test before or after your committee interview but we need to have your test score before we can finalize your committee letter. You can and should release your MCAT score to Pre-Health Advising when you register for the test. Student copies of DAT, OAT and GRE scores can be given to the Pre-Professional Advising office.

Finalizing Your Committee Letter
You can expect your committee letter evaluation to be mailed out to the schools indicated on your Credential Request form(s) approximately 6 to 8 weeks after your interview or receipt in our office of your MCAT, DAT, OAT or GRE scores, whichever is later. You will receive a confirmation e-mail from our office once your committee letter packet has been sent out.

You can help speed things up by being organized and correct in the materials you provide to us. Don’t make mistakes with names or dates. Be concise and organized in your writing. Applicants who do a sloppy disorganized job on their autobiographical packets are liable for a slower review.

Sending Letters
We are allowed to send your letters only to admissions offices of dental, medical, optometry, podiatry, and veterinary schools. We can also send your letters to postbaccalaureate enrichment programs.

We CANNOT send your letters to scholarship programs, potential employers, other health professional schools (not listed above), or other graduate schools. For example, if a student wants to apply to PhD. program in Biology, a PA school, and a military scholarship that student will need to ask his or her recommendation writers for permission to send letters to those programs.

**REMEMBER THAT YOUR COMMITTEE LETTER DOES NOT GO INTO REVIEW UNTIL WE HAVE RECEIVED YOUR ADMISSIONS TEST SCORE.**

Pay Credential Services Fee
The Credentials Service Fee is $80.00 for an unlimited number of schools in a given cycle. To pay this fee follow the directions below. **NOTE: This fee is annual and will cover your requests for this application cycle only.**

Directions to pay Credential Service fee:
1. Log in to SOLAR
2. Click on Campus Financial Services
3. Click on Health Professions Payment
4. Follow the prompts on SOLAR to pay the fee

Credentials Request Form
You must use this form in addition to any electronic request we receive from the different application services. This form gives us approval to send your committee letter to the different schools you apply to. This form lets us know where you would like us to mail/upload your committee letter packet. Also, please UTILIZE the comments section to inform us about any letters of recommendation you are waiting for. This form can be found at www.stonybrook.edu/prehealth (under Forms). It should be completed and sent to pre-health@stonybrook.edu.

Application Service Letter Matching Forms
Please note that some application services accept committee letter evaluations (AMCAS & VMCAS). Please be sure to submit any necessary matching forms with your Credential Request Form.

Sending Transcripts
Stony Brook transcripts are sent out through the Registrar’s Office and ONLY by the Registrar’s Office. Within each application service (AMCAS, AACOMAS, AADSAS, etc.) there is a ‘Transcript Request Form’ you can print out for schools where you have taken college level courses. Make sure to enter your school information correctly. This form should be sent with your transcript when applying through any of the graduate level health professions application services. You need to give the form to the registrar’s office of the school from which you are requesting a transcript.

**NOTE: If you have AP credits from high school and would like for the credit to be listed on you official transcript you must ask for a UNITE transcript at the Registrar's Office OR the HSC Transcript on SOLAR. If you do not make this request then your AP credits will not be included on the official transcript you send.**
Re-Applicants Committee Letter Process

If you are re-applying to one of the graduate level health professions and you already have a committee letter on file from a previous year, please see the steps below in order to get an updated committee letter.

**Intent to Apply Form**
Let us know you are planning to apply this year. This form is available at [www.stonybrook.edu/prehealth](http://www.stonybrook.edu/prehealth) (click on Forms) and is to be completed and emailed to prehealth@stonybrook.edu no later than May 1, 2019.

**Resume and Updated Personal Statement:**
You do not need to fill out the autobiographical packet again. We still have this on file if you have submitted it within the last 5 years. We do need you to submit a current resume and an updated personal statement. You can email these documents to prehealth@stonybrook.edu.

**Disciplinary Release Form**
Professionals in health care are expected to live up to high standards. Careful scrutiny begins when students apply to schools of the health professions, and in a great many cases applicants must undergo a criminal background check.

The Faculty Committee on Health Professions (FCHP) consult the University’s disciplinary records when a student seeks a committee letter of evaluation. The main purpose of this is so that the Faculty Committee on Health Professions can most effectively advise and evaluate applicants. In general, disciplinary problems can weaken an application, but applicants can surmount a difficult past and gain acceptance to the doctorate-level health profession of their choice. Makes sure to consult your prehealth advisor about any disciplinary problems you may have. This form is available at [www.stonybrook.edu/prehealth](http://www.stonybrook.edu/prehealth) and must be completed and submitted to Pre-Professional Advising prior to your committee interview.

**Transcripts**
We will need copies of all transcripts from any college you have attended since your last committee letter. Unofficial copies are okay, but they must be clearly legible. Foreign transcripts must be accompanied by an assessment from a transcript evaluation service (WES).

**Letters of Recommendation**
You may submit new additional letters of recommendation to be considered. This is highly encouraged. It is recommended that you ask for letters as soon as possible to give your recommenders time to write your letter. Make sure to ask someone who knows you well and please be sure to give them a Letter of Recommendation form. This form is available at [www.stonybrook.edu/prehealth](http://www.stonybrook.edu/prehealth).

**Letter of Recommendation Guidelines**
- You should have at least two letters from science professors who have taught you
- If you are applying to Osteopathic schools, some schools require a letter from a DO
- If you have done research it is a very good idea to obtain a letter from your research supervisor

**Update Interview**
You must have an update interview with a Pre-Professional Advisor to obtain a committee letter. Interviews will be held between January 2, 2019 through November 1, 2019.

Before you can SCHEDULE an interview you MUST have the following on file:
2. Copies of all your non-Stony Brook transcripts since your last committee letter.

To schedule an update interview please call 631-632-7080 or stop by the Pre-Health Advising office.

**Interview Prep**
Your committee letter interview is a great opportunity to practice for your school interviews.
FAP: Financial Assistance Program

Graduate level health professional schools such as medical, dental and veterinary encourages financially disadvantaged applicants to enter the profession through offering fee waivers to students that qualify for this opportunity. Some of these national professional associations also offer the opportunity to qualified applicants to cover some/all of their entrance exam payments e.g. GRE, MCAT, DAT. If you are interested in applying, it is in your best interest to prepare early, as many of these opportunities are not retroactive.

Provided below are the links to these opportunities through the individual sites:

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<thead>
<tr>
<th>Medical Schools FAP</th>
<th>MCAT Financial Assistance</th>
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<tbody>
<tr>
<td>DO Osteopathic Schools FAP</td>
<td>DAT Financial Assistance</td>
</tr>
<tr>
<td>Dental School FAP</td>
<td>GRE Financial Assistance</td>
</tr>
<tr>
<td>Veterinary School FAP</td>
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**Frequently Asked Questions**

**Do I need to send a transcript from every school I’ve attended?**
Yes, the application service that you apply through will ask for an official transcript from every school you’ve attended (this includes courses taken in the summer or during high school). Pre-Health Advising asks for unofficial copies of non-SB transcripts, these must be on file prior to scheduling an interview for your committee evaluation.

**Is the primary deadline for my application the same as the deadline for my committee evaluation?**
No. The primary deadline, usually listed on the application website, is only for you to submit your application. Individual schools will have deadlines for receipt of your committee evaluation.

**Who is the Faculty Committee on Health Professions?**
The FCHP is a group of Stony Brook Faculty. The committee is charged with evaluating Stony Brook students for health profession programs.

**What is the committee evaluation?**
The committee letter is comprised of a letter from the committee and a selection of letters from your file. The committee picks which letters are included from the file to make the best representative set. You do not need to indicate to schools that they are receiving these additional letters. If an application asks what letters you are having sent you need only to indicate the committee letter and that the others are chosen by your committee.

**What happens if I am interviewed and I still want additional letters to be sent to the Pre-Health Advising office?**
We can add more letters after the interview. Letters can continue to be received as long as we haven’t mailed your committee letter out. Once the committee letter has been mailed to any school it cannot be changed and letters will not be added. Additional letters will be kept on file but you should have your recommender mail the letter directly to the schools/application services as it will not be sent by Pre-Health Advising.

**Certain schools require specific letters to be mailed to their admissions. Do I need to make a special request for that?**
No, the committee letter usually satisfies specific requirements (ie, 2 science professors, 1 non-science) however, you may indicate these requirements on your credential request form. If you are applying to MD/PhD programs some or all research letters on file will be sent. If you are applying to Osteopathic schools and have a letter from a DO on file, it will be sent to those schools.

**Does Pre-Health Advising offer interview prep/mock interviews?**
The Faculty Committee on Health Professions interview is considered preparation for your admissions to the health profession school of your choice, therefore you are recommended to treat the interview as such.

**How long is my file kept in the Pre-Health Advising office?**
We will keep your file for 5 years. If you choose to apply at a later date and have already had a committee interview, we will gladly update your evaluation for you.
**Important Dates for 2019**

**Suggested Deadlines**
- Intent to Apply form: May 1st
- Recommendation Worksheet: May 15th
- Autobiographical Packet: September 15th
- Last Day to Schedule an Interview: November 1st

**Information Sessions**
All information sessions will be online chats. To attend click on the link and log in with your NetID and password. (https://goo.gl/76oEh4)

- Wednesday, February 13th, 1pm - 2pm
- Tuesday, March 19th, 4pm - 5pm
- Wednesday, April 24th, 1pm - 2pm

Please note: We are beginning work for the entering class of 2020 and beginning interviews earlier than ever before. Please use the extra time well. We know that you want to have the strongest possible application and an application that is completed as soon as possible.

Application services, individual schools, and the Pre-Health Advising all post deadlines, however you are strongly encouraged to have all applications and and supplemental materials submitted well in advance!