A Message from the Director

Dear Pre-Health Students:

As we near the end of the semester and school year, your pre-health advisors are thankful for another year of working with fantastic University of Alabama students. We encourage you to take (somewhat) of a break while also focusing on activities that will help to reaffirm your passion for health care. Read a book! Read an article about healthcare! Volunteer at a hospital, clinic, or your church. Shadow your favorite physician or dentist! Spend time with family and friends. Study for the MCAT, DAT, OAT, PCAT, GRE... 😊 (hey....we had to say it).

Current Freshmen: We look forward to seeing you during our Sophomore Workshop series! Stay involved this summer!

Current Sophomores: Look for information about your Mandatory Applicant Meeting in early fall. Stay involved this summer. Junior year is a BUSY year (ask the current Juniors 😊 ). Get organized now.

Current Juniors: Gear up for a BUSY application year. Work hard transferring your pre-application information to your real applications. Look for advice from us all summer long to keep you on track.

Current Seniors: We are SO proud of each of you! Whether it’s professional school, graduate school, or entering the work force, we send you off with all of our best wishes during the next chapter of your life. Invite us to your white coat ceremonies! 😊

Roll Tide,

Office of Health Professions Advising
Mrs. Denham, Mrs. Smith, Mrs. Shelton & Mrs. Machado
Application Information for Pre-Health Students

For students applying to health professional schools this summer.

You are STRONGLY encouraged to read through all application instructions prior to starting your application, even if you have applied in the past. Below is a quick reference guide for pre-health students. Applicants should be familiar with their application system and check its website frequently for updates.

Medical, Dental, and Optometry

<table>
<thead>
<tr>
<th>Application System</th>
<th>Allopathic</th>
<th>Osteopathic</th>
<th>Optometry</th>
<th>Dental</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMCAS</td>
<td>AACOMAS</td>
<td>OPTOMCAS</td>
<td>AADSAS</td>
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<tr>
<th>Application Opens</th>
<th>May 1(^{st})</th>
<th>May 2(^{nd})</th>
<th>June 27(^{th})</th>
<th>May 14(^{th})</th>
<th>May 1(^{st})</th>
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| To start your application you will need | AAMC ID | Username/Password | Username/Password | DENTPIN | Username/Password |

Physician Assistant, Veterinary, Physical Therapy, Pharmacy, & Occupational Therapy

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<thead>
<tr>
<th>Application System</th>
<th>Physician Assistant</th>
<th>Veterinary</th>
<th>Physical Therapy</th>
<th>Pharmacy</th>
<th>Occupational Therapy</th>
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<tbody>
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<td>VMCAS</td>
<td>PTCAS</td>
<td>PharmCAS</td>
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<tr>
<th>Application Opens</th>
<th>April 25(^{th})</th>
<th>May 9(^{th})</th>
<th>July 5(^{th})</th>
<th>July 18(^{th})</th>
<th>July 18(^{th})</th>
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</table>

| Click on each link for more information | CASPA Quick Start Guide | VMCAS Applicant Info Hub | PTCAS Checklist | PHARMCAS Checklist | OTCAS Applicant Help Center |

Helpful Tip: You may notice that we share the date your application opens. The majority of competitive applicants are known to apply early in the application cycle.
Sophomore Mock Interview

The University of Alabama at Birmingham School of Medicine admissions representatives will conduct Sophomore Mock Interviews on Monday, April 15th at the Bill Battles Academic Center. Please stop by 200 Clark Hall to register for a mock interview.

Junior Mock MMI Workshop

On Tuesday, April 8th and Wednesday, April 9th the Office of Health Professions Advising will host a Mock MMI Workshop for pre-medical, pre-dental and pre-optometry students.

The Multiple Mini Interview is a series of mini interviews, referred to as ‘stations’ in which an applicant will work to problem solve or defend their personal opinions and beliefs. The MMI style interview is becoming a preferred method of admissions committees. The MMI evaluates an applicant’s ability to communicate effectively and efficiently. MMIs help to determine an applicant’s ability to apply general working knowledge to issues relevant to the culture and society in which you live as well as your ability to think on the spot. This workshop was created for pre-health students who are preparing for the upcoming application cycle who may participate in a MMI style interview as part of their application process. Participants will receive feedback and helpful advice at the conclusion of the workshop.

Register for the Jr. Mock MMI Workshop online at prehealth.ua.edu.

SAVE THE DATE
4.26.19
GO PRO!
A PRE-PROFESSIONAL LAUNCH PARTY
Announcements & Important Dates

- **AAMC’s Choose Your School Tool**: On April 30th, Cycle 2019 AMCAS applicants will have the ability to update their status to “Commit to Enroll” via the AAMC’s Choose Your School tool. By selecting “Commit to Enroll”, you are sharing that you have made your final selection and have withdrawn all other applications, including waitlist positions. It is still your responsibility to communicate any and all decisions directly with the medical schools you have applied to. Beginning on April 30th, medical schools can see which applicants have selected “Commit to Enroll” at their institution. Please visit [https://students-residents.aamc.org/applying-medical-school/article/amcas-choosing-your-medical-school-tool/](https://students-residents.aamc.org/applying-medical-school/article/amcas-choosing-your-medical-school-tool/).

- Pre-Med students preparing to begin the application process will find the AAMC’s Understanding the Application Process information helpful.

- **Alabama College of Osteopathic Medicine** will host an open house on May 3rd, 2019 from 5:30 p.m. to 8:30 p.m. Please see attached flyer for details.

- The **PAEA** will host a Physician Assistant Virtual Fair on July 24th, 2019 where pre-pa students may meet school representatives from PA programs across the U.S. This virtual fair is free. Click [here](https://students-residents.aamc.org/applying-medical-school/article/amcas-choosing-your-medical-school-tool/) for more information and to register.

- Alabama College of Osteopathic Medicine will host a ShaDO Day on April 26th from 1:30 p.m. - 6:30 p.m. for all interested pre-med students. See attached flyer for more information.

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**April 8th & 9th**: Jr. Mock MMI Workshop. Register at [prehealth.ua.edu](http://prehealth.ua.edu)

**April 11th**: Lecture by Dr. Lundberg, former Editor-in-Chief of the Journal of the AMA at 4 p.m. in 205 Smith Hall

**April 15th**: Sophomore Mock Interviews with [UASOM](http://UASOM)

**April 22nd**: UA OHPA Committee Interviews begin

**April 26th**: Go Pro Pre-Professional Launch Party

**April 26th**: Classes end

**May 3rd - May 7th**: Spring Commencement

*Items in red are UA OHPA events.*

Visit [prehealth.ua.edu](http://prehealth.ua.edu) often for the most up-to-date announcements.
“Medical Journals Like JAMA and the Health of the Public”

Thursday, April 11 at 4 p.m.
Smith Hall, Room 205

Presented by George Lundberg, National Academy of Medicine Member and Former Editor-in-Chief of the Journal of the American Medical Association

Hosted by Alpha Epsilon Delta, TriBeta, and JOSHUA
Interested in global challenges and team-based competitions?

NEW FALL 2019 course

UA 205: Global Health Case Competition (1 credit)

Interested in participating in UA’s Global Health Case Competition? Get involved by registering for UA 205!

The course will include:

• Team-based leadership training
• Global Health Seminar Series
• UA’s winning team progresses to statewide Finals!

For more information contact:
Dr. Lisa Pawloski, Associate Dean for International Programs, College of Arts & Sciences,
Email: lpawloski@ua.edu
ACOM SOMA invites all Pre-Medical Students to:

ShaDO DAY

at the Alabama College of Osteopathic Medicine

APRIL 26TH, 2019
1:30-6:00 PM

Spend a day with Osteopathic Medical Students & experience:
OMM lab demonstration, ER patient scenario in the Simulation Center, mock patient encounter, Q&A student panel, & much more!

Register: Scan QR Code OR email somadeco@acom.edu
Fee: $10 Venmo 'shaDO' to @ACOM-SOMA (or $15 at door)
Address: 445 Health Sciences Blvd, Dothan, AL 36303
Check-in begins at 12:30 in the ACOM Lobby
SPRING OPEN HOUSE
ALABAMA COLLEGE OF OSTEOPATHIC MEDICINE
DOTHAN, ALABAMA

Friday, May 3, 2019
5:30pm-8:30pm

Welcome
College & Curriculum Overview
Guided Campus Tour
Osteopathic Manipulative Medicine Presentation
Patient Simulation Presentation
Q&A Panel

REGISTER TODAY ONLINE AT WWW.ACOM.EDU/OPEN-HOUSE

FOR MORE INFORMATION, CONTACT ACOM ADMISSIONS AT (334) 699-2266 OR ADMISSIONS@ACOM.EDU
MARATHON DAY

All Day MCAT® Review
Sunday, April 28th, 2019
10am-10pm (EST)
$149

We will review each subject for 2 hrs per section

**A recording will be available to you for (2) weeks after the broadcast**

Register Today!

EXAMKRACKERS.COM • 1.888.KRACKEM • 1.888.572.2536

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124 MacArthur Court, Nicholasville, KY 40356

Schedule your FREE MCAT Consultation: CLICK HERE

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