Farmingdale State College

Pre-Health Professions Advisement
(FSC PHPA)

Prof. Amanda Lavery
Coordinator
Whom does the PHPA serve?

Students interested in pursuing careers in:
- Medicine (Allopathic and Osteopathic)
- Chiropractic Medicine
- Veterinary Medicine
- Dentistry
- Podiatry
- Optometry
- Physical Therapy
- The allied health profession of Physician Assistant

What are the eligibility requirements?

Matriculated undergraduate students with an overall GPA of at least 3.0 & ≥30 credits earned at Farmingdale State College

All students enrolled in Sciences for the Health Professions post-baccalaureate certificate
What services are provided?

Career counseling and advisement

Exposure to professional school recruiters

Assistance with test preparation services

Collection and submission of letters of recommendation with PHPA cover letter (not available for all applications)

Interview preparation
<table>
<thead>
<tr>
<th>Field</th>
<th>Central Service</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allopathic (MD)</td>
<td>AMCAS</td>
<td><a href="https://www.aamc.org/">https://www.aamc.org/</a></td>
</tr>
<tr>
<td>Osteopathic (DO)</td>
<td>AACOMAS</td>
<td><a href="https://aacomas.aacom.org/">https://aacomas.aacom.org/</a></td>
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<tr>
<td>Dentistry</td>
<td>AADSAS</td>
<td><a href="https://portal.aadsasweb.org/">https://portal.aadsasweb.org/</a></td>
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<tr>
<td>Veterinary</td>
<td>AAVMC</td>
<td><a href="https://portal.vmcas.org/">https://portal.vmcas.org/</a></td>
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<tr>
<td>Chiropractic</td>
<td>ChiroCAS</td>
<td><a href="https://portal.chirocas.org/">https://portal.chirocas.org/</a></td>
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<tr>
<td>Podiatry</td>
<td>AACPMAS</td>
<td><a href="http://www.e-aacpmas.org/">http://www.e-aacpmas.org/</a></td>
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<tr>
<td>Optometrist</td>
<td>OPTOMCAS</td>
<td><a href="http://www.optomcas.org/">http://www.optomcas.org/</a></td>
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<tr>
<td>Pharmacy</td>
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<td><a href="http://www.pharmcas.org/">http://www.pharmcas.org/</a></td>
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<tr>
<td>Physical Therapy</td>
<td>PTCAS</td>
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<tr>
<td>Physician Assistant</td>
<td>CASPA</td>
<td><a href="https://portal.caspaonline.org/">https://portal.caspaonline.org/</a></td>
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</table>
**Entrance Exams**

<table>
<thead>
<tr>
<th>Field</th>
<th>Exam</th>
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<tbody>
<tr>
<td>Medicine (MD &amp; DO)</td>
<td>MCAT</td>
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<tr>
<td>Dentistry</td>
<td>DAT</td>
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<tr>
<td>Veterinary</td>
<td>GRE or MCAT</td>
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<tr>
<td>Chiropractic</td>
<td>none</td>
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<tr>
<td>Podiatry</td>
<td>MCAT</td>
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<td>Optometrist</td>
<td>OAT</td>
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<tr>
<td>Pharmacy</td>
<td>PCAT</td>
</tr>
<tr>
<td>Physical Therapy</td>
<td>GRE</td>
</tr>
<tr>
<td>Physician Assistant</td>
<td>GRE</td>
</tr>
</tbody>
</table>
Letters of Evaluation/Recommendation

Three Types of Letters

1. Pre-Health Professions Committee Letter
2. Composite Letter
3. Individual Letter

Check the requirements of the profession to which you are applying
Whom To Ask

Faculty: Usually at least two science faculty, letters from non-science faculty may also be helpful

Mentors: Research or clinical volunteer supervisors

Current or Former Employers: Can give insight into personality characteristics beyond those see during coursework

Family Friends, Peers, Politicians: Generally not required

Physicians: Only if acting as a mentor or specifically required (D.O.)

Clergy: Only if acting as a mentor

(Check each professions requirements before requesting letters)
How to Get a Great Letter

Ask all potential letter writers, “Can you write me a strong letter”. If not ask someone else

Give the letter writer enough lead time and a deadline

Also provide submission instructions

Provide additional information in the form of a resumé, personal statement, and/or autobiographical sketch

Tell them why you are motivated to pursue a particular career
## Submission of Letters

<table>
<thead>
<tr>
<th>Field</th>
<th>Distribution Details</th>
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</thead>
<tbody>
<tr>
<td>Allopathic</td>
<td>Letters sent to AMCAS</td>
</tr>
<tr>
<td>Osteopathic</td>
<td>Letters sent to designated schools</td>
</tr>
<tr>
<td>Dentistry</td>
<td>Up to 4 letters sent to AADSAS</td>
</tr>
<tr>
<td>Veterinary</td>
<td>At least 3 letters sent to VMCAS</td>
</tr>
<tr>
<td>Chiropractic</td>
<td>Letters sent to designated schools</td>
</tr>
<tr>
<td>Podiatry</td>
<td>Letters sent to designated schools</td>
</tr>
<tr>
<td>Optometrist</td>
<td>Letters sent to OptomCAS</td>
</tr>
<tr>
<td>Pharmacy</td>
<td>Up to 4 letters sent to PharmCAS</td>
</tr>
<tr>
<td>Physical Therapy</td>
<td>Up to 4 letters sent to PTCAS</td>
</tr>
<tr>
<td>Physician Assistant</td>
<td>3 letters sent to CASPA</td>
</tr>
</tbody>
</table>
Interfolio

Electronic service which collects, stores, and sends letters

 Allows individuals to organize and keep track of letters

 Annual fee plus cost per letter

http://www.interfolio.com/
Waiving Your Rights

Family Educational Rights & Privacy Act of 1974
(Buckley Amendment)

You have the right to access all educational records including letters of recommendation

Waiving of rights is often preferred by admissions committees and letters writers

It assumes a more candid evaluation of a candidate