HEALTH PROFESSIONS
ADVISING COMMITTEE (HPAC)

Presented by Xavier Fonz Gonzales, Ph.D., M.S.P.H.
http://prepro.tamucc.edu/
WHAT IS THE ROLE OF HPAC?

- Evaluate your probability of success in professional school
- Advise students in the application process for professional schools
- Prepare committee letters of evaluation for
  - Medical School
  - Dental School
  - Physical Therapy School
  - *Physician Assistant School *
- Interview students applying to professional school
- Students who do not need a HPAC letter, but are welcome to interview with the committee (we can design a letter for you that will fit your program):
  - Pharmacy
  - Optometry
  - Graduate School
WHEN DO I MEET WITH HPAC?

- The semester you are applying to professional school
- Pre-med, pre-dent, pre-PT and pre-PA*: spring of your junior year
- Other students are invited to meet with HPAC, but we do not provide a letter of committee letter since it is not accepted by the professional school.
  - These schools prefer individual letters from faculty and/or practicing professionals
- Timeline:
  - Pre-pharmacy: October of your senior year
  - Pre-optometry: October of your senior year
  - Pre-vet: spring of your junior year

FOR MORE INFO:
REFER TO THE HPAC BROCHURE
WHO ARE THE CORE HPAC COMMITTEE MEMBERS?

- Greg Buck, PhD., Microbiology
- Jean Sparks, Ph.D., Clinical Lab Science
- Xavier Fonz Gonzales, Ph.D., Biomedical Sciences
- Riccardo Mozzachiodi, Ph.D., Neurosciences
Professional Committee Members

The Health Professions Office has developed partnerships with local health professionals to be part of the committee. Since they are offering their valuable clinic time to be part of the committee. The scheduling of interviews are very specific. Further, we allow these committee members time to develop strong and helpful commentary on your letters.
HOW DO I SCHEDULE AN HPAC INTERVIEW?

- Meet the Science GPA requirement: 3.3 and above
- Email your COMPLETED PACKET to prehealth_education@tamucc.edu with your information no later than February 14th. (Happy Valentines! Be sure to put your heart into your packet since this is the carreer who have pursued for the last several years)
WHAT IS CONSIDERED A COMPLETED PACKET?

Required Documents: emailed to prehealth_education@tamucc.edu

• Authorization for the Release of Personal Information
• Resume
  • Include a color photograph of headshot
  • Calculated Science GPA; Total Science Hours; List of Science Courses with Grade
  • Scores from either a completed full practice or actual required admission exam from your respective field. (Purpose: the committee wants identify your progress))
WHAT IS CONSIDERED A COMPLETED PACKET?

Required Documents: emailed to prehealth_education@tamucc.edu

- Drafts of all essays required by the professional or graduate school to which you are applying. (Check your respective profession in the Health Professions Website: https://sci.tamucc.edu/academics/biomed-bs/pre-professional/

- Resume
  - Include a color photograph of headshot
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WHAT IS CONSIDERED A COMPLETED PACKET?

Required Documents: emailed to prehealth_education@tamucc.edu

• At least three letters of evaluation
  
  • Two from faculty and the other from someone that can talk about 10 key points you can find in the sample letter from evaluators: You are strongly encouraged to send more letters (an instruction sheet for evaluators is available on the HPO website: https://sci.tamucc.edu/academics/biom-bs/pre-professional/Access%20Services/adviceforletterwriters.html.

  • Emailed from faculty/other to prehealth_education: Have your evaluators include in subject line HPAC Letter (Last Name)
    1. Include letter(s) from science faculty
    2. Remind Evaluators that letters are to be in a Word format document

• Statement of Responsibility: I (your name) will provide the necessary pin numbers and letter request emails prior to June 1st. I understand that if I fail to do so their will be a delay in the loading of my HPAC evaluation letter.

* Some professional schools use specific recommendation/evaluation forms. Be sure to include in your packet if this is the case. Please search the Health Professions Office website to check your desired profession.
What if I do not meet the Science GPA?

You can file an appeal essay with your completed packet

- Using one of the many online Science GPA calculators double check your Science GPA.

- The appeal is a 500 word essay on why HPAC committee should reconsider your application although you do not meet the GPA requirement.

- Appeals will be considered on a case by case basis.

- Remember to send with your completed packet by February 14th (Happy Valentines!)
WHAT HAPPENS AFTER I GET MY PACKET IN ON TIME?

➢ HPAC (Tentative) Interview Days for 2020: Between March 27th and May 1st. If your packet is complete you will be placed in a slot.

➢ HPAC selection:
  ➢ There are 24 available slots
  ➢ Students who provide completed packets first will be selected
  ➢ Completed packets will “ONLY” be accepted on February 14th.
    ➢ Letters from evaluators in appropriate format will be accepted until March 1st.

➢ Dates to pay close attention to:
  ➢ By March 1st, students will be informed by email that you have obtained an interview slot.
  ➢ You will be given your assigned interview date and time.
  ➢ You have 48hrs to confirm your interview date and time.
  ➢ If you do not confirm your interview date and time it will be offered to students placed in alternate list
BE AWARE TO HOW IMPORTANT IT WAS THAT YOU RECEIVED AND HPAC INTERVIEW

• If HPAC writes you a letter of evaluation you are required to apply this cycle.
  • If you do not apply this cycle you will not be allowed a re-evaluation in subsequent years.
  • Remember: Even after you graduate you can still get an updated letter.

• You will have all documentation ready on time.

• You will have made a valid effort to have taken your respective professional school exam prior to your interview
  • (you will have at least taken several practice exams in order to share your scores with the committee)
RECAP: WHAT IS CONSIDERED A COMPLETED PACKET?

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  You can submit a final copy up to 1 wk prior to your interview.
- Resume
  - Include a color photograph of headshot
  - Calculated Science GPA; Total Science Hours; List of Science Courses with Grade
  - Scores from either a completed full practice or actual required admission exam from your respective field. (Purpose: the committee wants identify your progress)
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  - You are strongly encouraged to send more letters (an instruction sheet for evaluators is available on the HPO website: [http://sci.tamucc.edu/LSCI/PREPRO/](http://sci.tamucc.edu/LSCI/PREPRO/)).
    1. Emailed from faculty/other to prehealth_education: Have your evaluators include in subject line HPAC Letter (Last Name)
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HPAC Letter Uploads

- Finalized HPAC Letters will be uploaded to the respective application service centers between June 15th through July 15th. Priority is given to students who have already taken their respective professional school exam. If there is ‘No’ exam score (ex. MCAT, DAT, OAT) your letter will be pushed to the back of the list.
Build a great cake to success!

Everyday Else; research, volunteer, shadow, clubs, etc.

Professional Exam

GPA
BEING COMPETITIVE

- Shadowing: more is better
- Community service: expected
- Campus involvement: expected

Follow the suggested degree plan available on the HPO website: http://sci.tamu.edu/LSCI/PREPRO/
  - Take all courses highlighted in yellow
  - You will be able to apply to all Texas schools

DO NOT APPLY TO ONLY ONE SCHOOL
  - Apply to as many schools as you can afford
  - What is the best school?

The one that accepts you!

Which experiences will win them over?
WHEN DO I APPLY TO PROFESSIONAL SCHOOL?
Check HPO website!!!

- Medical & Dental: Junior year
  - Take MCAT/DAT/GRE: Spring of junior year
  - TMDSAS opens early May
  - AMCAS opens early May
  - AACOMAS opens early May
  - AADSAS opens early June
  - Submit all documents to the service by June 30
  - Registration closes in early fall, but your chances are ZERO if you apply this late

- Physician Assistant Applicants: Junior year
  - April: Take GRE
  - May: Complete application on CASPA
  - June: Submit all application documents

- Physical Therapy Applicants: Junior year
  - Take GRE in April of junior year (allows time for re-take, if necessary)
  - Mid-October of senior year: submit all application documents
WHEN DO I APPLY TO PROFESSIONAL SCHOOL?

- **Pharmacy Applicants: Senior year**
  - Take PCAT in fall of senior year
  - Submit applications in fall of senior year

- **Optometry Applicants: Senior year**
  - Take OAT in fall of senior year
  - Submit applications in fall of senior year
SPRING WORKSHOPS

• **Personal Statement Workshop: February 21st**

• **TMDSAS Workshop: April 11th**
  - Matthew Meeks and Dr. Scott Wright from the Texas Medical and Dental Schools Application Service (TMDSAS)
  - How to complete the TMDSAS application
  - For junior and senior pre-med, pre-dent and pre-vet students applying to Texas schools this application cycle

• **Interview Workshop: March 5th**

• Interviewing tips, what to expect at the interview and possible interview questions
  - For junior and senior pre-professional students applying this application cycle
LOOKING AHEAD: THE TEST!!

Visit the HPO website: [http://sci.tamucc.edu/LSCI/PREPRO/](http://sci.tamucc.edu/LSCI/PREPRO/)

- Medical: MCAT
- Dental: DAT
- Vet: GRE
- Pharmacy: PCAT
- PA: GRE
- PT: GRE
- Optometry: OAT
I DID NOT GET A COMPETITIVE SCORE. WHAT SHOULD I DO?

RE-TAKING THE TEST: PREPARE

- **MCAT**: wait one month
- **DAT**: wait three months
- **GRE**: wait 21 days up to 5 times in 12 month period (Practice before taking the real thing)
- **OAT**: wait three months
- **PCAT**: can test once/testing window, i.e., four times/cycle
PREPARING FOR THE TEST

• See test website for practice tests

• Pay for a prep course
  • Kaplan Prep course [www.kaptest.com]
  • How bad do you want to go to professional school
QUESTIONS??

Mad Cow?

Swine Flu?
HEADS UP

• Do not believe everything you read
• Your photo
  • Professional
• Criminal Background Check
  • Be honest
CRIMINAL BACKGROUND

• **Most common transgressions**
  - Public Intoxication
  - Drunk driving
  - Shoplifting

• **Be honest**

• **Will be dropped/expelled**
  if revealed later

• **Expunge record – need a lawyer**

• **Consider having a criminal background check run to be sure your record is clean**
DO NOT BELIEVE EVERYTHING YOU READ ESPECIALLY FROM THE WEB
REMEMBER TO ---

Make good choices

Plan Ahead