



COLLEGE OF ARTS
AND SCIENCES

SETON HALL UNIVERSITY

PRE-MEDICAL HANDBOOK

Seton Hall University
Health Professions Program
400 South Orange
South Orange, New Jersey 07079
973.761.9053

Dr. Roberta Moldow, Director • moldowro@shu.edu

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PRE-MEDICAL QUESTIONNAIRE

The following questionnaire is designed to evaluate your interest and experience in the medical profession.

Please print and answer the following questions by May 31 of your junior year. When all answers are complete, submit soft copy to:

Dr. Roberta Moldow, Director
moldowro@shu.edu

PART 1

There are 14 questions in Part 1.

- 1) Why do you want to be a doctor? Please give the origins and a brief history of your interest in a career in medicine. Do you know what kind of doctor you want to be?
- 2) What experiences have convinced you that this is the right career for you?
- 3) What do you see yourself doing in ten years?
- 4) What careers other than medicine have you considered? Why have you turned away from these?
- 5) Have you done or do you plan on doing research work? If so, please explain your work in brief—where, with whom, subject, your level of responsibility, and any publications your work is featured in or that you are seeking to print for your work.
- 6) What course or courses have interested you the most? Why?



PRE-MEDICAL QUESTIONNAIRE, PART 1,
CONTINUED...

- 7) Discuss any weaknesses or problems in your academic record for which you can provide clarification or explanation.
- 8) Please explain any discontinuity in your education—time off either during college or after graduation—and describe what you have done while out of school or since graduation.
- 9) What was your favorite extracurricular activity and why?
- 10) What do you considered to be the best evidence of your leadership capacity—potential—accomplishments?
- 11) What do you consider to be the best evidence of your commitment to community service?
- 12) What clinical experience do you have and how do you know that you want to commit yourself to medicine?
- 13) Briefly describe a significant experience in your life?
- 14) What intellectual pursuits have you found interesting?





PRE-MEDICAL QUESTIONNAIRE PART 2

PART 2

There are three questions in Part 2.

1) Please list the date you took the MCAT.

2) List of recommenders (4-6).

- A.
- B.
- C.
- D.
- E.
- F.

3) List of schools that you plan to apply to



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ACCESS WAIVER

I plan to request recommendation letters from the persons listed on the Pre-Medical Questionnaire, Part 2, found on page five (5) of this handbook, with the understanding that they will be made available to health professions schools. I further request that the Office of the Health Professions Program at Seton Hall University prepare a committee letter of evaluation for me with the understanding that it will be made available to the same persons and institutions as my letters of recommendation. This includes the schools listed on the Pre-Medical Questionnaire, Part 2, and any schools that I may later specify in writing. A copy of my recommendations and committee letters may also be used in support of my candidacy for relevant prizes, awards, fellowships, or grants for which I may apply. These materials will not otherwise be used without my written consent. Use of my letters for purposes other than those stated above will require approval from each recommender.

I understand that under the Family Educational Rights and Privacy Act of 1974, I have the right to see these letters of recommendation and the composite committee letter.

Please read and sign ONE of the statements below:

- 1) I hereby waive my right of access under FERPA with respect to these letters of recommendation and the composite committee letter.

SIGNATURE: _____

NAME (PRINT): _____

DATE: _____

- 2) I do NOT waive my right of access to these letters. I have discussed this decision with Dr. Roberta Moldow, Director, Health Professions Program.

SIGNATURE: _____

NAME (PRINT): _____

DATE: _____



LETTERS OF RECOMMENDATION

INFORMATION FOR RECOMMENDERS

BASICS

Students have signed a letter of waiver that will assure that the letters of recommendation will remain confidential. Your letter will be sent to the health profession schools where the student is applying and excerpted portions of your letter may be included in the letter of the committee.

Please use official letterhead and sign the original with your title as this letter will be included in the student's official recommendation. A soft copy would also help the Health Professions office as we incorporate some of your comments into our letter.

HOW TO SUBMIT

Please submit your original letter to:

Dr. Roberta Moldow, Director
Health Professions Program
McNulty Hall 220
Seton Hall University
400 South Orange Avenue
South Orange, NJ 07079

And email the soft copy to moldowro@shu.edu. Please submit your letter by 31 May. Please do not give this letter to the candidate to present to Dr. Moldow.

SUGGESTIONS

Note that you are recommending this student for medical school—dental or veterinary. Indicate how long you have known the candidate and in what capacity.

Rate the candidate according to percentile of performance: % of class; % of all students.

Evaluate the candidate's potential to become a dedicated, compassionate doctor.

Discuss student's coursework.

Discuss student's -

Intellectual ability—critical thinking, problem solving, curiosity

Interpersonal skills—ability to collaborate, response to criticism, leadership

Personal qualities—maturity, compassion, responsibility, initiative, work ethic

Special academic circumstances—context to anomalies in grades

STUDENT RESOURCES

Please know that as an interested Pre-Med student, you should visit <http://www.shu.edu/academics/artsci/health-professions-advising/> to learn about the advising process. However, all Pre-Med Students can email Dr. Moldow at roberta.moldow@shu.edu and, with her many years of experience and guidance, she will be able to assist you make an appropriate decision.

Upon reviewing your record, Dr. Moldow will give you a realistic assessment as well as tell you what you need to do, i.e. Grades, Research, Shadowing, Volunteering, MCAT studying, etc. However, in some cases, Dr. Moldow is tasked with the difficult job of informing you when it is not realistic, nor in your best interest to continue in this program of study.

Some guidelines to consider:

- A 3.5 cumulative GPA or better to schedule a meeting after 45 credits completed
- One should have a 3.8 CGPA for MD to be considered
- One should have a 3.5 CGPA for DO to be considered
- No repeats for MD
- No repeats for DO
- Cannot have C+ or lower grade in any classes

Dr. Moldow has assisted countless number of students in pursuing their dream of making it into and through Medical School. Please be patient with the process and continue to exceed academically.





FRESHMAN TO-DO LIST

FRESHMAN YEAR GOALS

- Adjust and enjoy your academic and social life at college but remember that school and studying start on day one!
- Study hard! Avoid C's—average grades (C and C+) are NOT acceptable.
- Get to know your instructors, mentors, TAs and upper level classmates.
- Start to build a network of contacts—the medical, dental and veterinary business is a people-oriented profession.
- Resolve any academic difficulties you have immediately!

COURSES REQUIREMENTS/CALANDAR

****MAJOR REQUIREMENTS MUST BE DISCUSSED WITH AN ADVISOR****

FALL SEMESTER

- Biology 1211/1212—General Biology/Organism
- Chemistry 1123/1125—General Chemistry I or Chem 1107
- Math 1015—Pre-Calculus OR Math 1401—Calculus I or math1501
- English 1201—College English I

Be sure to register for the Health Professions program by emailing Dr. Moldow at moldowro@shu.edu

SPRING SEMESTER

- Biology 1222/1223—General Biology/Cell
- Chemistry 1124/1126—General Chemistry II or Chem 1108
- Math 2111 statistics or Math 1511

Biology majors must be at the level of Pre-Calculus to be enrolled in Biology 1211. You should also be taking Calculus I to be enrolled in Biology 1222.

SUMMER BETWEEN FRESHMAN AND SOPHOMORE YEAR

- Take courses Biology 1222/Calculus II/Math 2111 or Chemistry II if necessary
- Become involved in extracurricular activities at nearby medical schools—including enrichment programs.
- Volunteer or obtain a job in places where health care is being administered
- Consider doing research (e.g. in Biology or Biochemistry labs etc) that will continue throughout your college years.
- Read—not only for classes but for your personal expansion of knowledge in your preferred field.— reading list available from Dr. Moldow

FOR SPECIFIC MAJORS—PLEASE see WEB pages

<http://www.shu.edu/academics/artsci/health-professions-advising/>



SOPHOMORE DO-TO LIST

SOPHOMORE YEAR GOALS

- Continue to get good grades—don't get into a slump.
- Avoid distracting such as pledging into fraternities or sororities.
- Join AED

COURSE REQUIREMENTS

****MAJOR REQUIREMENTS MUST BE DISCUSSED WITH AN ADVISOR****

FALL SEMESTER

- Chemistry 2321/2315—Organic Chemistry I or Chem 2313
- Psychology 1101-Intro to Psych

Biology majors—Biol 2221/2222 Genetics, **MUST** be taken to fulfill the program requirements.

SPRING SEMESTER

- Chemistry 2322/2316—Organic Chemistry II or Chem 2314
- Sociology 1101—Intro to Soc

Biology majors—it is **HIGHLY RECOMMENDED** to take Biol 2238/2239 Cell Biology this semester.

SUMMER BETWEEN SOPHOMORE AND JUNIOR YEARS

- Take courses if necessary
- Get/stay involved in extracurricular activities at nearby medical schools—including enrichment programs.
- Volunteer or obtain a job in places where health care is being administered
- Consider doing research (e.g. in Biology or Biochemistry labs etc) that will continue throughout your college years.
- Read—not only for classes but for your personal expansion of knowledge in your preferred field.
- Begin looking at and studying MCAT prep books.



JUNIOR TO-DO LIST

GOALS

- Maintain good grades
- Plan for MCAT or DAT EXAM—offered year round. These exams cannot realistically be taken without a strong foundation in Biology, Chemistry and Physics. You will need to consider when to take the exam and the review methods you will employ as this is a long-term project and dedication is critical. Please plan to take these exams in the late spring or early summer.
- Take MCAT/DAT course
- Avoid distractions! This is the most demanding year of all.

COURSES

****MAJOR REQUIREMENTS MUST BE DISCUSSED WITH AN ADVISOR****

FALL SEMESTER

- Physics 1701—General Physics I
- Physics 1811—Physics Laboratory I

Biology majors must take Biol 3323 Metabolism of Biochemistry
Chemistry majors must take Chem 3512 Elements of Biochemistry
Before taking the MCAT

SPRING SEMESTER

- Physics 1702—General Physics II
- Physics 1812—Physics Laboratory II

Biol 3323 Neuroendocrinology is highly recommended

FOR ELIGIBLE CANDIDATES—BEFORE THE SUMMER BETWEEN JUNIOR AND SENIOR YEARS

- Take MCAT, DAT EXAM
- Plan medical school application. Remember that this is an extensive process. Please begin working on your personal statement early regardless of when you are planning to take the MCAT/DAT EXAM. At this time, the Health Professions office will begin to prepare your letters of recommendations and gather references.

SUMMER BETWEEN JUNIOR AND SENIOR YEARS

- Continue your extracurricular activities –including volunteering and healthcare related jobs and research.

**FOR ELIGIBLE CANDIDATES—BEFORE THE
SUMMER BETWEEN JUNIOR AND SENIOR YEARS**

- Take MCAT, DAT EXAM
- Plan medical school application. Remember that this is an extensive process. Please begin working on your personal statement early regardless of when you are planning to take the MCAT/DAT EXAM. At this time, the Health Professions office will begin to prepare your letters of recommendations and gather references.

SUMMER BETWEEN JUNIOR AND SENIOR YEARS

- Continue your extracurricular activities –including volunteering and healthcare related jobs and research.



Summer between JR and SR year
Discuss MCAT scores with Dr. Moldow
Submit application

SENIOR TO-DO LIST

GOALS

- Maintain good grades.
- Finalize secondary applications
- Prepare for interview at medical, dental or veterinary school
- Get ready to celebrate your acceptance!

COURSES

Be sure that all pre-medical requirements have been met. Remember that you will need to meet with your advisor to check the requirements for your particular major. Also, plan to meet with Dr. Moldow for a similar requirements check.

FALL SEMESTER

Dental students—MUST complete AART 2219 Introduction to Sculpture.

Biology electives that are previews for basic science courses in medical/dental/veterinary school—but NOT Ecology or Evolution—are strongly recommended.

SPRING SEMESTER

Biology electives that are previews for basic science courses in medical/dental/veterinary school—but NOT Ecology or Evolution—are strongly recommended.

CALENDAR FOR PROSPECTIVE APPLICANTS TO MEDICAL SCHOOL

OCTOBER TO JUNE

Study for MCATS 5hours/day till Spring Finals and then 24/7 except for sleep and meals

FEBRUARY—MARCH

Decide on a date to take the MCAT exam

MCAT registration materials are available online at <http://www.aamc.org>

The latest date to take the MCAT exam is July —this will ensure that the results are available in August
May or June exam date is preferable

FEBRUARY—APRIL

Complete the Pre-Medical questionnaire found in the beginning of this handbook

FEBRUARY—MAY

Complete a review course for the MCAT exam

Complete access waiver for letters of recommendations and committee letter at HP office

Arrange to have additional letters of recommendation sent to HP office

Recommendation letters should be specifically for medical school, on letterhead stationary

Refer to page seven (7) for additional information

BY MAY 31—DEADLINE TO COMPLETE HEALTH PROFESSIONS FILE

A completed file will include:

Signed waiver

A minimum of four (4) letters of recommendation—six (6) letters preferred

A complete list of medical schools to which you are applying

The completed pre-medical questionnaire,

Copy of your personal statement—Do not upload to AMCAS till Dr. Moldow approves

Copy of your resume

*Please note that only completed files can be guaranteed to be sent out in a timely fashion

*Plan to meet with Dr. Moldow as soon as your MCAT scores are returned

MID-JUNE

Recommended deadline for completing the AMCAS application

Application is available at <http://www.aamc.org/audienceamcas.htm>

Early decision is August 1

Regular decision varies by institution—dates range from October 15 to December 15

*Please note that many medical schools engage in a rolling admissions process. Institutions that do not participate in rolling admissions still review received applications in a rolling manner. It is incredibly advantageous to submit your AMCAS application early!

Be sure to have the Registrar's Office send official transcripts to AMCAS

JULY-AUGUST

Complete secondary applications from AMCAS schools as soon as you receive them

SEPTEMBER 15

*Committee letter is uploaded to AMCAS

SEPTEMBER—JANUARY

Interview season. Receive interviewing tips from Dr. Moldow and mock interview prep

DECEMBER—MAY

Notification of acceptances. AAMC rules indicate that by May 15 of the matriculation year that each applicant who has received an offer of acceptance from more than one school choose the specific school at which the applicant prefers to enroll or withdraw his/her application from all other schools which have offered acceptance.



CONTACT INFORMATION

Dr. Roberta Moldow

moldowro@shu.edu

McNulty Hall, Room 220

973.761.9053

Appointments should be set up through email.

Traditional appointment times are:

Tuesday or Thursday 10:30a.m.-12:30p.m. and 2:30p.m.-3:30p.m.

Additional times available if necessary.

Arts and Sciences Dean's Office

Fahy Hall, Room 130

973.761.9430

Associate Dean—Dr. Christopher Kaiser

kaiserch@shu.edu

Secretary—Ms. Brianna Bicho

bichobri@shu.edu