

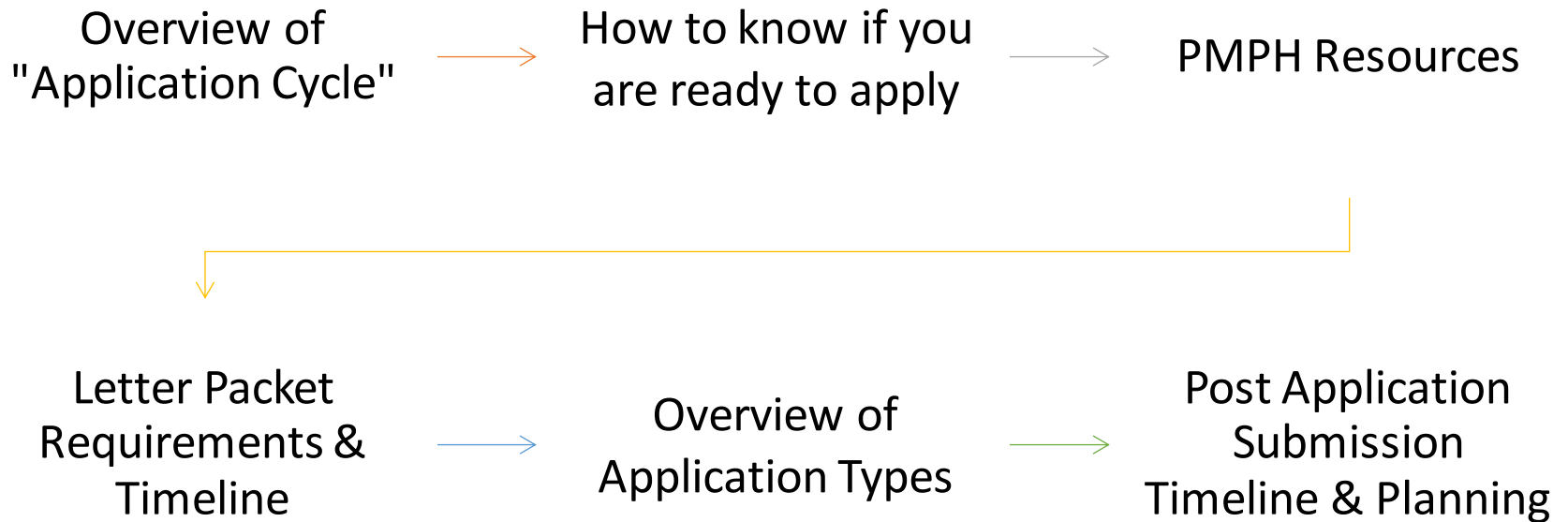


Northeastern University

**PreMed and PreHealth  
Advising Program**

2025 Cycle Kickoff &  
Timeline Workshop

# AGENDA



## Meet the Staff



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# What do we mean by "application cycle"? Why is it 2025 if I am applying in 2024?



*Please note: this is an example of an "application cycle" using the medical school timeline. Timelines will vary slightly by profession, we will cover this in a few slides! :)*

# How do I know if I am ready to apply?

## Things to consider:

### Am I academically ready?

- Is my academic trend strong and positive?
- Have I invested enough time in creating an upward trend?

### Am I experientially ready?

- Do I have substantial clinical, research, community service, and community/campus engagement?

### Is my admissions exam score the best reflection of my ability?

### Am I physically/mentally ready?

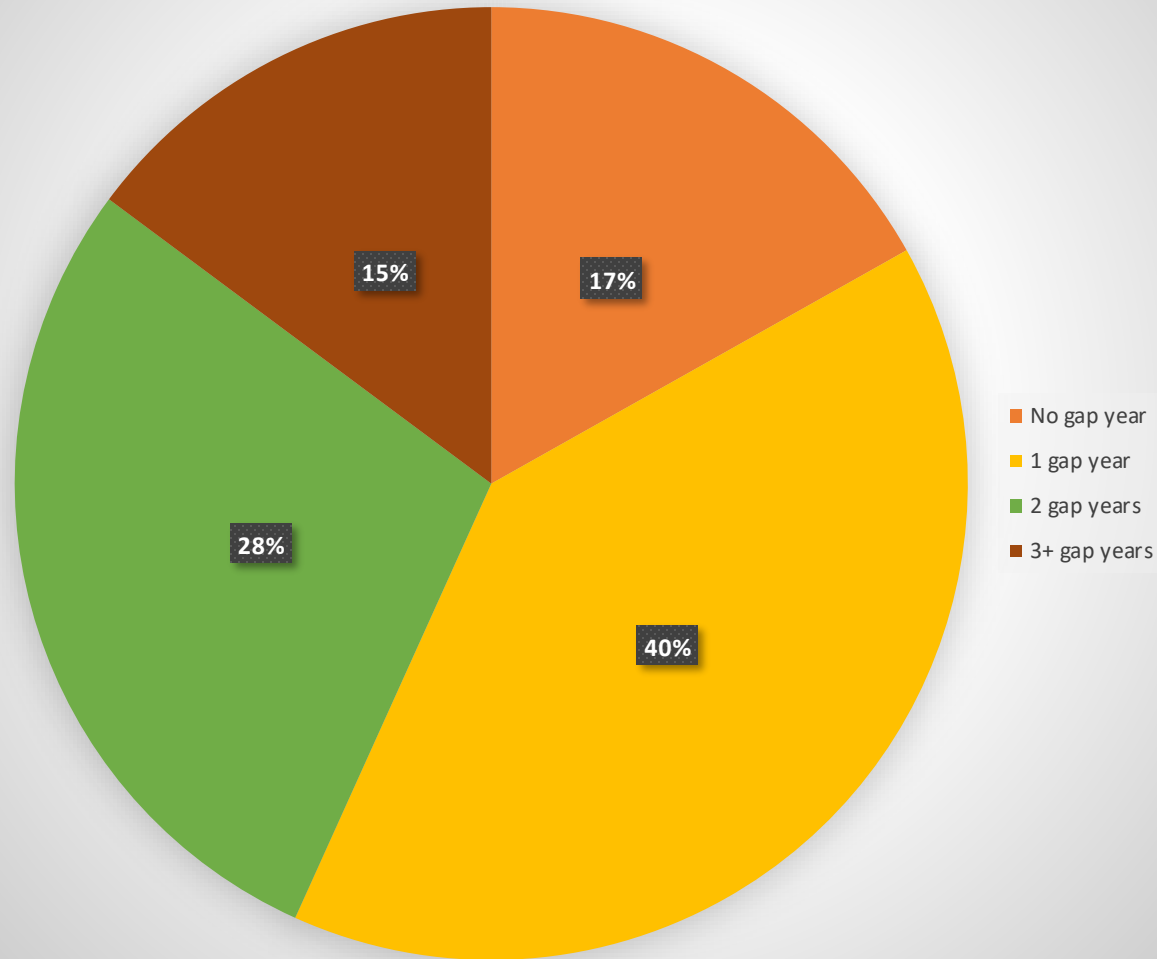
- If I get accepted in this cycle, will I be in a physical and mental place to be ready to start health professional school?
- Will I be burnt out and starting from an empty place? Or will I be refreshed and ready to start from a full place?

### If you are re-applying, how has your application changed from your previous application?

# Should I Take a Gap Year?

- Most NU students elect to take at least one gap year (about 80%)
- Benefits of a Gap Year
  - More time to finish prerequisites or establish an upward academic trend.
  - More time to plan and study for entrance exam.
  - More time to gain relevant experiential preparation.
  - Opportunity to raise GPA through additional coursework (UG, Graduate, or Post-Bacc)
  - Recharge & reset!
- **You should apply when you feel you are the strongest applicant!**

% of 2022 Accepted Students



# PMPH Resources

- Application Workshops
- Entrance Exam Resources (MCAT/DAT/GRE)
- Health Professional School Admissions Visits
- Individual Advising (Application Readiness Meeting)
- Personal Statement Feedback
- Application Strategy
- Interview Preparation
- Alumni Mentor Network

All workshops will be held virtually at 12pm ET. If you are unable to attend, we will have a recording available!

# Save the Date: 2025 Cycle Application Workshops!

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- Entrance Exam – October 11th, 2023
- Letters of Evaluation – November 8th, 2023
- Self-Assessment – January 17th, 2024
- Accepted Students Panel – March 13th, 2024
- Personal Statement Workshop – March 27th, 2024
- Choosing Your Schools – April 17th, 2024
- PA Application – May 1st, 2024
- Med Application – May 6th, 2024
- Dental Application – May 8th, 2024
- Secondary Application – July 10th, 2024
- Interview – August 7th, 2024





# Letter Packet & Application Preparation

2025 Cycle

# Types of Evaluation Letters

*Dependent upon health professional program*

## Individual Letters

- If you choose to send individual Letters of Evaluation, please do not request them through MAP. Instead, follow the instructions in the common application for your profession, or the directions of the specific schools if they have a different application process.
- Individuals applying for admission to schools of Optometric Medicine, Veterinary Medicine, or Physician Assistant Programs are required to have individual letters of evaluation submitted.
- For alumni who graduated three or more years ago, it is recommended that you apply with individual letters of evaluation.

## Letter Packet

- The Letter Packet is a composite letter that includes a cover page explaining unique attributes of Northeastern applicants and several required letters. A letter packet does not include an evaluation from the PreMed and PreHealth Advising Program.
- Available to applicants applying to MD/DO, Dental, and Podiatry school only.

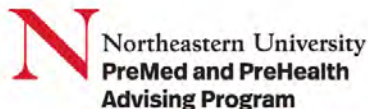
## Committee Letter

- A Committee Letter is a letter authored by a pre-health committee or pre-health advisor. A committee letter is often sent with additional letters of recommendation that you solicit from your faculty and others in support of your candidacy.
- Health professional schools **do not** have a preference for a Committee Letter versus any other type of letter of evaluation. Rather, health professional schools prefer candidates to utilize the letter services offered through their undergraduate or post-bacc program.
- **Beginning in the 2025 application cycle** the Northeastern University PreMed and PreHealth Advising Program will be joining other leading universities in only offering a Letter Packet service (see below) and will no longer be offering an additional Committee Letter service for candidates applying for admission to schools of allopathic medicine (MD), osteopathic medicine (DO), dental medicine, or podiatric medicine.

Learn more about Letters of Evaluation [HERE!](#)

# What is a Letter Packet?

(for MD/DO, Dental, and Podiatry ONLY)



360 Huntington Avenue, 416 Richards Hall, Boston, MA 02115

LETTER PACKET INSTITUTIONAL COVER SHEET

## Institutional Profile

Northeastern University is a Carnegie Tier 1 Research University with a growing global campus network that prioritizes innovation through experiential learning. The PreMed and PreHealth Advising Program serves all undergraduate students and alumni populations of the institution as well as students enrolled in the Northeastern University Post-Baccalaureate Pre-Medical Certificate Program. A Northeastern undergraduate education prepares students to face and solve the challenges of tomorrow by integrating learning inside and outside the classroom, offering students immersive opportunities to engage in meaningful work through cutting edge University research, co-operative education placements at leading employers, and community engagement on a local to global scale.

## Co-operative Education (Co-op) & Summer Coursework

Most undergraduates participate in Northeastern's signature Co-operative Education program, in which they alternate six-month periods of full-time academic study with periods of full-time work in areas related to their field of study and career goals. Students apply through a competitive process for global positions offered by private companies, academic laboratories, hospitals, government agencies, and community organizations in partnership with our colleges. Students may also develop their own co-op opportunities. In support of our experiential learning programs, Northeastern has two summer semesters in which we offer a full range of courses taught by our regular faculty and presented with the same rigor as the fall and spring offerings. If students are unable to take summer courses at Northeastern, we advise enrolling in summer courses at four-year institutions of equal rigor to Northeastern so that they may graduate in four to five years while completing up to three co-ops.

## Global Experience

Northeastern University encourages learners to engage in transformative global experience that allows them to develop a global mindset and a commitment to ethical global impact. Our growing Global University System allows students to continue to engage in high-quality coursework while also participating in globally based community-engaged learning, co-curricular activities, and unique learning models. Among our global programming are N.U.in and Global Scholars (cohort-based interdisciplinary experience for select first year students), Dialogue of Civilizations (faculty-led summer programs), Global Co-op (independent career opportunities with global companies and organizations for students), and more.

## General Chemistry Credits

Most colleges at Northeastern have adopted a combined general chemistry course that includes elements of a typical General Chemistry 1 and 2 sequence. Due to this, many applicants will achieve five total general chemistry credits, going on to complete Organic Chemistry 1 and 2, as well as Biochemistry, prior to graduation. While we understand that this number of credits (20 credit hours total) will satisfy the requirements of many programs, we have also collaborated with our Department of Chemistry and Chemical Biology to produce letters detailing the combined general chemistry course. If your program requires additional information, we are glad to share these letters for your review upon request.

## Letter of Evaluation Process

Beginning Fall 2023, Northeastern University's PreMed & PreHealth Advising Program will no longer offer a Committee Letter. Instead, we will provide a Letter Packet for any student or recent graduate in good academic standing who meets our letter packet requirements and deadlines. We do not provide a structured ranking of applicants. Following our Letters of Evaluation coversheet, we include the full text of all faculty letters and append the applicant's external letters. We require three faculty letters, at least two of which must be from science faculty, and up to three external letters, at least one of which must represent a clinical experience.

## Institutional Actions:

We do not have access to applicant records with the [Office of Student Conduct and Conflict Resolution](#) and thus are not suited to comment directly on these matters. We encourage applicants to be transparent on their application regarding any institutional actions, no matter how minor.

## What's included:

1. Cover sheet: Provides context to the unique attributes of NU applicants.
  - *CPS Post-Bacc Students will have a unique cover letter relevant to the Post-Bacc Program.*
2. Full text of internal faculty letters (required)
3. Clinical letter (required)
4. Optional external letters

# Letter Packet Requirements

(for MD/DO, Dental, and Podiatry ONLY)

Learn more at our LOE  
Workshop on 11.8.23!

[Register HERE!](#)

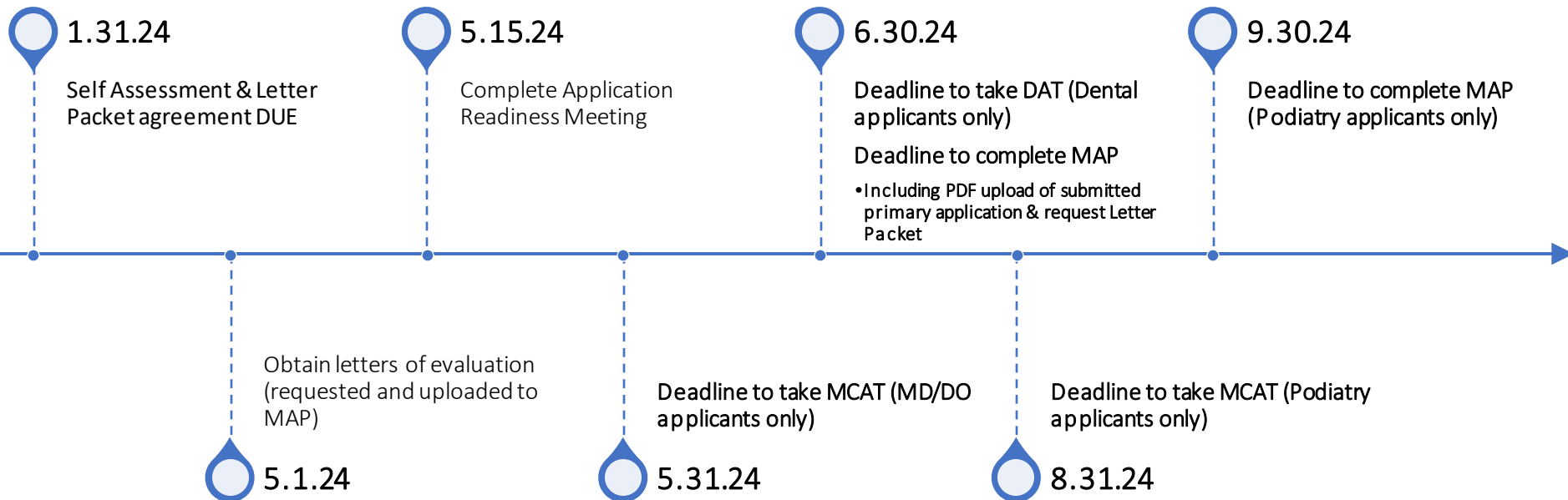
## REQUIRED EVALUATIONS FOR THE NU Letter Packet

- **3 Internal, NU Faculty Letters** (Due 5.1.2024)
  - Two of the three required internal letters must be from Biology, Chemistry, Math, or Physics (BCMP) faculty OR from the approved list of [Internal Science Letters](#).

*\*CPS Post-Bacc Students will have the option to substitute a letter from a faculty member at their undergraduate institution in place of a third NU faculty member.*
- **1 External, Clinical Letter** (Due 5.1.2024)
  - This letter must come from a practitioner in the health profession to which you are applying (i.e. MD/DO or DMD/DDS). Applicants applying to MD **and/or** DO programs may have a clinical letter from either an MD **or** DO.
  - The letter must represent a college-level patient-facing experience (strongly recommended in-person) with a U.S. licensed physician. Letters from family members are prohibited.
- **2 External, Optional Letters** (Due 5.1.2024)
  - Up to two additional external letters may be requested from supervisors, research PIs, clinicians, coaches, etc.
  - Applicants may NOT use optional letter slots for additional internal academic letters unless there is a relationship with the faculty member outside of your academic coursework (i.e. research supervisor).
  - Applicants applying to MD **and** DO programs are strongly encouraged to obtain a clinical letter from **BOTH** an MD and a DO, utilizing one of their optional letter slots.

# Deadlines associated with Letter Packet Requirements

(for MD/DO, Dental, and Podiatry ONLY)



# Self-Assessment

*(applicable to all health professions)*

Coming  
to MAP  
Soon!

## What is the Self-Assessment?

- Designed to help you and your PMPH advisor assess your readiness to apply
- A place for you to reflect on your experiences & preparedness (*clinical, community engagement, research*)
- Will be available in the "Complete MAP" section of your Medical Applicant Portal (*coming soon!*)

The screenshot shows the Medical Applicant Portal (MAP) interface. At the top left, it says "MEDICAL APPLICANT PORTAL" and "Clara O'Donnell". At the top right, there is an "Exit Print" link. On the left side, there is a navigation menu with the following items: Profile, Academics, Evaluations, Experiences and Interests, Essay, and Complete MAP (which is highlighted in blue). The main content area is titled "MAP Sections" and "Self Assessment". It contains the following text: "CLICK [here](#) to access the self-assessment document for your expected health profession." Below this, there is a section titled "Upload your completed self assessment" with a "Choose File" button, the text "No file chosen", and an "Upload" button. At the bottom of the main content area, there is a note: "Note: You must upload your Self Assessment document by January 31 of your application year."

- Required for MD/DO, Dental & Podiatry applicants to remain eligible for a Letter Packet and Application Readiness Meeting
- Encouraged for Pre-PA, Pre-Veterinarian & Pre-Optometry applicants and required to remain eligible for Application Readiness Meeting

### DUE DATES:

- PA Only: **December 15, 2023**
- MD/DO, Dental, Podiatry, Vet, Optometry: **January 31, 2024**

# Application Readiness Meeting (ARM)

*(applicable to all health professions)*

## ***What is an Application Readiness Meeting?***

- 45-minute 1:1 appointment with assigned PMPH advisor to review self-assessment and help you determine your preparedness/competitiveness to apply
- Required for MD/DO, Dental & Podiatry applicants to remain eligible for a Letter Packet *(only available to those who completed self-assessment)*
- Encouraged for Pre-PA, Pre-Veterinarian & Pre-Optometry applicants *(only available to those who completed self-assessment)*
- Applicants should expect to receive an invitation to schedule their ARM from their individual advisor in early February 2024 *(MD/DO, Dental, Vet, Optometry only. PA applicants will receive scheduling details after completing their self-assessment)*

### **DUE DATES:**

- PA only: **January 31, 2024**
- MD/DO, Dental, Podiatry, Vet, Optometry: **May 15, 2024**

# Application Details

2025 Cycle



# PA Application: CASPA

## Overview:

- [Centralized Application Service for Physician Assistants \(CASPA\)](#)
- CASPA opens each year in April.
- CASPA can be submitted immediately following the application open date.
- Plan to spend at least a week filling out the application.
- Proofread! Once submitted, application cannot be changed!
- Make sure to send GRE/PA-CAT scores to CASPA.
- Secondary process varies by school.

## Anticipated Cost:

- Primary Application Fee + one school = \$184
  - Additional schools, primary = \$61 each
  - Secondary Application Fee – varies, \$35-100
  - Cost for 8 schools ~ \$1,200

[CASPA Fee Assistance Program](#)

# Veterinary Application:

## VMCAS

### Overview:

- [Veterinary Medical College Application Service \(VMCAS\)](#)
- VMCAS opens for editing in January,
- Can be submitted starting in May, but are not due until mid-September.
- Plan to spend at least a week filling out the application.
- Proofread! Once submitted, application cannot be changed!
- Make sure to send GRE to VMCAS (if applicable).
- Supplemental requirements vary by school and can be viewed [here](#).

### Anticipated Cost:

- Primary Application Fee + one school = \$227
  - Additional schools, primary = \$124 each
  - Secondary Application Fee – varies, \$50-100
  - Cost for 8 schools ~ \$1,600

[VMCAS Fee Assistance Program](#)

# DO Application: AACOMAS

## Overview:

- [American Association of Colleges of Osteopathic Medicine Application Service \(AACOMAS\)](#)
- AACOMAS opens in May,
- AACOMAS can be submitted immediately following the application open date.
- Plan to spend at least a week filling out the application.
- Proofread! Once submitted, application cannot be changed!
- Make sure to send MCAT to AACOMAS.
- Secondaries are within AACOMAS application.

## Anticipated Cost:

- Primary Application Fee + one school = \$198
  - Additional schools, primary = \$55 each
  - Secondary Application Fee – varies, \$50-100
  - Cost for 10 schools ~ \$1,500

[AACOMAS Fee Assistance Program](#)

# MD Application: AMCAS

## Overview:

- [American Medical College Application Services \(AMCAS\)](#)
- AMCAS opens in May.
- AMCAS cannot be submitted until late May/early June.
- Plan to spend at least a week filling out the application.
- Once submitted, applications cannot be changed!
- Start pre-writing secondaries as soon as primary is submitted (ProspectiveDoctor.com)

## Anticipated Cost:

- Primary Application Fee + one school = \$175
- Additional schools, primary = \$45 each
- Secondary Application Fee – varies, \$85 - 200
- Cost for 15 schools ~ \$3,000

[AMCAS Fee Assistance Program](#)

# Dental Application: AADSAS

## Overview:

- [Associated American Dental Schools Application Service \(AADSAS\)](#)
- First step - request [DENTPIN](#)
- AADSAS opens in May.
- AADSAS cannot be submitted until June.
- Plan to spend at least a week filling out the application.
- Make sure to send DAT to AADSAS.
- Once submitted, applications cannot be changed!
- Secondary process varies by school.

## Anticipated Cost:

- Primary Application Fee + one school = \$264
- Additional schools, primary = \$115 each
- Secondary Application Fee – varies, \$30-200
- Cost for 10 Schools ~ \$2,300

[ADEA AASAS Fee Assistance Program](#)

# Optometry Application: OptomCAS

## Overview:

- [Optometry Centralized Application Service \(OptomCAS\)](#)
- OptomCAS opens in late June/July.
- OptomCAS can be submitted immediately following the application open date.
- Plan to spend at least a week filling out the application
- Once submitted, applications cannot be changed!
- Make sure to send OAT/GRE scores to OptomCAS
- Secondary process varies by school.

## Anticipated Cost:

- Primary Application Fee + one school = \$185
- Additional schools, primary = \$75 each
- Secondary Application Fee – varies, \$30-75
- Cost for 10 Schools ~ \$1,000

# Podiatry Application: AACPMAS

## Overview:

- [American Association of Colleges of Podiatric Medicine Applicant Service \(AACPMAS\)](#)
- AACPMAS opens in early August.
- AACPMAS can be submitted immediately following the application open date.
- Plan to spend at least a week filling out the application.
- Once submitted, applications cannot be changed!
- Make sure to send MCAT scores to AACPMAS.

## [Anticipated Cost:](#)

- Primary Application Fee + one school = \$200
- Additional schools, primary = \$65 each
- Cost for 9 Schools ~ \$720

# Apply Strategically!

## Research Programs of Interest

- MD Programs: [Medical School Admissions Requirements \(MSAR\)](#)
- DO Programs: [Student Guide to Osteopathic Medical Colleges](#)
- Dental Programs: [ADEA Official Guide](#)
- PA Programs: [PAEA Program Directory](#)
- Veterinary: [Veterinary Medical School Admission Requirements \(VMSAR\)](#)
- Optometry: [Optometry Programs Admissions Directory](#)
- Podiatry: [Podiatric Medical School Directory](#)



# Post Application Submission

2025 Cycle

# I submitted my Primary Application...Now what?

## Submit Secondaries (if applicable)

- Submit secondary applications within one-two weeks of receipt

## Interview invitations begin (middle to end of August)

- Schedule interviews promptly and with enthusiasm
- Be careful about scheduling interviews too close together

*Take advantage of our interview prep resources & alumni network!*

# Milestones

## Milestones:

- Acceptances to DO Schools
  - Deposit due typically within 2 weeks
  - Up to \$1,500, non-refundable
- Acceptances to PA Schools
  - Deposit due typically within 2 weeks
  - Up to \$1,000, non-refundable
- Acceptances to MD schools
  - Beginning October 15!
  - Deposit due typically within 2 weeks
  - Up to \$100, refundable
- Acceptances to Veterinary schools
  - Deposits due typically within 2 weeks
  - Up to \$500, non-refundable
- Acceptances to Dental schools
  - Beginning December 15!
  - Deposit typically due within 30 days; 15 days for offers after January 1
  - Up to \$2,000, non-refundable

## Milestones cont.

### Milestones:

- **April 30** – Last day to hold multiple deposits MD programs
- **May 1** – MD schools go to wait lists for second round of accepts
- **May 5** – Last day to hold multiple deposits Dental programs
- **May 6** – Dental Schools go to wait lists

**At the beginning of April, be sure to review the trafficking guidelines for your application service!**



End of Cycle



## Start Your Program!

- Plan your move
- Figure out final details of your finances!
- Get ready for orientation!

# Pro Tips!

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## MARK LETTER PACKET DEADLINES IN YOUR CALENDAR

Plan in advance for letter packet deadlines (especially when requesting letters of evaluation)! In fairness to all applicants, the PreMed and PreHealth Program is strict about adhering to letter packet deadlines.



## APPLY WHEN YOU ARE READY & EARLY

A successful applicant is one who waits until they are the strongest applicant before applying, even if that means taking one or more gap years.



## TAKE YOUR ENTRANCE EXAM WHEN YOU ARE PREPARED TO REACH YOUR GOAL SCORE

The single, biggest misstep we see applicants take is to take their exam before they are fully prepared.

It is recommended you study between 4-6 months, following completion of recommended coursework.



## DO NOT RETAKE YOUR ENTRANCE EXAM TOO SOON

If you are retaking your entrance exam, ensure you are not planning these in quick succession. Another 4-6 months of studying is recommended, even if this means deferring your application cycle.

SAVE THE  
DATE!



*Register for the*

# 2024 HEALTH PROFESSIONS CONFERENCE!

Registration Opens on  
**Monday, October 2nd at 12pm EST!**  
Visit our website for more information!

[northeastern.edu/prehealth](https://northeastern.edu/prehealth)



Questions

