Should I Seek a Committee Letter Now?

- Will I be ready to apply this summer? You are strongly advised to go through Committee review in the same year you plan to apply to ensure that your evaluation and letter are current with your application. Alumni are eligible to return to UVM for pre health advising and Committee review.

- Will I complete at least 24 credits of relevant science coursework at UVM, and all of my pre-medical/dental course requirements by May of this year?

- Do I have an overall cumulative GPA of 3.5 or preferably better, and a science/math cumulative GPA (BCMP) of at least 3.5? If not, do I have a record that shows significant and sustained improvement? The average GPA and BCMP of an admitted applicant to allopathic medical school are 3.6. For dental school, they are about 3.5. If your averages are not competitive, we will recommend further study to improve your academic record before applying to professional schools.

- Have I pursued at least one meaningful and sustained health related experience to test and inform my career plans? Do I know enough about the realities of practicing medicine or dentistry to participate in a meaningful dialogue during my interviews? (Expected)

- Do I present a record that reflects a commitment to service? Have I engaged in community service activities to develop my interpersonal and communication skills, as well as cultural competence? Have I stepped outside of my comfort zone and pursued experiences that will prepare me for serving diverse patient populations? (Expected)

- Did I engage in extracurricular activities at UVM where I fully participated in the organization(s), learned to work effectively with a team, and/or developed leadership skills?

- Does my record reflect intellectual curiosity and engagement? Have I challenged myself academically and/or pursued independent study through research? (Advantageous)

- Can I think of three to four relevant reference providers who know me well enough to advocate for me as a professional school applicant with a strong letter of support? **Ideally, three letters are academic, and two of these are from science faculty.** Unsure? Consult the Pre Health Advisor.

In our experience, unless you meet these baseline eligibility criteria, your other strengths might be overshadowed, and you will not present as a competitive candidate. We encourage you to meet with the Pre Health Advisor to discuss your options and develop a plan to enhance your candidacy.