

Office of Pre-Health Advising and Mentoring

Issue 4 Volume 3 January 2017

University of Miami

REMINDER
ATTENDING A PRE-HEALTH
301 SESSION IS
MANDATORY FOR A
COMMITTEE LETTER
INTERVIEW

Pre-Health Launching
New Website

We have officially launched our new and improved website! See [page 2](#) for details.

Spring 2017
Pre-Health Info
Session Schedule

See [page 2](#) for details.

Start Requesting
Individual Letters
of Evaluation

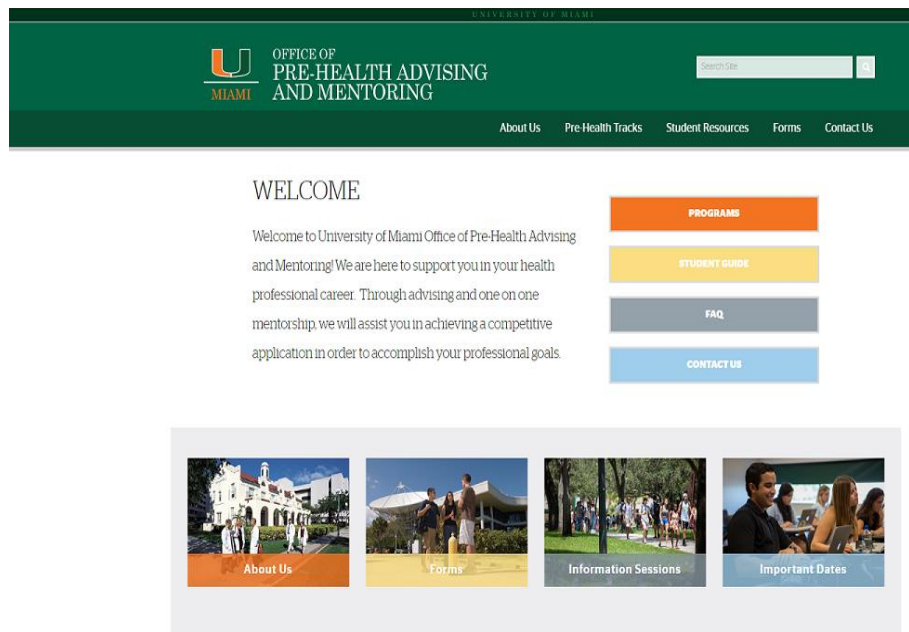
For details on letter requirements, see [page 2](#).

Meet the
Staff

Meet our newest team member on [page 5](#).

UNDERGRADUATE
SPOTLIGHT

Every pre-health student has a story to tell. One pre-medical student shares hers on [page 3](#).



Above: A screenshot of our new website! Be sure to visit for the latest news!

MARK YOUR CALENDARS

You may now schedule your committee letter interview for the 2018 application cycle!

Students may interview between February 1 and June 4 ONLY! There will be no exceptions made. Not all dates will be available during this time period.

We encourage students to schedule the interview far in advance to secure a time slot.

Committee letter procedures and forms for the 2018 cycle will be posted on our website and blackboard site this month.

Call (305) 284-5176 or visit the office (Ungar 103) to schedule your interview.

www.miami.edu/prehealth

Spring 2017 Pre-Health Information Session Schedule

101 Sessions:

Thursday, February 9	Whitten Learning Center
6:00 – 7:00 pm	Room 140
Wednesday, March 1	Whitten Learning Center
4:00 – 5:00 pm	Room 130
Saturday, March 25	Cox Science Center
3:00 – 4:00 pm	Room 126

201 Sessions:

Wednesday, February 15	Whitten Learning Center
7:30 – 8:30 pm	Room 140
Wednesday, March 8	Whitten Learning Center
2:30 – 3:30 pm	Room 140
Saturday, April 8	Cox Science Center
1:00 – 2:00 pm	Room 126

301 Sessions:

Wednesday, February 22	Whitten Learning Center
6:30 – 7:30 pm	Room 140
Friday, March 24	Whitten Learning Center
4:00 – 5:00 pm	Room 160
Saturday, April 22	Cox Science Center
4:00 – 5:00 pm	Room 126

Requesting Individual Letters of Evaluation

Students need (6) individuals letters for a committee letter packet.

Of the 6 letters, (3) must be from science faculty, (1) from a non-science faculty member, (1) letter from a health professional, and the 6th is a **wild card** letter of your choosing (research mentor, employer, faculty member, or someone associated with your volunteer works or extracurricular activities).

Click [here](#) for additional details on letter requirements, requesting letters, and tracking letters.

Note: Letters must be SIGNED by the letter writer.

2018 Application Cycle Milestones

Spring 2017: Interview for committee letter, if applicable
Spring/Summer 2017: Take admissions test (if not before)
May – June 2017: Begin online primary application; request official transcripts
June – July 2017: Submit application
Fall 2017 - Spring 2018: Interview; consider offers of admissions
Fall 2018: Matriculation

www.prehealth.miami.edu

Don't forget to check out our website, which is updated regularly!

Info Session Schedule
Procedures, Forms,
Resources, FAQs

It's all just a click away!

Undergraduate Student Spotlight: Shivani Hanchate

Shivani Hanchate, Pre-Medical senior gives advice and more about the medical school application process.

When Shivani Hanchate, a neuroscience major traveled 327 miles away from her hometown, Jacksonville, to attend the University of Miami (UM), she was up for the challenge of stepping out of her comfort zone. Although she only knew two people in Miami, Shivani promised herself she would interact with others and try new things. She accomplished just that by participating in shadowing, volunteering, working part-time, joining organizations and conducting clinical and non-clinical research.

The pre-medical student who will be graduating this summer with a Bachelor of Science in Neuroscience with a double minor in Chemistry and Public Health left high school with a strong desire to pursue a career in medicine. Upon entering UM, she was awarded the prestigious Presidential Scholarship. Shivani has made the most out of her time at UM. Since her sophomore year, she has joined several organizations that are centered around mentoring. The older sibling of two, Shivani, says she realized early on in life that she enjoys helping others. Shivani became an academic and peer mentor for the UM Athletic Department, and most recently she was selected to be a CaneBuddy mentor and a Pre-Health Peer Mentor.

Looking to gain some research experience, she began working with Dr. Amishi Jha in January 2014. Shivani loves the hands-on experience of analyzing working memory and attention improvements in relation to meditation practice. She is currently in the process of completing her senior thesis. Shivani also has some shadowing experience under her belt.

“It was nice to shadow as many different physicians as I could in order to get a taste of the different specialties,” Hanchate said. “Interacting with patients stood out most for me. It was not what I was expecting at all but in a good way.”

[Story Continued on Page 4](#)



Above (Left): Headshot of Senior, Shivani Hanchate. (Right): Hanchate while on a medical mission trip to Peru.

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Throughout her time at UM she has also been impressed with the Office of Pre-Health's support throughout the application process.

"My experience has been super positive," she said. "Just to have Professor Gaines guidance is awesome. He has been doing this for so long that when he says something you believe him. I've never not been helped when I've visited the office."

Shivani has advice to underclassmen who are looking to apply to medical school from ensuring you start the process early to portraying yourself as a regular human being in your essays.

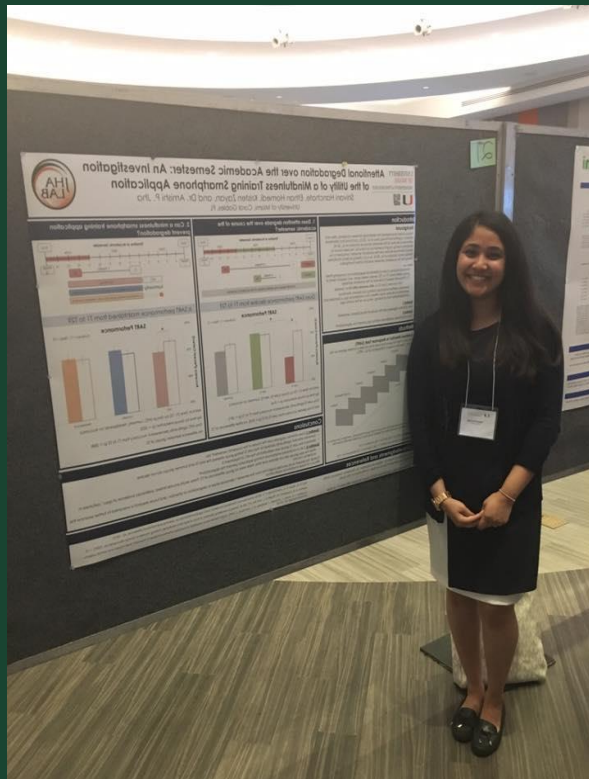
"At the end of the day, medical schools just want to know that you are human," Hanchate said.

She also thanked her personal support team for getting her through the application process.

"Have a support system..." she exclaimed. "The process of getting into medicine is about who you surround yourself around. It is the main thing that it going to get you through. In addition, the willingness to step out of your comfort zone... the willingness to get help from others is an important part of medicine. You can't do anything alone."

Left: Shivani presented her research at the Research, Creativity, and Innovation Forum.

Right: Shivani shows off her school spirit as she poses with Sebastian, the mascot.



Interested in advertising your club announcements and/or looking to share a personal experience about the health professional school process in the next issue of this newsletter?

Contact **Ashley Montgomery** via email aam104@miami.edu.

MEET THE STAFF



Left to Right: Director, Michael Gaines; Sr. Administrative Assistant, Arnose Byfield; Sr. Administrative Assistant, Ashley Montgomery; Assistant Director, Deidre Campbell.

Join UM's Pre-Veterinary Society by contacting club president Ana Pantin (a.pantin1@umiami.edu)

Visit aavmc.org for more information on how to apply for the upcoming 2018 veterinary medical school application cycle. Also, view content posted in the veterinary tab of Blackboard.

**University of Miami
Pre-Health Student
Guide Book**

[CLICK HERE!](#)