Planning for a Glide Year(s)

What are your goals for a glide year(s)?
Write them down on the index card.
Purpose of this workshop

What it is:

• An opportunity for you to reflect on your strengths and opportunities for improvement.

What it’s not:

• A prescription for the ideal experience that will get you into the school of your choice.
Outline

• Who takes a glide year?
• Holistic Review
• Professional Competencies
• Sample student profiles
• Self-Review
• What have Brandeis grads done?
• Next steps
• Questions
Who takes a Glide Year?

- Students with strong GPA’s
- Students who wish to gain further experience in a related field or who wish to gain new skills
- Students who want or need to improve on various aspects of their application
- A large portion of the applicant pool (The average age of matriculation to MD programs is 24; in 2014, 36% of entering MD students were 22 or younger).
- 66-75% of Brandeis applicants take at least one glide year.
Holistic Review:
How schools evaluate your application

• Metrics
  • Grades (Overall GPA, science GPA, GPA trends)
  • Entrance exam scores

• Experiences
  • Healthcare experience
  • Community service
  • Research
  • Life experiences

• Personal Attributes
  • Values & beliefs
  • Maturity
  • Leadership
  • Ethnicity, sexual orientation, age, physical ability, etc.
Health Professions Competencies

- **Interpersonal competencies**: service orientation, cultural competence, teamwork, oral communication

- **Intrapersonal competencies**: reliability, resilience, capacity for improvement

- **Thinking and Reasoning Competencies**: critical thinking, scientific inquiry, written communication

- **Science Competencies**: applying knowledge to solve problems
How would you do the following in an application?

• Demonstrate an orientation to service

• Demonstrate that you understand and appreciate human differences
  •知 their impact on health, healthcare delivery, and health outcomes

• Demonstrate knowledge of the profession
Sample Profile

- Premed
- GPA: 3.3 science/ 3.4 overall
- Steady upward trend since freshman year
  - C in Math 10A
  - C in Chem 25A
  - Otherwise mostly As & Bs
- Experience:
  - 1 semester volunteering at Waltham Children’s Hospital
  - 1 year of research experience
  - Shadowed father, who is a physician

**Strengths:** What competencies might this student demonstrate?

**Improvement Areas:** What competencies might this student develop?

What could this student do during a gap year to strengthen his/her application?
Sample Profile

• Shadowing experience
  • medical scribe

• Leadership experience:
  • paid position with responsibility (outside healthcare field)

• Service Orientation:
  • Americorps

• Healthcare experience:
  • CNA, EMT
Self Review

• What are my strengths and improvement areas in terms of application components? (metrics, experiences, personal attributes)

• What are my strengths and improvement areas in terms of competencies? (service, leadership, cultural competence, scientific inquiry, etc.)

• What are two concrete steps I could take during a glide year to improve my application?

<table>
<thead>
<tr>
<th></th>
<th>Application Components</th>
<th>Competencies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strengths</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Improvement Areas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Next Step</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Next Steps

• Take a look at your index card. Do you have anything to add?
  • Look at the comprehensive self-evaluation guide

• Meet with Hiatt
  • Get help with your resume & cover letters
  • Attend employment nights and use the job/internship databases

• Meet with us
  • We can help review your plans and make suggestions
What students have done in the past…

- Medical Scribing (ScribeAmerica)
- Clinical Research at Brigham & Women’s, Dana Farber
- Americorps/Community Healthcorps
- ER Tech
- CNA
- Community Health Education through local hospital
- Post-baccalaureate programs
Questions?

Pre-Health Advising Team
Kate Stutz, Director
Abby Voss, Assistant Director
Nicole Labrecque, Department Coordinator

Contact Us at PHA@brandeis.edu
For Appointments, you may book online
or call Academic Services at 781-736-3470.

Quick Questions Drop-In Appointments are offered Monday – Friday, 1:30-2:30pm.
Sign up daily in Usdan 127.