

Reapplication Strategies



The University of Texas at Austin
Health Professions Office
College of Natural Sciences

Painter (PAI) 5.03
Monday – Friday 8am-5pm
512-471-3172
<http://cns.utexas.edu/health-professions>

Think About.....

Take 30 seconds to answer the following questions.

What career path have you envisioned for yourself until now?

On a scale of one to ten (ten being completely in control), to what degree do you feel in control of your career path now?

What are some alternate career paths you have envisioned for yourself?

What Does Change Look Like?

Change is something we face regularly in our lives. Your success and fulfillment depends on how well you adapt to change. We all have different levels of change readiness, and ways in which we handle these changes.

A change, whether it's planned or unplanned, positive or negative, often includes leaving something behind and adapting to a new situation. It is important to navigate through your change cycle when you hit a roadblock and need to change directions.

The Change Cycle

People react, respond and adjust to change in a sequence of six predictable stages. The Change Cycle model identifies the thoughts, feelings and behaviors associated with each stage of change. There is no better map to assist you in navigating through the changes in your life.

Stage 1 – Loss to Safety

In Stage 1 you admit to yourself that, regardless of whether or not you perceive the change to be good or bad, there will be a sense of loss of what "was."

Stage 2 – Doubt to Reality

In this stage, you doubt the facts, doubt your doubts and struggle to find information about the change that you believe is valid. Resentment, skepticism and blame cloud your thinking.

Stage 3 – Discomfort to Motivation You will recognize Stage 3 by the discomfort it brings. The change and all it means has now become clear.

The Danger Zone - The Danger Zone represents the pivotal place where you make the choice either to move on to Stage 4 and discover the possibilities the change has presented, or to choose fear and return to Stage 1.

Stage 4 – Discovery to Perspective

Stage 4 represents the "light at the end of the tunnel." Perspective, anticipation, and a willingness to make decisions, give you a new sense of control and hope. You are optimistic about a good outcome because you have choices.

Stage 5 - Understanding

In Stage 5, you understand the change and are more confident, think pragmatically, and your behavior is much more productive.

Stage 6 - Integration

By this time, you have regained your ability and willingness to be flexible. You have insight into the ramifications, consequences and rewards of the change -- past, present, and future.

Where Are You At?

Review the Change Cycle Stages. Identify which stage you are currently in: _____

What does this mean to you?

Reference: <http://change cycle.com/change cycle.htm>

What's NEXT? – You Have Options!

New, or parallel, pathways are a good way to look at the other options you can choose from as you move forward in your chosen career field. You have many options and these are just a few. You can:

- Explore Another Health Professions Field
 - ✓ www.explorehealthcareers.org is a great resource for evaluating the numerous healthcare related career opportunities
- Explore Other Educational Opportunities
 - ✓ All health professions and graduate school programs are competitive. They may place emphasis on different things, and those may play to your strengths. For example, if your strength is doing research, you may consider a graduate program vs. pre-med. Think about what other pathways you may be interested in.

- Work In Health Care Industry / Find A Job / Gain More Volunteer Experience/ Shadow
 - ✓ Update your resume, practice your interview skills, and find a job that fits your interests and skills. You can also explore volunteer opportunities that will help you gain experience. The Health Professions Office staff can help you figure out this pathway. Check the Upcoming Events section of our website to see when the next one is: <http://cns.utexas.edu/health-professions>
 - ✓ Use your colleges Career Services office to find job opportunities and check out HireUTexas for internship opportunities, Hire a Longhorn for PT work on campus and/or work with a HPO Coach to plan a strategy for finding shadowing opportunities:
 - HireUTexas - <http://recruit.utexas.edu/students-alumni/>
 - Hire a Longhorn - <https://hirealonghorn-csm.symplicity.com/students/index.php>
 - ✓ It is ok to take a non-healthcare related job as long as you continue to shadow/volunteer. Set yourself up for success by exploring all your options.
- If you are not sure what you want to do and want more guidance, we invite you to set up an appointment with a Pre-Health Professions Coach to talk about your various options. Use our Online Scheduling system or call (512) 471-3172.

Reapplying?

Thinking about reapplying next application cycle?

- First ask yourself why you think you did not get in, be honest with yourself, as this will be the basis for your reapplication. You MUST show improvement between cycles. Do not just recycle your previous application. This can be a big mistake!

Possible Reasons For Not Getting In

There are several reasons that a person does not get admitted into graduate or professional school. There are seven general reasons that are reflected in this packet. They include:

1. Timing of Application
2. GPA
3. Entrance Exam (ex. DAT, MCAT, GRE)
4. Experience
5. Personal Statement
6. Letters of Evaluation
7. Interview

Keep in mind this is not an exhaustive list. There are other factors that are out of your control, such as the makeup of the applicant pool when you applied, that can impact whether or not you get in.

You now have 7 reasons why people often don't get into the program of their choice. Take a few moments to think about why you may not have gotten in. Write these down for yourself.

In what ways do you want to improve your application?

Timing of Your Application

Applying EARLY in the process is a MUST! Some programs use rolling admissions and this is often the reason students do not get interviews, even if they have a high GPA and test scores. Applying early is the easiest way to improve your chances!

GPA

If GPA is a concern, there are a few things you can do:

- Compare statistics to see averages and see where you fall within this average
 - Compare your overall GPA and your science GPA
 - Consider a post-bacc program to raise your GPA – a Pre-Health Professions Coach go over this with you
 - Get another degree and prove that you can get a good GPA
 - Take additional undergraduate courses if it will help you raise your overall GPA
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Entrance Exam

If you think that your exam scores are a factor, consider re-taking the test. Make sure you have a new approach. Think about taking a prep course. Ask yourself the following questions: did you devote enough time to studying and preparing? If not, then think about how you may structure this time as you prepare to retake your exam. Did you take all of the recommended courses prior to sitting for the test? Have you completed these courses since then? If so, do you have a more in depth understanding of the material?

Create a plan on how you will improve!

What things can you do differently while preparing?

How are you going to improve your score?

Experience

Most programs place a high value on applicant experience (e.g. shadowing / volunteering). Do you believe you have gained enough experience through shadowing and volunteering? Did you demonstrate your knowledge of the profession during the previous application cycle?

This is an area you can always improve. You can get more experience! Here are some ideas:

- ✓ Work in the profession as a: Scribe, EMT, Pharmacy Technician, Dental Assistant, etc.
- ✓ Volunteer in different settings (hospital, clinic) and specialties – get a variety!

Personal Statement

Was your statement read by a Pre-Health Professions Coach? We can meet with you and give you feedback on your personal statement. Also attend the Q&A Session on how to put the “personal” in your personal statement which is co-presented by the Health Professions Office. Check our events page on our website for dates and times: www.cns.utexas.edu/health-professions

As you prepare to write your new personal statement, review the one you wrote for this past application cycle and ask yourself the following questions:

- ✓ Did you demonstrate a passion for your field of interest?
- ✓ Did highlight and showcase the experience you have gained by using examples?
- ✓ Did you write to the prompt?
- ✓ Was your statement free of typos, misspellings, run on sentences etc.?

Letters of Evaluation

Choose wisely! You are not in control of what they write but you ARE in control of who you ask. Take the time and build the relationships before you request and ask wisely! You can use the same letters for two application cycles, however if that was possibly the issue, you want to get new letters. If you were hesitant to ask for the letters in the first place, they might not have been that strong. Getting new letters can be important if this is a part of your application that can be improved.

Interviews

If you were selected for an interview, it is important to reflect on how your interview went. Think about how you prepared. What verbal and non-verbal messages did you send to the interviewer? Were you consistent with your personal statement? Were you professional in your interactions? How were you dressed?

How did you prepare for your interview? Did you do a mock interview?

- ✓ **PRACTICE, PRACTICE, PRACTICE!** Practice your interview skills with us! You will practice one-one with a Pre-Health Professions Coach and receive key feedback to help you be successful in your professional school interview.

Timing of Reapplication

Decide when you want to reapply. Use your “Gap Year” wisely. Think about what areas of your application need strengthening and then strengthen those specific aspects during your “Gap Year”. Here are some examples of things you can do:

- ✓ Do a post-bacc program or take more classes
- ✓ Get more healthcare experience and shadowing
- ✓ Take a prep course and retake the entrance exam
- ✓ Make sure you are doing something related to the field you are interested in
- ✓ Look at our gap year page for more ideas: <https://cns.utexas.edu/health-professions/current-student-resources/gap-year-planning>

What NOW? – Map Your Next Steps

What are at least two steps you will take to answer your “what NOW” question? Write these steps in the circles below. Be as specific as you can be. Also think about what you will need to put in place to be successful in taking your next steps.

Draw more circles if you need to take additional steps:

