



University of New Hampshire

Pre-Professional Health Advising

Reapplicant/Delayed Applicant Committee Requirements

Reapplicant Cycle

The Reapplicant Cycle is meant for:

- Those applicants who already applied to Medical or Dental school in a previous cycle and were not admitted.
- Those applicants who already interviewed with the UNH Pre-Professional Health Advisory Committee but delayed their applications and did not apply to Medical or Dental School in a previous cycle.

If you have not participated in the Pre-Professional Health Advisory Committee Interview, you will be part of the [New Applicant Cycle](#).

Centralized Application Services

Throughout the instruction packets and New Applicant Cycle Canvas course, I will be referring to the Centralized Application Services by their abbreviations to make it easier, but I want to make sure everyone knows what they are:

- Medical School Services:
 - **AMCAS:** The American Medical College Application Service (allopathic medical schools)
 - **AACOMAS:** American Association of Colleges of Osteopathic Medicine Application Service
 - **TMDAS:** Texas Medical & Dental School Application Service
- Dental School Services:
 - **ADEA AADSAS:** American Dental Education Association: Associated American Dental Schools Application Service
 - **TMDAS:** Texas Medical & Dental School Application Service

Reapplicant Form

To participate in the Reapplicant Cycle, you must complete the [Reapplicant Form](#) on the Pre-Health Website. This form will allow us to open a Reapplicant File for you and provide us with the information we need to update your Composite Committee Letter. In this form, you will be asked to complete a couple of short answer questions:

1. List several differences in your application, or application strategy, from your previous application cycle (1,500 characters including spaces)
 - a. This question is only for applicants who are reapplying, not for applicants who have delayed their applications.
2. Describe your experiences since you interviewed with the UNH Pre-Health Committee and how these activities relate to the strength of your application (the lessons you learned, skills gained, and the impact they had on you). If you don't have experiences for all of these categories, you can leave them blank, but you must fill in at least one!
 - a. Work Experiences (1,500 characters including spaces and punctuation)
 - b. Volunteer Experiences (1,500 characters including spaces and punctuation)
 - c. Additional Coursework (1,500 characters including spaces and punctuation)
 - d. Research Experience (1,500 characters including spaces and punctuation)
 - e. Other Experiences (1,500 characters including spaces and punctuation)

If you delayed applying in a previous cycle, the Committee Chair who interviewed you will use this information to update your committee letter. If you applied in a previous cycle, the Pre-Health Advisor will write an addendum describing how the experiences you have had over the last year have strengthened your application. The more details you can provide about these experiences (the skills you have gained, the lessons you have learned, and the impact these experiences had on you) the better!

Please don't just write one or two sentences; you have 1500 characters, use them! It will be difficult to update your committee letter or write a comprehensive addendum about how your experiences over the last year have strengthened your application if you only write "I worked as a medical assistant at a family practice assisting and the physician." Instead, try to elaborate on the experiences; tell us what you learned, the skills you gained and the impact these experiences had on you. These are all the things we need to know to update your letter or write you a comprehensive addendum. If you started a new position, tell us why you chose that position and what you have learned from it! If you continued an experience you previously engaged in, tell us about any new responsibilities or skills you gained or a specific experience that stood out to you over the last year! If you only write one or two sentences, the Pre-Health Advisor will have to reach out to you asking for additional information and this will delay the submission of your committee letter packet.

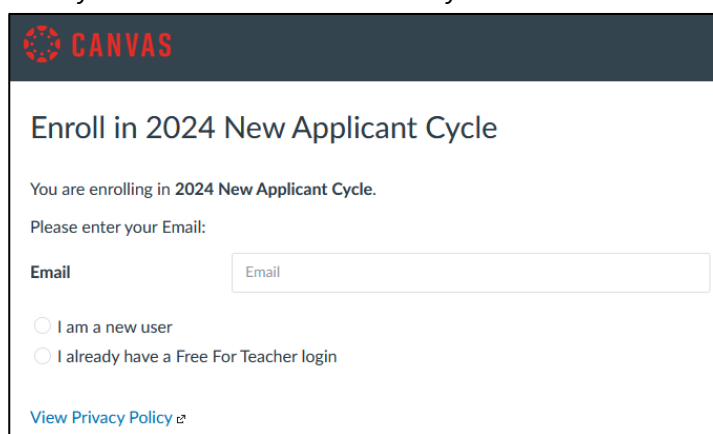
Interfolio Dossier

You should have opened an [Interfolio Dossier](#) during a previous application cycle; please continue to utilize this account for any new or updated letters of recommendation you have submitted. Only letters of recommendation will be submitted through Interfolio this year.

Reapplicant Canvas Course

Please enroll in the 2025 Reapplicant Cycle Canvas course by following [this link](#). When you follow the link, please enter your email address, and select either "**I am a new user**" or "**I already have a Free for Teacher login.**"

- **I am a new user** – this is for anyone who did not take part in a previous New Applicant Cycle or Reapplicant Cycle Canvas course.
 - This Canvas course is not hosted through the UNH platform, but Canvas Free for Teacher, so you don't actually have a Canvas account with this platform.
- **I already have a Free for Teacher login** – this is for anyone who was enrolled in a previous New Applicant Cycle or Reapplicant Cycle Canvas course and already have an account.



The screenshot shows the Canvas enrollment interface. At the top is the Canvas logo. Below it, the heading reads "Enroll in 2024 New Applicant Cycle". A message states "You are enrolling in 2024 New Applicant Cycle." followed by the instruction "Please enter your Email:". There is a text input field labeled "Email" with the placeholder text "Email". Below the input field are two radio button options: "I am a new user" and "I already have a Free For Teacher login". At the bottom left, there is a link that says "View Privacy Policy" with an external link icon.

The Reapplicant Canvas Course is designed to help you navigate the Reapplicant Cycle as well as the AMCAS, AACOMAS, AADSAS, and TMDSAS application cycles coming up in May. In past years, the Pre-Professional Health Advisory Committee has asked applicants to submit their committee documents through Interfolio, but Canvas has helped streamline the process. There are many modules for you to read through and explore that are meant to help guide you through this process. All of the required documents, except for your letters of recommendation, should be submitted through the Canvas course as "Assignments." Please **DO NOT** email documents to me unless specifically asked to.

*** This course is not hosted through the UNH Canvas platform, but through Canvas Free for Teachers therefore this course will not appear on your UNH Canvas Dashboard. You will need to access the course from [this link](#).**

Updated Standard Professional School Resume

The Pre-Professional Health Advising Office asks that you submit an updated standard resume* reflecting what you have done since you originally went through New Applicant Cycle. The standard resume allows the Pre-Health Committee to review your professional experiences so we can update your Composite Committee Letter with any new information. If you need help drafting your resume, a CaPS Career Counselor from your college are always willing to review your resume and provide some feedback. You can schedule a meeting with a career counselor on [Handshake](#); select the “Career Center” tab at top of the page, then select “appointments.” Another option is to stop by your college’s [CaPS Drop-In Hours](#). The St. Martin Career Center (COLSA’s CaPS) has uploaded sample resumes for you to review [here](#). I would also recommend looking at their “Additional Resources” on the right-hand side of the page.

* A standard professional school resume can be up to two pages long

Updated Work & Activities Resume

You also need to submit an updated* Work & Activities Resume (previously the Health Professions Resume) to include any new experiences that have helped strengthen your application. The Work & Activities Resume is used by the Pre-Health Committee to get a better understanding of who you are as an applicant and what experiences have influenced your decision to apply to medical/dental school. It is meant to help you reflect and prepare to enter information about your work and experiences into your applications. You should choose 10 to 15 meaningful experiences to write about. These experiences can include hobbies, sports activities, research, volunteer/shadowing hours, work experience, etc. We do ask you to include supervisor contact information, but if you did not have a supervisor for some of your experiences, you can leave this information off. Each experience should be approximately 600 characters! The reason we ask for 600 characters is because most of our applicants copy and paste the descriptions from their Work & Activities resume into the Work and Activities section of their application and the character limits are between 600 and 700. You can find more in-depth instructions for the Work & Activities [here](#).

Work and Activities Section Character Limits:

- [AMCAS](#): 700 characters (including spaces and punctuation)
 - Allows an additional 1325 characters for the top three most meaningful experiences.
- [AACOMAS](#): 600 characters (including spaces and punctuation)
- [AADSAS](#): 600 characters (including spaces and punctuation)
- [TMDSAS](#): 300 characters (including spaces and punctuation)
 - Allows an additional 500 characters for the top three most meaningful experiences.

Updated Personal Statement

You also need to submit an updated Personal Statement. Applicants who **delayed** their applications in a previous cycle can keep their current personal statement, but I would encourage you to read through it to verify it still reflects your journey to medical/dental school. This personal statement should still be submitted to Canvas, even if you didn’t make any changes from last year. Applicants who **applied in a previous cycle** must update their personal statement for the upcoming application cycle. Admissions committees expect reapplicants to critically think about their applications and update them in future application cycles; if you are applying to some of the same programs as you did in previous years, they can and will look up your application. Your personal statement can have a similar theme, but you should change out some of the specific examples you use to reflect some of the new experiences you have had over the last year. You should not mention you are a reapplicant! You will probably be applying to some new programs and you don’t want them to know they didn’t even make your list last year. You can find more in-depth instructions for your Personal Statement [here](#).

Letters of Recommendation

You should already have between **three and six letters of recommendation** in your file. **If your letters are less than three years old, we can still use them. Any letters that are older than three years old should be updated or replaced with new letters of recommendation*.**

As a reminder, the Pre-Professional Health Advisory Committee requires each applicant to submit **three to six letters** of recommendation. **Two letters must be from science faculty who taught you in a class.** These should be professors from hard sciences.

- **Science Courses:** BIOL, BIOT, BMCB, BMS, BSCI, CHEM, GEN, NSB, PHYS, and ZOOL classes.
- **Non-Science Courses:** ANTH, BENG, CHE, EXSC, HMP, KIN, NURS, NUTR, PSYCH, and SOC classes
 - Exceptions are PSYC531, PSYC731, and PSYC735

Your other letters can be written by other faculty members (**not TAs**), supervisors, coaches, doctors/dentists you have shadowed/worked with etc. We recommend aiming for five letters: 2 from science faculty members, 1 from a non-science faculty member, and 2 from individuals outside of academia that can discuss your character. Please **DO NOT** request letters from family members or friends.

If you will be asking for new or updated letters of recommendation for this cycle, you should request them from your letter writers by the **middle of March**. The best way to request your letters of recommendation is in person, but if you cannot ask in person, you can ask via email. Each letter writer must be provided with [these guidelines](#). Finally, you will want to inform your letter writers they need to submit signed letters written on letterhead. If letters are submitted not on letterhead and/or are not signed (it cannot be a typed signature), I will ask you to reach out to have a new letter submitted. You can find more in-depth instructions for your letters of recommendation [here](#). The Pre-Health Office will only submit up to **six letters** of recommendation. If you will have more than six letters in your file, please let us know which ones should be omitted by entering this information into the Reapplicant Form. If you do not remember who your previous letter writers were, please email the Pre-Health Advisor at premed.advising@unh.edu.

* If your original letters of recommendation are over three years old, you need to request new or updated letters. If you are having updated letters submitted, please **archive** the original letters.

Transcripts

If you completed any additional coursework since you interviewed with the UNH Pre-Health committee (including UNH courses), you need to upload official transcripts into Interfolio; official UNH transcripts can be requested [here](#). Most universities send transcripts electronically (UNH does), so you should receive them within a day or two, but there are still some universities who use snail mail, so it could take a couple of weeks. Please have your transcripts sent to yourself so you can upload them into Interfolio. Sometimes electronic transcripts will have a password that will prevent you from uploading them to Interfolio. To get around this, you will want to print the transcripts and then scan them to yourself. The scanned document will not have a password, so you will be able to upload it.

* The Pre-Professional Health Advising Office **WILL NOT** send your transcripts to the application service(s) you utilize. You will need to request official transcripts be sent directly to AMCAS/AACOMAS/ADEA AADSAS/TMDSAS when you apply in May!

MCAT/DAT

If you have not taken the MCAT/DAT yet, you must do so by the **end of June**.* The AAMC put together a [helpful page](#) that goes over MCAT Dates, scheduling deadlines, scheduling fees, and has a link for where to register for the MCAT. They also have an [MCAT FAQ page](#) that has tons of helpful. The ADA has a [similar page](#) for the DAT. If you are looking for any study tips, I would recommend checking the [Study Resources page](#) on the Pre-Health website.

- * If you have already taken the MCAT or DAT, but you are planning to retake it, you can retake it at any time throughout the application cycle. I would encourage you to retake your exam by the end of June so the programs will receive your updated score early in the cycle.
- ** When you register for the MCAT/DAT, please indicate you would like your scores released to the UNH Pre-Professional Health Advising Office.