

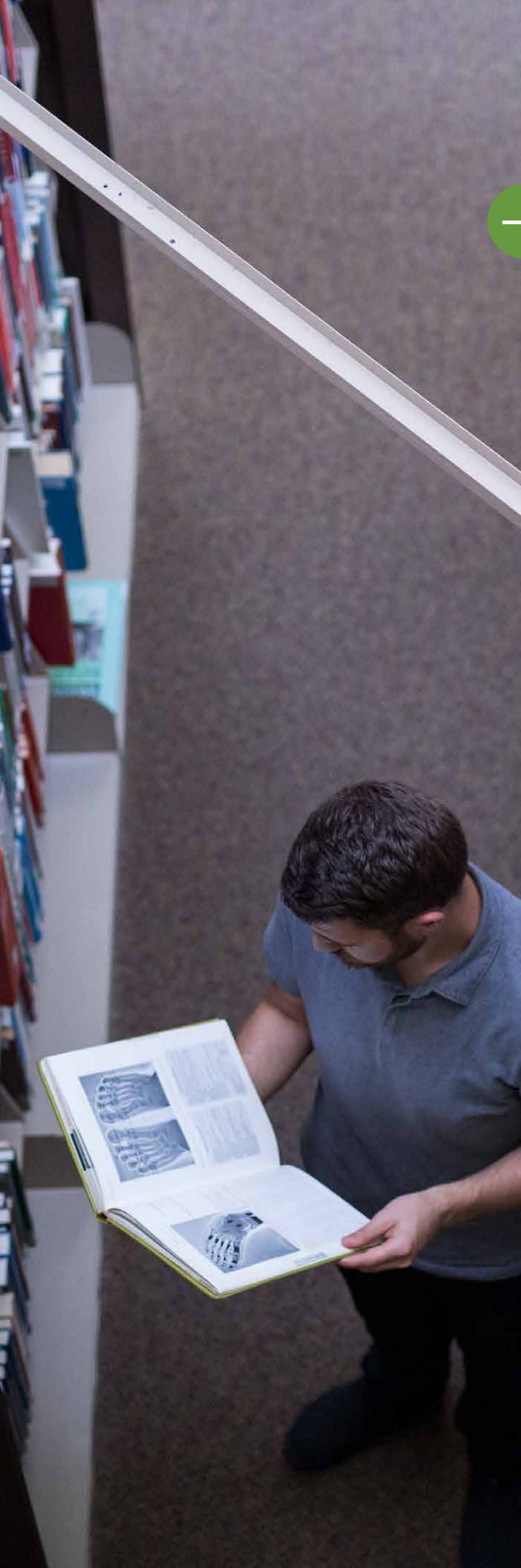


GRAD SCHOOL CHECKLIST:

Planning Your Way to Success



NEW YORK
CHIROPRACTIC
COLLEGE



The best way to predict future success is to plan in the present. Start planning for grad school with this helpful Grad School Checklist.

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Deciding to attend graduate school is a major milestone in a person's life. Grad school is one of the final hurdles towards a long and fulfilling career in your field of choice, and few fields are as rewarding as becoming a chiropractor. The application process is the first significant step towards acceptance into a professional program. Getting ahead with early research and preparation can go a long way toward preparing you for what's to come.

Over the next several weeks, you'll likely review tons of programs and applications, analyze rankings, and send out reference requests (and more follow-up emails than you'd like). There is a bright light at the end of the tunnel: it's your time to show off all the hard work you've put in to your academic and professional career, and prove that you have what it takes to become a chiropractor.

The New York Chiropractic College Grad School Checklist is designed to help you every step of the way. Let's get started.



REVIEW THE APPLICATION FORM

Not all grad school application forms are the same, especially since many of them focus on a specific field. Since graduate schools are looking for the very best applicants, and often have much smaller class sizes to fill than undergraduate programs, the competition is often greater; it's imperative that every piece of your application is planned out and detailed to perfection. Reviewing the application form in its entirety can help prepare you for the lengthy process that you are about to embark on.

After all the proofreading and rewriting, when you are finally ready to submit your application, you'll want to ensure you have everything you need. And while critically important, your grad school application isn't the only thing you have going on in your life. Taking the time to read through the application, making a list of everything you need, and keeping a checklist will help ensure all of your application work isn't derailed by a missing document.

Helpful Tips:

- **Save** a backup of your answers in a secure document in case you run into technical errors when you submit.
- **Review** your answers for spelling and grammar, and if you know a proofreader, consult them for help.
- **Start** your application up to several weeks before the due date. This will give you time to reflect on your answers and make any necessary changes before it's too late
- **Find out** if the professional program you're applying for uses rolling admissions. This means you can apply and hear back anytime during a large window. Rolling admissions can reduce stress and anxiety about meeting a firm deadline, and provides you with more time.

[CHECK OUT NYCC'S
ADMISSION PROCESS](#)

Grade Point Average

Most chiropractic colleges require applicants to have completed the equivalent of three academic years of undergraduate study (90 semester hours) at an institution accredited by an agency recognized by the U.S. Department of Education or an equivalent foreign agency. Grade point averages can vary, but generally you'll want a GPA no less than 3.0 on a 4.0 scale.

NYCC offers rolling admissions, so you can apply at any time for any trimester. (Trimester start dates are in January, May, and September.) Application submission 3 to 6 months prior to your anticipated start date is recommended, but not required.

[LEARN ABOUT NYCC'S FREE
TRANSCRIPT EVALUATION](#)





WRITE YOUR PERSONAL ESSAY

This likely won't be the first personal essay you've written, but it's expected to be your best. Now that you have undergraduate experience and have ditched the "college student" label, your personal essay is your opportunity to show the admissions team that you are ready for a professional program.

Tell your story and highlight the most compelling reasons why you should be chosen over another candidate. The personal essay is not only important because it gives real, anecdotal context to your application: it's often also used as a tiebreaker should you be competing with another candidate for a coveted spot in chiropractic college.

Reminders for Writing Your Personal Essay

Write about your motivations for applying to your college of choice

An essay that is specific to the college you're applying to will stand out over another essay that is more general. Talk about your interest in the program, the specifics of the courses, what you hope to learn from the instructors, and what advantages the college or program affords you that others don't. This strategy is a great way to show off your knowledge of the college and impress with your research skills. One word of caution: be careful not to "gild the lily"—that is, to embellish and come across as insincere. Remain honest in your motivations, and your sincerity and passion will shine.

Keep it personal

It's called a personal essay for a reason. Your personal statement should be about you as an individual, why you want to become a chiropractor, and how becoming a chiropractor will impact your life. Set your application apart by discussing how you aim to improve the chiropractic industry as a whole and include one or two ideas that you hope can advance the industry. By tying your essay back to your personal story, your essay will be remembered over others as proactive and forward-thinking: two characteristics that admission departments look for when considering a graduate candidate.

Know what the admissions department is looking for

Since professional programs focus on a specific field, compared to a general undergraduate program, admissions departments vary in what they are looking for from your personal essay; if you have experience applying to grad schools and think you can replicate a previously written personal essay, you won't be maximizing the impact of your essay. (*Do not send the same essay to two different colleges, and do not replicate an undergraduate essay for your grad school application.)

Talking to the admissions department is a great way to learn what they are looking for in an essay. Some programs are ambiguous about what they want, while other programs will tell you exactly how they want the essay structured, with word count limits and formatting requirements.

Many admissions departments are happy to talk to prospective students and guide you in the right direction.

[ASK NYCC'S ADMISSIONS TEAM WHAT MAKES A PERFECT ESSAY](#)



APPLY

Depending on the how long the application form is, this step can be among the first or the last step on your checklist. Some applications simply require basic information and the application fee, and then you can send your references, personal essay, transcripts and required documents afterwards. Other applications require everything at once.

NYCC Bonus:

The New York Chiropractic College Admissions Department will waive your application fee if you send in your transcript for a prerequisite evaluation.

[SUBMIT YOUR TRANSCRIPT FOR A FREE EVALUATION](#)



GATHER RECOMMENDATIONS

Asking for recommendations can be the most time-consuming and frustrating step when applying to grad school. If time has passed since you were an undergraduate and the connections you made have gone cold, it can be tough to reconnect with a former instructor. It can also feel like you're bothering them by asking for a recommendation. The best way to suppress those guilty feelings? Remember that you likely aren't the first former student to ask for a recommendation, and you certainly won't be the last.

Most instructors will reciprocate a request for a reference—just make sure you give them enough time to respond before your deadline, and be prepared to send them reminders and follow-up emails if you don't hear from them for a period of time after you've made initial contact.

Helpful Tip

While emailing is a good way to approach a reference, you may need to pick up the phone and call them if they aren't responding to your requests. A reference's position may have changed within an organization, leading to a change in their email address. Or they may have moved on to a different company altogether. Talking on the phone will also help you re-establish a relationship with them in a way that emailing can't achieve.



Common List of Grad School References:

Some professional programs require references from certain individuals. Here is a common list of references to help you begin your search:

A healthcare professional

Do you have prior experience working in the healthcare field? If so, a healthcare professional who knows your skillset, work ethic, and character can be a great reference for your chiropractic college application.

An academic instructor

As mentioned above, make sure you contact this person as early as possible. Instructors are often asked for references; yours likely won't be the only one.

A character reference of choice

If allowed, a character reference can highlight the type of person you are and the impact you've had on the life of someone outside the healthcare realm. It can showcase your well-roundedness and can expand on your character in ways that your personal essay can not.

Mandatory Reference Forms

Nowadays, most professional programs require a reference to fill out a reference form provided by the school. Since forms like these are often mandatory, don't forget to send it to your reference of choice with clear instructions on how to fill it out.

[VIEW AN EXAMPLE REFERENCE FORM FOR NYCC'S DOCTOR OF CHIROPRACTIC PROGRAM](#)





REQUEST AND REVIEW YOUR TRANSCRIPTS

One of the most overlooked steps during the application process is checking for errors on your official transcripts. But errors do happen, and they can be the difference between acceptance and rejection.

Action Steps

Before you send copies of your official transcripts to your grad school of choice, you should first request your own copies. This way you can review your grades and courses to ensure there are no errors on your transcripts. If errors exist, you'll have the time to contact the school and rectify any discrepancies.

What happens if you forget what grade you got in an elective as a freshman? Cross-reference your transcripts with your school's online portal to ensure everything matches up.

Another advantage of checking your transcripts before sending them off is it will refresh your memory on your courses and grades. See some red flags? Perhaps you can explain them in your personal essay. Want to talk about the course you took that made you realize you wanted to become a chiropractor? Now you can write about the impact it had on you, and how the experience is shaping your future.

[NYCC OFFERS A FREE TRANSCRIPT EVALUATION. GET YOURS TODAY.](#)



REACH OUT TO PAST GRADUATES FOR ADVICE

Graduates that have successfully gone through the application process and come out the other end are among your best resources. Their story can be a blueprint for you, and their experiences and advice can help you stand out and get accepted to grad school.

The chiropractic field is a close-knit community of people who want to help each other. Reach out to past graduates for advice. Many schools have an alumni center you can contact, or even list prominent graduates on their website. Past graduates can provide you with helpful tips about the application process by describing what they learned and what worked best for them. Also, by connecting with past graduates, you'll be getting ahead in the industry by making early connections with people that you may work with as your career progresses.

[MEET SOME OF THE MOST SUCCESSFUL NYCC GRADUATES](#)



APPLY FOR SCHOLARSHIPS

It can be easy to overlook your scholarship applications. For some scholarships, you either meet the requirements or you don't—and because of this thought process, many students miss out on maximizing their chances of winning scholarships. While there are certainly basic elements to applying (meet the deadline, complete the application, check for spelling and grammar mistakes, meet the eligibility requirements), there are several actionable steps you can take to stand out.

1. Make each scholarship application unique

No two scholarships are the same. Make sure your application to each scholarship focuses on the specific reason why you think you should receive the scholarship—and remembering to be humble, gracious and privileged to be considered will help in your pursuit.

2. Don't apply to every scholarship

It's a mistake to apply for every award or scholarship available. You may have heard that applying to all scholarships increases your chances of getting approved, but that's not always the case. There are going to be scholarships that you simply aren't eligible for, and wasting your time when your time is precious isn't a good strategy. Instead, focus on the scholarships and awards that you believe you have a real chance of winning, and push yourself to produce your best submission.

3. Pay close attention to the rules

Scholarships often have certain rules that you must follow in your application, like the word count in the essay or whether the college uses a blind application or not. If the latter, do not introduce yourself in your essay as this can result in an early disqualification.

Scholarships Offered By NYCC

NYCC MERIT SCHOLARSHIPS

Incoming Doctor of Chiropractic (D.C.) students who have maintained exemplary academic performance prior to enrollment at NYCC with GPAs between 3.0 and 3.499, are eligible to receive a Merit Scholarship at \$1,500.

NYCC HIGH MERIT SCHOLARSHIPS

Incoming Doctor of Chiropractic students who have maintained exemplary academic performance prior to enrollment at NYCC with GPAs between 3.5 and 4.0, are eligible to receive a Merit Scholarship at \$2,500.

CHIROPRACTIC LEGACY SCHOLARSHIPS

Available to students who are immediate family members of a licensed doctor of chiropractic. Scholarship value of up to \$2,500.

PRESIDENTIAL SCHOLARSHIPS

This competitive award is open to U.S. applicants (for the D.C. program) and is based on an essay submission. Scholarship amounts vary.

ACADEMIC SCHOLARSHIPS

Awarded to enrolled D.C. students in each class in trimesters 2-10, scholarship value of up to \$300-\$500 per trimester.

NYCC EDUCATION OPPORTUNITY AWARD

Competitive awards for enrolled D.C. students with a minimum GPA of 2.75; financial aid and essay considered. Scholarship value of up to \$500 per trimester.

NYCC INTERNATIONAL PRESIDENTIAL SCHOLARSHIPS

Open to students from Canada and countries other than the U.S. based on a completed application. Scholarship amounts vary.



APPLY FOR FINANCIAL AID

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Another important step is applying for financial aid. More than three-quarters of graduate students take out loans. While certainly not a requirement nor necessary for some, applying for financial aid for those that don't need it has its benefits, like providing flexibility should a person's financial situation suddenly change.

NYCC LOAN PROGRAM

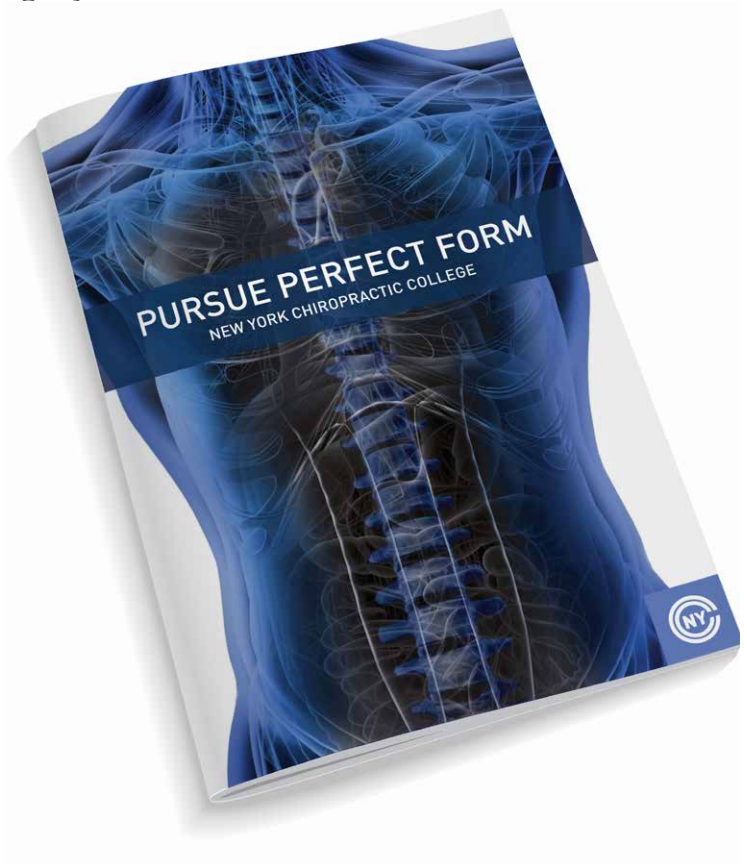
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Becoming a Doctor of Chiropractic (D.C.) is a life-changing journey. Alongside peers from diverse backgrounds and a community of experienced and aspiring doctors, learn what it takes to be well, stay well, and put healing in your hands.

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