Phi Delta Epsilon - OH Beta

Pre-Med Survival Guide



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The Medical School Interview1

*All subsequent material in this section has been adapted from “The premed playbook: Guide to the Medical School Interview: Be Prepared, Perform Well, Get Accepted,” by Ryan Gray, MD*. *You are highly encouraged to purchase his book here*: <https://www.amazon.com/Premed-Playbook-Interview-Prepared-Accepted-ebook/dp/B01K9E2PRM>.

1. General advice for all of the questions that follow that could be asked in a medical school interview:
   1. Go through *all* of them. Pick out five or 10 a day and answer them thoroughly.
   2. Type up your answers and put them on notecards.
   3. Record yourself answering the questions. Make sure you are making eye contact, you are confident, and you don’t use filler words such as “um, like, or uh”
2. The AAMC’s 15 core competences for entering medical students to guide admissions (aka what the admissions board is looking for in you)

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| Core Competency Type | Specific Core Competency | The details |
| Interpersonal | Service orientation | * Do you like to help people? * How have you helped them? * Do you consistently try to better others and/or the community? * *Possible Q: “Tell me about your most impactful volunteering experience”* |
|  | Social skills | * Do you treat everyone with respect? * When you go in for an interview, you are being watched by faculty, med students, etc. This is a great time to show your personal side through good and confident conversation, not being too shy, and not being awkward |
|  | Cultural Competence | * Do you understand and respect cultures other than your own? * Are you ethnocentric? (this is bad. Don’t be ethnocentric) * *Possible Q: “Tell me about a time you had to change what you were doing to meet a diversity need or challenge?”* |
|  | Teamwork | * How have you collaborated with others in the past to work towards a goal? * What role do you take on in a team dynamic and how does this contribute positively towards the overall goal? * *Possible Q: “Tell me about a time you worked collaboratively with a team to accomplish something”* |
|  | Oral communication | * How clear are you when you communicate with others? * What is your communication style? |
| Intrapersonal | Ethical responsibility to self and others | * Do you have integrity? Are you going to develop into a physician with integrity (aka this is our mission statement) * *Possible Q: “Tell me about a time you did something bad and got in trouble for it”* |
|  | Reliability and Dependability | * Can people rely on you? Can people trust you? How? * *Possible Q: “Tell me about a time you weren’t as dependable as you wanted to be”* |
|  | Resilience and Adaptability | * How do you come back from hard times? * How do you deal with adversity? * *Possible Q: “Tell me about a time you needed to adapt to a situation to accomplish a goal”* |
|  | Capacity for improvement | * Are you committed to improving yourself? * *Possible Q: “Tell me about the most recent book you’ve read”* |
| Thinking and Reasoning | Critical thinking | * How do you use logic? How do you analyze situations? * *Possible Q: “Tell me about a time you had to come up with a unique solution to a problem”* |
|  | Quantitative Reasoning | * Can you apply math to the world around you? |
|  | Scientific Inquiry | * Can you use what you already know do design experiments, integrate data, and create novel ideas? * *Possible Q: “Tell me about your research”* |
|  | Written communication | * Are you a good writer? * How well can you communicate on paper? |
| Science | Living systems | * Reflected in MCAT score |
|  | Human behavior | * Can you talk about social sciences, social injustices, and the world around you? |

1. Opening question examples.
   1. *Advice:* go through and answer each one of these to the best of your ability. Smile, be confident, and genuine. These are meant to make a lasting first impression. Take one question at a time.
   2. *Questions:*
      1. Tell me about yourself.
      2. Tell me your story.
      3. Why are you interested in this school?
      4. What have you enjoyed the most about today?
      5. Why do you want to be a doctor?
2. Grades and MCAT score questions
   1. *Advice:* be honest and admit to where you messed up. Don’t point blame. Take responsibility.
   2. *Questions:*
      1. What was your GPA?
      2. What was your MCAT score and what do you think about it?
      3. How did you go from [insert first low score] to [insert high score]? What was your strategy?
      4. Why are your 2 MCAT scores so different?
      5. Why is your MCAT average even though your GPA is great?
      6. Why did you do so poorly on [insert MCAT section] of the MCAT?
      7. Explain the trends in your transcript
      8. Explain this dip in your grades
      9. Did you have any academic difficulties in college?
      10. How did you overcome your academic difficulties?
      11. Explain the poor grade you got in [insert class]
      12. Tell me about this [unusual] class that you took
      13. Why did you choose to graduate from college in 3 years?
      14. Why did you do so poorly your first semester/year of college?
      15. What did you learn from doing poorly in [insert class]?
      16. I’ve noticed that you struggled during a certain point in undergrad. Reassure me that you are ready to handle med school
      17. Do you think doing well in undergrad has prepared you for med school?
3. Extracurricular Questions
   1. *Advice:* Make sure you know every single think in your application frontwards and backwards. Make sure you know why you did something. Make sure you know what description you wrote for each extracurricular and which ones are most meaningful. Understand your research and what you learned.
   2. *Questions:*
      1. What was your most significant non-medically related volunteer activity and why?
      2. What was your most rewarding extracurricular activity and why? (If they don’t add the “and why” at the end you always need to elaborate on this)
      3. Why don’t you have much shadowing experience?
      4. Describe your research to me as if I were a 4-year-old?
      5. Describe to me your involvement in [insert extracurricular]
      6. Describe your favorite/most memorable patient interaction
      7. What was your most memorable experience with [insert volunteer/extracurricular/travel]
      8. Describe a time when you became close with a patient during your volunteer experiences
      9. Describe a research experience that left a lasting impression on you and tell me what you learned from it
      10. What activities do you participate in that are not work or school related?
      11. What has been your biggest leadership role?
      12. What has been your experience with the underserved population
      13. Tell me about your ability to speak multiple languages (assuming you can)
      14. What clinical experience do you have?
      15. How have your experiences made you want to pursue medicine?
      16. What is the hardest situation that you have encountered as a volunteer?
      17. Tell me about your mentoring experiences.
      18. Tell me about your travel experiences
      19. Tell me about the music you listen to
      20. How did research change your outlook on medicine?
      21. How did you get involved in shadowing?
      22. What research/clinical experiences do you have?
      23. Tell me about a leadership experience
      24. Tell me about your research
      25. Why was [insert extracurricular activity] valuable to you?
      26. What do you do for fun?
      27. What are your activities/outlets outside of academics?
      28. Describe your most significant life experience
      29. What was the hardest situation you were in as a leader?
4. “Why Medicine” Questions
   1. *Advice:* Completely, truly, genuinely know why you want to become a doctor. Do NOT say you want to help people or that you love science. That’s incredibly generic and easily forgettable.
   2. *Questions:*
      1. What was the process of elimination that led you to a career in medicine?
      2. Did your parents pressure you to go into medicine?
      3. Has anyone ever tried to convince you not to go into medicine? Explain the conversation.
      4. Did you ever waver in your decision to go into medicine?
      5. Have you ever considered other professions?
      6. Did anyone push you to become a doctor?
      7. What would you do with the rest of your life if you couldn’t be a doctor
      8. When did you decide that medicine was your calling? What was your “ah-ha” moment?
      9. Why not pursue a career as a NP/RN/PA?
      10. Why be a doctor and not a lawyer or a business person?
      11. Why aren’t you interested in an MD/PhD program?
      12. Why do you want to undertake an MD/PhD dual degree?
      13. When did you first decide you wanted to become a physician?
      14. How did [insert portion of essay here] influence your decision to pursue [insert your research here]?
      15. Why medical school?
      16. Your parents are [insert occupations]. Why not follow in their footsteps?
      17. Why do you want to be a doctor?
      18. Why medicine?
      19. What kind of doctor do you want to be? Why?
      20. Being a doctor is harder than most professions, and you can make more money elsewhere, so why are you doing this?
      21. What do you say to those physicians who are telling you not to pursue a career in medicine?
      22. Is your mom or dad a physician? If so, did they convince you to pursue this career?
5. Ethical and Moral Questions
   1. *Advice:* There are no right or wrong answers to ethical questions. Interviewers are looking for your emotional intelligence, your knowledge of the subject, and your ability to think about the subject on a level higher than yourself. Look at both sides of the situation. Stay as unbiased as possible. Ultimately, however, pick a side. If you can’t pick a side, the interviewer could see you lacking in decision making skills (i.e. not good). Think out loud while answering the question so the interviewer understands your thinking. For every question, patient’s needs and safety come first. Be respectful. Be confident.
   2. *Questions:*
      1. How would you deal with a colleague or patient who has different values and beliefs than you?
      2. What would you do if your boss made an error and tried to hide it?
      3. What would you do if you saw your bff cheating on a test in medical school?
      4. You’re in a car accident with a drive who is HIV positive. He needs first aid. You have no protective equipment. Do you help him?
      5. Is it ever ethical to lie to a patient?
      6. What would you do if a friend or colleague had a problem with drugs or alcohol.
      7. What would you do if a patient came to you and asked you to perform a procedure that you refuse to do?
      8. If you know that a colleague is lying to patients, what would you do?
      9. A fellow physician shows up to work with alcohol on her breath. What do you do?
      10. Does it matter if a doctor who shows up to work with alcohol on his breath is a surgeon or a primary care doctor?
      11. How would you treat a patient who refuses a blood transfusion due to religious beliefs?
      12. What do you think of the #BlackLivesMatter movement?
      13. What are your thoughts on abortion?
      14. Should we have the death penalty?
      15. What would you do if you were treating an 8 year old that was in a car accident and needed surgery as well as a blood transfusion, but the parents were Jehovah’s witnesses?
      16. An alcoholic and a non-alcoholic need a liver transplant. There is only 1 liver that you can give. How do you choose who gets it?
      17. 2 people need a lung transplant today or they die. There is one lung available. 1 person is a smoker and 1 person isn’t. How do you choose who gets the lung? What if the smoker has been on the transplant list for 3 times as long as the non-smoker?
      18. If someone gave you concert tickets to see your favorite band and you knew the tickets were stolen, would you still go?
      19. Do you think we should keep people alive for as long as we do on machines knowing that the majority of our healthcare dollars are spent treating patients at the end of life?
      20. Can you be religious without being ethical?
      21. Describe an ethical dilemma and how you resolved it.
      22. Do you believe physicians have to be 100% honest with their patients?
      23. Do you believe that physicians ought to be upstanding citizens in the community?
      24. Do you think friends/family should be allowed to donate organs to relatives who aren’t number one on the donor recipient list?
      25. Do you think people should be able to pay for organs if people are willing to sell them?
      26. A patient comes into your office. You have previously performed a vasectomy on them but he needs it redone because his wife is pregnant. You start the procedure and realize the vasectomy is intact, and there is no way your patient got his wife pregnant. What do you do?
      27. What are your thoughts about the stories of doctors and nurses cutting off life support to those stranded by Hurricane Katrina?
      28. A patient who has previously declined blood transfusions for religious purposes is now unconscious and needs one badly. Would you give them the transfusion now?
      29. You’re the physician who has final say for an insurance company. How do you tell another physician that the policy for their 20 year old patient won’t continue to cover life support?
      30. What would you do if your patient’s family asked you to not disclose his terminal cancer diagnosis for fear that it would cause tremendous psychological harm?
      31. If all your options are exhausted and your patient is dying of a terminal illness and is in a lot of pain and already on maximum amounts of morphine, would you order more, knowing that it will probably kill him?
      32. Your patient acquired HIV from an affair. He refuses to tell his wife. What do you do?
      33. Should parents be allowed to clone their dying child?
      34. Would you tell a patient that you made a mistake, even if there were no consequences of that mistake?
      35. Do you think we should be allowed to give patients placebo treatments?
      36. Do you think it’s moral for pharmaceutical companies to charge so much for medications?
      37. Do you think it’s okay to use animals for research?
      38. If you had a limited supply of drugs, how do you decide which patients will get them?
      39. If you had suspicions that your PI was manipulating data, what would you do?
      40. The attending surgeon shows up drunk to surgery. No one intervenes. What do you do? Does it matter if you’re a premed, med student, or resident?
      41. If we were to believe in the survival of the fittest theory, why should we waste resources saving those at the end of life?
      42. Would you perform an abortion?
      43. What would you do if you were asked to perform a procedure that you disagreed with for non-medical reasons?
      44. Do you think we should provide healthcare for illegal immigrants?
      45. Would you prescribe painkillers to a patient claiming to be in pain, even if you can’t find any physical reasons for the pain on exam?
      46. Do you think we should have to opt-out of organ donation vs. opt-in?
      47. Do you think gender reassignment surgery should be covered by insurance?
      48. I’m the father of a child who died because you accidentally gave him the wrong medication. What do you say to me?
      49. What do you tell the parents of your patient who are refusing vaccinations for their child?
      50. If you were a pediatrician, would you see patients whose parents refuse vaccines?
      51. What do you know about stem cell research?
      52. With ppl like Bill Gates and Mark Zuckerberg donating a lot of money to science, do you think its ethical that these wealthy individuals dictate which diseases and organization receive the most money?
      53. It’s the end of your ED shift and you have tickets to the theatre. A patient is urgently rolled in in cardiac arrest. You see your replacement, but she’s at least a minute out. What do you do?
      54. Do you think drugs like HGH and testosterone should be more readily available for aging men?
      55. Do you think illicit drugs should be legal?
      56. It seems like alcohol does more damage to our society than any other illicit drug. Should alcohol be illegal for everyone?
6. Politics, Policy, and Healthcare Questions
   1. *Advice:* Stay up to date on things happening in the world. Know about the major topics in healthcare and the opinions people have. Read the newspaper. Read magazines. Listen to NPR news on the radio in the car. Understand insurance companies. This is your career you are going to be in for the rest of your life. You need to go in educated.
   2. *Questions:*
      1. Concierge Medicine is become an increasingly popular option for doctors. How do you feel about this, and what are the consequences of this practice?
      2. If you’ve been given a magic wand to fix any problem in the world, which problem would you tackle? Why?
      3. What is the hardest thing about being a patient?
      4. What is the hardest thing about being a doctor?
      5. Studies show that only 6% of Americans engage in all 5 of the health behaviors known to reduce chronic disease. How do you fix that?
      6. Do you know what the 5 health behaviors are for reducing chronic disease?
      7. If you’re trying to prove that stem cell research is worth funding, what types of experts would you seek out?
      8. What do you think is the greatest challenge for doctors?
      9. How do you think the healthcare system can be fixed?
      10. What do you think is the greatest accomplishment in healthcare in the last 20 years?
      11. What role does the physician have in education patients about health in general?
      12. Describe a challenge in healthcare today and a way to solve it.
      13. What has [family member who is a doctor] told you about medicine?
      14. Why do you think drug and alcohol abuse rates are high among physicians?
      15. Tell me about some of your political views.
      16. How would you reduce costs of medicine?
      17. What are your thoughts on HMOs?
      18. As a physician how will you deal with your mistakes?
      19. What is the biggest problem facing medicine today?
      20. Do you think healthcare is a human right?
      21. What are your thoughts on the Affordable Care Act?
      22. What are the pros of the Affordable Care Act?
      23. What are the cons of the Affordable Care Act?
      24. If you were in charge, how would you fix healthcare?
      25. Do you think doctors are paid fairly?
      26. DO you think we should have universal healthcare?
      27. Why do you think physicians complain about reimbursement rates, considering being a physician is one of the most well-paid careers?
      28. Can you compare the healthcare system in the U.S. to that in Canada?
      29. What do you think of when you hear patient-physician relationship?
      30. How did the U.S. rank in the last WHO rankings of healthcare systems?
      31. Why do you think the U.S. healthcare system was ranked so low in the last WHO rankings?
      32. Define HMO
      33. Define Medicare
      34. Define Medicaid
      35. Define PPO
      36. How do you feel that healthcare is working in the U.S.
      37. How do you think the problem of rising medical costs can be solved?
      38. Describe some of the problems in healthcare that are most troubling to you
      39. Describe the qualities which make a physician a good leader
      40. How would you handle a patient who doesn’t take their medications or show up to office visits?
      41. How would you solve the problem of the uninsured/underinsured?
      42. How do you feel about poverty in America?
      43. What would be your biggest fear in practicing medicine?
      44. Discuss a healthcare issue which has been in the news in the past month
      45. Do nurses who obtain PhDs have the right to call themselves doctor in a clinical setting
      46. What role do you think the pharmaceutical industry should have in medical education?
      47. What do you think about the VA system replacing physician anesthesiologists with CRNAs
      48. Do you think that pharmaceutical companies should be able to advertise directly to consumers? Why or why not?
      49. What is the percentage of uninsured persons in the U.S.?
      50. What would be some of the things you would consider in treating a patient who is in chronic pain?
      51. Do you think it’s important for a physician to be humble? Why?
      52. Do you think women and men have equal opportunities as practicing physicians?
      53. What would you do with a noncompliant patient?
      54. What do you think about the surgical residency program that told one of its residents to not return to the program after becoming paraplegic?
      55. What do you think is going to happen to healthcare in the future?
      56. What do you think about alternative medicine?
      57. What worries you about healthcare?
      58. What do you think about telemedicine?
      59. Where do you think the Supreme Court is heading?
      60. How would you deal with the drug problem in the world?
      61. Should funding for research only be given to projects with immediate direct clinical applications, or all projects which seek to understand the world around us?
      62. With alternative medicine becoming more popular, how do you see your role as a physician integrating this practice with Western medicine?
      63. If a medication in a trial has shown good results with no major side effects, should the FDA approve it for the patients for whom waiting would lead to death or worsening quality of life, without going through the normal process that medications go through?
      64. Why do you think there is so much burnout among physicians?
      65. How do you think we can help the underserved and uninsured afford health insurance?
      66. What is your opinion on the current state of the U.S. healthcare system?
      67. Do you think we’ll ever cure cancer?
      68. What do other countries do better than us in healthcare and why
      69. How would you fix our obesity epidemic?
      70. How can the medical system be fixed to allow equal healthcare access?
      71. Do you think its fair that physicians can get sued for bad outcomes?
      72. Do you think every state should have the same healthcare plans?
      73. What 3 changes to the delivery of healthcare would you like to see?
      74. What would you like to see implemented in healthcare policy by the government?
      75. Do you think it’s important to stress the use of preventative medicine to patients?
      76. How do you stress the importance of preventative medicine to patients?
      77. Name the 3 diseases/conditions responsible for the most deaths in the U.S. per year
      78. Do you think the British or American medical system is better?
      79. How would you convince a teenager to stop smoking?
      80. Are Pas relevant?
      81. What do you think about gay marriage?
      82. How would you explain our healthcare system to someone from Canada?
      83. What needs to be addressed in medicine in the next 10 years?
      84. What is the biggest challenge for physicians in the next 10 years?
      85. How much of a role do you think nutrition plays in a person’s disease/condition?
7. “Your Future” Questions
   1. *Advice:* Know whole-heartedly *why* you want to be a physician. With these questions you want to show the interviewer that you’ve thought a lot about this.
   2. *Questions:*
      1. What would you do instead of medicine?
      2. What do you want to do after medical school?
      3. How will you balance the time to do research and see patients (assuming you want to do research)
      4. How do you plan on incorporating your MPH into your medical career?
      5. What are your 15-year goals?
      6. Do you see yourself in academic medicine or private practice? Why or why not?
      7. After med school and residency, where do you see yourself?
      8. What will be your toughest challenge 15 years from now?
      9. What is your dream situation 10 years from now?
      10. Are there any areas of medicine that interest you more than others? Why?
      11. Are you interested in [insert specialty here] because of your research?
      12. What specialty are you interested in pursuing?
      13. Are you planning on staying in [insert city med school is in] after graduation?
      14. What are your future career plans?
      15. How do you see yourself redefining medicine in the course of your career?
      16. Are you interested in academic medicine?
      17. What sort of difficulties do you expect to face in medical school?
      18. Do you plan to do research?
      19. How do you want to contribute to medicine?
      20. Do you think you’ll “practice what you preach” as a physician?
      21. Do you want to work in an underserved community? Why or why not?
      22. At the end of your career how will you determine if you had a successful career?
      23. What will you do if you realize that you don’t like medicine in five years?
      24. Do you see yourself treating sick people or healthy people?
      25. What do you want your med school classmates to remember you for in 20 years?
      26. How do you expect to change in med school?
      27. When you’re 65 and you’re looking back at your life, what do you want to be able to tell your grandkids?
      28. What would you want your patients to say about you?
8. Personal questions
   1. *Advice:* The school likes you and wants to know more about you at the interview stage. Let your guard down and be yourself. Ask your friends and family for strengths and weaknesses so you can get a different perspective
   2. *Questions:* 
      1. What was the last book that you read?
      2. What do you do in your spare time?
      3. What was your favorite class and why?
      4. What was your hardest class and why?
      5. Why would you want to stay in [insert city here] after being here so long?
      6. How would your friends describe you?
      7. What are your weaknesses?
      8. What are your strengths?
      9. What are your hobbies?
      10. What do you do to relieve stress?
      11. What is your greatest challenge?
      12. What are 3 adjectives you would use to describe yourself?
      13. Discuss a time you showed compassion
      14. Discuss a time you needed help
      15. What personal characteristics do you have that will make you a good fir for a medical career
      16. What would your obituary say?
      17. How would your best friend describe you?
      18. What non-academic book have you read recently?
      19. What do you like to do for fun?
      20. What qualities will you bring to the medical school class?
      21. Are you worried about the transition into medical school?
      22. What is a sacrifice that you made for someone else?
      23. Tell me about your family
      24. Tell me about your experience with [insert condition or disease you wrote about in essay]
      25. Who in your family has had the most influence on you and why?
      26. What are you doing during your gap year? (assuming you’re taking one)
      27. What are you passionate about?
      28. Have you had any extraordinary challenges or difficulties growing up?
      29. Are you a perfectionist?
      30. How does your perfectionism affect your ability to work in groups?
      31. Do you expect perfection from others?
      32. Are you a risk taker? Why or why not?
      33. Are you an activist? Why or why not?
      34. Have you faced any hardships in your life? If so, how have you overcome them?
      35. Why did you choose your undergraduate school?
      36. Who shaped who you are today?
      37. Why did you take a gap year (assuming you’re taking one)
      38. Tell me about a time when you failed. What was the result?
      39. Tell me about a time when you did something wrong. What happened?
      40. What would a friend say bugs them the most about you?
      41. What would your parents say is your biggest weakness?
      42. What would your friends say is your greatest strength?
      43. Describe yourself in 1 word
      44. What are your top values
      45. Describe a situation in which you went above and beyond
      46. Describe a time when you were misjudged
      47. Describe something you regret
      48. Describe a typical day for you
      49. Describe the biggest obstacle in you life
9. School-related questions
   1. *Advice:* You need to know why you’re applying to each school that you are. Do your research on the school and determine a specific reason for applying to that school
   2. *Questions:*
      1. What other med schools have you applied to?
      2. Why us?
      3. What does [insert med school] have to offer you?
      4. Why should {insert med school] accept you?
      5. What made you want to come to [insert med school] if you’re originally from out of state?
      6. If you were in my shoes and had to present your case to the rest of the Admissions Committee, what would you say to them?
      7. What are you looking for in a school?
      8. Do you have any reservations about coming here?
      9. What’s the most important factor in choosing a school?
      10. Do you think you’re a better applicant than others who are applying? Why?
      11. Are we your top choice? Why?

My 15 Experiences2

1. Example of experiences that affected your life, influenced your decision to pursue medicine, or that defined you
   1. Volunteering
   2. Shadowing
   3. Research
   4. Clinical experience
   5. Employment
   6. Leadership roles
   7. Organizations on campus
   8. Hobbies
2. 700 character max for each including spaces (3-6 sentences). Pick the 3 most influential to write an essay on at which point you will get 1325 additional characters)
3. What you should have for each:
   1. Name of the organization
   2. # hrs/avg per week
   3. contact info if possible
   4. describe what the organization does
   5. what was your role in it? Did you have a leadership position?
   6. Group or personal accomplishments
   7. Specificity: name the institute/doctor, etc.

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| Description of experience | Time spent doing it, contact info of the ppl involved if needed | What this reveals of me (this should help give them more of an idea of who you are and why you’d be a kick ass doctor) |
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The Application: What Do I Need?

*Tip:* Go through each of these and check them off ass you accomplish them. As you accumulate hours doing research, volunteering, or shadowing, keep a running tally of all of them so you know how many you have accomplished.

1. MCAT
   1. Should be shooting for at least the 80th percentile to be competitive for medical school
   2. This is equivalent for ~508 on the new MCAT
2. GPA
   1. Should be reaching for 3.7 science GPA and a 3.7-3.9 non science GPA to be competitive
      1. If you are not here, no worries. A solid application, post baccalaureate programs, and/or grad school can make up for this!
3. Transcripts
   1. You will need to input every class you’ve ever taken along with its CRN and the grade you received. Triple check this before you submit your application so nothing goes wrong
   2. *Tip:* make a running list of this as you go along through undergrad.

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| Class name | CRN, semester taken | Grade received |
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1. 15 experiences (see pages 15-17)
   1. *Tips:* these experiences can be anything. But, they need to show how you have developed as a person, and what values you have developed by being involved in them. Try to incorporate these into the core competencies and make sure you touch on all of them. Make a goal as to what you hope to show the admissions board you developed from each and how it’ll make you a good physician
   2. Contact information should be listed for each experience if you have it
   3. Time spent in hrs should be listed as well
   4. 1-3 sentences should describe each one
   5. Pick three to write an essay on that impacted you the most
   6. List out absolutely everything you have done and think is important. At the end of creating the running list, consolidate the information if you are able
   7. *Average amount of research*: 45 hours
   8. *Average amount of volunteering*: 50 hours
   9. *Average amount of shadowing*: 20 hours
2. Personal Statement2
   1. *Do’s:* know your audience, talk from your heart, be proud, be positive, be organized, write well
   2. *Don’t:* ramble, create a storytelling masterpiece, excuses as to why something went wrong, list of what you’ve done, brag, say how unique you are, generalize everything (See pg. 20)
3. Letters of recommendation2
   1. Should have the following letters of rec for a total of 3-6 to submit in the application
      1. 1-2 science faculty
         1. you should ask a professor in which you received an A from bc they may include your statistic in the class
         2. A committee letter is included this if you go through the PMC but shouldn’t serve as the only one in this category
      2. 1-2 healthcare professionals (MD, DO, PA, etc.)
         1. If you are applying to a DO school, you need to have a letter from a DO that you shadowed
      3. 1-2 optionals
         1. these can be more personal to show the personal side of you to verify certain attributes that the others can’t
   2. How to ask someone for a letter of recommendation:
      1. Have your CV or resume ready to give them following asking
      2. Following building a relationship with them say, “I am applying to medical school soon and I would love it if you were one of my letters of recommendation. I was hoping you could touch on my qualities of \_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_, because I believe you have seen those in me. Do you feel you can do this?”
         1. If they say yes, thank them up and down and give them your CV or resume just in case.
         2. Provide them with the tools to do this (i.e. where to send the letter)
            1. Their letters need to be on letterhead paper and signed
         3. If they say no, thank them for their time and don’t be discouraged. This is your career. You don’t want someone writing a letter for you if you’re not absolutely certain they can give you what you need!
   3. When to ask: 2-3 months in advance of the due date
   4. Follow up: check in with them in 3-4 week intervals to make sure they haven’t forgotten to submit. After it has been submitted, send them a thank you note and a small gift like a 5$ starbs gift card or something of the like

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| Person I’m asking for a letter from | Category | Values I want them to highlight |
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Personal Statement2

1. Personal statement rules
   1. *Rule 1:* Know your audience
      1. Know what personal qualities and attributes the admission committee is looking for in an applicant. (I.e. the core competencies listed in the medical school interview section)
      2. Admissions boards may have diff core competencies so make sure you look into them
      3. Regarding healthcare and medical school, they most often want to see
         1. Competence
         2. Compassion
         3. Empathy
         4. Ability to relate to people
         5. Passion
         6. Enthusiasm
         7. Honesty
         8. Integrity
         9. Maturity
         10. Critical thinking
         11. Insightfulness
         12. Leadership
         13. Insight into the healthcare field
      4. You shouldn’t say, “I am empathetic”. Rather, you should be able to show them this through an example.
      5. Be able to describe the quality in you through examples rather than say it outright
   2. *Rule 2:* talk from the heart
      1. Avoid sounding like someone who is reading off a check list
      2. Describe your passion and excitement for the field
      3. Describe thoughts and feelings
      4. Reflect on experiences – what did you learn and how did it change your perspective
   3. *Rule 3:* be proud and positive
      1. Avoid talking negatively about others, complaining constantly, or making excuses
      2. Show maturity by taking responsibility if something didn’t go as planned
      3. Be proud of your accomplishments by speaking about them in a positive light
2. How to be effective in writing your personal statement
   1. Make it personal by telling your own story
      1. You should describe what makes you unique and what you will contribute to the class. Remember that a lot of ppl apply to med school so you probably have had similar experiences to at least one other person. This is where you need to be different in describing what specifically makes you unique (consider it your variable portion in an immunoglobin ☺)
   2. Describe the experience or experiences that had an impact on the desire and the motivation to follow a medical career and reflect on them be elaborating with the details
      1. *Myth:* ppl have epiphanies about joining medical school
      2. *Fact:* People that become doctors don’t just have “one magical moment” where they decided they wanted to do so. It is a long process and an accumulation of experiences. Elaborate them (consider it the organizational/activational hypothesis ☺)
      3. Explain how you developed as a person
      4. Describe what experiences shaped you the most
   3. State *why* medicine and not any other health profession?
      1. What is it about being a doctor that drew you to it rather than a PA or AA or RN, etc.
      2. The reason should *not* be to “have superiority” or “power” or to “be the most important person in the room”. That is not good, my friends. Not good.
   4. Write and rewrite over time – this is a process
   5. Read it over and over to check and then forward it to people you trust to do the same
   6. Avoid controversial topics, clichés, excuses, negativity
3. Organization of the personal statement (4-5 paragraphs)
   1. *AACOMAS* personal statement limit = 4500 characters
   2. *AMCAS* personal statement limit = 5300 characters
   3. 4-5 paragraphs to get your story on paper in an efficient and effective way
      1. opening paragraph: summarize your background, career interests, and future goals in a way that is not dry and in a way that flows nicely
      2. paragraph 2: describe background in more detail in a way that describes your unique traits/values without stating the trait
      3. paragraphs 3-4: describe your experiences in details that helped shape or reinforce your personal and/or professional goals.
      4. closing paragraph: describe how this particular med school will help you bridge undergrad with success as a doctor

Premed Committee2

*The point of the PMC:* to attain a PMC letter of recommendation and to prepare you for the medical school interview and application process. Anyone in the college of arts and sciences can use the PMC

1. *How to obtain a PMC letter:* 
   1. Apply for one by submitting the following
      1. Complete application sent out via e-mail
      2. Personal statement
      3. 15 experiences
      4. 3-6 letters of rec
      5. transcripts
   2. Interview with members of the PMC in April
      1. This will be faculty from all over the sciences
   3. Receive a ranking and feedback from the committee June 1st
      1. Shooting for the highest recommendation
         1. Example of Student A receiving highest recommendation
            1. 3.98 GPA
            2. 4 shadow experiences
            3. volunteering over a long period of time
            4. member of PhiDE (AYYYYYYYYY)
            5. Honors Thesis Research
            6. RA
            7. Peer mentor
            8. Employed
         2. Example of Student B receiving highest recommendation
            1. 3.31 GPA
            2. 2.75 GPA yr 1-2
            3. 4.0 GPA yr 3-4
            4. 3 shadow experiences
            5. volunteering over a long period of time
            6. certified phlebotomist
            7. airway management clinic
            8. suture clinic
            9. surgical intern
            10. SI leader
            11. AMSA president
2. PMC timeline
   1. Opens November 1st, 2016
   2. Deadline to submit materials: March 17th, 2017
3. Who can use it?: Any pre-med at KSU.

Wardrobe: Dress for Success3

As a future physician, it is always best to look professional in the majority of environments. Thus, it is important to know what kind of dress is best for the situation. Below are the different kinds of dress and what is appropriate in each

1. Baseline casual
   1. *Women*
      1. Tidy, fitted T-shirt, blouses, or sweaters
      2. Clean and crisp denims
      3. Elegant sandals
   2. *Men*
      1. Nice t-shirt or casual collared shirt
      2. Dark and elegant denims
      3. Tasteful sneakers
2. Mainstream casual
   1. *Women*
      1. Short-sleeved tops, sweaters, button ups
      2. Fashionable combos of tops, non-denim and non-legging pants, skirts (appropriate length, no spandex)
      3. Open toed shoes
   2. *Men*
      1. Shirts and sweaters in diff colors and patterns
      2. Slacks or corduroy pants
      3. Relaxed but elegant shoes
3. Executive casual (i.e. PhiDE’s business casual)
   1. *Women*
      1. Brightly colored shirts, blouses, button ups
      2. Blazers
      3. A-line dresses that are appropriate and cut
      4. Skirts or dress pants
      5. Closed toed pumps
      6. Bigger and unique jewelry and accessories
   2. *Men*
      1. Brightly colored or patterned shirts and ties
      2. Sport coats and jackets
      3. Dressy slacks
      4. Loafers or monk-strapped shoes
4. Traditional business attire (suits – med school interviews)
   1. *Women*
      1. Professional tops without deep neckline
      2. Suits, jackets with matching skirts or pants, can be somewhat brightly colored
      3. Tights
      4. Closed toed heels
   2. *Men*
      1. Traditionally patterened shirts and ties, somewhat brightly colored
      2. Suits, jackets with matching pants, dark, some subtle patterns are ok
      3. Dark brown or navy oxfords
5. Boardroom attire (suits)
   1. *Women*
      1. Collared dress shirts or blouses
      2. Suits (jacket with pants or skirt) in dark colors and classic cuts
      3. Skirts not shorter than 2 fingers above the knee
      4. Only black tights and heels
   2. *Men*
      1. Crisp white dress shirts and modest ties
      2. Dark charcoal gray or navy blue 2 or 3 piece suites
      3. Only black oxfords or derbys
      4. High quality accessories
6. Black tie formal wear
   1. *Women*
      1. Long floor length gowns
      2. Cocktail dresses, modest hemline and cut
      3. Matching accessories
      4. Heels
   2. *Men*
      1. Customarily tuxedos
      2. 2-3 piece suits
      3. crisp color coordinated dress shirt and tie
      4. matching accessories
      5. black oxfords

Pre-Medical Timeline2

1. Freshman
   1. Explore undergraduate research
      1. If in the biology department, go to their department website and apply
      2. If in the chemistry/biochemistry department, go to the department office on the 2nd floor of Williams, get a packet with all faculty research, e-mail them
   2. Pursue diverse experiences
      1. Study abroad
      2. Unique volunteering
   3. Look ahead on your “roadmap”
      1. Should you take summer classes? Are you on track? Etc. etc.
   4. Develop relationships with professors
      1. This will help you later on when you need to ask for letters of recommendation.
      2. Sit in the front row of class, pay attention, stay off your phone, be on time, ask questions
      3. Go to office hours
2. Sophomore – it’s grind time
   1. Begin doing research if you haven’t started already
   2. Shadowing
      1. Find a doctor that you can shadow for a long period of time to develop a mentor relationship for a future letter of rec
         1. This should be in a specialty you’re interested in
      2. Get as much shadowing experience as you can
      3. Begin volunteering
         1. This should be a long term thing
         2. Clinical: Akron children’s, University Hospitals Portage Medical Center, Summa, hattie
         3. Nonclinical: soup kitchens, medwish, dog shelter
   3. Become involved
      1. Get involved with pre-med organization on campus and begin to take leadership roles or set yourself up for leadership roles within them
   4. Keep fostering relationships with faculty
3. Junior
   1. Keep doing research
      1. Try for a poster presentation, begin getting your name on things
   2. Keep shadowing and volunteering
   3. Continue to be a leader in your organizations
   4. MCAT
      1. Register for the spring semester exam
         1. Late May or early June is best for the rolling admissions exam
      2. Begin studying 6 months out
   5. Pre-med committee
   6. Submit primary application through AMCAS or AACOMAS in late June
4. Senior
   1. Take upper division courses to help with med school (e.g. advanced biochem, histology, immunology, anatomy, physiology, etc.)
   2. Finish a thesis if you would like
   3. Finish any secondary applications
   4. Interview

Gap Year3

So maybe you graduated early. Or maybe you need a break after undergrad. Or maybe you want to work a little bit before you get into medical school. All of those are good things and totally okay in the medical world! However, medical schools want to see that you were being productive during your time off. Below are some options you can take in your gap year

1. Masters or PhD program
   1. Getting a higher degree in something healthcare or science related such as an MPH looks great to medical schools. This can also be an option if you were not accepted the first time around or if you want to do something to make up for a GPA
2. Research
   1. Working in a lab is a great way to explore the other side of medicine and enhance your application
   2. This shows dedication and could potentially lead to a publication which looks awesome
3. Clinical experience/employment
   1. Spending extra time in a clinical setting could give you more insight into the medical field and show med schools your dedication to the practice
   2. Shadowing, volunteering, or working in a clinical setting will help you network with physicians and build your resume
   3. If you need to work to pay off loans or prepare to pay for medical school, the following are awesome “double dipping” options for you:
      1. Nurse’s aide (PCA)
      2. Phlebotomist
      3. Clerical technician
      4. Medical scribe
      5. EMT
4. Volunteering
   1. Volunteering in a hospital or outside of it shows that you are giving up your personal time to help others which speaks volumes about your character
      1. Being a doctor is about helping ppl
   2. Great application booster
5. Travel
   1. Take a load off and go see some shit. Breathe. Become cultured. Meet new ppl. Do new things.
   2. Explore the world
6. Establish a new hobby
   1. Take a break to find a new hobby or passion that separates you from everyone else. Discovering who you are and becoming more confident in yourself will help you in interviews
7. Work
   1. Work to pay off undergrad loans and/or prepare for medical school

Ohio Medical Schools4

1. **Ohio State University College of Medicine**
   1. *Location:* Columbus
   2. *Mission Statement:* The Ohio State University College of Medicine seeks to recruit self-directed learners who are driven to become empathetic physicians providing evidence-based, compassionate medical care. The Admissions Committee will assemble a class that displays diversity in background and thought, strong intellect, and the potential to improve people’s lives through innovation in research, education, patient care and community service.
   3. *Application and acceptance:*
      1. Earliest date of acceptance notice – 10/15
      2. Primary application date – 6/7/
      3. Primary application deadline – 11/1
   4. *Percentage of accepted applicants with relevant experience*
      1. Non-medical community service – 76%
      2. Medical community service – 89%
      3. Medical employment – 33%
      4. Shadowing – 82%
      5. Research – 94%
      6. Military – 1%
   5. *MCAT of those matriculated*
      1. *Average:* 505
      2. *Highest:* 516
      3. *Lowest:* 491
   6. *GPA of those matriculated*
      1. *Average overall GPA:* 3.8
      2. *Average science GPA:* 3.7-3.8
   7. *Matriculation Data*
      1. *Total applied:* 5726
      2. *Total interviewed:* 793
      3. *Total accepted*: 191
   8. *Tuition*
      1. *In-state:* 51,000
      2. *Out-of-state:* 70,000
      3. *Those that receive financial aid:* 91%
   9. *Specialties (top 3)*
      1. Internal medicine – 25%
      2. Pediatrics – 12%
      3. Emergency medicine – 10%
2. **Case Western Reserve University School of Medicine**
   1. *Location:* Cleveland
   2. *Mission Statement:* To advance the health of humankind through research, service, and education.
   3. *Application and acceptance:*
      1. Earliest date of acceptance notice – December through February
      2. Primary application date – 6/7
      3. Primary application deadline – 11/1
   4. *Percentage of accepted applicants with relevant experience*
      1. Non-medical community service – 75%
      2. Medical community service – 86%
      3. Medical employment – 30%
      4. Shadowing – 79%
      5. Research – 96%
      6. Military – 1%
   5. *MCAT of those matriculated*
      1. *Average:* 507
      2. *Highest:* 517
      3. *Lowest:* 493
   6. *GPA of those matriculated*
      1. *Average overall GPA:* 3.8
      2. *Average science GPA:* 3.8
   7. *Matriculation Data*
      1. *Total applied:* 5475
      2. *Total interviewed:* 1080
      3. *Total accepted*: 216
   8. *Tuition*
      1. *In-state:* 57,000
      2. *Out-of-state:* 57,000
      3. *Those that receive financial aid:* 80%
   9. *Specialties (top 3)*
      1. Internal medicine – 31%
      2. General surgery – 11%
      3. Pediatrics – 10%
3. **NEOMED**
   1. *Location:* Rootstown
   2. *Mission Statement:* The mission of the Northeast Ohio Medical College of Medicine is to graduate exemplary physicians oriented to primary care practice and other needed specialties. We strive to improve the quality of health care in Northeast Ohio through
      1. Education of medical students
      2. Support for residency programs in our affiliated hospitals
      3. Continuing professional development of our staff, faculty, and regional health professionals
      4. Scholarship, including original research
      5. Community service programs
      6. Stewardship for the health of Northeast Ohio
   3. *Application and acceptance:*
      1. Earliest date of acceptance notice – 10/1
      2. Primary application date – 6/7
      3. Primary application deadline – 11/1
   4. *Percentage of accepted applicants with relevant experience*
      1. Non-medical community service – 28%
      2. Medical community service – 34%
      3. Medical employment – 16%
      4. Shadowing – 27%
      5. Research – 35%
      6. Military – 2%
   5. *MCAT of those matriculated*
      1. *Average:* 499
      2. *Highest:* 509
      3. *Lowest:* 489
   6. *GPA of those matriculated*
      1. *Average overall GPA:* 3.8
      2. *Average science GPA:* 3.7
   7. *Matriculation Data*
      1. *Total applied:* 2478
      2. *Total interviewed:* 422
      3. *Total accepted*: 147
   8. *Tuition*
      1. *In-state:* 38,000
      2. *Out-of-state:* 73,000
      3. *Those that receive financial aid:* 74%
   9. *Specialties (top 3)*
      1. Internal medicine – 28%
      2. Pediatrics – 10%
      3. General surgery – 9%
4. **The University of Toledo College of Medicine**
   1. *Location:* Toledo
   2. *Mission Statement:* The mission of The University of Toledo College of Medicine is to improve the human condition. We do this by providing a world-class education for the next generation of physicians and scientists, by creating new knowledge that is translated into cutting edge clinical practice, and by providing the highest level of professionalism and compassion as we deliver university quality health care.
   3. *Application and acceptance:*
      1. Earliest date of acceptance notice – 10/15
      2. Primary application date – 6/7
      3. Primary application deadline – 11/1
   4. *Percentage of accepted applicants with relevant experience*
      1. Non-medical community service – 73%
      2. Medical community service – 82%
      3. Medical employment – 41%
      4. Shadowing – 82%
      5. Research – 87%
      6. Military – 1%
   5. *MCAT of those matriculated*
      1. *Average:* 503
      2. *Highest:* 513
      3. *Lowest:* 490
   6. *GPA of those matriculated*
      1. *Average overall GPA:* 3.7
      2. *Average science GPA:* 3.6
   7. *Matriculation Data*
      1. *Total applied:* 4216
      2. *Total interviewed:* 506
      3. *Total accepted*: 177
   8. *Tuition*
      1. *In-state:* 51,000
      2. *Out-of-state:* 70,000
      3. *Those that receive financial aid:* 85%
   9. *Specialties (top 3)*
      1. Internal medicine – 26%
      2. Pediatrics – 10%
      3. Emergency medicine – 10%
5. **University of Cincinnati College of Medicine**
   1. *Location:* Cincinnati
   2. *Mission Statement:* Our mission is to improve health for all through…
      1. Personalized care embracing best clinical practices
      2. Innovative interdisciplinary research
      3. Premier clinical and scientific training
      4. Creative community partnerships
   3. *Application and acceptance:*
      1. Earliest date of acceptance notice – 10/15
      2. Primary application date – 6/7
      3. Primary application deadline – 11/1
   4. *Percentage of accepted applicants with relevant experience*
      1. Non-medical community service – 84%
      2. Medical community service – 86%
      3. Medical employment – 34%
      4. Shadowing – 85%
      5. Research – 92%
      6. Military – 0%
   5. *MCAT of those matriculated*
      1. *Average:* 505
      2. *Highest:* 515
      3. *Lowest:* 491
   6. *GPA of those matriculated*
      1. *Average overall GPA:* 3.8
      2. *Average science GPA:* 3.7-3.8
   7. *Matriculation Data*
      1. *Total applied:* 4985
      2. *Total interviewed:* 636
      3. *Total accepted*: 174
   8. *Tuition*
      1. *In-state:* 30,000
      2. *Out-of-state:* 48,000
      3. *Those that receive financial aid:* 81%
   9. *Specialties (top 3)*
      1. Internal medicine – 28%
      2. Surgery general – 11%
      3. Emergency medicine – 10%
6. **Wright State University Boonshoft School of Medicine**
   1. *Location:* Columbus
   2. *Mission Statement:* To educate culturally diverse students to become excellent physicians by focusing on generalist training that is integrated, supported, and strengthened by specialists and researchers, all of whom value patient-focused care, community service, and research, and have passion for improving health in their communities
   3. *Application and acceptance:*
      1. Earliest date of acceptance notice – 10/15
      2. Primary application date – 6/7
      3. Primary application deadline – 11/1
   4. *Percentage of accepted applicants with relevant experience*
      1. Non-medical community service – 77%
      2. Medical community service – 84%
      3. Medical employment – 47%
      4. Shadowing – 79%
      5. Research – 88%
      6. Military – 2%
   5. *MCAT of those matriculated*
      1. *Average:* 501
      2. *Highest:* 512
      3. *Lowest:* 490
   6. *GPA of those matriculated*
      1. *Average overall GPA:* 3.7
      2. *Average science GPA:* 3.6
   7. *Matriculation Data*
      1. *Total applied:* 3737
      2. *Total interviewed:* 439
      3. *Total accepted*: 111
   8. *Tuition*
      1. *In-state:* 35,000
      2. *Out-of-state:* 52,000
      3. *Those that receive financial aid:* 92%
   9. *Specialties (top 3)*
      1. Internal medicine – 22%
      2. Pediatrics – 14%
      3. Family practice – 14%

MCAT: Medical College Admissions Test

1. *What is the MCAT:* standardized, multiple-choice exam administered by the AAMC (Association of American Medical Colleges).
2. *When to take the MCAT:* a year before your planned matriculation into medical school.
3. *MCAT sections (4):*
   1. Chemical and Physical Foundations of Biological Systems
   2. Critical Analysis and Reasoning Skills (CARS)
   3. Biological and Biochemical Foundations of Living Systems
   4. Psychological, Social, and Biological Foundations of Behavior
4. *MCAT test schedule*

|  |  |  |
| --- | --- | --- |
| Section | Questions | Length |
| Tutorial | - | 10 mins |
| Chemical and Physical Foundations of Biological Systems | 59 | 95 mins |
| Break | - | 10 mins |
| Critical Analysis and Reasoning Skills (CARS) | 53 | 90 mins |
| Lunch | - | 30 mins |
| Biological and Biochemical Foundations of Living Systems | 59 | 95 mins |
| Break | - | 10 mins |
| Psychological, Social, and Biological Foundations of Behavior | 59 | 95 mins |
| Total Test Time | - | 6 hours, 15 minutes |
| Total Seated Time | - | 7 hours, 30 minutes |

1. *MCAT Scoring:* 
   1. Maximum score is a 528
      1. 50th percentile = 500
      2. 80th percentile = 508
      3. 95th percentile = 516
   2. Maximum sectional score is a 132
      1. 50th percentile = 125
      2. 80th percentile = 127
      3. 95th percentile = 129
2. *Studying for the MCAT*
   1. The 2nd semester before your MCAT should typically consist of 3-6 hours a week
   2. The semester before your MCAT should typically consist of 10-15 hours a week
   3. The 3-4 weeks before your MCAT should typically consist of 8-10 hours a day
3. *Studying material*
   1. Khan Academy! Khan academy is a great resource for all things MCAT. They have so many helpful videos and can be used to supplement material from Kaplan books or a secondary studying tool. Khan academy actually partnered with the AAMC for the purposes of the MCAT. You can find the studying materials here: <https://www.khanacademy.org/test-prep/mcat>
   2. Kaplan: as a partner with PhiDE, all members receive 10% off of Kaplan courses and all executive members receive 50% off. These courses are personalized and come with books. The link for Kaplan programs can be found here: <https://www.kaptest.com/mcat/kaplan-mcat-prep/november?&mkwid=sPRWnSWnz_dc&pcrid=161334627744&pmt=e&pkw=kaplan%20mcat&gclid=CJmF28zovNACFZM6gQodGhEPog>
   3. Examkrackers: Examkrackers are another study tool that some prefer over Kaplan. It’s slightly less money. The link can be found here: <http://www.examkrackers.com/Store/Default.aspx>
   4. Princeton Review: Princeton review has notecards, books, and is a popular source for practice exams leading up to the testing date. The link can be found here: <https://www.princetonreview.com/medical/free-mcat-practice-test>

Volunteering and Community Involvement Options5

1. Medical schools love to see that you’re involved in your community, giving back in any way that you can.
   1. For medical as well as non-medical volunteering, long-term is the best. When you are looking for options as to where you would like to begin volunteering, keep your goals in mind. This include things such as…
      1. What future specialty am I passionate about?
      2. What future specialty can I see myself in?
      3. What do I want to get out of this (e.g. more people skills, more patient interaction, more background into medicine, etc.)
2. Thanks to Jon Markle, you can access a plethora of options and contact information in a Google Doc here: <https://docs.google.com/spreadsheets/d/1-hVw7_5vT2RSh_ranVlbkxi3YBrbK2OiRHQ6vpgP4PQ/edit#gid=0>
   1. Included in this Google Doc are opportunities for…
      1. Clinical research
      2. Clinical shadowing
      3. Clinical volunteering
      4. Non-clinical volunteering

Military Medical Opportunities6

Thanks to Cheyanne Wilson, below contains information on medical opportunities within each military branch. Cheyanne is currently a combat medic and provided information for us on opportunities through the military. The military often offers some exceptional opportunities for up and coming physicians. If you’d like to inquire about these, you can find them below. Because Cheyanne is part of the Army, she provided more information on that particular branch. More information on the other branches can be found via the links provided.

1. US Army:
   1. Combat Medic/68W MOS
      1. This is one of the various jobs in the US Army that allows you to become more advanced in your medical career. However, it is a combat job so you will be considered for deployments and be closer to the action than some other jobs if you were to be deployed.
      2. Some, but not all, of the many procedures that you learn during this job are needle chest decompressions, injections, IV’s/saline locks, emergency cricothyroidotomy, and F.A.S.T one’s.
      3. Through this training you also become a nationally registered EMT, as well as CPR certified, that allows you to be an EMT in the civilian world while you are not on military orders.
      4. This job is available to Army Active, Army Reserve and Army National Guard soldiers. You must first complete Basic Training to move on to this training.
      5. Even though some may think that being deployed is a bad thing, it not always is. One of the most honorable things for a medic in the military is earning the title “Doc” from their fellow soldiers and battle buddies. Every soldier that you are responsible for, to keep alive, looks to you when things go wrong and expects you to know what to do. It is a truly humbling experience to know that you are the person that could be the difference between another soldier coming home alive versus deceased.
   2. Enlisting after you have you Medical Degree
      1. Once you have received your Medical Degree you can still enlist in the military. You would be coming in as an Army Officer, which still permits you to be deployed. If you were to be deployed you wouldn’t be as close to any hot spots in the field, you would be more oriented towards a hospital setting.
   3. Enlisting as a Combat Medic and going to Medical School
      1. There is a path to be a combat medic and then go to medical school. This is called a green to gold path because you come in as enlisted personnel and then go to training to become an Army Officer. If you do plan to do this path it is highly recommended to do your training for combat medic a few years in advance to going to medical school that way it is actually beneficial to you and not a waste of time.
2. US Marines:
   1. The Marines do not offer many medical job opportunities. They receive most of their medical care from Navy Corpsmen. Some of the ways that you can have a Marine medical career are to join as a nurse or physician.
   2. <http://www.militaryspot.com/marines/marine-corps-healthcare-careers>
3. US Navy:
   1. Navy Corpsman
      1. This training is very similar to that of the US Army Combat Medic.
   2. <https://www.navy.com/careers/healthcare.html>
4. US Air Force:
   1. <https://www.airforce.com/careers/>
5. US Coast Guard:
   1. <http://www.gocoastguard.com/active-duty-careers/enlisted-opportunities/view-job-descriptions>

Time Management7

Perhaps one of the most stressful things about this pathway and our majors is managing our time and our busy lives. Getting a strategy can be hard and finding the one that works for you may take some time. In any case, however, a system for time management and prioritization is essential for success in this field. Thanks to Autumn, here’s how you can do this: Keep a strict planner. Make days to go to the gyms and have time for your hobbies. For each day make a to do list and complete it. Long term projects, say two weeks out? Work on that project every other day for an hour or two! Get it done a few days in advance so you don’t have to worry about it the night before and just in case anything happens to it, you still have time to rework it. Being studying in advance, too! Even for half an hour a day two weeks before the big exam. Repetition is key; work smarter than harder.

Tips and tricks:

* Make a to do list every day.
* Take work with you places in case you find extra time.
* If people ask you to hang out or any last-minute plans, don’t be afraid to say no.
* Find ways to motivate yourself—eat some M&Ms every time you finish a page in your textbook, for example.
* Find the time of day you feel most productive and work with it.
* When devoting yourself to schoolwork keep your phone in a different room.
* Try to budget your time (i.e. keep a planner & to-do list).
* Make key tasks habit.
* Have buffer/break time so you don’t burn out.
* Think: work smarter, not harder!!

Back Ups to Medicine7

Though it’s not ideal, it is smart and logical to have a back-up career if the medical field does not work out or if you decide that becoming a physician is not for you. Often times they will ask in an interview what you would want to do besides being a physician, so it’s important for you to consider your options. You are all incredibly intelligent and I believe you can get to where you want to go, without a doubt. Pathways change, and that’s okay.

Here’s some alternatives to get you thinking:

* PA school
* Research
* Public health consultant
* Lab tech in a hospital or doctor office
* Geneticist
* Medical writer/editor
* Health administration
* Biotechnology
* Medical librarian
* Health care advisor
* Education

Personal Journey: What are my values?

Leading a life according to your values is something that is very important as a physician. Think inward and think about 3-5 of your core values. Things that you guide your life by. Give examples of each of these as these very well might come up in a medical school interview

|  |  |
| --- | --- |
| My Core Value | Examples of How I Live By This |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

Personal Journey: Shadowing Experience

When you go to fill in your 15 experiences in your application or talk about what you have done in an interview, it’s going to be important to be able to thoughtfully discuss your past. Below is a template for taking note of somethings that happened during your shadowing experience. I recommend actually bringing a notepad with you (one that fits in the pocket of your scrubs or coat) and jotting down these notes throughout the day

|  |  |  |  |
| --- | --- | --- | --- |
| Physician and specialty | Date(s) and Length of Time Spent | Cases I saw | Key take aways |
|  |  |  |  |
|  |  |  |  |

Personal Journey: Volunteering Experience

When you go to fill in your 15 experiences in your application or talk about what you have done in an interview, it’s going to be important to be able to thoughtfully discuss your past. Below is a template for taking note of somethings that happened during your volunteering experience. I recommend actually bringing a notepad with you (one that fits in the pocket of your scrubs or coat) and jotting down these notes throughout the day

|  |  |  |
| --- | --- | --- |
| Volunteering Experience | Things That Happened Today | Key Take Aways |
|  |  |  |
|  |  |  |

Personal Journey: Medical Schools I Want to Apply to

It is recommended to apply to 13-15 medical schools during your application cycle. It is important to know why you want to go there and what draws you to that specific school, as you most likely will be asked in an interview that exact question. Below is a running list you can keep of the schools you are interested in and why you are interested in them.

|  |  |  |
| --- | --- | --- |
| Medical School | Location and Tuition | Why I Want to go Here |
|  |  |  |
|  |  |  |
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Helpful Sources and Special Thanks

(Note: Each superscript within the survival guide denoted a source)

1. *“The premed playbook: Guide to the Medical School Interview: Be Prepared, Perform Well, Get Accepted,” by Ryan Gray, MD*.
2. Dr. John Johnson’s PowerPoint: Medical School Application Workshop
3. President Kaylee Krager
4. MSAR: Medical School Admissions Requirements
5. Volunteering Chair Jon Markle
6. Vice President of Recruitment Cheyanne Wilson
7. Vice President of Finance Autumn Patz