Pre-professional/Allied Health Advising Center

Winter Quarter 2015 Presentation to 3rd and 4th Year Students

By:

Todd Schuster – Academic Advising

Robert M. Dores – Biological Sciences
Pre-med FAQ

Todd Schuster, M.Ed.
What should my major be?

- Most medical schools do not require a specific major. Therefore, you may major in almost anything. You should consider a major which you enjoy, in which you will perform well and which may serve as a basis for further graduate work or employment should you choose not to apply to or are not admitted to medical school. Admissions committees expect variety in educational programs, so you should take courses in a wide variety of subject areas, no matter what you decide to declare as a major.
<table>
<thead>
<tr>
<th>2013 Statistics</th>
<th>Applicants</th>
<th>Admitted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average Overall GPA</td>
<td>3.54</td>
<td>3.69</td>
</tr>
<tr>
<td>Average Science GPA</td>
<td>3.44</td>
<td>3.63</td>
</tr>
<tr>
<td>Average Non-science GPA</td>
<td>3.66</td>
<td>3.76</td>
</tr>
<tr>
<td>Average MCAT Score</td>
<td>28.4</td>
<td>31.3</td>
</tr>
<tr>
<td># of Applications Received</td>
<td>690,281</td>
<td></td>
</tr>
<tr>
<td># of Applicants</td>
<td>48,014</td>
<td></td>
</tr>
<tr>
<td># of Matriculates</td>
<td>20,055</td>
<td></td>
</tr>
<tr>
<td>Average # of applications</td>
<td>9.0</td>
<td></td>
</tr>
</tbody>
</table>

Source: Association of American Medical Colleges (www.aamc.org)
**Osteopathic/D.O. programs**

<table>
<thead>
<tr>
<th>2013 Statistics</th>
<th>Applicants</th>
<th>Admitted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average Overall GPA</td>
<td>3.42</td>
<td>3.50</td>
</tr>
<tr>
<td>Average Science GPA</td>
<td>3.27</td>
<td>3.38</td>
</tr>
<tr>
<td>Average Non-science GPA</td>
<td>3.54</td>
<td>3.6</td>
</tr>
<tr>
<td>Average MCAT Score</td>
<td>25.9</td>
<td>26.87</td>
</tr>
<tr>
<td># of Applications Received</td>
<td>137,542</td>
<td></td>
</tr>
<tr>
<td># of Applicants</td>
<td>16,454</td>
<td></td>
</tr>
<tr>
<td># of Matriculates</td>
<td>6,135</td>
<td></td>
</tr>
<tr>
<td>Average # of applications</td>
<td>7.7</td>
<td></td>
</tr>
</tbody>
</table>

*Source: American Association of Colleges of Osteopathic Medicine (www.aacom.org)*
What is a D.O.?

- A D.O. (Doctor of Osteopathic Medicine) is a licensed, board certified physician, who has attended medical school and has completed a residency in a medical specialty. Osteopathic physicians are known to approach diagnosis and medical treatment in a holistic manner. Many D.O.'s specialize in primary care.
What is the MCAT?

- Future MD and DO students must take the Medical College Admission Test (MCAT) before applying to medical school. The MCAT tests knowledge of physical science (chemistry and physics), biological science (biology, organic chemistry, biochemistry), and verbal reasoning skills. Starting in spring 2015, the test will also include a section on behavioral science (psychology and sociology). The new exam will measure Foundational Concepts, Content Categories, and Scientific Inquiry and Reasoning Skills. The new exam is designed to help prepare tomorrow’s doctors for the challenges, advancements, and reformations of our future health care system. Application is made through a centralized service called AMCAS (American Medical College Application Service).
When do I take the MCAT?

- Generally, you apply to medical schools before the beginning of your senior year (or a year before you plan to enter), so you should take the admissions test by the spring or summer after your junior year. If offered during the application cycle, you may repeat the test if you are not happy with your scores and you have a good reason to think your score will improve. However, we encourage you to be as prepared as possible the first time you take the test.
What do medical schools consider when evaluating applicants?

- The criteria for admission varies from school to school, but usually include academic record (GPA), MCAT, letters of recommendation, demonstrated knowledge and commitment to the profession and a personal interview. Personal characteristics such as integrity and maturity are considered. Early in your college career you should consider exploring the medical field through volunteering, employment, shadowing and research for credit.
What GPA do I have to have to get into medical school?

- This varies from school to school. However, the majority of students accepted to medical school have a GPA of approximately 3.5 or higher. It is particularly important that you perform well in your science courses. It is important for those considering professional school to be realistic about the extent to which performance meets admissions expectations.
Is it all over if I have a bad semester?

• Admission committees look at the "big picture" as they evaluate applicants. They realize that every student does not hit the ground running when they enter college. Admission committees expect an excellent academic record, but will make some allowances for a problem quarter, slow start or rough spot. If academic problems arise, you must bounce back and perform better than ever to show that the problem was an exception, rather than the rule.

• Prof. Dores will provide more specific comments
So will I need letters of recommendation?

- Yes. Most schools require two letters from science professors that have had you in class and one letter from a non-science professor. Other references include:  
  a) an expert from field who has observed you as you have volunteered, done research, etc.; 
  b) a person who is certified in the field/career that you wish to enter (e.g., medical doctor, PA, Vet, dentist, nurse, etc.); and 
  c) a person who can verify how you think, that you are competent, mature, and/or unique.

- Prof. Dores will provide a list of items to give to prospective references.
Is financial aid available?

- Amounts and types of aid vary from school to school, as does the cost of your education. You should investigate the costs early in your undergraduate career. Knowing that you are probably going to incur a substantial loan debt for medical school may affect the way that you borrow for your undergraduate education. Most applicants are eligible for government originated aid; apply during January of your application cycle, even if you are still waiting to find out whether or not you have been accepted. Apply for aid at http://www.fafsa.ed.gov/. For more information on financing your medical education, visit the AAMC and the AACOM.
## 2015 MCAT

<table>
<thead>
<tr>
<th>Section</th>
<th>Science Topics</th>
<th>Number of Questions</th>
<th>Number of Minutes</th>
</tr>
</thead>
</table>
| Biological and Biochemical Foundations of Living Systems | Biochemistry (25%)  
Biology (65%)  
Remaining (10%): General & O-Chem | 67                  | 95                |
| Chemical and Physical Foundations of Biological Systems | Biochemistry (25%)  
General Chemistry (33%)  
Organic Chemistry (15%)  
Physics (25%) Remaining 2%: Biology | 67                  | 95                |
| Psychological, Social, and Biological Foundations of Behavior | Psychology (60%)  
Sociology (30%)  
Biology (10%) | 67                  | 95                |
| Critical Analysis & Reasoning Skills         | None. All info is contained in the passages                 | 60                  | 90                |
MCAT Changes

- 6 hours & 15 minutes testing time (from 3 hours & 20 minutes)
- Increased Biochemistry Psychology and Sociology sections

<table>
<thead>
<tr>
<th>Science Subject</th>
<th>Total Questions ’14</th>
<th>Total Questions ‘15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biology</td>
<td>39</td>
<td>52</td>
</tr>
<tr>
<td>General Chemistry</td>
<td>26</td>
<td>25</td>
</tr>
<tr>
<td>Organic Chemistry</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>Physics</td>
<td>26</td>
<td>17</td>
</tr>
<tr>
<td>Psychology</td>
<td>0</td>
<td>40</td>
</tr>
<tr>
<td>Sociology</td>
<td>0</td>
<td>20</td>
</tr>
<tr>
<td>Biochemistry</td>
<td>0</td>
<td>33</td>
</tr>
<tr>
<td>Verbal Reasoning/CARS</td>
<td>40</td>
<td>60</td>
</tr>
<tr>
<td>Total</td>
<td>144</td>
<td>261</td>
</tr>
</tbody>
</table>
3rd & 4th Year Students

• The Application Process
• Selecting Schools
The Application Process
I. Information about applying to medical school, dental school or graduate programs in PT, PA, or Nursing

- Contact Todd Schuster in the Academic Advising office
- Make an appointment (todd.schuster@studentlife.du.edu)
Preparing for the MCAT or DAT

- Start at least one quarter before you actually take the test.
- For example, start now if you plan to take the exam in April, May or June
- Are Prep courses useful?
- How is better Kaplan or Princeton Review?
- What will be the challenges with MCAT 2015?
- If you are taking the GRE for PT or PA school....
V. What makes a good reference letter?

What information do your references need?
- APR or unofficial transcript – need to know your GPA
- Resume
- Major, Minor(s), Concentrations
- Academic Awards
- Volunteer experiences (health-care related)
- Internships (health-care related)
- Community Service
- Personal Statement (if required for your application)
- Scores on standardized tests (i.e., MCAT, DAT, GRE) include range?

VI. When do you need the letter
- Medical and Dental school applicants – at the time that you start 2° applications
- PT, PA, Nursing – before the application deadline

VII. How many letters
- depends on the school
VIII. Types of Letters
- Individual
- Register your reference through an online system
- Committee letter
- Check this box on your application
- Contact the Biology Office if you want a Committee letter

- Items for a committee letter
- Resume (GPA and standardized test scores)
- Personal statement
- Copies of your letters of recommendation (no more than 4)
- I usually write the summary statement working with an ad hoc committee
- The Committee Statement is an evaluation
Selecting Schools
Selecting Schools

Comments relevant for all Preprofessional/Allied Health Programs

It is important to identify schools that you may apply to:

You need to be aware of GPA/Test score expectations

Unique course requirements

Cost of applying, and cost to attend

How many schools should you look at?

At this stage 10 to 20

You may narrow this list down based on several criteria
To discuss specific schools that fit your GPA and MCAT scores make an appointment to Prof. Dores
What do you do if you are not making these marks?

4th year students: may need to apply to a graduate program

3rd year students: may need to consider applying to graduate programs before applying to professional school

Final Comments

If you are a 4th Year Students and you have taken the appropriate entrance test and you like your scores:

- Line up references in Winter Quarter and start working on your personal statement