SOS Presents:

Medical School Seminar

Slides will be available on the SOS website
Who are we?

- Shabnam Ullah
  - 3rd Year Biomedical Science
  -ullahsha@my.yorku.ca

- Joshua Torchia
  - 3rd Year Biology
  - joshua16@my.yorku.ca

- Andrew Castillo
  - 3rd Year Biomedical Science and Psychology
  - andrewpc@my.yorku.ca
What is a doctor’s job like?

* Physicians diagnose and care for people
  * all ages who are ill or injured.
* Medical decisions are made from:
  * medical histories
  * perform physical examinations
  * conduct diagnostic tests
  * recommend and provide treatment
  * advise patients on their overall health and well-being.
Different Types of Physicians

- Primary Care (Pediatricians, Family Practitioners and General Internists)
- Surgeons
- Specialists
How much education does it take to become a doctor?

Typically takes 10 to 16 years

- Undergrad
- Medical School
- Residency Training*
- (Three to four years)
- (Four years)
- (Three to eight years)*

*Includes Fellowship which varies depending on specialty area
What is the lifestyle like?

* Work hours unpredictable
  * Common to work more than 60 hours a week
    * Overtime and occasionally night shifts
  * Work hour vary depending on type, size of practice, and location
What will you need?
(Agenda)

- Extra-curricular involvement
- Medical College Admissions Test (MCAT)
- OMSAS Application System
- Admission Requirements (Ontario)
- Interviews
Extra Curricular Opportunities

* Research Opportunities
  * RAY (Research @ York)
  * Work-study positions with professors

* Volunteer Opportunities
  * Shadowing Doctors
  * Hospitals
  * Medical Clinics

* Leadership Positions
Computer-based exam

Test knowledge in these four categories

* Chemical and Physical Foundations of Biological Systems
* Critical Analysis and Reasoning Skills (CARS)
* Biological and Biochemical Foundations of Living Systems
* Psychological, Social and Biological Foundations of Behavior
MCAT Breakdown

NEW TEST

- General Chemistry I
- General Chemistry II
- Organic Chemistry I
- Organic Chemistry II
- Physics I
- Physics II
- Biology I
- Biology II
- Biochemistry I
- Intro Sociology
- Intro Psychology
7 hours 30 minutes with breaks

* Chemical and Physical Foundations of Biological Systems
  * 59 items, 95 minutes

* Critical Analysis and Reasoning Skills (CARS)
  * 53 items, 90 minutes

* Biological and Biochemical Foundations of Living Systems
  * 59 items, 95 minutes

* Psychological, Social and Biological Foundations of Behavior
  * 59 items, 95 minutes
Breakdown of MCAT

2015 MCAT
* In each science sections
  * 10 Passages with 4–7 questions
  * 15 stand-alone questions
* CARS Section
  * 9 passages
Scoring Scale

MCAT2015 has four test sections:

- **Chemical and Physical Foundations of Biological Systems**: 118 to 132
- **Critical Analysis and Reasoning Skills**: 118 to 132
- **Biological and Biochemical Foundations of Living Systems**: 118 to 132
- **Psychological, Social, and Biological Foundations of Behavior**: 118 to 132

**MCAT2015 Total Score**

- With centers at 125, section scores range from 118 to 132.
- The section scores sum to the total score.
- With its center at 500, the total score ranges from 472 to 528.
# MCAT Administration

## Registration Fees (in USD)

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<th>Bronze Zone</th>
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Many Resources

* Sample test
* Khan Academy MCAT Collection
* Textbook list for Psychology and Sociology
* Preparation Courses (Kaplan, Princeton, Examcrackers Courses)
* Preparation Books (Kaplan, Examcrackers Textbooks)
Voiding your exam
* Wrote exam but *don’t want it* to be marked
* This option given at the end of the exam
* No refunds
How many times can I write the MCAT?

- The MCAT can be written:
  - 3 times in a single testing year
  - 4 times in a two consecutive-year period
  - 7 times in a lifetime
What happens if I void my MCAT?

- Your test will not be scored
  - Medical schools will not know that you wrote the exam
- The voided exam will still count towards one of your 3 allowed attempts in the given year
* Ontario Medical School Application Service
  * Application Service Fee: $220
  * Additional institutional fees apply ($12 per transcript)

* Deadlines:
  * Registration Deadline: Sept 15 yearly
  * Application Deadline: Oct 1 yearly
  * Interview: Late Feb to Late Mar
  * First offers of admission: May 9, 2017
OMSAS

* Autobiographical Sketch
  * Who are you?
    * Formal education
    * Employment
    * Volunteer activities
    * Extracurricular activities
    * Awards and accomplishments
    * Research
    * Other

* Note: Only Activities From Age 16+
## Undergraduate Grading System Conversion Table

### OMSAS 2016

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Schools in Ontario

* McMaster University – $125
* University of Toronto – $110
* University of Western Ontario – $100
* Northern Ontario School of Medicine – $85
* University of Ottawa – $100
* Queen’s University – $100
University of Toronto
University of Toronto
Academic Requirements

* Minimum of **3 years** of **undergraduate** work
  * 90 credits (**weighting formula** for full course load)
  * **28 credits** is a full course load
* GPA cutoff: **3.6/4** (Summer Courses do not count)
* MCAT cutoff: **125 in each of the four sections**
  Accepts International Students
* **260/3500** students accepted in 2015
* [http://www.md.utoronto.ca/admissions/information.htm](http://www.md.utoronto.ca/admissions/information.htm)
University of Toronto
Course Prerequisites

* **Required**
  * 2 full course equivalents in Life Sciences
    * Examples: Biology, Anatomy, Biochemistry, etc
  * 1 full course equivalent in humanities/social science/language

* **Recommended**
  * Course in Statistics
* Confidential Assessment Forms
  * 3 letters of reference

* Autobiographical Sketch
  * 3 statements (250 words or less) outlining three activities and/or achievements from your sketch
University of Toronto
Non–Academic Requirements

* Personal Essays
  * 4 essays (250 words or less) (May vary year to year)
    * Question 1: Define what altruism means to you in the context of medicine.
    * Question 2: Describe a lesson you learned while collaborating in a paid or unpaid work environment.
    * Question 3: “Man is by nature a political animal.” – Aristotle. Discuss what this quote means to you in regard to advocacy by physicians.
    * Question 4: Describe a time during your academic career when a specific topic interested you so much that you continued your learning beyond the classroom. How did you do this?
### University Statistics - 2015 Entering Class

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<td><strong>TOTAL</strong></td>
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McMaster University
McMaster University
Academic Requirements

* Minimum of **3 years** of undergraduate work
  * 90 credits (full course load not required)
  * Prerequisites: **None**
* 205/5271 applicants admitted to the Class of 2018
* GPA cutoff: **3.0** (Cumulative)
* MCAT cutoff: **CARS 123**
* **CASPer** (Computer-based Assessment for Sampling Personal Characteristics)
  * Assessment of interpersonal skills and decision-making
  * 90 minutes
* Basic Life Support Training for Health Care
* Confidential Assessment Forms
Western University
(University of Western Ontario)
Western University
Academic Requirements

* 4 year undergraduate degree
  * 120 credits
  * Prerequisites: none
* GPA cutoff: 3.70
  * Calculated from the 2 best years with full course load
  * 60% course load should be at the level of that year of study or higher
  * GPA minimum must be met in EACH of the 2 best years
  * Summer Courses will not be counted but may be used for fulfilling prereq requirement
* MCAT cutoff (varies annually)
Western University
Non-Academic Requirements

- Confidential Assessment Forms
  - 3 letters of assessment
- Police Record Check
- Basic Life Support Training
  - Standard first aid and a CPR Basic Rescuer course (Level C)
- Immunization Requirements
Northern Ontario School of Medicine
4 year undergraduate degree
- 120 credits
- Prerequisites: none
  - Recommended
  - Science majors: 2 full course equivalents in arts/social sciences/humanities
  - Art/social science/humanities majors: 2 full course equivalents in science

GPA cutoff: 3.0
- Cumulative

MCAT: not required

Confidential Assessment Forms
University of Ottawa
Minimum of 3 years of undergraduate work
- 90 credits (full course load required)
- GPA cutoff: 3.5 (WGPA)
  - The most recent 3 years (full course load)
  - First year multiplied by a factor of 1, second year by a factor of 2, and the third year by a factor of 3
- MCAT: not required
University of Ottawa
Prerequisites

* **Prerequisites**
  * 1 full course equivalent in **General Biology** (BIOL1000&1001)
  * 1 full course equivalent in **Humanities/Social Science**
    * Any course that is not considered to be a science course, with the exception of a second language course
  * 2 full course equivalents in the following: (cannot all be from the same subject)
    * **General Biochemistry** (without lab); BIOL2020 or CHEM2050
    * **General Chemistry** (with lab); CHEM1000&1001
    * **General Organic Chemistry** (with lab); CHEM2020&2021
* Courses taken in summer sessions are not added to the GPA calculations.
University of Ottawa
Non–Academic Requirements

- **CASPer** (Computer–based Assessment for Sampling Personal Characteristics)
  - Assessment of interpersonal skills and decision–making
  - 90 minutes
- Confidential Assessment Forms
- Detailed Autobiographical Sketch
Queen’s University
Queen’s University
Academic Requirements

* Minimum of **3 years** of **undergraduate** work
* 90 credits
* Prerequisites: **none**

* GPA cutoff: **varies** from year to year
  * 2 GPAs are calculated
    * **Cumulative GPA** (CGPA)– Summer Courses included
    * **Most recent two full-time years GPA** (2YGPA)– Summer Courses do not count
      * At least 3 courses per semester (considered full course load)
      * Do not have to be sequential

* **MCAT** cutoff: **varies** from year to year
  * 1st cutoff: cGPA. If you do not meet this cutoff, 2YGPA is considered for the cutoff

* Confidential Assessment Forms
Schools in Canada

- Dalhousie University
- McGill University
- Memorial University of Newfoundland
- Universite Laval
- University of Alberta
- University of British Columbia
- University of Calgary
- University of Manitoba
- University of Montreal
- University of Saskatchewan
- University of Sherbrooke
Schools in the United States

* 135 medical schools in the United States
* School specific requirements
  * Physics and English
  * Some accept Humanities instead of English
* Apply via AMCAS
  * https://services.aamc.org/30/msar
Interviews

Assessing your personal qualities

* Personal qualities – Maturity
* Personal experiences and interests
* Exposure to health care and medical research environments
* Potential contributions to the campus and community
* Ability to communicate
Preparation

* Plan your trip carefully
* Dress accordingly to weather
* Dress comfortable
* Practice common questions
* Know your application
* Be honest and sincere
* Be ready to discuss your research in layman’s terms
* Thank everyone who helped
Panel Interviews

* More than one interviewer interviews you the same time
* May be interviewed with other candidates together
* Interviewers can be faculty, students, admission officer
* May be open file, blind or partial blind (The reviewing of applicant’s file before interviews)
Multiple Mini Interview (MMI) format

10–station circuit
* Each station lasts 8 minutes with a 2–minute break between stations

Topics may include:
* ethical decision making
* critical thinking
* Personal
* communication skills
* knowledge of the health care system
MMI possible scenarios

* Interaction with an actor
* A writing station
* Interaction with other candidates
* Standard interview station
* Ethical scenario with questions
Guest speaker

Lior Krimus
3rd Year Medical Student at University of Toronto
Questions?

* bethune.yorku.ca/sos
  * sos.info.yorku.ca/sos-seminars/

* Shabnam Ullah: ullahsha@my.yorku.ca
* Joshua Torchia: joshua16@my.yorku.ca
* Andrew Castillo: andrewpc@my.yorku.ca
Upcoming Seminars

* How to Get into Graduate School
  * Wednesday October 5th
  * BC 320 – 5:30 to 7:00 pm

* How to get into Dental School
  * Wednesday October 12th
  * BC320 – 5:30 to 7:00 pm
Reference

* [http://www.ouac.on.ca/omsas/](http://www.ouac.on.ca/omsas/)
* [https://www.aamc.org/students/applying/mcat/mcat2015/](https://www.aamc.org/students/applying/mcat/mcat2015/)
* [http://meds.queensu.ca/education/undergraduate/prospective_students](http://meds.queensu.ca/education/undergraduate/prospective_students)
* [http://t_s.mcmaster.ca/mdprog/](http://t_s.mcmaster.ca/mdprog/)
* [http://www.md.utoronto.ca/admissions.htm](http://www.md.utoronto.ca/admissions.htm)
* [http://www.schulich.uwo.ca/medicine/undergraduate/future_students/admission/requirements.html](http://www.schulich.uwo.ca/medicine/undergraduate/future_students/admission/requirements.html)
* [http://med.uottawa.ca/undergraduate/admissions/application-process](http://med.uottawa.ca/undergraduate/admissions/application-process)