SOS Presents:

Medical School Seminar

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

- Alia Mazhar
  - 3rd Year Biology and Kinesiology
  - amazhar@my.yorku.ca

- Joshua Lee
  - 2nd Year Biomedical Science
  - doeonlee@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 hours 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

- 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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2017 Schedule for the Medical College Admission Test (MCAT®)

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**MCAT Admin**  **Score Release**
- January 19  February 21
- January 28  February 28
- March 31  May 2
- April 22  May 23
- April 28  May 30
- May 13  June 13
- May 18  June 20
- May 19  June 20
- June 1  July 6
- June 16  July 18
- June 17  July 18
- June 29  August 1
- June 30  August 1
- July 21  August 22
- July 22  August 22
- July 27  August 29
- July 28  August 29
- August 3  September 5
- August 11  September 12
- August 18  September 19
- August 19  September 19
- August 24  September 26
- September 1  October 3
- September 2  October 3
- September 9  October 10
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*
Frequently Asked Questions

* 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
Frequently Asked Questions con’t

* 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:
  * Applications open: July 2017
  * Registration Deadline: **Sept 15** yearly
  * Application Deadline: **Oct 1** yearly
  * Interview: Late Feb to Late Mar
  * Offers of Admission around May
OMSAS

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

* Note: Only Activities From Age 16+
### OMSAS 2016 Undergraduate Grading System

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**Institutions**

- Acaad
- Alberta
- Alpma
- Athabasca
- B'hop's
- Brandon
- Brock
- Calgary
- Cape Breton
- Carlton
- Concordia
- Dalhousie
- Guelph
- Lakehead
- Laurentian
- Laval
- Lethbridge
- Marbba
- McGill
- McMaster
- Memorial
- Moncnbn
- Montreal
- Mt. Allison
- Mt. St. Vincent
- New Brunswick
- Npissing
- Ottawa
- Prince Edward Island
- Quebec
- Queens
- Regina
- RMCC/CMRC
- Royal Roads
- Ryerson
- Saskatchewan
- Sherbrooke
- Smon Fraser
- St. Francis Xavier
- St. Mary's
- St. Thomas
- Ste-Anne
- Thompson Rivers
- Toronto
- Tret
- Trilhy Western
- USC
- UNBC
- UNI
- Victoria
- Waterloo
- Western
- Wifrid Laurier
- Windsor
- Winnipeg
- York
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
McMaster University
McMaster University
Academic Requirements

- Minimum of 3 years of *undergraduate* work
- 90 credits (full course load not required)
- Prerequisites: None
- 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
- 205/5271 applicants admitted to the Class of 2018
- Basic Life Support Training for Health Care
- Confidential Assessment Forms
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
University of Toronto
Non–Academic Requirements

* 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: Physician and author Abrham Verghese argues that the most important innovation to come in medicine in the next 10 years is human touch. Discuss.
    * Question 2: How does technology impact interactions and or collaborative relationships among healthcare professionals?
    * Question 3: Describe an example of injustice that matters to you. How would a career in medicine allow you to be a better advocate in similar circumstances?
    * Question 4: What is your preferred style of learning? How ahs this impacted your educational development?
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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
Northern Ontario School of Medicine

Academic Requirements

* 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
University of Ottawa
Academic Requirements

* 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, but applicants are encouraged to write the MCAT
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** (2Y GPA)– 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, 2Y GPA is considered for the cutoff
* No longer accepting scores from the old MCAT for the cutoff
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
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/

* Joshua Lee: doeonlee@my.yorku.ca
* Alia Mazhar: amazhar@my.yorku.ca
Upcoming Seminars

* Research and Volunteer Opportunities
  Wednesday February 1st
  BC 320 – 5:30 to 7:00 pm

* How to get into Physiotherapy/Occupational Therapy School
  Wednesday February 8th
  BC 320 – 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)