

# SOS Presents:

# Medical School Seminar

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Slides will be available on the SOS website

# Who are we?

- Alia Mazhar
  - 3<sup>rd</sup> Year Biology and Kinesiology
  - [amazhar@my.yorku.ca](mailto:amazhar@my.yorku.ca)
- Joshua Lee
  - 2<sup>nd</sup> Year Biomedical Science
  - [doeonlee@my.yorku.ca](mailto: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





# MCAT

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



# Test Sections

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

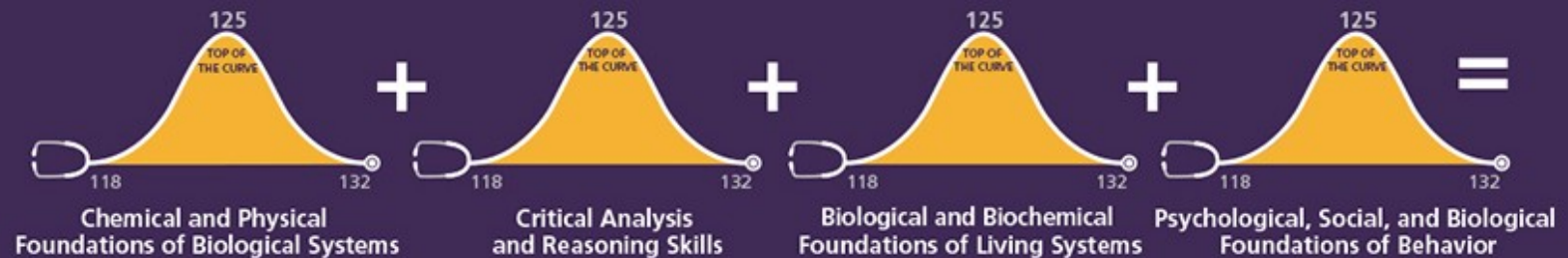
# Breakdown of MCAT

## 2015 MCAT

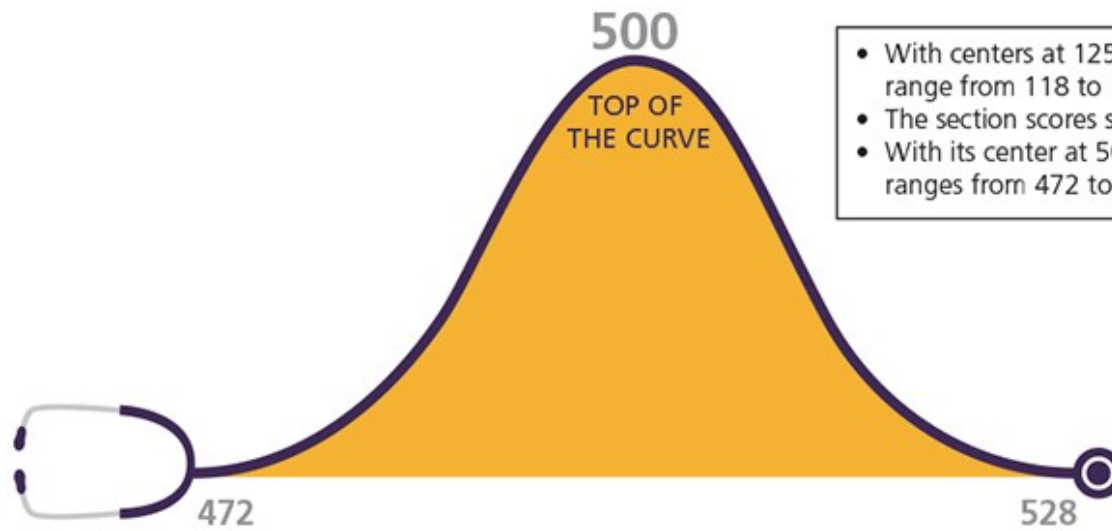
- \* In each science sections
  - \* 10 Passages with 4–7 questions
  - \* 15 stand-alone questions
- \* CARS Section
  - \* 9 passages

# Scoring Scale

MCAT2015 has four test sections:



## 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)

<b>Gold Zone</b> Approx. 1 month or more prior to the exam*		<b>Silver Zone</b> Approx. 3-4 weeks prior to the exam*		<b>Bronze Zone</b> Approx. 1-2 weeks prior to the exam*	
Initial Registration	\$310	Initial Registration	\$310	Initial Registration	\$365
Date and/or Test Center Reschedule Fee**	\$85	Date and/or Test Center Reschedule Fee**	\$145	<i>No Reschedule Option</i>	<i>N/A</i>
Cancellation Refund	\$155	<i>No Cancellation Refund</i>	<i>N/A</i>	<i>No Cancellation Refund</i>	<i>N/A</i>
International Fee**	\$100	International Fee**	\$100	International Fee**	\$100

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



### JAN

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### FEB

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

### MAR

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### APR

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

### MAY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### JUN

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### JUL

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### AUG

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### SEP

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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

- \* <https://www.aamc.org/students/applying/mcat/mcat2015/preparing/265992/preparation.html>
- \* Sample test
- \* Khan Academy MCAT Collection
- \* Textbook list for Psychology and Sociology
- \* Preparation Courses (Kaplan, Princeton, Examcrackers Courses)
- \* Preparation Books (Kaplan, Examcrackers Textbooks)



# MCAT

- \* 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

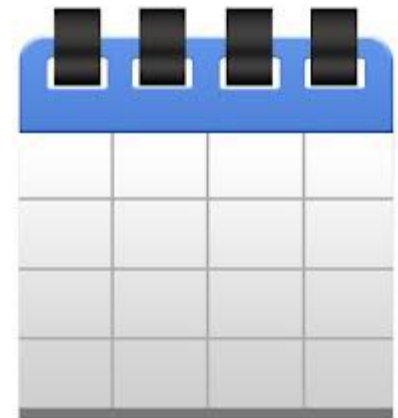
- \* How many times can I write the MCAT?
  - \* The MCAT can be written:
    - \* 3 times in a single testing year
    - \* 4 times in a two consecutive-year period
    - \* 7 times in a lifetime

# 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

# OMSAS

- \* 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+**



# 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>

# 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 Abrahm 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 has this impacted your educational development?

## University Statistics - 2015 Entering Class

University	Location	Count
McGill University	QC	26
McMaster University	ON	69
Queens University	ON	17
University of Guelph	ON	12
University of Ottawa	ON	12
University of Toronto	ON	39
University of Waterloo	ON	9
Western University	ON	36
Other Canadian Universities	Canada	29
Other International Universities	11 'ITL	11
TOTAL		260



# 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 (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
  - \* 1<sup>st</sup> cutoff: cGPA. If you do not meet this cutoff, 2YGPA 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

3<sup>rd</sup> Year Medical Student at University of Toronto

# Questions?

- \* [bethune.yorku.ca/sos](http://bethune.yorku.ca/sos)
- \* [sos.info.yorku.ca/sos-seminars/](http://sos.info.yorku.ca/sos-seminars/)
- \* Joshua Lee: [doeonlee@my.yorku.ca](mailto:doeonlee@my.yorku.ca)
- \* Alia Mazhar: [amazhar@my.yorku.ca](mailto:amazhar@my.yorku.ca)

# Upcoming Seminars

- \* **Research and Volunteer Opportunities**

*Wednesday February 1<sup>st</sup>*

*BC 320 – 5:30 to 7:00 pm*

- \* **How to get into Physiotherapy/  
Occupational Therapy School**

*Wednesday February 8<sup>th</sup>*

*BC320 – 5:30 to 7:00 pm*

# Reference

- \* <http://www.ouac.on.ca/omsas/>
- \* <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.schulich.uwo.ca/medicine/undergraduate/future\\_students/admission/requirements.html](http://www.schulich.uwo.ca/medicine/undergraduate/future_students/admission/requirements.html)
- \* <http://www.nosm.ca/education/ume/general.aspx?id=390>
- \* <http://med.uottawa.ca/undergraduate/admissions/application-process>