

SOS Presents:

Medical School Seminar



Slides will be available on the SOS website

Who are we?

- * Danny Malena
 - * 4rd Year Biomedicine
 - * malena@my.yorku.ca
- * Abdurahman Ibrahim
 - * 2nd Kinesiology
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- * Donya Mahiny
 - * 2nd Kinesiology
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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

- * Pediatricians, family practitioners and general internists
- * Surgeons
- * Specialists

How much education does it take to become a doctor?

Typically takes 11 to 16 years

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

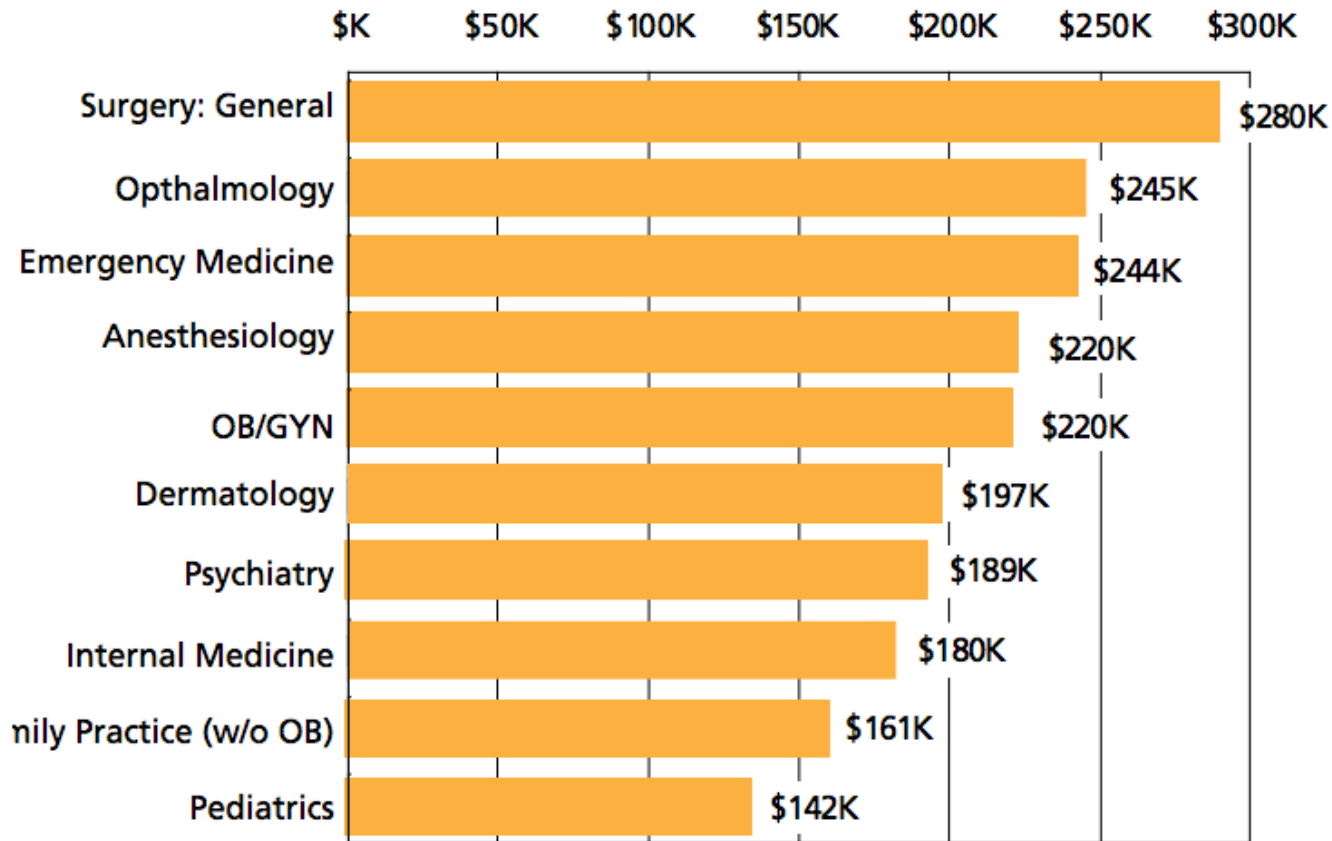
*varies depending on specialty area

What is the lifestyle and salary like?

- * Salaries highest among all occupation
- * Work hours unpredictable
 - * Common to work more than 60 hours a week
- * Work hour vary depending on type, size, and location

SAMPLE SPECIALTIES AND SALARIES:

Median Starting Salary: First Year Post Residency or Fellowship Compensation



Source: Physician Placement Starting Salary Survey: 2013 Report Based on 2012 Data.
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Boulder, Colorado 80112-5306; 303.799.1111. www.mgma.com Copyright 2012.

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

- * Check out the Research and Volunteering Seminars



MCAT

Computer-based exam

Test knowledge in these four categories

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

MCAT has changed

- * Adapt to changing society
- * More material added



MCAT has changed

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NEW TEST



The New Test Sections

Longer MCAT

(3hours 20minutes -> 6hours 15minutes)

- * Biological and Biochemical Foundations of Living Systems
 - * 59 items, 95 minutes
- * Chemical and Physical Foundations of Biological Systems
 - * 59 items, 95 minutes
- * Psychological, Social and Biological Foundations of Behavior
 - * 59 items, 95 minutes
- * Critical Analysis and Reasoning Skills (CARS)
 - * 53 items, 90 minutes

Breakdown of MCAT

2015 MCAT

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

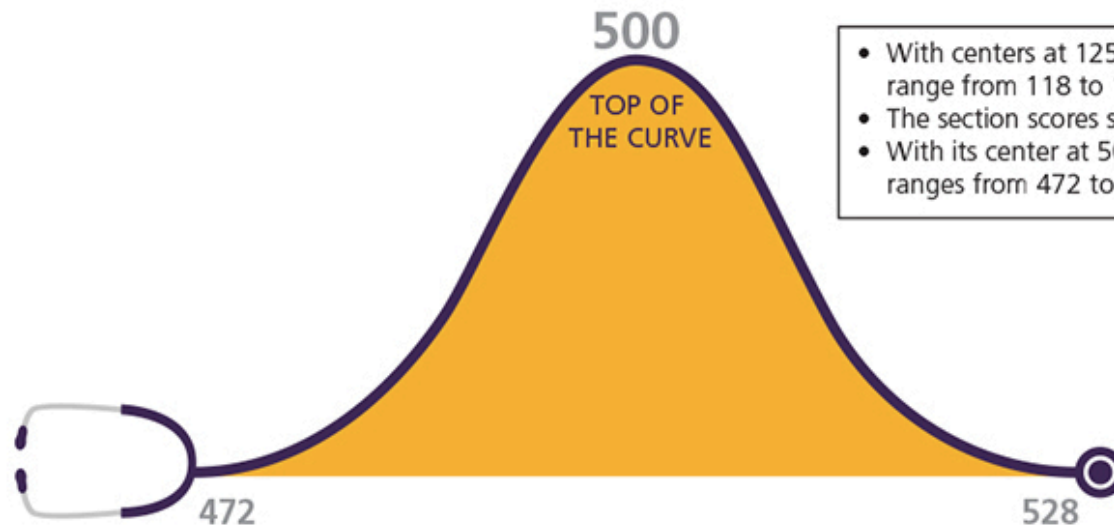
(Information from AAMC Quarterly Update Meeting, May 2014)

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 opens in late October 2016
 - * Registration cost \$300 (2015)
- * MCAT will first be available in January 2015
- * Test dates to run in January, and then April through September 2016

Test Date	Score Release Date
January 22	February 23
January 23	February 23
April 1	May 3
April 23	May 24
May 6	June 7
May 14	June 14
May 20	June 21
June 2	July 6
June 18	July 19
July 8	August 9
July 9	August 9
July 22	August 23
August 4	September 7
August 5	September 7
August 19	September 20
August 20	September 20
August 25	September 27
September 1	October 4
September 9	October 12
September 10	October 12

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, Prep 101 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**

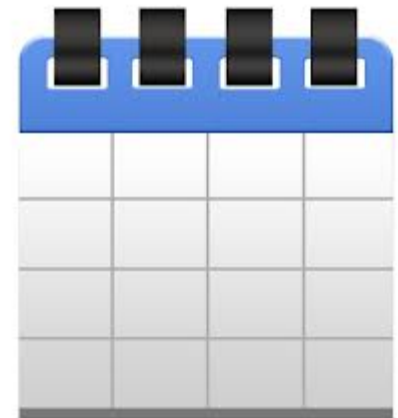
MCAT to test your skills

- * Knowledge of scientific concepts and principles
- * Scientific reasoning and problem solving
- * Reasoning about the design and execution of research
- * Data-based and statistical reasoning

- * scientific inquiry, reasoning, and research and statistics skills

OMSAS

- * Ontario Medical School Application Service
 - * Application Service Fee: \$210
 - * Additional institutional fees apply (\$12 per transcript)
- * Deadlines:
 - * Last date to:
 - * Create an account: **Sept 15, 2016**
 - * Submit application: **Oct 1, 2016**
 - * OMSAS submit GPA +MCAT: Nov 2016
 - * Interview: Late Feb to Late Mar 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+**

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 section (9 for old MCAT)
- * Accepts International Students
- * **259/3000** students accepted each year
- * <http://www.md.utoronto.ca/admissions/information.htm>

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University of Toronto

Prerequisites

* **Required**

- * 2 full course equivalents in Life Sciences
 - * Courses that deal with a life system
 - * Examples: Biology, Anatomy, Biochemistry, etc
- * 1 full course equivalent in humanities/social science/language

* **Recommended**

- * Course in Statistics
- * 2 full course equivalents in courses that require expository writing
 - * Expository writing involves critical evaluation

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)
 - * Define what altruism means to you in the context of medicine.
 - * Describe a lesson you have learned while collaborating in a paid or unpaid work environment.
 - * “Man by nature is a political animal.” ~ Aristotle. Discuss what this quote means to you in regard to advocacy by physicians.
 - * Describe a time in 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 - 2014 Entering Class

University	Location	Count
Dalhousie University	NS	7
McMaster University	ON	69
Queen's University	ON	20
University of Guelph	ON	5
University of Ottawa	ON	10
University of Toronto	ON	55
University of Waterloo	ON	7
Western University	ON	36
York University	ON	5
McGill University	QC	23
Other Canadian Universities	Canada	17
Other International Universities	INTL	5
TOTAL		259

McMaster University



McMaster University

Academic Requirements

- * **Minimum of 3 years of undergraduate work**
 - * 90 credits (full course load not required)
 - * Prerequisites: **None**
- * GPA average: **3.83** (Cumulative)
- * GPA cutoff: **3.0** (Cumulative)
- * MCAT cutoff: **CARS 123** (6 for old MCAT)
- * **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

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- * Minimum of **3 years** of **undergraduate** work
 - * 90 credits (full course load not required)
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- * **GPA average: 3.83 (Cumulative)**
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McMaster University

Academic Requirements

- * For Interview:
 - * 32% GPA, 32% CARS/ Verbal Reasoning Score, 32% CASPer score and bonus 1-4% for having a Master's/ PHD
- * For Collation (full file review)
 - * 70% Multiple Mini Interview Score, 15% GPA, 15% CARS/ Verbal Reasoning Score

University of Western Ontario



University of Western Ontario

Academic Requirements

- * **4 year undergraduate degree**
 - * 120 credits
 - * Prerequisites: **none**
- * GPA cutoff: **3.70**
 - * Calculated from the **2 best years**
 - * **60%** course load should be at the level of that year of study
 - * GPA minimum must be met in EACH of the 2 best years
 - * **Summer Courses will not be counted**
- * MCAT cutoff (varies annually):
 - * Biological Sciences: **12**
 - * Physical Sciences: **9**
 - * Verbal Reasoning: **11**

University of Western Ontario

Academic Requirements

- * **4 year undergraduate degree**
 - * 120 credits
 - * Prerequisites: **none**
- * **GPA cutoff: 3.70**
 - * Calculated from the **2 best years**
 - * **60%** course load should be at the level of that year of study
 - * GPA minimum must be met in **EACH** of the 2 best years
 - * **Summer Courses will not be counted**
- * **MCAT cutoff (varies annually):**
 - * **Biological Sciences: 12**
 - * **Physical Sciences: 9**
 - * **Verbal Reasoning: 11**

University of Western Ontario

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**
- * GPA cutoff: **3.0**
 - * **Cumulative**
- * **MCAT: not required**
- * **CASPer: not required**
- * Canadian citizen or permanent resident (landed immigrant) status
- * Confidential Assessment Forms
- * Autobiographical Sketch

Northern Ontario School of Medicine

Academic Requirements

- * **4 year undergraduate degree**
 - * 120 credits
 - * Prerequisites: **none**
- * **GPA cutoff: 3.0**
 - * **Cumulative**
- * **MCAT: not required**
- * **CASPer: not required**
- * **Canadian citizen or permanent resident (landed immigrant) status**
- * **Confidential Assessment Forms**
- * **Autobiographical Sketch**

University of Ottawa



University of Ottawa

Academic Requirements

- * **Minimum of 3 years of undergraduate work**
 - * 90 credits (full course load required)
- * GPA cutoff: **3.0 (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** ***CASPer now required**
- * Confidential Assessment Forms
- * Detailed Autobiographical Sketch

University of Ottawa

Academic Requirements

- * Minimum of **3 years of undergraduate** work
 - * 90 credits (full course load required)
- * **GPA cutoff: 3.0 (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** ***CASPer now required**
- * Confidential Assessment Forms
- * Detailed Autobiographical Sketch

University of Ottawa

Prerequisites

* Prerequisites

- * 1 full course equivalent in **General Biology** (with lab)
- * 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)
 - * **General Chemistry** (with lab)
 - * **General Organic Chemistry** (with lab)
- * Courses taken in summer sessions accepted as credit value only if they are included above prerequisites, but they are not added to the GPA calculations.

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
- * **Confidential Assessment Forms**

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
- * 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 at 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

Questions?

- * bethune.yorku.ca/sos
- * [Bethune.yorku.ca/events/](http://bethune.yorku.ca/events/)
- * Tony Tran (the guy in the yellow shirt):
tt8042@my.yorku.ca
- * Danny Malena: malena@my.yorku.ca
- * Abdurahman Ibrahim: ibr65@my.yorku.ca
- * Donya Mahiny: donya8@yorku.ca

Upcoming Seminars

- * *How to get into Dental School*
Wednesday October 7, 2015
BC 320 – 5:30 to 7:30pm
- * *How to get into Pharmacy School*
Wednesday October 14, 2015
BC 320 – 5:30 to 7:30pm

Reference

- * <http://www.ouac.on.ca/omsas/>
- * <https://www.aamc.org/students/applying/mcat/mcat2015/>
- * http://meds.queensu.ca/education/undergraduate/prospective_students
- * <http://fhs.mcmaster.ca/mdprog/>
- * <http://www.md.utoronto.ca/admissions.htm>
- * 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>