

# SOS Presents:

# Medical School Seminar



Slides will be available on the SOS website

# Who are we?

- \* Tony Tran
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- \* Tahmineh Toorani
  - \* 4<sup>th</sup> Year Biology
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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)
- \* (fours years)
- \* (three to eight years)\*

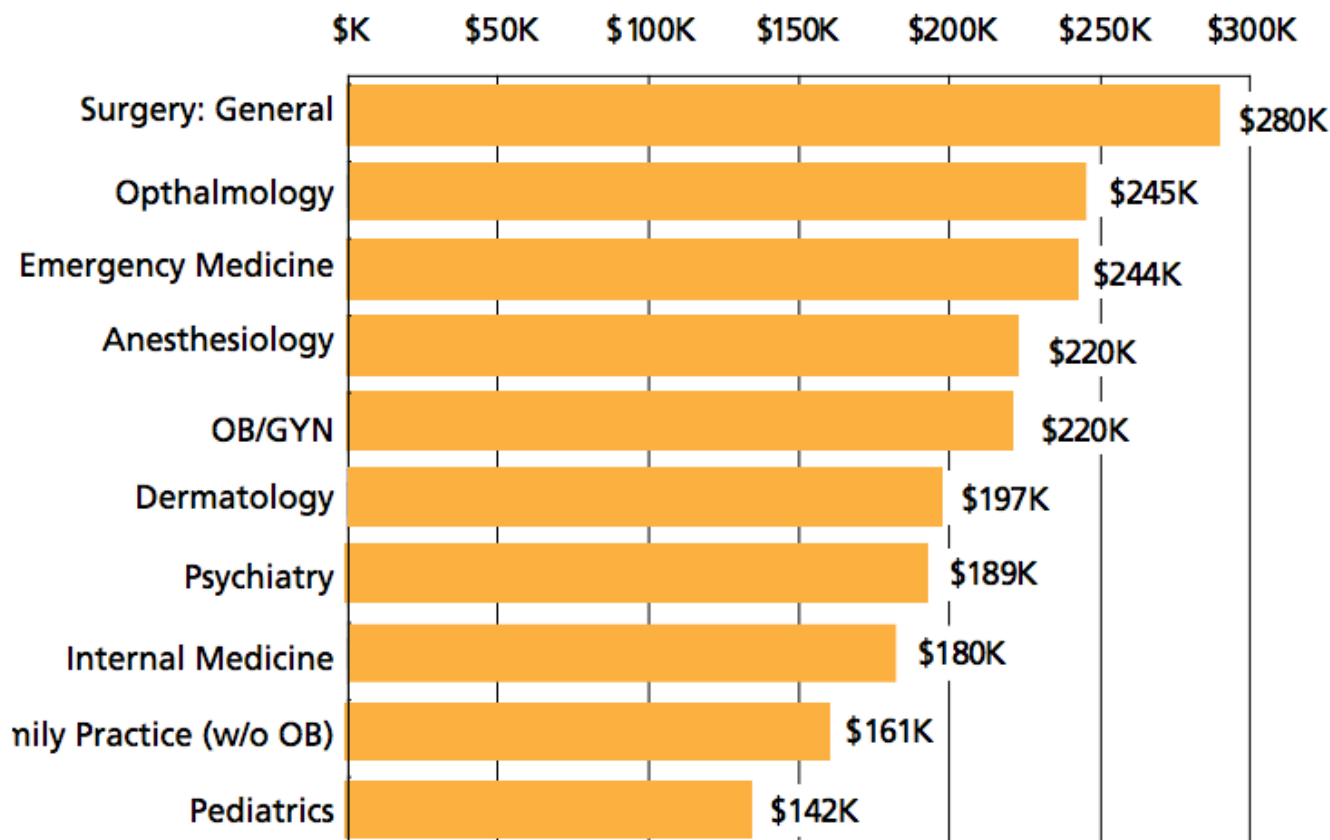
\*varies depending on specialty area

# 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.  
Reprinted with permission from the Medical Group Management Association, 104 Inverness Terrace East,  
Boulder, Colorado 80112-5306; 303.799.1111. [www.mgma.com](http://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

CURRENT TEST



General  
Chemistry I



General  
Chemistry II



Organic  
Chemistry I



Organic  
Chemistry II



Physics I



Physics II



Biology I



Biology II

# MCAT has changed

- \* Adapt to changing society
- \* More material added

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

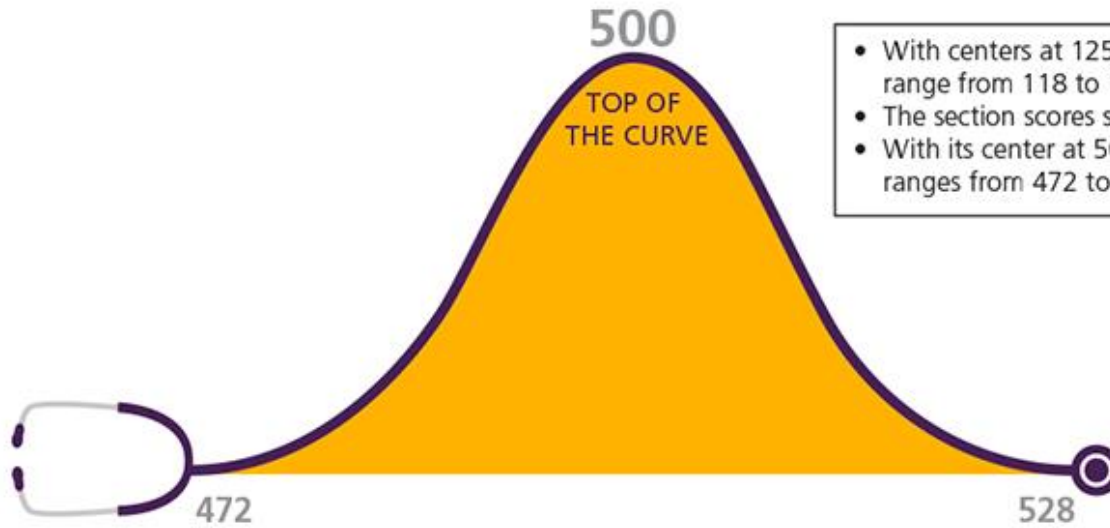
(Information from AAMC Quarterly Update Meeting, May 2014)

# Scoring Scale

MCAT2015 has four test sections:



## MCAT2015 Total Score



# MCAT Administration

- \* Registration opens in February 2015
  - \* Registration cost \$300
- \* MCAT will first be available in April 2015
  - \* A \$150 amazon gift card will be given to April examinees
- \* Test dates to run April through September 2015



## MCAT2015 Exam Calendar

Exam Date 2015	Day of the Week
April 17	Friday
April 18	Saturday
May 22	Friday
June 19	Friday
June 20	Saturday
July 17	Friday
July 18	Saturday
August 5	Wednesday
August 6	Thursday
August 21	Friday
August 22	Saturday
September 3	Thursday
September 11	Friday
September 12	Saturday

\*All MCAT2015 exams will begin at 8 AM.

# 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

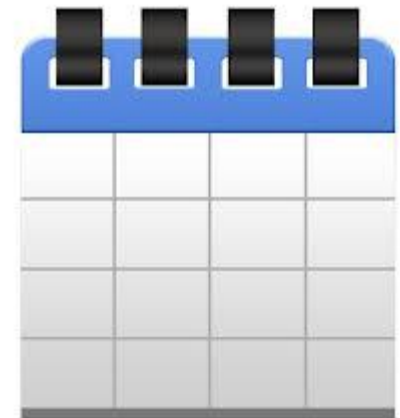
- \* Voiding your exam
  - \* Wrote exam but **don't want it to be marked**
  - \* This option given at the end of the exam
  - \* **No refunds**

# 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**, 2014
    - \* Submit application: **Oct 1**, 2014
  - \* OMSAS submit GPA +MCAT: Feb 2015
  - \* Interview: Late Feb to Late Mar 2015



# 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 2015

Échelles de notation  
au premier cycle

Type Scale Échelle	Numeric/Numérique		Percentage/Pourcentage				Alpha/Alpha			
	1	2	3	4	5	6	7	8	9	
OMSAS Value Valeur OMSAS										OMSAS Value Valeur OMSAS
4.00	9	8	90-100	93-100	94-100	94-100	A+	A	A+	4.00
3.90			85-89	84-92	87-93	85-93	A			3.90
3.80									A	3.80
3.70	8	7	80-84	75-83	80-86	80-84	A-	A-		3.70
3.30	7	6	77-79	72-74	75-79	75-79	B+	B+	B+	3.30
3.00			73-76	69-71	70-74	70-74	B	B	B	3.00
2.70	6	5	70-72	66-68	65-69	65-69	B-	B-		2.70
2.30	5	4	67-69	64-65	60-64	60-64	C+	C+	C+	2.30
2.00			63-66	62-63	55-59	55-59	C	C	C	2.00
1.70	4	3	60-62	60-61	50-54		C-	C-		1.70
1.30		2	57-59	56-59			D+	D+	D+	1.30
1.00			53-56	53-55		50-54	D	D	D	1.00
0.70			50-52	50-52			D-	D-		0.70
0.00	3	1	≤ 49	≤ 49	≤ 49	≤ 49	E/F	E/F	E/F	0.00

Acadia	7	Guelph	3	Mt. Allison	7	Ryerson	7	Trinity Western	7
Alberta	7	Lakehead	3	Mt. St. Vincent	7	Saskatchewan	3	UBC	7
Algoma	3	Laurentian	3	New Brunswick	7	Sherbrooke	7	UNBC	7
Athabasca	7	Laval	7	Nipissing	3	Simon Fraser	7	UOIT	7
Bishop's	3	Lethbridge	7	Ottawa	7	St. Francis Xavier	3	Victoria	7
Brandon	7	Manitoba	9	Prince Edward Island	3	St. Mary's	7	Waterloo	3,7
Brock	3	McGill	8	Quebec	7	St. Thomas	7	Western	3
Calgary	7	McMaster	7	Queen's	7	Ste-Anne	7	Wilfrid Laurier	7
Cape Breton	3	Memorial	6	Regina	3	Thompson Rivers	7	Windsor	3,7
Carleton	7	Moncton	7	RMCC/CMRC	4,7	Toronto	3,7	Winnipeg	7
Concordia	7	Montreal	7	Royal Roads	7	Trent	3	York	9
Dalhousie	3,7								

# Schools in Ontario

- \* McMaster University - \$115
- \* University of Toronto - \$110
- \* University of Western Ontario - \$100
- \* Northern Ontario School of Medicine - \$85
- \* University of Ottawa - \$75
- \* 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: **9** in each section, MCAT 2015 cutoff TBA
- \* 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)
  - \* A scholar demonstrates **reflective learning**. How have you demonstrated reflective learning within an academic or leadership activity?
  - \* Should completion of volunteer activities within an applicant's home community be a medical school admissions requirement?
  - \* Describe your approach to **balancing** the conflicting **demands** of school and extracurricular activities. Please use a specific example from your time in postsecondary education.
  - \* Why is respect for **boundaries** essential to a physician's professionalism?

## 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: **3.75** (Cumulative)
- \* GPA cutoff: **3.0** (Cumulative)
- \* MCAT cutoff: **Verbal Reasoning 6**
- \* **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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  - \* Prerequisites: **None**
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  - \* Assessment of interpersonal skills and decision-making
  - \* 90 minutes
- \* **Basic Life Support Training for Health Care**
- \* **Confidential Assessment Forms**

# 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**
    - \* 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

# 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: 3.0 (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**
- \* 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**
- \* 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 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](http://bethune.yorku.ca/sos)
  - \* [sos.info.yorku.ca/sos-seminars/](http://sos.info.yorku.ca/sos-seminars/)
- \* Tony Tran: [tt8042@yorku.ca](mailto:tt8042@yorku.ca)
- \* Tahmineh Toorani: [ttoorani@yorku.ca](mailto:ttoorani@yorku.ca)

# Upcoming Seminars

- \* *How to get into Dental School*

*Wednesday January 28, 2015*

*BC 320 – 5:30 to 7:30pm*

- \* *International Student Exchange*

*Wednesday February 4, 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://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.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>