SOS Presents:

Medical School Seminar

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

- Tony Tran
  - 3rd Year Chemistry
  - tt8042@yorku.ca

- William Fujs
  - 4th yr Chemistry
  - wfujs85@yorku.ca

- Michal Sheinis
  - 1st year Med School Student
  - michal18@yorku.ca
What will you need?

(Agenda)

* **OMSAS** application system

* Medical College Admissions Test (**MCAT**)

* Good GPA

* Extra-curricular involvement
Ontario Medical School Application Service

**Deadlines:**
- Application for 2015 is available: **July 10, 2014**
- Create an account: **Sept 15, 2014**
- Submit application: **Oct 1, 2014**

- Application Service Fee: $210
- Additional institutional fees apply
Schools in Ontario

* McMaster University - $115
* University of Toronto - $100
* University of Western Ontario - $100
* Northern Ontario School of Medicine - $85
* University of Ottawa - $75
* Queen’s University - $100
Autobiographical Sketch

Who are you?
- Formal education
- Employment
- Volunteer activities
- Extracurricular activities
- Awards and accomplishments
- Research
- Other

* Note: Only Activities From Age 16+
Old MCAT

* Standardized, multiple-choice exam

* Sections:
  * Physical Sciences (15)
  * Verbal Reasoning (15)
  * Biological Sciences (15)
  * Trial Section

*Note the MCAT is changing in 2015

<table>
<thead>
<tr>
<th>Exam Overview</th>
<th># of Questions</th>
<th>Time Allotted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tutorial (optional)</td>
<td>10 minutes</td>
<td></td>
</tr>
<tr>
<td>Examinee Agreement</td>
<td>10 minutes</td>
<td></td>
</tr>
<tr>
<td>Physical Sciences</td>
<td>52</td>
<td>70 minutes</td>
</tr>
<tr>
<td>Break (optional)</td>
<td>10 minutes</td>
<td></td>
</tr>
<tr>
<td>Verbal Reasoning</td>
<td>40</td>
<td>60 minutes</td>
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<tr>
<td>Break (optional)</td>
<td>10 minutes</td>
<td></td>
</tr>
<tr>
<td>Biological Sciences</td>
<td>52</td>
<td>70 minutes</td>
</tr>
<tr>
<td>Void Question</td>
<td>5 minutes</td>
<td></td>
</tr>
<tr>
<td>Break (optional)</td>
<td>10 minutes</td>
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</tr>
<tr>
<td>Trial Section (optional)</td>
<td>32</td>
<td>45 minutes</td>
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<tr>
<td>Satisfaction Survey (optional)</td>
<td>12</td>
<td>10 minutes</td>
</tr>
<tr>
<td>Total Content Time</td>
<td>4 hours</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Total “Seated” Time*</td>
<td>Approx. 5 hours</td>
<td>10 minutes</td>
</tr>
</tbody>
</table>

*Total seated time does not include check-in at the test center.
Old MCAT

Topics Covered:

Physical Sciences
- General Chemistry
- Physics

Verbal Reasoning
- Humanities
- Social Sciences
- Natural Sciences & Technology

Biological Sciences
- Genetics/evolution
- Physiology
- Organic Chemistry
<table>
<thead>
<tr>
<th>New MCAT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Biological and Biochemical Foundations of Living Systems</strong></td>
</tr>
<tr>
<td>59 items, 95 minutes</td>
</tr>
</tbody>
</table>

**Understand growing, reproducing, maintain constant internal environment, acquiring energy, and responding to environmental changes.**

**Understanding mechanical, physical and biomechanical functions of tissues, organs and organ systems. Require basic chemistry and physical principles that underlie the mechanisms in the human body.**

**Understanding the behavioral and socio-cultural determinants of health. You will be tested on psychological, social and biological factors influence the perceptions and reactions to the world.**

**This sections asks you to critically analyze information from a wide range of social sciences and humanities disciplines. Specific knowledge of these disciplines is not required for this section. Topics include: ethics and philosophy, cultural studies, and population health.**

* [https://www.aamc.org/students/applying/mcat/mcat2015/testsections/](https://www.aamc.org/students/applying/mcat/mcat2015/testsections/)*
MCAT

- Registration: $275
- Gold, Silver and Bronze Zone
  - Determined by when you registered
  - Rescheduling, Fees, and Cancellations
    - http://www.aamc.org/students/mcat/start.htm
  - Fee Assistance Program (FAP)
- Can write MCAT 3 times per year without written permission from the AAMC
- You must request the release of your MCAT scores to OMSAS every year
- 2015 MCAT:
  - https://www.aamc.org/students/services/343550/mcat2015.html
* Voiding your exam
  * Wrote exam but **don’t want it** to be **marked**
  * This option given at the end of the exam
  * **No refunds**
Good idea to give yourself ample study time
  * How much time is enough time?

Various preparation classes available
  * Princeton
  * Kaplan
MCAT

* The Princeton Review
  * Private tutoring/small groups/online

* Kaplan
  * [www.kaptest.com/Pre-med/Medical-School/PM_home.html](http://www.kaptest.com/Pre-med/Medical-School/PM_home.html)

* Examkrackers Books
  * Especially good for verbal reasoning
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: **VR 6**
- **CASPer** (Computer-based Assessment for Sampling Personal Characteristics)
  - Assessment of interpersonal skills and decision-making
  - 90 minutes
- Confidential Assessment Forms
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
  * Recommended 60/40 course load
* GPA cutoff: 3.6 (Summer Courses do not count)
* MCAT cutoff: 9 in each section, N on writing sample
* 7 seats available each year for International Students
* 259 students accepted each year
* http://www.md.utoronto.ca/admissions/information.htm
**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
Personal Essays

* 4 essays (250 words or less)
  * 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 of Western Ontario
University of Western Ontario
Academic Requirements

* 4 year undergraduate degree
  * 120 credits (at least 2 full years)
  * 60/40 course load
  * Prerequisites: none

* GPA cutoff: 3.7
  * Calculated from the 2 best years
  * GPA minimum must be met in EACH of the 2 years
  * Summer Courses will not be counted

* MCAT cutoff:
  * Biological Sciences: 10
  * Physical Sciences: 9
  * Verbal Reasoning: 11
  * Writing Sample: 0
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
University of Ottawa
Minimum of 3 years of undergraduate work
  * 90 credits (full course load required)
* GPA cutoff: 3.0 (WGPA)
  * The most recent 3 years
  * 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
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
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

Do not have to be sequential

MCAT cutoff: varies from year to year

Confidential Assessment Forms
<table>
<thead>
<tr>
<th>School</th>
<th>Cut off GPA</th>
<th>Avg Entrance GPA</th>
<th>MCAT Scores (to consider applying)</th>
<th>Year to Apply</th>
<th>Number of applicants vs. number of acceptances</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Ontario</td>
<td>3.0</td>
<td>3.7 (in 2010/2011)</td>
<td>Not required</td>
<td>After 4th Year</td>
<td>1,746 vs. 64 = 3.7%</td>
</tr>
<tr>
<td>Ottawa</td>
<td>3.0</td>
<td>3.90 (in 2010/2011)</td>
<td>Not required</td>
<td>After 3rd Year</td>
<td>3,638 vs. 156 = 4.3%</td>
</tr>
<tr>
<td>Queen’s</td>
<td>N/A</td>
<td>3.68</td>
<td>PS9, VR10, BS9, WS-O</td>
<td>After 3rd Year</td>
<td>3,322 vs. 100 = 3.0%</td>
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<tr>
<td>Toronto</td>
<td>3.6</td>
<td>3.90 (in 2012)</td>
<td>PS11.37, VR9.59, BS11.58, WS-Q</td>
<td>After 3rd Year</td>
<td>3,108 vs. 259 = 8.3%</td>
</tr>
<tr>
<td>Western</td>
<td>3.7</td>
<td>3.8</td>
<td>PS9, VR11, BS10, WS-O</td>
<td>After 4th Year</td>
<td>*2,294 vs. 171 = 7.5%</td>
</tr>
<tr>
<td>McMaster</td>
<td>3.0</td>
<td>3.75 (in 2011/2012)</td>
<td>VR 10.55 (Fall 2011)</td>
<td>After 3rd Year</td>
<td>*3,546 vs. 204 = 5.8%</td>
</tr>
<tr>
<td>School</td>
<td>Applicants for 2013</td>
<td>Target Class Size for 2014</td>
<td>Length</td>
<td>Minimum Academic Requirements</td>
<td>MCAT</td>
</tr>
<tr>
<td>-----------------------------</td>
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<td>------------------------------------------------------------------------------------------------</td>
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</tr>
<tr>
<td>McMaster</td>
<td>4,561</td>
<td>203</td>
<td>Three</td>
<td>Three full years undergraduate; any discipline</td>
<td>Yes</td>
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<tr>
<td>Northern Ontario School of Medicine</td>
<td>1,976</td>
<td>64</td>
<td>Four</td>
<td>Four-year undergraduate degree; any discipline</td>
<td>No</td>
</tr>
<tr>
<td>Ottawa (English Stream)</td>
<td>3,476</td>
<td>116</td>
<td>Four</td>
<td>Three full years undergraduate; any discipline</td>
<td>No</td>
</tr>
<tr>
<td>Ottawa (Volet francophone)</td>
<td>329</td>
<td>40</td>
<td>Four</td>
<td>Trois ans d'études universitaires de premier cycle à temps complet; toutes disciplines</td>
<td>Non</td>
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<tr>
<td>Queen's</td>
<td>3,818</td>
<td>100</td>
<td>Four</td>
<td>15 full undergraduate credits; any discipline</td>
<td>Yes</td>
</tr>
<tr>
<td>Toronto</td>
<td>3,153</td>
<td>259</td>
<td>Four</td>
<td>Three full years undergraduate; 15 full course credits; any discipline</td>
<td>Yes</td>
</tr>
<tr>
<td>Western</td>
<td>2,360</td>
<td>171</td>
<td>Four</td>
<td>Four-year degree or equivalent</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>19,673</strong></td>
<td><strong>953</strong></td>
<td><strong>19,673 applications from 5,982 individuals</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Last revised: July 11, 2013

OMSAS 2014
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
Extra Curricular Opportunities

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

* Volunteer Opportunities
  * Hospitals
  * Medical Clinics

* Leadership Positions
Resources at York

- Pre-med Society Club
  - Med school interview workshops/seminars
  - MCAT info sessions
  - Free mock MCAT exams
  - Info sessions/webinars about different Med Schools
    - International + Outside Ontario
* bethune.yorku.ca/sos
  * sos.info.yorku.ca/sos-seminars/

* Tony Tran: tt8042@yorku.ca
* William Fujs: wfujs85@yorku.ca
* Michal Sheinis: michal18@yorku.ca
Upcoming Seminars

* **Research/Volunteer Opportunities**
  Wednesday September 24
  BC 320 – 5:30 to 7:30pm

* **International out of Province Medical Schools**
  Wednesday October 1
  BC 320 – 5:30 to 7:30pm