

SOS Presents:

Medical School Seminar



Slides will be available on the SOS website

Who are we?

- * Tony Tran
 - * 3rd Year Chemistry
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 - * 4th yr Chemistry
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- * Michal Sheinis
 - * 1st year Med School Student
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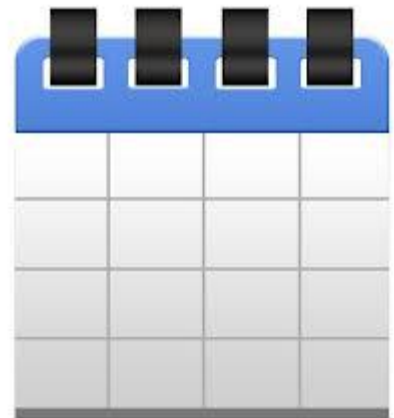
What will you need?

(Agenda)

- * **OMSAS** application system
- * Medical College Admissions Test (**MCAT**)
- * Good GPA
- * Extra-curricular involvement

OMSAS

- * 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

OMSAS

- * 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**

Exam Overview

Section	# of Questions	Time Allotted
Tutorial (optional)		10 minutes
Examinee Agreement		10 minutes
Physical Sciences	52	70 minutes
Break (optional)		10 minutes
Verbal Reasoning	40	60 minutes
Break (optional)		10 minutes
Biological Sciences	52	70 minutes
Void Question		5 minutes
Break (optional)		10 minutes
Trial Section (optional)	32	45 minutes
Satisfaction Survey (optional)	12	10 minutes
Total Content Time		4 hours 5 minutes
Total "Seated" Time*		Approx. 5 hours 10 minutes

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

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Old MCAT

Topics Covered:

Physical Sciences

- * General Chemistry
- * Physics

Verbal Reasoning

- * Humanities
- * Social Sciences
- * Natural Sciences & Technology

Biological Sciences

- * Genetics/evolution
- * Physiology
- * Organic Chemistry

New MCAT

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
59 items, 95 minutes	59 items, 95 minutes	59 items, 95 minutes	53 items, 90 minutes
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 <i>not</i> required for this section. Topics include: ethics and philosophy, cultural studies, and population health.

* <https://www.aamc.org/students/applying/mcat/mcat2015/testsections/>

MCAT

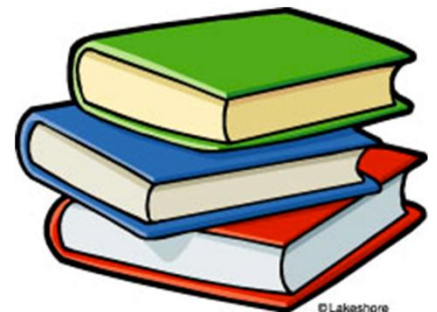
- **Registration: \$275**
- Gold, Silver and Bronze Zone
 - Determined by when you registered
 - Rescheduling, Fees, and Cancellations
- <http://www.aamc.org/students/mcat/start.htm>
- Fee Assistance Program (FAP)
- Can **write** MCAT **3** times per year **without** written **permission** from the AAMC
- You must request the **release** of your **MCAT scores** to OMSAS every year
- 2015 MCAT:
<https://www.aamc.org/students/services/343550/mcat2015.html>

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**

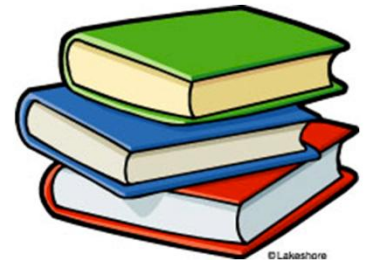
MCAT

- * 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
 - * www.princetonreview.com/medical/mcat-test-preparation.aspx?uidbadge=%07
- * Kaplan
 - * www.kaptest.com/Pre-med/Medical-School/PM_home.html
- * Examcrackers 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
- * Some Statistics:
<http://fhs.mcmaster.ca/mdprog/documents/Classof2014.pdf>

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
 - * 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

University of Toronto

Non-Academic Requirements

* 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



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**
 - * 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
 - * Do not have to be sequential
- * MCAT cutoff: **varies** from year to year
- * Confidential Assessment Forms

School	Cut off GPA	Avg Entrance GPA	MCAT Scores (to consider applying)	Year to Apply	Number of applicants vs. number of acceptances
Northern Ontario	3.0	3.7 (in 2010/2011)	Not required	After 4 th Year	1,746 vs. 64 = 3.7%
Ottawa	3.0 (WGPA)	3.90 (in 2010/2011)	Not required	After 3 rd Year	3,638 vs. 156 = 4.3%
Queen's	N/A	3.68	PS9,VR10,BS9,WS-O	After 3 rd Year	3,322 vs. 100 = 3.0%
Toronto	3.6	3.90 (in 2012)	PS11.37,VR9.59,BS11.58,WS-Q Cut off: 9 on each, WS-N	After 3 rd Year	3,108 vs. 259 = 8.3%
Western	3.7	3.8	PS9,VR11,BS10,WS-O (2011/2012 Cut offs)	After 4 th Year	*2,294 vs. 171 = 7.5%
McMaster	3.0	3.75 (in 2011/2012)	VR 10.55 (Fall 2011) Cut off: 6	After 3 rd Year	*3,546 vs. 204 = 5.8%

School	Applicants for 2013	Target Class Size for 2014	Length	Minimum Academic Requirements	MCAT	Prerequisites (one full credit required for each)	Non-academic Requirements	Transfer	Citizenship	Interview Date
<i>École</i>	<i>Candidatures rentrée 2013</i>	<i>Grandeur cible des salles de classe pour 2014</i>	<i>Durée</i>	<i>Conditions d'admission - préalables</i>	<i>MCAT</i>	<i>Préalables (un crédit complet pour chacun)</i>	<i>Autres considérations</i>	<i>Transfert</i>	<i>Citoyenneté</i>	<i>Date d'entrevue</i>
McMaster	4,561	203	Three years	Three full years undergraduate; any discipline	Yes	None	Confidential Assessment forms; CASPer; interview	No	No restrictions	Late March/early April
Northern Ontario School of Medicine	1,976	64	Four years	Four-year undergraduate degree; any discipline	No	None	Confidential Assessment forms; admissions questionnaire; interview	No	Canadian; permanent resident	March - April
Ottawa (English Stream)	3,476	116	Four years	Three full years undergraduate; any discipline	No	Biology/Zoology; Humanities/Social Sciences; the equivalent of any two of Biochemistry/Chemistry/Organic Chemistry	Interview; Confidential Assessment forms; CPR (level C) required; police record check; immunization record; detailed autobiographical submission	No	Canadian; permanent resident	February - March
Ottawa (Volet francophone)	329	40	Quatre ans	Trois ans d'études universitaires de premier cycle à temps complet; toutes disciplines	Non	Biologie/zoologie; humanités/science sociales; l'équivalent de deux cours en biochimie/chimie/chimie organique	Entrevue; Formulaires d'évaluation confidentielle; RCR (niveau C); vérification du casier judiciaire; dossier d'immunisation; curriculum vitae détaillé	Non	Canadiens; résidents permanents	Février - mars
Queen's	3,818	100	Four years	15 full undergraduate credits; any discipline	Yes	None	Confidential Assessment forms; interview; autobiographical sketch	No	Canadian; permanent resident	March
Toronto	3,153	259	Four years	Three full years undergraduate; 15 full course credits; any discipline	Yes	One of Humanities/Social Sciences/Languages; two Life Sciences	Confidential Assessment forms and letters; autobiographical essay; autobiographical sketch; interview	No	No restrictions	February - April
Western	2,360	171	Four years	Four-year degree or equivalent	Yes	N/A	Confidential Assessment forms; interview; CPR-C; Standard First Aid; police record check	Canadian medical school only	Canadian; permanent resident	March - April
Total Total(e)	19,673	953	19,673 applications from 5,982 individuals <i>19 673 demandes de la part de 5 982 personnes</i>							

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



Questions?

- * 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