SOS Presents:

Medical School Seminar

Slides will be available on the SOS website
The information provided in this seminar gives some background information about the medical school application process. This is based on information provided by the medical school websites, OMSAS, and the AAMC. Any experiences given by the presenters or guest speaker may not reflect experiences shared by others. They are here to deliver the presentation, answer any questions, and provide support.
Video Presentation

A video of the following presentation can be found at: https://youtu.be/P8haRLcG5FY

Captured while presenting on Sept. 20, 2017
Who are we?

- Shabii Ullah
  - 4th Year Biomedical Science and Psychology
  - ullahsha@my.yorku.ca

- Andrew Castillo
  - 4th Year Biomedical Science and Psychology
  - andrewpc@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 hour 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

General Chemistry I
General Chemistry II
Organic Chemistry I
Organic Chemistry II
Physics I
Physics II
Biology I
Biology II
Biochemistry I
Intro Sociology
Intro Psychology
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:

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

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)

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<th>Gold Zone</th>
<th>Silver Zone</th>
<th>Bronze Zone</th>
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<td>Approx. 1 month or more prior to the exam*</td>
<td>Approx. 3-4 weeks prior to the exam*</td>
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Many Resources

* Sample test
* Khan Academy MCAT Collection
* Textbook list for Psychology and Sociology
* Preparation Courses (Kaplan, Princeton, Examcrackers Courses)
* Preparation Books (Kaplan, Examcrackers Textbooks)
* Voiding your exam
  * Wrote exam but don’t want it to be marked
  * This option given at the end of the exam
  * No refunds
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
* 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+**
# Undergraduate Grading System Conversion Table

## OMSAS 2016

### Table: Numeric/Numl5rique vs. Percentage/Pourcentage vs. Alpha Alpha

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<th>Percentage/Pourcentage</th>
<th>Alpha Alpha</th>
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<td>A-</td>
<td>A-</td>
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### Institutions

- **Acaia**: 7
- **Alberta**: 7
- **Alpma**: 3
- **Athabasca**: 7
- **B'hop's**: 3
- **Brandon**: 7
- **Brock**: 3
- **Calgary**: 7
- **Cape Breton**: 7
- **Carlton**: 7
- **Concordia**: 7
- **Dalhousie**: 3.7
- **Guelph**: 3
- **Lakehead**: 3
- **Laurentian**: 37
- **Laval**: 7
- **Lethbridge**: 7
- **Marbba**: 9
- **McGill**: 7
- **McMaster**: 7
- **Memoral**: 6
- **Moncbn**: 7
- **Montreal**: 7
- **Mt. Allison**: 7
- **Mt. St. Vincent**: 7
- **New Brunswick**: 7
- **Nipissing**: 3
- **Ottawa**: 7
- **Prince Edward Island**: 3
- **Quebec**: 7
- **Queens**: 7
- **Regina**: 3
- **RMCC/CMRC**: 4.7
- **Royal Roads**: 7
- **Royal Roads**: 7
- **Ryerson**: 7
- **Saskatchewan**: 3
- **Sherbrooke**: 7
- **Smon Fraser**: 7
- **St. Francis Xavier**: 3
- **St. Mary's**: 7
- **St. Thomas**: 7
- **Ste-Anne**: 7
- **Thompson Rivers**: 7
- **Toronto**: 37
- **Trent**: 3
- **Trinity Western**: 7
- **USC**: 7
- **UNBC**: 7
- **Uof**: 7
- **Vicbria**: 3.7
- **Waterbo**: 3.7
- **Western**: 3
- **Wifrd Laurier**: 7
- **Windsor**: 3
- **Winnipeg**: 7
- **York**: 9

*Note:* The table includes a conversion between letter grades and numerical values for the OMSAS grading system for the 2016 academic year.
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
* 205/5271 applicants admitted to the Class of 2018
* 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
* 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](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
**Personal Essays**

- **4 essays** (250 words or less) (May vary year to year)
  - Question 1: Physician and author Abraham 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?
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
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
* 1st 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
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

- 1st cutoff: cGPA. If you do not meet this cutoff, 2YGPA is considered for the cutoff
- No longer accepting scores from the old MCAT

* 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
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
Guest speaker

Daniel Ng
Former York Student
Current 1st Year Medical Student at University of Toronto
Questions?

* bethune.yorku.ca/sos
  * sos.info.yorku.ca/sos–seminars/

* Andrew Castillo: andrewpc@my.yorku.ca
* Shabii Ullah: ullahsha@my.yorku.ca
Upcoming Seminars

* How to Get Into Graduate School
  
  * Wednesday September 27th
  * BC 320 – 5:30 to 7:00 pm

* Research and Volunteer Opportunities
  
  * Wednesday October 4th
  * BC 320 – 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://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://med.uottawa.ca/undergraduate/admissions/application-process