

# SOS PRESENTS:

## International/ Out of Province Medical School Seminar



Slides will be available on the [SOS website](#)

# WHO ARE WE?

Vina

3<sup>rd</sup> Year BSc Psychology

Tina

2<sup>nd</sup> Year BSc Chemistry

Questions? Email [bcpa@yorku.ca](mailto:bcpa@yorku.ca)

# AGENDA

- Things to consider...
- MCAT
- Out of Province Schools
- American Schools
- European Schools
- Caribbean Schools

# THINGS TO CONSIDER...

1. Pre-requisite Courses
2. MCAT
3. GPA
4. Finances
5. Location
6. Accreditation

# 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
<b>Total "Seated" Time*</b>		<b>Approx. 5 hours   10 minutes</b>

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

# TOPICS COVERED

## Physical Sciences

- General Chemistry
- Physics

## Verbal Reasoning

- Humanities
- Social Sciences
- Natural Sciences & Technology

## Biological Sciences

- Genetics/evolution
- Physiology
- Organic Chemistry

# NEW MCAT

<b>Biological and Biochemical Foundations of Living Systems</b>	<b>Chemical and Physical Foundations of Biological Systems</b>	<b>Psychological, Social, and Biological Foundations of Behavior</b>	<b>Critical Analysis and Reasoning Skills</b>
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**



# SCHOOLS IN CANADA



- Memorial University of Newfoundland
- Dalhousie University
- Université Laval
- McGill University
- University of Montreal
- University of Manitoba
- University of Saskatchewan
- University of Calgary
- University Alberta
- University of British Columbia

# MEMORIAL UNIVERSITY

NEWFOUNDLAND AND LABRADOR



## **General Information:**

- 4 Year Program
- 5 Seats for Non-Maritime or Territory Residents
- \$6,250 for First Year Canadian Residents

# MEMORIAL UNIVERSITY

Link: <http://www.med.mun.ca/Admissions/Home.aspx>

Degree	Bachelor's Degree Minimum
Course Load	N/A
Pre Requisites	6.0 English Course
GPA	3.7/4.0 – recommended
MCAT	10s on each section, Q in writing – recommended
Non Academic Requirements	<ul style="list-style-type: none"><li>• Work/Volunteer Experience</li><li>• Consistency of Extracurricular Activity</li><li>• Active Involvement</li><li>• Autobiography</li><li>• Reference Letter</li><li>• Interview – Traditional &amp; MMI</li></ul>
Important Dates	Interviews on November 15, 2014

# DALHOUSIE UNIVERSITY

NOVA SCOTIA



## **General Information:**

- 4 Year Program
- 9 Seats for Non-Maritime Residents
- \$17,430 for First Year Canadian Residents

# DALHOUSIE UNIVERSITY

Link: <http://www.medicine.dal.ca/departments/core-units/admissions/admissions.html>

Degree	Bachelor's Degree Minimum
Course Load	A Full Course Load for 2 Years Before Application
Pre Requisites	None
GPA	3.7/4.0 for Non-Maritime Residents
MCAT	Minimum 30 for Non-Maritime Residents
Non Academic Requirements	Supplemental Application
Important Dates	Step 1 – August 15, Step 2 – September 1 Interviews in November

# UNIVERSITÉ LAVAL

QUEBEC



## **General Information:**

- 4 Year or 5 Year Program
- Language of Instruction: French
- 1 Seat
- \$10,412 for First Year Canadian Residents

# UNIVERSITÉ LAVAL

Link: <http://www2.ulaval.ca/en/academics/faculties-departments-and-schools/medicine.html>

Degree	Pre-university diploma equivalent to the 13 years of the Québec school system
Course Load	N/A
Pre Requisites	<ul style="list-style-type: none"><li>• 2 Courses in Biology</li><li>• 3 Courses in Chemistry</li><li>• 2 Courses in Mathematics</li><li>• 3 Courses in Physics</li></ul>
GPA	Cumulative: 3.7/4.0
MCAT	N/A
Non Academic Requirements	Supplemental Application
Important Dates	Application due January 15, 2015 Interviews in April 2015

# MCGILL UNIVERSITY



## **General Information:**

- 4 Year Program
- 10 Seats
- \$13, 946 for First Year Canadian Residents + Health Insurance Fees
- Foundational Program: MD and Master of Surgery (also available is Joint with M.B.A, Ph.D., OMFS (Oral Maxillofacial Surgery))



# MCGILL UNIVERSITY

Link: <http://www.mcgill.ca/medadmissions/>

Degree	Honours Degree (120 Credits) (Full Time finished in 4 Years)
Course Load	A full course load (e.g. 12-15 credits) is expected in regular sessions.
Pre Requisites (Must be completed by January 15)	<ul style="list-style-type: none"><li>• Full Year with Lab Work: General Biology, General Chemistry, General Physics</li><li>• One Semester with Lab Work: Organic Chemistry</li><li>• Recommended: Physiology, Biochemistry, Cellular and Molecular Biology, Statistics</li></ul>
GPA	CGPA – 3.5/4.0, Competitive: 3.91/4.0
MCAT	<ul style="list-style-type: none"><li>• Required for Visa Students or Non-Canadian University Graduates – 30 is competitive</li><li>• Optional for Canadian Students with a Canadian Degree</li></ul>
Non Academic Requirements	<ul style="list-style-type: none"><li>• MD, Ph.D: Combined CV and Personal Narrative, Research Appendix</li><li>• MD, CM: Academic History Workbook, Two reference letters</li></ul>
Important Dates	Interviews in Spring 2015 Deadline for Full Application: November 1

# UNIVERSITY OF MONTRÉAL



## **General Information:**

- 4 Year Program
- Language of Instruction: French
- \$9, 145 for First Year Canadian Residents

# UNIVERSITY OF MONTRÉAL

Link: <http://www.umontreal.ca>

Degree	<ul style="list-style-type: none"><li>• applicant must hold a Bachelor's degree obtained in Québec OR an equivalent degree</li></ul>
Pre Requisites	<ul style="list-style-type: none"><li>• General Biology &amp; Human Biology</li><li>• General Chemistry &amp; Organic Chemistry</li><li>• Mathematics</li><li>• Physics</li></ul>
Performance Criteria	33.966
Non Academic Requirements	Supplemental Application
Important Dates	Application due January 15, 2015 MMI Interviews in April 2015

# UNIVERSITY OF MANITOBA



## **General Information:**

- 4 Year Program
- 94% of seats for Manitoba Residents
- MD/PhD Program Available s
- \$7, 912 for First Year Canadian Residents

# UNIVERSITY OF MANITOBA

Link: <http://umanitoba.ca/faculties/medicine/admissions/index.html>

Degree	Bachelor's or Honours Degree Required
Pre Requisites	<ul style="list-style-type: none"><li>• Biochemistry – 6 hours</li><li>• Courses in Humanities/Social Sciences – 18 hours</li><li>• Applicants with a 4 Year Honours Program – may waive up to 12 hours</li></ul>
GPA	AGPA Scale: 3.3/4.5, 4.0 is competitive
MCAT	7 in All Sections, M in WS, Over 10 is Competitive
Non Academic Requirements	3 References Needed
Important Dates	Application due October 1, 2014 MMI Interviews in February/March 2015

# UNIVERSITY OF SASKATCHEWAN



## **General Information:**

- 4 Year Program
- 10 Seats
- \$15, 530 for First Year Canadian Residents
- MD/PhD & MD/MBA Program Available

# UNIVERSITY OF SASKATCHEWAN

Link: <http://www.medicine.usask.ca/education/medical/undergrad/prospectivestudents/admissions/index.php>

Degree	<ul style="list-style-type: none"><li>• Honours Degree (4 Years)</li><li>• If Finished, Must Apply within 60 months</li></ul>
Course Load	N/A
Pre Requisites	N/A
GPA	CGPA: 83%
MCAT	<ul style="list-style-type: none"><li>• Minimum Score: 30 (No Section less than 8)</li><li>• Maximum Attempts: 5</li></ul>
Non Academic Requirements	3 References Professionalism and Full File Review
Important Dates	Application due October 15, 2014 MMI Interviews in March 2015



# UNIVERSITY OF CALGARY



## **General Information:**

- 3 Year Program
- 85% of Seats are Residents of Alberta
- \$15, 012 for First Year Canadian Residents
- Joint Program: MD/MBA, MD/MSc, MD/PhD



# UNIVERSITY OF CALGARY

Link: [www.ucalgary.ca/mdprogram](http://www.ucalgary.ca/mdprogram)

Degree	2 Years of University
Course Load	Full Time – 24 Credits
Recommended	Biology, Chemistry, Physics, English, Organic Chemistry, Biochemistry, Physiology, Psychology, Sociology, Anthropology, Calculus/Statistics
GPA	3.8/4.0
MCAT	VR: 11
Non Academic Requirements	<ul style="list-style-type: none"><li>• 3 References</li><li>• Employment History</li><li>• Research Publications</li><li>• Awards</li><li>• Top 10 Experiences (Need Verifier)</li></ul>
Important Dates	Application due October 1, 2014 Interviews in February 2015

# UNIVERSITY OF ALBERTA



## **General Information:**

- 4 Year Program
- 85% of seats for Alberta Residents
- \$12,044 for First Year Canadian Residents
- Combined Programs Available:
  - MD/MBA, MD/PhD, MD (special

# UNIVERSITY OF ALBERTA

Link: <http://www.med.ualberta.ca/admissions/md>

Degree	2 Years University Minimum
Course Load	Full Time (30 credits)
Pre Requisites	<ul style="list-style-type: none"><li>• Full Year of Organic Chemistry, General Chemistry, Biology, Physics, English</li><li>• Half Year Biochemistry</li><li>• Half Year Statistics</li></ul>
GPA	3.7/4.0 for 2 or 3 Years of University 3.5/4.0 for 4 or more years of University
MCAT	VR: 11, 7 in Physical Sciences
Non Academic Requirements	Two References Personal Activities: Employment, Awards, Leadership, Volunteerism, Diversity of Experience
Important Dates	Application due October 1, 2014 MMI Interviews in March 2015

# UNIVERSITY OF BRITISH COLUMBIA



## **General Information:**

- 4 Year Program
- 29 Seats
- \$16, 731 for First Year Canadian Residents
- Joint MD/PhD Option

# UBC

Link: <http://mdprogram.med.ubc.ca/admissions/welcome-message/>

Degree	3 Years University
Course Load	Full Time
Pre Requisites	<ul style="list-style-type: none"><li>• English</li><li>• Biochemistry</li><li>• Biology</li><li>• Organic and Inorganic Chemistry</li></ul>
GPA	80% Minimum (3.82 is Competitive)
MCAT	VR: 7, Biological & Physical Sciences: 7, WS: M
Non Academic Requirements	Supplemental Application
Important Dates	Application due January 15, 2015 Interviews in April 2015

# 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>



# USA SCHOOL REQUIREMENTS

- Each School has their own set of specific requirements
- A central location for all information can be found at AAMC;
  - <https://www.aamc.org/students/applying/requirements/>

# USA SCHOOL GENERAL REQUIREMENTS

- General courses;
  - One year Biology
  - One year Physics
  - One year English
  - Two year Chemistry (through Organic Chemistry)
- MCAT
- School Specific Requirements





# UNIVERSITY OF SOUTHERN CALIFORNIA



## General Information:

- 1:7 ratio of instructor to students
- 184 Seats
- Many dual-degree options:
  - MD/PhD Physician-Scientist Program
  - MD/MS Physician-Scientist Program

# UNIVERSITY OF SOUTHERN CALIFORNIA

Link: <http://keck.usc.edu/en/>

Degree	Minimum of undergraduate degree (90 Credits)
Course Load	Full course load not required
Pre Requisites	No course requirements but an emphasis on "competency in the sciences"
GPA	Cumulative: 3.64/4
MCAT	Average: 34.1
Non Academic Requirements	<ul style="list-style-type: none"><li>• Supplemental Application deadline December 1, 2014</li><li>• 2 Letters of Reference</li></ul>
Important Dates	<ul style="list-style-type: none"><li>• Application due November 3, 2014</li><li>• Interviews between Mid-September and March</li></ul>

# MICHIGAN STATE



## General Information:

- 20-25% of incoming class is from outside of Michigan
- 177 seats
- Emphasis put on physicians who want to practice in underserved areas, especially in Michigan

# MICHIGAN STATE

Link: [http://humanmedicine.msu.edu/Admissions/Admissions\\_Office.htm](http://humanmedicine.msu.edu/Admissions/Admissions_Office.htm)

Degree	<ul style="list-style-type: none"><li>• Minimum of undergraduate degree (90 Credits) – no degree preference</li></ul>
Pre Requisites	<ul style="list-style-type: none"><li>• Social Science/Humanities Course</li><li>• General Biology Course (One Lab)</li><li>• General Chemistry (One Lab)</li><li>• Organic Chemistry (One Lab)</li><li>• English – 50% of course must be written assignments</li><li>• Mathematics</li><li>• Two Upper Level Biological Sciences</li></ul>
GPA	Cumulative: 3.6/4
MCAT	Median: 28
Non Academic Requirements	<ul style="list-style-type: none"><li>• 3 Letters of Reference</li><li>• Supplemental Application due November 30</li></ul>
Important Dates	Application due November 1

# ATLANTIC BRIDGE PROGRAM IRELAND



## **General Information:**

- 4-6 year programs
- Total Tuition \$49,000

# ATLANTIC BRIDGE PROGRAM

4-YEAR PROGRAM

Link: <http://www.atlanticbridge.com/medicine/>

Degree	Bachelor's Degree
Course Load	N/A
Pre Requisites	N/A
GPA	N/A
MCAT	Required, no cut off
Non Academic Requirements	<ul style="list-style-type: none"><li>• Personal statement</li><li>• Interview</li><li>• Transcript</li><li>• 2 Letters of recommendation</li></ul>
Important Dates	Applications open November 1 <sup>st</sup> , 2014 – February 1 <sup>st</sup> 2015 Interviews in March – April 2015

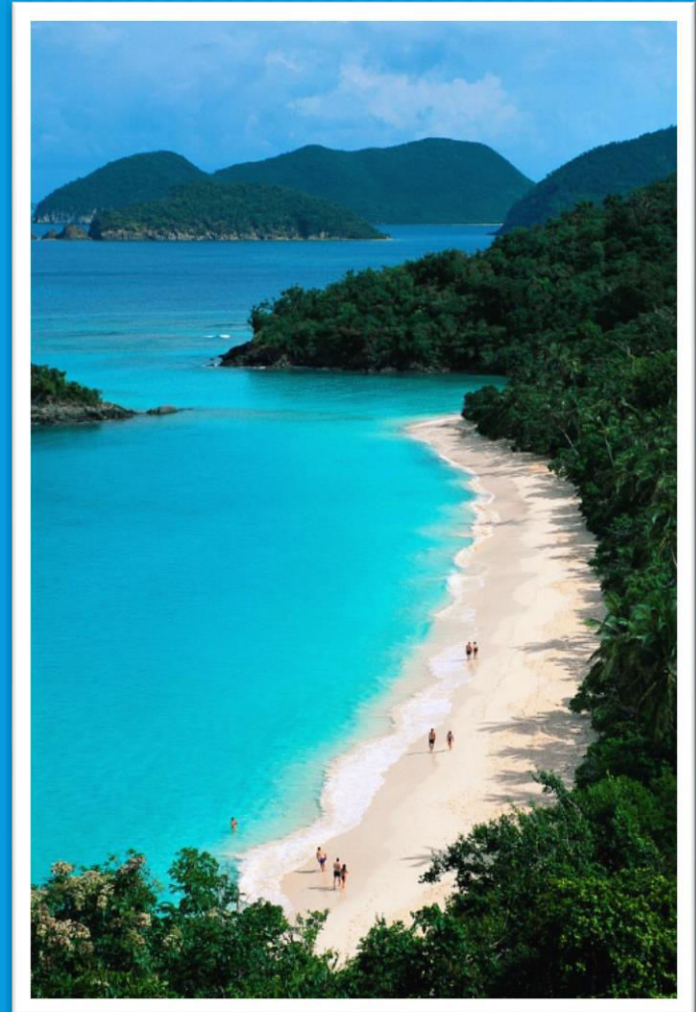
# ATLANTIC BRIDGE PROGRAMS

<b>Program</b>	<b>Admission Requirement</b>	<b>Tuition Fees for Entire Program</b>
4 year	<ul style="list-style-type: none"><li>• Bachelor's degree and MCAT</li></ul>	\$49,392 - \$63,756
5 year (one of the following requirements)	<ul style="list-style-type: none"><li>• High school graduate with completed IB, AP, or SAT II exams</li><li>• Students with completed 1+ year of university</li><li>• Bachelor's degree (MCAT optional)</li></ul>	\$39,060 - \$63,756
6 year	<ul style="list-style-type: none"><li>• High school graduate<ul style="list-style-type: none"><li>• IB, AP, or SAT II exams are preferable</li></ul></li></ul>	\$39,060 - \$63,756



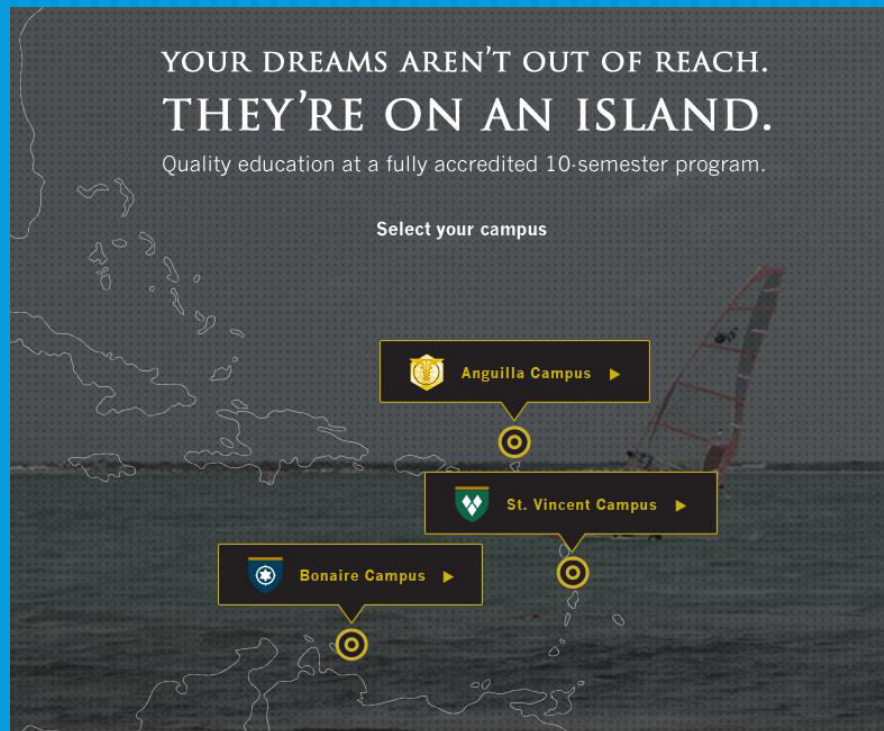
# SCHOOLS IN THE CARIBBEAN

- Saint James School of Medicine
- Xavier School of Medicine
- University of the West Indies
- Ross School of Medicine
- St George University School of Medicine
- Saba University





# SAINT JAMES SCHOOL OF MEDICINE



## General Information:

- 10 semesters
- 3 campuses: Anguilla, St. Vincent, Bonaire
- Total Tuition \$71,500

# SAINT JAMES

ALL THREE CAMPUSES

Link: Anguilla <http://anguilla.sjsm.org/>  
St. Vincent <http://stvincent.sjsm.org/>  
Bonaire <http://bonaire.sjsm.org/>

Degree	Bachelor's Degree or 90 credit hours (3 years of undergrad)
Course Load	N/A
Pre Requisites	N/A
GPA	N/A
MCAT	Not required
Non Academic Requirements	<ul style="list-style-type: none"><li>• 2 letters of recommendation</li><li>• 1 page resume</li><li>• Personal essay</li><li>• Transcript</li></ul>
Important Dates	Enrol for Spring (November 30), Summer (March 27) and Fall (July 31)

# XAVIER SCHOOL OF MEDICINE



## **General Information:**

- 4 year program
- Total Tuition \$121,200

# XAVIER

## ARUBA

Link: <http://www.xusom.com/>

Degree	Bachelor's Degree in science or arts (AB/BS) – degree must have been taken within 5 year prior to application
Course Load	N/A
Pre Requisites	N/A
GPA	N/A
MCAT	Not required
Non Academic Requirements	<ul style="list-style-type: none"><li>• National Medical Admission Test (NMAT) with at least 50 percentile</li><li>• Interview</li><li>• Transcript</li></ul>
Important Dates	October 1 <sup>st</sup> 2012 – May 13 <sup>th</sup> 2014

# ROSS SCHOOL OF MEDICINE



## General Info:

- 4 Year Program: Basic Medicine and Clinical
- Technology-Enabled Learning Environment
- Clinical Rotations in Quality US Hospital

**Tuitions:** \$108,550

**Health Insurance:** \$565 per semester

**Application Fee:** \$100

# ROSS UNIVERSITY

Link: <http://www.rossu.edu/medical-school/admissions/getstarted.cfm>

Degree	Completed undergraduate studies in countries that have an educational system different from that of the United States or Canada
Pre Requisites	<p>2 semesters of <b>General and Inorganic Chemistry</b> with labs, 2 semesters <b>Organic Chemistry</b> with labs, 2 semesters of <b>Biology or Zoology</b> with labs, 2 semesters <b>Physics</b> with labs, 1 semester <b>Math</b> (prefered Stats or Calculus)</p> <p>2 semesters of <b>English</b>: 4 ways to accomplish</p> <ol style="list-style-type: none"><li>1) 2 semesters of University humanities where essays composed at least 40% of the overall mark,</li><li>2) Those holding a grade 13 English credit in Ontario,</li><li>3) International Baccalaureate English</li><li>4) Advanced Placement English.</li></ol>
MCAT	Required
Non Academic Requirements	Personal Interview
Important Dates	Rolling Admission

# ST. GEORGE UNIVERSITY MEDICAL SCHOOL



## General Info:

- 4 year program
  - 2 Basic Medical Sciences years
  - 2 Clinical Training years

**Tuition:** \$281,564

**Application Fee:** \$75

# ST. GEORGE UNIVERSITY MEDICAL SCHOOL

Link: <http://www.sgu.edu/school-of-medicine/sgu-medical-sciences-admissions.html#appd>

Degree	A Bachelor's degree from an accredited university
Pre Requisites	<ul style="list-style-type: none"><li>• 1 year General Biology or Zoology with lab</li><li>• 1 year Inorganic Chemistry (General or Physical) with lab</li><li>• 1 year Organic Chemistry with lab</li><li>• 1 semester Physics with lab,</li><li>• 1 semester Math (Calculus, Computer Science, or Statistics)</li><li>• 1 semester of English.</li></ul>
MCAT	Required
Non Academic Requirements	Personal Interview
Important Dates	Rolling Admission



# SABA



## General Info

- 4 year program: Basic Medicine and Clinical Years

Tuition: \$71,750

Application Fee: \$75

# SABA

Link: <https://www.saba.edu/admissions/requirements>

Degree	Minimum of three years of under-graduate
Pre Requisites	<ul style="list-style-type: none"><li>• 1 year General Biology, Anatomy or Zoology</li><li>• 1 year Inorganic Chemistry (General or Physical) with lab</li><li>• 1 year Biochemistry/Organic Chemistry with lab</li><li>• A broad background in humanities, social sciences or physical sciences and computer skills.</li></ul>
MCAT	Required
Non Academic Requirements	Personal Interview
Important Dates	Rolling Admission

# 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



# RESOURCES AT YORK

- Students Interested in the Medical Sciences (SIMS)
  - Seminars lead by medical professionals
  - Mentorship Programs
  - CPR Training and Certification
  - Discounts on MCAT prep courses



# GUEST SPEAKERS FROM SABA

- Jeremy's Blog: <http://jeremykyoung.tumblr.com/>
- Jeremy's LinkedIn profile: <https://www.linkedin.com/in/jeremykyoung>
- Sharon's LinkedIn profile: <https://www.linkedin.com/in/sharonsukhdeo>
- Other blogs: <http://www.caribbeanmedstudent.com/other-blogs/>