HOW TO GET INTO MEDICAL SCHOOL SEMINAR

Presenters:
AJ Perez-Ignacio & Joshua Lee

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.
WHO ARE WE?

• AJ Perez-Ignacio  
  • 4th Year Biomedical Science  
  • Email – ajperez@my.yorku.ca

• Joshua Lee  
  • 4th Biology  
  • Email - doenlee@my.yorku.ca
DIFFERENT TYPES OF PHYSICIANS

* Primary Care (Pediatricians, Family Practitioners and General Internists)
* Surgeons
* Specialists
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 hours vary depending on type, size of practice, and location
AGENDA FOR THIS EVENING

* 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
  * Research at Hospitals

* Volunteer Opportunities
  * Shadowing Doctors
  * Community Involvement
  * Clubs and Organizations at Yorku

* Leadership Positions

* Sports and hobbies
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
BREAKDOWN OF THE MCAT

* In each science sections
  * 10 Passages with 4–7 questions
  * 15 stand-alone questions

* CARS Section
  * 9 passages with 4-7 questions
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
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

## Scheduling Fees (in USD)

<table>
<thead>
<tr>
<th></th>
<th>Gold Zone Deadline:</th>
<th>Silver Zone Deadline:</th>
<th>Bronze Zone Deadline: 8 days prior to exam date*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold Zone Deadline: 29 days prior to exam date*</td>
<td>$315</td>
<td>$315</td>
<td>$370</td>
</tr>
<tr>
<td>Initial Registration</td>
<td>$315</td>
<td>$315</td>
<td></td>
</tr>
<tr>
<td>Date and/or Test Center Reschedule Fee**</td>
<td>$90</td>
<td>$150</td>
<td>N/A</td>
</tr>
<tr>
<td>Cancellation Refund</td>
<td>$155</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>International Fee**</td>
<td>$105</td>
<td>$105</td>
<td>$105</td>
</tr>
</tbody>
</table>
MANY RESOURCES


* Available on the AAMC website:
  * Sample tests (1 sample + 3 practice tests)
  * Khan Academy MCAT Collection
  * Textbook list for Psychology and Sociology

* Preparation Courses (Kaplan, Princeton, Examcrackers Courses)

* Preparation Books (Kaplan, Examcrackers Textbooks, Princeton, Berkeley Review)
**FREQUENTLY ASKED QUESTIONS**

* 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

Note: AAMC has changed the testing centers from Prometric to Pearson.
FREQUENTLY ASKED QUESTIONS CON’T

* Voiding your exam
  * Wrote exam but don’t want it to be marked
  * This option given at the end of the exam
  * Not visible to schools
  * No refund
  * Still considered an attempt
* Ontario Medical School Application Service
  * Application Service Fee: $220
  * Additional institutional fees apply ($12 per transcript)

* Deadlines:
  * Applications open: July 2019
  * Registration Deadline: Sept 15 *2018
  * Application Deadline: Oct 1 *2018
  * Interview: Late Feb to Late Mar
  * Offers of Admission around May
SCHOOLS IN ONTARIO

* McMaster University - $125
* University of Toronto - $125
* University of Western Ontario - $125
* Northern Ontario School of Medicine - $100
* University of Ottawa - $100
* Queen’s University - $125
OMSAS

* Autobiographical Sketch
  * Who are you?
    * Formal education
    * Employment
    * Volunteer activities
    * Extracurricular activities
    * Awards and accomplishments
    * Research
    * Other

* Note: Only Activities From Age 16+
OMSAS

* 3 confidential forms/references needed for applications to all Ontario medical schools.
* Only need to be submitted once per application cycle
# GPA Conversion Table

<table>
<thead>
<tr>
<th>Type</th>
<th>Numeric/Numérique</th>
<th>Percentage/Pourcentage</th>
<th>Alpha/Alpha</th>
<th>OMSAS Value</th>
<th>Valeur OMSAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ea, 1</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>OMSAS Value</td>
<td>4.00</td>
<td>9</td>
<td>8</td>
<td>90-100</td>
<td>93-100</td>
</tr>
<tr>
<td>3.90</td>
<td>85-89</td>
<td>84-92</td>
<td>87-93</td>
<td>85-93</td>
<td>A</td>
</tr>
<tr>
<td>3.80</td>
<td>80-84</td>
<td>75-83</td>
<td>80-86</td>
<td>80-84</td>
<td>A-</td>
</tr>
<tr>
<td>3.70</td>
<td>77-79</td>
<td>72-74</td>
<td>75-79</td>
<td>75-79</td>
<td>B+</td>
</tr>
<tr>
<td>3.00</td>
<td>73-76</td>
<td>69-71</td>
<td>70-74</td>
<td>70-74</td>
<td>B</td>
</tr>
<tr>
<td>2.70</td>
<td>67-69</td>
<td>64-64</td>
<td>60-64</td>
<td>60-64</td>
<td>C+</td>
</tr>
<tr>
<td>2.30</td>
<td>63-66</td>
<td>62-63</td>
<td>55-59</td>
<td>55-59</td>
<td>C</td>
</tr>
<tr>
<td>2.00</td>
<td>60-62</td>
<td>60-61</td>
<td>50-54</td>
<td>C-</td>
<td>C-</td>
</tr>
<tr>
<td>1.70</td>
<td>57-59</td>
<td>56-59</td>
<td>50-52</td>
<td>D+</td>
<td>D+</td>
</tr>
<tr>
<td>1.30</td>
<td>53-56</td>
<td>53-55</td>
<td>50-54</td>
<td>D</td>
<td>D</td>
</tr>
<tr>
<td>1.00</td>
<td>50-52</td>
<td>50-52</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.70</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>University</th>
<th>GPA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acadia</td>
<td>7</td>
</tr>
<tr>
<td>Alberta</td>
<td>7</td>
</tr>
<tr>
<td>Algoma</td>
<td>3</td>
</tr>
<tr>
<td>Athabasca</td>
<td>7</td>
</tr>
<tr>
<td>Bishop's</td>
<td>3</td>
</tr>
<tr>
<td>Brandon</td>
<td>7</td>
</tr>
<tr>
<td>Brock</td>
<td>3</td>
</tr>
<tr>
<td>Calgary</td>
<td>7</td>
</tr>
<tr>
<td>Cape Breton</td>
<td>3</td>
</tr>
<tr>
<td>Carleton</td>
<td>7</td>
</tr>
<tr>
<td>Concordia</td>
<td>3.7</td>
</tr>
<tr>
<td>Dalhousie</td>
<td>3.7</td>
</tr>
<tr>
<td>Guelph</td>
<td>3</td>
</tr>
<tr>
<td>Laurentian</td>
<td>37</td>
</tr>
<tr>
<td>Laval</td>
<td>7</td>
</tr>
<tr>
<td>Lethbridge</td>
<td>7</td>
</tr>
<tr>
<td>Manitoba</td>
<td>9</td>
</tr>
<tr>
<td>McGill</td>
<td>B</td>
</tr>
<tr>
<td>McMaster</td>
<td>7</td>
</tr>
<tr>
<td>Memorial</td>
<td>6</td>
</tr>
<tr>
<td>Moncton</td>
<td>7</td>
</tr>
<tr>
<td>Montreal</td>
<td>7</td>
</tr>
<tr>
<td>Mt. Allison</td>
<td>7</td>
</tr>
<tr>
<td>Mt. St. Vincent</td>
<td>7</td>
</tr>
<tr>
<td>New Brunswick</td>
<td>7</td>
</tr>
<tr>
<td>Nipissing</td>
<td>7</td>
</tr>
<tr>
<td>Ottawa</td>
<td>7</td>
</tr>
<tr>
<td>Prince Edward Island</td>
<td>7</td>
</tr>
<tr>
<td>Quebec</td>
<td>7</td>
</tr>
<tr>
<td>Regina</td>
<td>3</td>
</tr>
<tr>
<td>RMCC/CMRC</td>
<td>4.7</td>
</tr>
<tr>
<td>Royal Roads</td>
<td>7</td>
</tr>
<tr>
<td>Ryerson</td>
<td>7</td>
</tr>
<tr>
<td>Saskatchewan</td>
<td>3</td>
</tr>
<tr>
<td>Sherbrooke</td>
<td>7</td>
</tr>
<tr>
<td>St. Francis Xavier</td>
<td>7</td>
</tr>
<tr>
<td>St. Mary's</td>
<td>7</td>
</tr>
<tr>
<td>St. Thomas</td>
<td>7</td>
</tr>
<tr>
<td>Ste-Anne</td>
<td>7</td>
</tr>
<tr>
<td>Thompson Rivers</td>
<td>7</td>
</tr>
<tr>
<td>Toronto</td>
<td>37</td>
</tr>
<tr>
<td>Trent</td>
<td>7</td>
</tr>
<tr>
<td>Trinity Western</td>
<td>7</td>
</tr>
<tr>
<td>UBC</td>
<td>7</td>
</tr>
<tr>
<td>UNBC</td>
<td>7</td>
</tr>
<tr>
<td>UofT</td>
<td>7</td>
</tr>
<tr>
<td>Verdun</td>
<td>3.0</td>
</tr>
<tr>
<td>Waterloo</td>
<td>3.7</td>
</tr>
<tr>
<td>Western</td>
<td>7</td>
</tr>
<tr>
<td>Wilfrid Laurier</td>
<td>7</td>
</tr>
<tr>
<td>Windsor</td>
<td>37</td>
</tr>
<tr>
<td>Winnipeg</td>
<td>7</td>
</tr>
<tr>
<td>York</td>
<td>9</td>
</tr>
</tbody>
</table>
MCMASTER UNIVERSITY
Minimum of 3 years of undergraduate work
- 90 credits (full course load not required)
- Prerequisites: None
- 206/4929 applicants admitted to the Class of 2020
- 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
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
- 259/3121 students accepted in 2016
- http://www.md.utoronto.ca/admission-statistics
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
- http://md.utoronto.ca/prerequisite-course-requirements
3 statements (250 words or less) outlining three activities and/or achievements from your autobiographical sketch
Personal Essays

4 essays (250 words or less) (May vary year to year) *not 2018 questions

* Question 1: Physician and author Abrham 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

* MCAT cutoff (varies annually)
  * Bio/Biochem Section 128, Chem/Orgo/Biochem Section 126, Cars 129
NORTHERN ONTARIO SCHOOL OF MEDICINE
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
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
UNIVERSITY OF OTTAWA - PREREQUISITES

* 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 calculation.
HOW TO FULFILL 2 YEARS CHEMISTRY REQUIREMENT

* Any of the following combinations is allowed

* Refer to: https://med.uottawa.ca/undergraduate/admissions/application-process/eligibility-requirements

A candidate can fulfill the chemistry/biochemistry prerequisites by completing one of the following combinations of courses:

- One full-year course in general chemistry with lab, plus one full-year course in organic chemistry with lab.
- One full-year course in organic chemistry with lab, plus one full-year course in biochemistry with or without lab.
- One full-year course in general chemistry with lab, plus one semester course in organic chemistry with lab, plus one semester course in biochemistry with or without lab.
- One full-year course in organic chemistry with lab, plus one semester course in general chemistry with lab, plus one semester course in biochemistry with or without lab.
**UNIVERSITY OF OTTAWA - NON-ACADEMIC REQUIREMENTS**

- **CASPer** (Computer—based Assessment for Sampling Personal Characteristics)
- Assessment of interpersonal skills and decision-making
- 90 minutes
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 (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*
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
179 medical schools in the United States
This includes 36 DO schools (different from allopathic schools)
School specific requirements
Most schools also need Physics and English
Apply via AMCAS
https://services.aamc.org/30/msar
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
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
Brian Serapio
Former York Student
Current 1st Year Medical Student at University of Toronto
QUESTIONS?

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

* AJ Perez-Ignacio: ajperez@my.yorku.ca
* Joshua Lee: doeonlee@my.yorku.ca
UPCOMING SEMINARS

* How to Get into Graduate School
  Wednesday October 3rd BC 320 – 5:30 to 7:00 pm

* How to Get into Dental School
  Wednesday October 17th BC320 – 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