

HOW TO GET INTO MEDICAL SCHOOL SEMINAR

Presenters:

AJ Perez-Ignacio & Joshua Lee

Slides will be available on the SOS website

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DISCLAIMER

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

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 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

7hours 30minutes with breaks

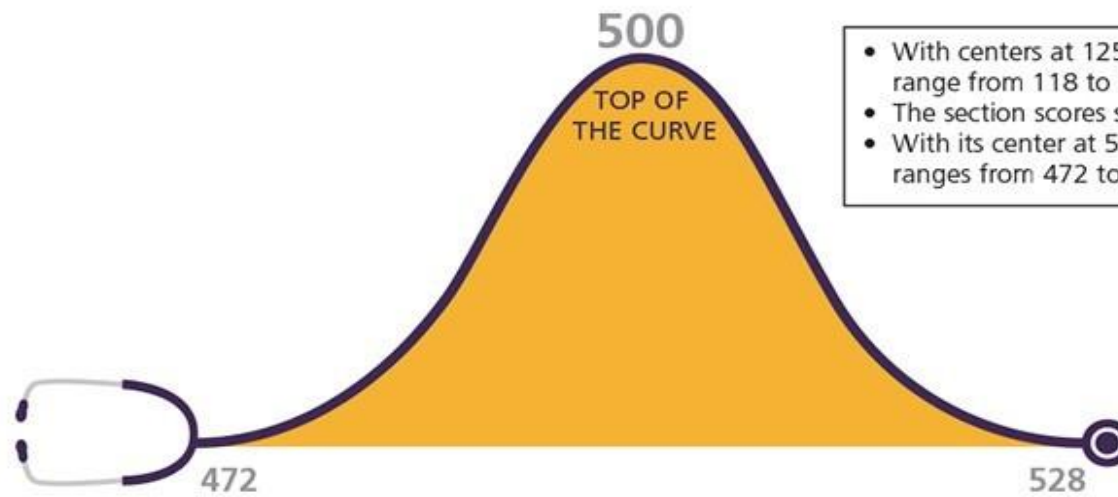
- * Chemical and Physical Foundations of Biological Systems
 - * 59 items, 95 minutes
- * Critical Analysis and Reasoning Skills (CARS)
 - * 53 items, 90 minutes
- * Biological and Biochemical Foundations of Living Systems
 - * 59 items, 95 minutes
- * Psychological, Social and Biological Foundations of Behavior
 - * 59 items, 95 minutes

SCORING SCALE

MCAT2015 has four test sections:



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)

Gold Zone Deadline: 29 days prior to exam date*		Silver Zone Deadline: 15 days prior to exam date*		Bronze Zone Deadline 8 days prior to exam date*	
Initial Registration	\$315	Initial Registration	\$315	Initial Registration	\$370
Date and/or Test Center Reschedule Fee**	\$90	Date and/or Test Center Reschedule Fee**	\$150	No Reschedule Option	N/A
Cancellation Refund	\$155	No Cancellation Refund	N/A	No Cancellation Refund	N/A
International Fee**	\$105	International Fee**	\$105	International Fee**	\$105

MANY RESOURCES

- * <https://www.aamc.org/students/applying/mcat/mcat2015/preparing/265992/preparation.html>
- * 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

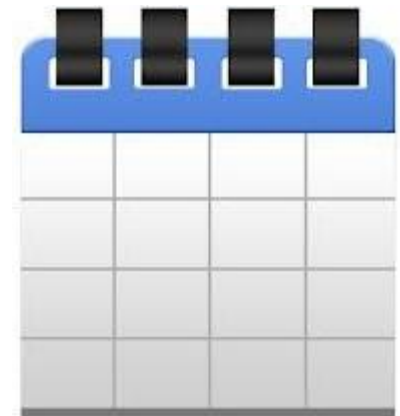
Note: AAMC has changed the testing centers from Prometric to Pearson.

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**

OMSAS

- * 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

MCMASTER UNIVERSITY



MCMASTER UNIVERSITY- ACADEMIC REQUIREMENTS

- * 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—basedAssessment 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>

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

- * <http://md.utoronto.ca/prerequisite-course-requirements>

UNIVERSITY OF TORONTO- NON ACADEMIC REQUIREMENTS

- * **3 statements** (250 words or less) outlining three activities and/or achievements from your autobiographical sketch

UNIVERSITY OF TORONTO- NON-ACADEMIC REQUIREMENTS

* Personal Essays

- * **4 essays** (250 words or less) (May vary year to year) *not 2018 questions
 - * Question 1: Physician and author Abrahm 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



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**

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



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

QUEEN'S UNIVERSITY ACADEMIC REQUIREMENTS

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

SCHOOLS IN THE UNITED STATES

- * 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>

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

Brian Serapio

Former York Student

Current 1st Year Medical Student at University of
Toronto



UNIVERSITY OF TORONTO
FACULTY OF MEDICINE

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://www.nosm.ca/education/ume/general.aspx?id=390>
- * <http://med.uottawa.ca/undergraduate/admissions/application—process>