

# HOW TO GET INTO MEDICAL SCHOOL WEBINAR

## **Presentors:**

**Alaleh Khoeizadeh, Alireza Tavakoli, and Mohamed Ahmed**

## **Guest Speaker:**

**Clarelle Gonsalves**

**Date: October 7th, 2020, 5:30 pm**

**\*The Slides will be available on the SOS website**

# 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?

- Alaleh Khoeizadeh  
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- Alireza Tavakoli  
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# DIFFERENT TYPES OF PHYSICIANS

- \* **Primary Care** (Pediatricians, Family Practitioners and Internal Medicine, etc)
- \* **Surgeons** (Neuro Surgery, Plastic Surgeon, General Surgery, etc)
- \* **Specialists** (Dermatologist, Cardiologist, Psychiatrists, etc)

# HOW MUCH EDUCATION DOES IT TAKE TO BECOME A DOCTOR?

## Typically takes 10 to 16 years

- \* Undergraduate studies
- \* Medical School
- \* Residency Training
- \* Fellowship\*
- \* Three to Four years
- \* Three to Four years
- \* Three to Eight years
- \* One to Two years

\*Fellowship is optional in the case you need to sub-specialize in a certain field.

# WHAT IS THE LIFESTYLE LIKE?

- Work hours vary between specialities
- Common to work 35 to 60 hours a week
- Lifestyle varies depending on specialty:
  - \*Surgical specialties are typically “on call”
  - \*Some have fixed hours
- Requires determination, sacrifice, and dedication

# WHAT WILL YOU NEED?

## (AGENDA)

- Extra-curricular involvement
- Medical College Admissions Test (**MCAT**)
- **OMSAS** Application System
- Admission Requirements (Ontario)
  - \* CASPer Test
- Interviews

# EXTRA CURRICULAR OPPORTUNITIES

## \* Research Opportunities

- \* RAY (Research @ York)
- \* Work-study positions with professors
- \* Research at Hospitals

## \* Volunteer Opportunities

- \* Volunteering at Hospitals
- \* Joining Clubs and Organizations at YorkU
- \* Community Involvement

## \* Leadership Positions

## \* Sports and Hobbies





# MCAT

Computer-based exam

230 multiple choice questions

7 hours 30 minutes with breaks

## Tests knowledge in these four sections:

- \* 1. Chemical and Physical Foundations of Biological Systems
- \* 2. Critical Analysis and Reasoning Skills (CARS)
- \* 3. Biological and Biochemical Foundations of Living Systems
- \* 4. Psychological, Social and Biological Foundations of Behavior

# MCAT BREAKDOWN

## \* Three Science Sections

- \* 59 items, 95 minutes
- \* 10 Passages with 4 - 6 questions
- \* 15 stand-alone questions (questions are not based on passage)

## \* Critical Analysis and Reasoning Skills (CARS)

- \* 53 items, 90 minutes
- \* 9 passage, 5-7 questions
- \* No stand-alone questions

## \* Breaks \*

- \* First break: 10 minutes - After Section 1
- \* Second break: 30 minutes - After Section 2
- \* Third break: 10 minutes - After Section 3

\* Visit the new temporary changes in MCAT breakdown at

<https://students-residents.aamc.org/applying-medical-school/article/covid-19-changes-mcat-exam-administrations-may-29/>

# BREAKDOWN OF MCAT

## 1. Chemical and Physical Foundations of Biological Systems

- **First-Semester Biochemistry** 25%
- **Introductory Biology** 5%
- **General Chemistry** 30%
- **Organic Chemistry** 15%
- **Introductory Physics** 25%

## 3. Biological and Biochemical Foundations of Living Systems

- **First-Semester Biochemistry** 25%
- **Introductory Biology** 65%
- **General Chemistry** 5%
- **Organic Chemistry** 5%

## 2. Critical Analysis and Reasoning Skills (CARS)

- **Humanities** 50%
- **Social Science** 50%

\*CARS does not test on specific knowledge or additional coursework

## 4. Psychological, Social and Biological Foundations of Behaviour

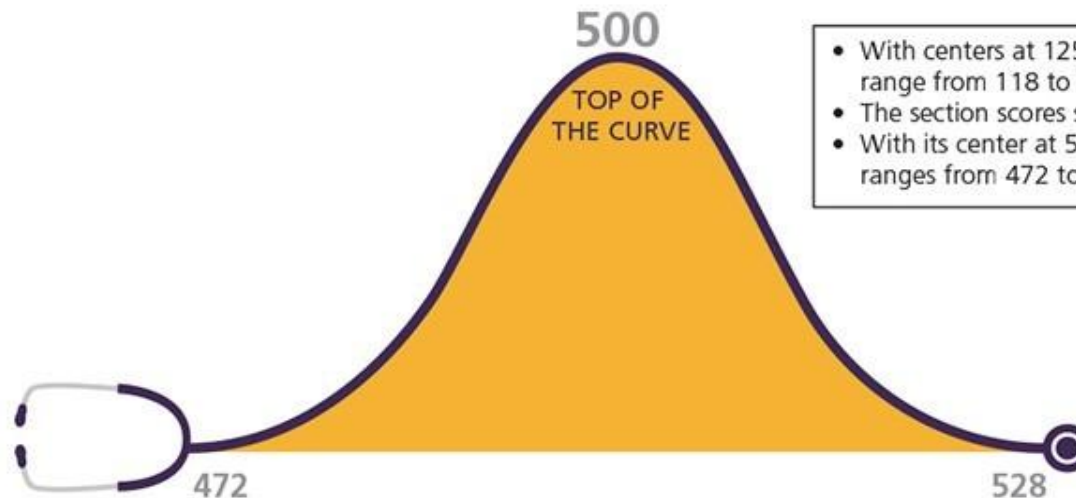
- **Introductory to Psychology** 65%
- **Introductory to Sociology** 30%
- **Introductory to Biology** 5%

# 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.

# MANY RESOURCES

- <https://students-residents.aamc.org/applying-medical-school/article/online-practice-mcat-exam/>
- <https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/prepare-mcat-exam/free-planning-and-study-resources/>
- Available on the AAMC website:
  - \*Practice tests (1 Sample test + 4 practice tests)
  - \* Khan Academy MCAT collection
- Preparation Courses (i.e. Kaplan, Princeton)
- Review Books (i.e. Kaplan, Princeton)

# MCAT FREQUENTLY ASKED QUESTIONS

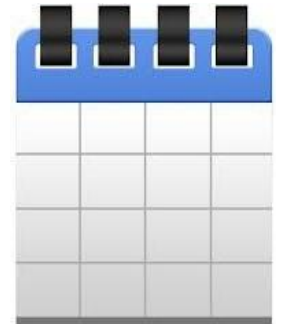
- \* How many times can I write the MCAT?
  - \* The MCAT can be written:
    - \* 3 times in a single testing year
    - \* 7 times in a lifetime

# 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**
  - \* Counts as an attempt (**out of 7 lifetime attempts**)

# OMSAS

- \* Ontario Medical School Application Service
  - \* Application Service Fee: \$220
  - \* Additional institutional fees apply
- \* Deadlines:
  - \* Applications open: July 2020
  - \* Deadline to send email to referees: **Sept 15**
  - \* Application Deadline: **Oct 1**
  - \* Interview: Late Feb to Late Mar
  - \* Offers of Admission around May





# SCHOOLS IN ONTARIO

- \* McMaster University ----- \$125
- \* University of Toronto ----- \$130
- \* University of Western Ontario ----- \$125
- \* Northern Ontario School of Medicine ----- \$100
- \* University of Ottawa ----- \$125
- \* Queen's University ----- \$125

# OMSAS

- \* Autobiographical Sketch
  - \* **Who are you?**
    - \* Employment
    - \* Volunteer activities
    - \* Extracurricular activities
    - \* Awards and accomplishments
    - \* Research
    - \* Other
  - \* Note: Only Activities From **Age 16+**



# MCMASTER UNIVERSITY



# MCMASTER UNIVERSITY- ACADEMIC REQUIREMENTS

- \* Minimum of **3 years** of **undergraduate** work
  - \* 90 credits (full course load not required)
  - \* Prerequisites: **None**
- \* 205/5228 applicants admitted to the Class of 2022
- \* GPA cutoff: **3.0** (Cumulative)
- \* MCAT cutoff: **CARS 123**
- \* **CASPer** (Computer--based **A**ssessment for **S**ampling **P**ersonal Characteristics)
  - \* Assessment of interpersonal skills and decision--making
  - \* 90 minutes

Resources:

<https://mdprogram.mcmaster.ca/md-program-admissions/who-should-apply/additional-notes-on-academic-requirements>

# 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
- \* **639/3265** students interviewed in 2018
- \* Visit the new changes at

<https://applymd.utoronto.ca/admission-requirement-changes-and-updates-20202021-application-cycle>

# UNIVERSITY OF TORONTO- COURSE PREREQUISITES

## \* Required

- \* 2 full course equivalents (FCEs) in Life Sciences
  - \* Examples: Biology, Anatomy, Biochemistry, etc
- \* 1 full course equivalent in humanities/social science/language
- \* 1 FCE = 6 credits

## \* Recommended

- \* Course in Statistics
- \* At least 2 full courses in expository writing

Resources:

<https://applymd.utoronto.ca/prerequisite-courses>

<https://applymd.utoronto.ca/academic-requirements>



# UNIVERSITY OF TORONTO- NON ACADEMIC REQUIREMENTS

- \* 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) (May vary year to year)
  - \* 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**
  - \* For first and second years, **60%** course load should be at the level of that year of study or higher
  - \* For the third and fourth years, **60%** of the course load should be at third level or higher.
  - \* GPA minimum must be met in EACH of the 2 best years
  - \* **Summer Courses will not be counted**
- \* **MCAT cutoff (varies annually)**

Resources:

[https://www.schulich.uwo.ca/med\\_dent\\_admissions/docs/AdmissionStatistics\\_Medicine\\_Classof2022.pdf](https://www.schulich.uwo.ca/med_dent_admissions/docs/AdmissionStatistics_Medicine_Classof2022.pdf)

# WESTERN UNIVERSITY- NON-ACADEMIC REQUIREMENTS

- \* Supplementary Applications are required for this year

# 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**

<https://www.nosm.ca/>

# NORTHERN ONTARIO SCHOOL OF MEDICINE NON-ACADEMIC REQUIREMENTS

- 3 Autobiographical Sketch
- Answering 4 supplementary questions

<https://www.ouac.on.ca/guide/omsas-nosm/>



# 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**

# 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 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

# 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 (references)
- \* 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
- \* 1<sup>st</sup> cutoff: cGPA. If you do not meet this cutoff, 2YGPA is considered for the cutoff

# QUEEN'S UNIVERSITY ACADEMIC REQUIREMENTS

MCAT cutoff: **varies** from year to year

\*1<sup>st</sup> cutoff: cGPA. If you do not meet this cutoff, 2YGPA is considered for the cutoff

\* Confidential Assessment Forms (references)

## SCHOOLS IN CANADA- 17 TOTAL

- Dalhousie University
- McGill University
- Memorial University of Newfoundland
- Universite Laval
- University of Alberta
- University of British Columbia
- Lakehead University
- University of Alberta
- University of Calgary
- University of Ottawa
- University of Manitoba
- University of Montreal
- University of Saskatchewan
- University of Sherbrooke
- Western University
- Queen's University
- University of Toronto



# SCHOOLS IN THE UNITED STATES

- \* 155 accredited medical schools in the United States
- \* School specific requirements
  - \* Physics and English
  - \* Some accept Humanities instead of English
- \* Apply via AMCAS
  - \* <https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/applying-medical-school-amcas/>

# INTERVIEWS

## Assessing your personal qualities

- \* Personal qualities and traits (e.g. Maturity)
- \* Personal experiences and interests
- \* Exposure to healthcare 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 yet professional
- \* 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 partially 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 questions
- \* communication skills
- \* knowledge of the healthcare system

# MMI POSSIBLE SCENARIOS

- \* Interaction with an actor
- \* A writing station
- \* Interaction with other candidates
- \* Standard interview station
- \* Ethical scenario with questions

# GUEST SPEAKER:

## **Clarelle Gonsalves**

Medical Student at  
Michael G. DeGroote School of Medicine,  
McMaster University, Class of 2022

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# QUESTIONS?

**To access the slides, visit:**

<https://bethune.yorku.ca/events/>

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## UPCOMING SEMINARS

- How to Get Into Graduate School  
*Wednesday, Oct 21st at 5:30 pm*
- How to Get Into Dental School  
*Wednesday October 28th , 5:30 pm*

# REFERENCES

- <https://yorku.campuslabs.ca/engage/organizations>
- <https://www.ouac.on.ca/omsas/>
- <https://www.mcmaster.ca/>
- <https://mdprogram.mcmaster.ca/docs/default-source/admissions/class-statistics/class-of-2022-stats.pdf?sfvrsn=2>
- <https://applymd.utoronto.ca/academic-requirements>
- [https://www.schulich.uwo.ca/med\\_dent\\_admissions/medicine/admission\\_requirements.html](https://www.schulich.uwo.ca/med_dent_admissions/medicine/admission_requirements.html)
- [https://www.schulich.uwo.ca/med\\_dent\\_admissions/docs/AdmissionStatistics\\_Medicine\\_Classof2022.pdf](https://www.schulich.uwo.ca/med_dent_admissions/docs/AdmissionStatistics_Medicine_Classof2022.pdf)
- <https://www.nosm.ca/education/md-program/admissions/admission-requirements/>
- <https://www.queensu.ca>
- <https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/applying-medical-school-amcas/>
- <https://www.ignitecompetition.org/>
- <https://takecasper.com/>

# REFERENCES

- <https://www.ouac.on.ca/guide/omsas-conversion-table/#scale>
- <https://students-residents.aamc.org/applying-medical-school/article/mcat-exam-score-scale/>
- [https://aamc-orange.global.ssl.fastly.net/production/media/filer\\_public/95/36/953625eb-6e5d-4521-80e0-054eb511e18f/combined\\_mcat-content\\_new\\_61419.pdf](https://aamc-orange.global.ssl.fastly.net/production/media/filer_public/95/36/953625eb-6e5d-4521-80e0-054eb511e18f/combined_mcat-content_new_61419.pdf)
- <https://students-residents.aamc.org/applying-medical-school/article/covid-19-changes-mcat-exam-administrations-may-29-/>