AN INTRODUCTION

PRE-MED INFORMATION SESSION

WHO GETS INTO MEDICAL SCHOOL?
- Students with a 3.99 GPA?
- Students that speak multiple languages?
- Students with strong social skills?
- Students with unique personalities?
- Students who possess an above-average amount of drive?
- Students with certain majors?
- WHO?????

THE TRUTH
- Medical Schools want students who will make the best health care providers.
- You need to be the best candidate you can be, with strengths in many areas.
- You should take a holistic approach to your preparation and undergraduate education.
**THE HOLISTIC APPROACH**

- Schools are interested in well-rounded candidates.

![Diagram showing various criteria for holistic approach]

**ACADEMICS**

What does this entail?
- GPA
- MCAT
- Majors / Minors
- Educational Pursuits

**ACADEMICS**

- GPA
  - Is an important factor in your viability as a med school candidate – but it is **not** the only factor.
  - Aim for consistency in your performance rather than a “roller coaster” performance.
  - Medical Schools look at trends as well. A rough start can still yield a competitive candidate if the trend in grades is upward.
  - Science GPA and non-science GPA are equally important.
ACADEMICS

Question: What is the best major for a pre-medical student?

Answer: Whatever you love to learn about.

ACADEMICS

There is no preferred major for medical school (science or non-science).

All you need to do is to complete the prerequisite courses before your application year.

Consider your academic strengths and interests when choosing your major.

ACADEMICS

Core pre-requisites generally include:

- 1 year General Chemistry
- 1 year General Biology
- 1 year of Organic Chemistry with labs
- 2-3 quarters of Calculus
- 2-3 quarters of Biochemistry
- 1 year of Physics with labs (calculus- or algebra-based)
- 1 year of English (FROM THE ENGLISH DEPARTMENT)

Individual medical schools may have additional pre-reqs, so be sure to research your programs of interest.

Ask an adviser if you have AP or IB credit.

_Chem 142/152/162_, Biol 180/200/220_

_Chem 237/238/239 + 241/242_________

_Math 124/125 or QSci 291/292_________

_Bioc 405/406 or 440/441/442_________

_Phys 114/115/116 + 117/118/119 or___

_Phys 121/122/123___________________

_English from the English Department!___
ACADEMICS

Other recommended courses include:
- Genetics
- Upper-division science electives (for non-science majors)
- Social science and humanities courses (UW School of Medicine requires 6 courses)
- Ethics
- Statistics
- Psychology and sociology

Rec Courses may include: 
- Genome 361 or 371
- Stat 311 or QSci 381 (other stats is also acceptable)
- Ethics from Phil or B H
- Any Intro Psych or Soc

ACADEMICS

MCAT
- Medical College Admissions Test
- Typically taken at least one year before you plan to enter medical school
- Preparatory classes are helpful to some, but are not a necessity.
- Courses that you should complete before taking the MCAT are: general chemistry, organic chemistry, biology, physics, and English composition.
- Beginning in 2015, you will also need to have completed biochemistry, psychology, sociology and statistics.

PASSION

Health Interest
Service/ Activism
Scientific Curiosity
Life Experience
PASSION

- What are you passionate about?
- How will you demonstrate your passions?
- Great places to get involved and branch out are:
  - Student groups on campus
  - Community Service
  - Community Leadership
- Your education in the classroom is valuable, but your education outside of the classroom is invaluable.

CARING

- Personal
- Community
- Clinical

- You are entering a community-driven field. You will need to show that you are a compassionate human being.
- Our suggestion is that you find a population that you want to learn more about, and help.
- Remember, not all your experiences need to be directly healthcare-related. Widen your net and broaden your experiences!
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IDENTITY

• Involvement
• Role Model
• Identification

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IDENTITY

• Possessing a strong sense of oneself is important. What makes you a unique and balanced individual? Doctors are people too. Don’t lose sight of what makes you you, as you prepare for medical school.

• As a healthcare professional, you are bound to encounter individuals who possess an identity that differs from your own.

• Coursework, volunteer opportunities, and travel can all help you explore and understand issues of multiculturalism.

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SCHOLARSHIP

• Policy
• Research
• Academic Potential
• Interests
• Leadership
SCHOLARSHIP

Do you love to learn?
• A career in medicine requires that you continue to actively learn after receiving your degree.
• Challenge yourself by taking courses in areas you have not explored before, or by taking honors courses.
• Reflect on your educational pursuits both inside and outside of class. Research, study abroad, and service-learning courses are excellent ways to document scholarship and diverse educational experiences.
• Your leadership potential is important. Reflect on your experiences and how you have developed (or will develop) your skills as a leader.

GOALS

A Career in Medicine
“FIT”

GOALS

Ask yourself:
• Why do I want to work in medicine?
• How important is this career to me?
• What are my motivations?
• Is there nothing else I can see myself doing with my life?
• How do you know that medicine is a good fit for your skills, abilities and life goals?
• In order to know that it is a good fit, you will need to shadow physicians. For example, the UW School of Medicine requires a minimum of 40 hours. However, let's do the math . . .
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GOALS

40 hours shadowing
4 years prep

10 hours a year?!
NEXT STEPS . . .

- Research programs.
- Complete the prerequisites.
- Shadow a physician.
- Complete your major requirements.
- Develop relationships with faculty members.
- Plan your application timeline.
- Meet with your pre-med advisers.

RESEARCHING SCHOOLS

- Keep in mind that there are many M.D. and D.O. programs. Here are some things to think about:
  - Public or private?
  - Generally students will look at public schools in their state of residence. (e.g. If I were from California I’d start with California public schools.)
  - Is there an area of research that you’re interested in? Look at programs that offer that specialty.
- Resources for researching schools include: The MSAR, aamc.org, aacom.org, and individual school websites. You should also talk to faculty mentors.

LETTERS OF RECOMMENDATION

- Strong letters of recommendation are necessary for entrance into any medical school.
- Many schools require two letters from science faculty and one from a non-science faculty member. Letters from graduate students (TAs) are not always accepted.
- Students often will have letters collected online using the Letters of Evaluation Online (LEO) service offered through the Career Center.
LETTERS OF RECOMMENDATION

A letter of recommendation should enhance your overall application. Therefore, it is imperative that your letter writers know you well. Finding faculty mentors will be important to shaping your identity as a student. You can cultivate these relationships by:

- Attending office hours.
- Introducing yourself.
- Learning about their research and being an active learner in and outside of class.
- Taking multiple courses from the same professor.

MEETING WITH A PREMED ADVISER

Download the Prehealth Reflection and Plan from the prehealth website.
Submit your work as instructed on the website. Each response should be 1-3 sentences in length. If you are unsure about your response, then indicate that.
Upon submission, your reflection and plan will be reviewed by a prehealth adviser. Once it has been approved, you will receive an email confirmation with appointment scheduling information. During busy times, this process may take several weeks.

ADDITIONAL RESOURCES

Explore Health Careers: www.explorehealthcareers.org
UW Prehealth Website: http://www.washington.edu/uaa/gateway/advising/prehealth/
AAMC Diversity in Medicine Campaign: www.aspiringdocs.org
American Association of Medical Colleges: www.aamc.org
American Association of Colleges of Osteopathic Medicine: www.aacom.org
Washington Occupational Information System: www.wols.org
UW Student Health Consortium: http://health.asuw.org/Student_Health_Consortium/
Email assistance: prehealth@uw.edu