



Pre-Medical Preparation

Developing a competitive application for medical school

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Health Professions Advising Office

- Website
 - www.csulb.edu/sas
 - Click “Health Professions Advising Office”
- Advising Services:
 - Academic and career planning
 - Involvement:
 - Volunteer/Community service
 - Research
 - Medically-related work
 - Workshops: Preparation & Application
 - Application timeline and assistance
 - Personal statement feedback
 - Mock interviews
- Other Services:
 - Letter of Recommendation Forwarding Service
 - Test Preparation Award
 - Jefferson Middle School Tutoring Program
 - Resource Library
 - Advisors to student organizations
 - Outreach to High Schools & Community Colleges

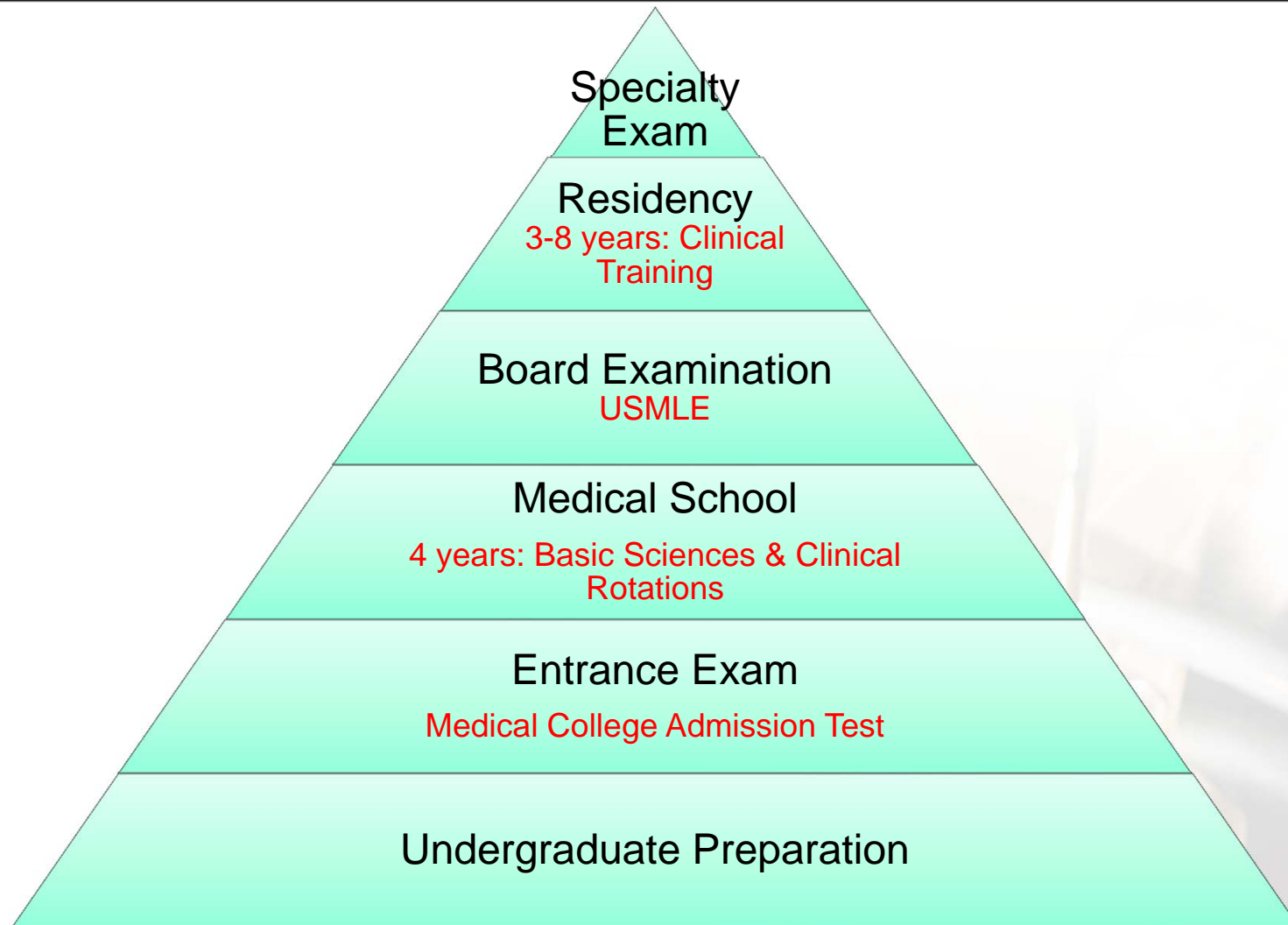


Warm up!

- What major should I be?
- Am I at a disadvantage because I am a community college student?
- Does it look bad on my application if I don't graduate in 4-years?
- What school should I transfer to in order to have the best chance of going to medical school?
- What are some pre-requisites courses for medical school?
- Besides GPA and pre-reqs, what other things are considered in an applicant?



Educational Path





What Do Health Professional Schools Require?

- Bachelor's Degree or 3+ years of undergraduate courses
 - Pre-requisite science and non-science courses
 - Any major is appropriate
- Letters of Recommendation
 - Most schools will ask for 3-5 letters
 - 2 from science faculty, 1 from non-science faculty
 - *Tip: Students should keep in touch with their community college professors!*
 - Additional letters from relevant volunteer, work, research and/or other involvement
- Entrance Exam
 - MCAT, DAT, OAT, PCAT, and GRE
- Personal Statement/Essay
- Interview



General Pre-requisites for Medical School

- 1 year General Chemistry w/ lab
- 1 year Organic Chemistry w/ lab
- 1 year Biology w/ lab
- 1 year Physics w/ lab
- 1 year college level Mathematics
- 1 year English



What Do Professional Schools Look For In Applicants?

1. Academic Preparedness: Can this applicant make it through our program?

- Science GPA, Cumulative GPA, Rigor of program, Trends in academic record (both before and after transfer)
- Entrance exam scores

Note: Academic Considerations

- All attempted college courses are considered for Medical, Dental, Pharmacy, Veterinary, & Physician Assistant Programs
- Academic Renewal/Repeat Delete - often **NOT** Honored
- AP/IB- **NOT** Accepted by many schools
- CR/NC, Incompletes, Withdraw



What Do Professional Schools Look For In Applicants?

2. What kind of health professional will this applicant be?

- Character, Maturity, Stability, Motivation
- Critical Thinking, Knowledge of Science
- Desire to Help Others
- Communication Skills
- Knowledge of the Profession
- Potential for Leadership
- Understanding of the Health Care System

“The numbers get you **looked at**; the **rest** sets you apart!”



What kind of health professional will this applicant be?

Demonstrated by...

A. Community Service

- Students should demonstrate desire to “help people”
- Can begin early in academic career
- Need not be health related
- **Driven by personal interest**
- How? Campus orgs., church, city, county, non-profit organizations, schools

B. Clinical Exposure/Health Related

- Explore profession, lifestyle & confirm fit
- Gain knowledge of industry, issues, policies
- Can begin early in academic career
- Need not be paid



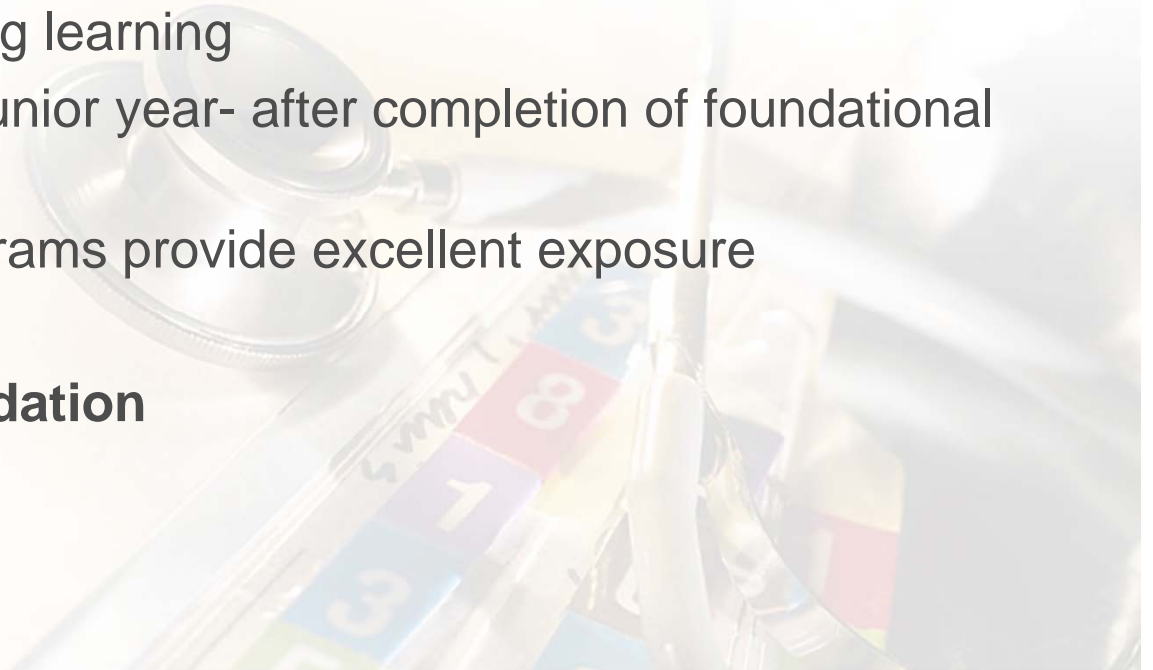
What kind of health professional will this applicant be?

Demonstrated by (cont.d)...

C. Research Experience

- Undergraduate research experience can help a student demonstrate
 - Scholarly potential
 - Understanding/ appreciation of evidence-based medicine
 - Inclination for lifelong learning
- Typically beginning in junior year- after completion of foundational science courses
- Summer research programs provide excellent exposure

D. Letters of Recommendation





How do I get Clinical Exposure?

- **Formal Volunteer Programs:**
 - Clinical Care Extender Program (CCE):
www.copehealthsolutions.org
 - Santa Monica-UCLA Care Extender Program:
www.uclahealth.org/body.cfm?id=74
 - LAC+USC Healthcare Network:
<http://www.lacusc.org/Services/Volunteer/Default.aspx>
- **Hospital Volunteer Office**
 - Southern CA Hospitals - www.hasc.org/hospitals.cfm
- **Community Clinics** - www.harp.org/clinics.htm
- **Hospice, nursing home, private practices**
- **Paid employment:** Certified EMT, C.N.A., M.A., Phlebotomy, Scribe



Other Recommendations for Community College Students

- **Summer Medical and Dental Education Program (SMDEP)**
 - FREE (full tuition, housing, and meals)
 - Six-week summer academic enrichment program
 - For freshman and sophomore college students
 - Implemented at 12 program sites across the nation (UCLA, Yale, Columbia, etc.)
 - Academic enrichment in the basic sciences and math, clinical experiences, career development activities, learning and study skills seminars, financial planning
- **Summer Enrichment Programs**
 - AAMC database: <http://services.aamc.org/summerprograms/>
- **Summer Undergraduate Research programs**
 - AAMC database:
https://www.aamc.org/members/great/61052/great_summerlinks.html
- **Conferences**
 - LMSA, AMSA ARC/UCD, Catch the Wave to Success (SDSU), SUMMA



Allopathic Medical School 2011 Entering Class Profile

Total Applications	First-Year Matriculants
43,919	19,230

Matriculants			
Science GPA (BCPM)	3.61	MCAT Verbal	9.8
Non-Science GPA	3.74	MCAT Physical Science	10.4
Total GPA	3.67	MCAT Biological Science	10.8
		MCAT Total	31.1
		MCAT Writing Sample	Q

Source: AAMC Matriculants Data 2011



Under-represented in Medicine Applicants

Applicants, Accepted, Acceptance Percentage to US Allopathic Medical Schools
 GPAs, MCAT Scores of Accepted, By Race California 2010

Race (% of ACC duplicated total)	# Apps	# Acc	Acc %	<u>ACCEPTEDS</u> GPAs, MCATs, Std Devs				
				Sci GPA	Total GPA	Verb MCAT	Phys Sci	Bio Sci
							MCAT	MCAT
Latino (10.6%)	474	246	51.9	3.36 SD .36	3.44 SD .29	9.2 SD 1.7	9.8 SD 1.8	10.3 SD 1.6
Black (5.2%)	255	122	47.8	3.31 .35	3.41 .30	8.9 1.9	9.3 1.6	9.9 1.6
Am Ind (1.2%)	59	29	49.2	3.39 .44	3.45 .36	9.3 2.0	9.7 1.6	10.6 1.7
Subtotal	788	397	50.4	3.35	3.43	9.2	9.6	10.2
Under-Rep Minorities (17.1%)				~.36	~.30	~1.8	~1.7	~1.6

SOURCE: Association of American Medical Colleges (AAMC), Admission Action Summary
 American Medical Colleges Application Service (AMCAS) 2010



Osteopathic Medical School 2010 Entering Class Profile

Total Applications	First-Year Matriculants	Total Enrollment
101,027	5,428	19,427

Matriculants GPA		Matriculants MCAT Scores	
Science GPA (BCP & Other Science)	3.36	Verbal Reasoning	8.69
Non-Science GPA	3.57	Biological Sciences	9.29
Overall	3.47	Physical Sciences	8.51

Source: AACOM, Osteopathic Medical College Information Book 2011



Colleges of Podiatric Medicine 2010 Entering Class Profile

Total Enrollment

622

Matriculants GPA		Matriculants MCAT Scores	
Science GPA (BCP & Other Science)	3.29	Verbal Reasoning	7.3
Non-Science GPA	3.5	Biological Sciences	7.7
Overall	3.3	Physical Sciences	7.1

Source: AACPM, Matriculant Statistics 2011



Application information

- Apply at the end of 4th year if you're on a 5 year plan for admission immediately following graduation.
- Opens each year, June—Apply early!!!
- Application process involves, primary application, secondary application, letters of recommendations, interviews
- Can be very expensive, save money now!
- Make sure to connect with your health professions advisor the a year before you apply





Selecting a 4-Year School

The *BEST* School is the One Where YOU Can Do Well!

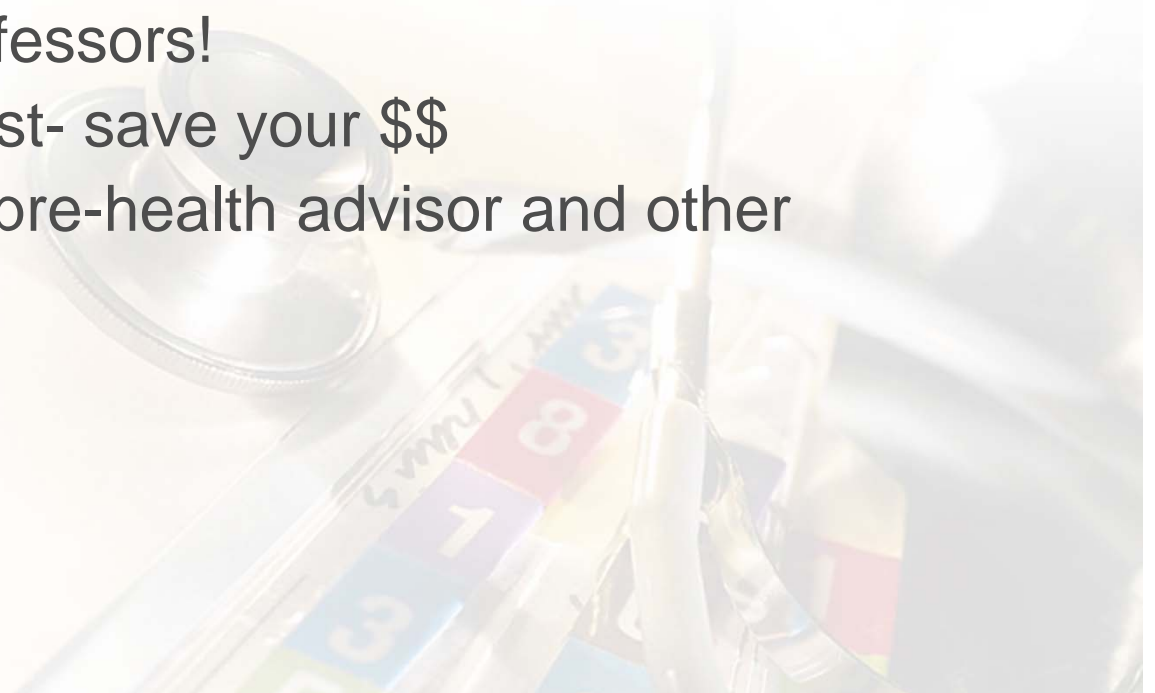
- Location
- Fit
 - Academic- choice of majors
 - Financial
 - School-life balance
- Support Services
- Opportunities for volunteer, community service and extracurricular involvements
- Research opportunities





Final Tips for Community College Students

- Start foundational science classes at the community college
- Get academic support early
- Get involved with student organizations, community service, clinical exposure, etc.
- Attend local pre-health conferences
- Keep in touch with professors!
- Be prepared for the cost- save your \$\$
- After transferring, find pre-health advisor and other resources on campus
- Apply Early!!





Questions!

