



Navigating The U.S. Medical School Application

Hosted by PULS McGill
Presented by Joseph Windheim



MD (allopathic) vs. DO (osteopathic)

- Both practicing physicians
- Avg GPA of matriculants: 3.70 (MD) vs. 3.47 (DO)
- Avg MCAT of matriculants: 509 (MD) vs. 499 (DO)
- Specialties difficult to get into from DO:
 - Surgery, dermatology, radiology, ENT, ophthalmology, urology
- DO schools put less emphasis on research and have a different curriculum.

“D.O.’s are trained to have a more holistic approach to medicine and follow a medical philosophy called osteopathic medicine. DO’s are trained consider a patient’s environment, nutrition, and body system as a whole when diagnosing and treating medical conditions.”

- <http://myheart.net>

- Notwithstanding preference for cost and location, any MD > any DO.

School Rankings - USNWR

- US News and World Report (research ranking)
- Only compares MD schools in the US

Research rank	School name	Total medical school enrollment
#1	Harvard University Boston, MA	710
#2	Stanford University Stanford, CA	482
#3 Tie	Johns Hopkins University Baltimore, MD	472
#3 Tie	University of California—San Francisco San Francisco, CA	647
#3 Tie	University of Pennsylvania (Perelman) Philadelphia, PA	616
#6	Washington University in St. Louis St. Louis, MO	484
#7	Columbia University New York, NY	670

#8 Tie	Duke University Durham, NC	453
#8 Tie	University of Washington Seattle, WA	959
#8 Tie	Yale University New Haven, CT	396
#11 Tie	New York University (Langone) New York, NY	615
#11 Tie	University of Chicago (Pritzker) Chicago, IL	363
#11 Tie	University of Michigan—Ann Arbor Ann Arbor, MI	710
#14	University of California—Los Angeles (Geffen) Los Angeles, CA	748
#15	Vanderbilt University Nashville, TN	402


School Rankings - USNWR




















- US News and World Report (clinical ranking)

Primary care rank	School name	Total medical school enrollment
#1	University of Washington Seattle, WA	959
#2	University of North Carolina—Chapel Hill Chapel Hill, NC	829
#3	University of California—San Francisco San Francisco, CA	647
#4	University of Michigan—Ann Arbor Ann Arbor, MI	710
#5	University of Nebraska Medical Center Omaha, NE	503
#6 Tie	Oregon Health and Science University Portland, OR	556
#6 Tie	University of California—Los Angeles (Geffen) Los Angeles, CA	748

#8	Duke University Durham, NC	453
#9 Tie	Baylor College of Medicine Houston, TX	742
#9 Tie	University of Minnesota Minneapolis, MN	975
#11 Tie	University of Colorado Aurora, CO	664
#11 Tie	University of Pennsylvania (Perelman) Philadelphia, PA	616
#11 Tie	University of Pittsburgh Pittsburgh, PA	583
#14	University of Wisconsin—Madison Madison, WI	727
#15	Michigan State University (College of Osteopathic Medicine) East Lansing, MI	1,242


School Rankings - QS

1		Harvard University	
2		University of Oxford	
3		University of Cambridge	
4		Stanford University	
5		Johns Hopkins University	
6		University of California, Los Angeles (UCLA)	
7		University of California, San Francisco	
8		Yale University	
9		UCL (University College London)	
10		Karolinska Institutet	
11		Imperial College London	
12		University of Toronto	
13		Columbia University	

14		Massachusetts Institute of Technology (MIT)	
15		University of Pennsylvania	
16		Duke University	
17		The University of Sydney	
18		The University of Melbourne	
=19		University of California, San Diego (UCSD)	
=19		University of Washington	
21		King's College London	
22		National University of Singapore (NUS)	
=23		The University of Tokyo	
=23		Washington University in St. Louis	
25		University of Michigan	
27		McGill University	

School Rankings - StartClass

Organization Name	Start Rank	In-State Tuition	Median UCAT Score	Median Incoming GPA	Acceptance Rate
 Harvard Medical School Harvard University Boston, Massachusetts <input type="checkbox"/> Add to Compare	#1	\$52,551	37.0	3.83	2.3%
 UCSF School of Medicine University of California San Francisco San Francisco, California <input type="checkbox"/> Add to Compare	#2	\$32,815	36.0	3.85	2.2%
 Johns Hopkins School of Medicine Johns Hopkins University Baltimore, Maryland <input type="checkbox"/> Add to Compare	#3	\$47,284	36.0	3.81	1.8%
 Perleman School of Medicine University of Pennsylvania Philadelphia, Pennsylvania <input type="checkbox"/> Add to Compare	#4	\$52,170	36.0	3.88	2.9%
 UW School of Medicine University of Washington Seattle, Washington <input type="checkbox"/> Add to Compare	#5	\$20,180	31.0	3.73	3.0%
 David Geffen School of Medicine University of California Los Angeles Los Angeles, California <input type="checkbox"/> Add to Compare	#6	\$22,246	35.0	3.78	1.8%
 Michigan Medical School University of Michigan Ann Arbor Ann Arbor, Michigan <input type="checkbox"/> Add to Compare	#7	\$30,150	36.0	3.81	3.2%
 UNC School of Medicine University of North Carolina at Chapel Hill Chapel Hill, North Carolina <input type="checkbox"/> Add to Compare	#8	\$19,499	35.0	3.79	3.0%
 Pittsburgh School of Medicine University of Pittsburgh Pittsburgh, Pennsylvania <input type="checkbox"/> Add to Compare	#9	\$40,962	36.0	3.88	3.2%
 Stanford School of Medicine Stanford University Stanford, California <input type="checkbox"/> Add to Compare	#10	\$40,692	37.0	3.85	1.4%

 Pritzker School of Medicine University of Chicago Chicago, Illinois <input type="checkbox"/> Add to Compare	#11	\$45,836	37.0	3.87	1.6%
 Wash U School of Medicine in St. Louis Washington University Saint Louis, Missouri <input type="checkbox"/> Add to Compare	#12	\$54,050	36.0	3.80	2.8%
 Mayo Medical School Mayo Clinic Rochester, Minnesota <input type="checkbox"/> Add to Compare	#13	\$45,150	31.0	3.67	1.0%
 Oregon Health & Sciences University Oregon Health and Sciences University Portland, Oregon <input type="checkbox"/> Add to Compare	#14	\$40,254	32.0	3.79	2.0%
 UC San Diego School of Medicine University of California San Diego La Jolla, California <input type="checkbox"/> Add to Compare	#15	\$22,748	35.0	3.69	1.9%
 Weill Cornell Medical College Cornell University New York, New York <input type="checkbox"/> Add to Compare	#16	\$21,288	36.0	3.66	1.0%
 Vanderbilt School of Medicine Vanderbilt University Nashville, Tennessee <input type="checkbox"/> Add to Compare	#17	\$45,224	36.0	3.68	1.0%
 Baylor College of Medicine Baylor University Houston, Texas <input type="checkbox"/> Add to Compare	#18	\$17,466	35.0	3.68	2.6%
 University of Wisconsin School of Medicine University of Wisconsin-Madison Madison, Wisconsin <input type="checkbox"/> Add to Compare	#19	\$24,936	32.0	3.61	3.5%
 University of Minnesota Medical School University of Minnesota Minneapolis, Minnesota <input type="checkbox"/> Add to Compare	#20	\$10,006	32.0	3.78	6.1%

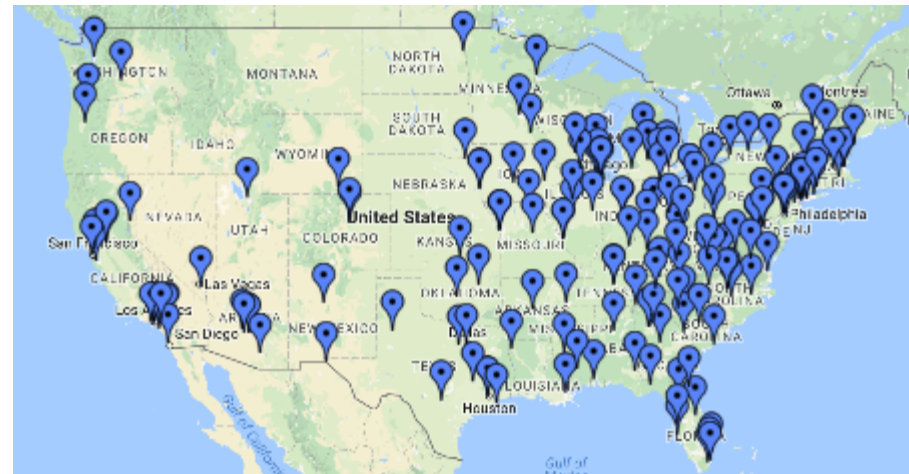
School Rankings (based on USNWR - research)

- 141 MD schools (31 DO schools)

- Top tier: 1 – 25
- High mid tier: 26 – 50
- Low mid tier: 51 – 80
- Bottom tier: 81 – 141

- Ivy league schools are not necessarily home to the best medical schools (e.g. Dartmouth at #40)

- McGill fits in ~18th place



Plan

- Core components of a medical school application:
 - GPA
 - MCAT
 - Extracurricular activities
 - Letters of Recommendation
 - Personal Statement
- AMCAS
- School Selection
- Secondary Applications
- Interviews
- Post-Interview

What's Important?

- AAMC Survey (5 = very important, 1 = not important)
 - GPA: Cumulative (3.6)
 - MCAT Total scores (3.5)
 - Letters of recommendation (3.4)
 - Community service: medical (3.3)
 - Personal statements (3.2)
 - Medical/clinical work experience (3.2)
 - Community service: non-medical (3.1)
 - Leadership experience (3.0)
 - Completion of premedical requirements (3.0)
 - Experience with underserved populations (2.7)



Your Application

GPA

- Most important factor in application → PRIORITIZE
- Split into cGPA (cumulative) and sGPA (BPCM)
- Will determine which schools you can/should apply to:
 - Top tier: 3.80+
 - Mid-tier: 3.40-3.79
 - Low-tier: 3.00-3.39 (absolute minimum)
- Take courses that interest you
- BUT do not take notoriously difficult complementary classes



MCAT

Total Score	Percentile Rank	Total Score	Percentile Rank	Total Score	Percentile Rank
472	<1	491	23	510	84
473	<1	492	26	511	86
474	<1	493	29	512	88
475	<1	494	32	513	90
476	1	495	35	514	92
477	1	496	39	515	94
478	2	497	42	516	95
479	2	498	45	517	96
480	3	499	49	518	97
481	4	500	53	519	98
482	5	501	56	520	98
483	7	502	60	521	99
484	8	503	63	522	99
485	10	504	67	523	>99
486	12	505	70	524	>99
487	13	506	73	525	>99
488	16	507	76	526	>99
489	18	508	79	527	>99
490	20	509	82	528	100

MCAT

- 2nd most important factor
- Will determine which schools you can/should apply to:
 - Top tier: 514+ (92nd percentile)
 - Mid-tier: 509 – 513 (82th – 89th percentile)
 - Low-tier: 505 – 508 (70th – 79th percentile)
- Balanced is better
- 1.5 months – 3 months of full time study
- Use multiple book companies (Kaplan, Princeton, Berkeley Review, Kahn Academy, etc.)
- You do not want to take this test twice

MCAT

- Can a great MCAT make up for a poor GPA, and vice-versa?
- Yes, to some degree. An applicant with 3.70, 520 has a good shot at top schools.
- But do not count on an excellent MCAT score
- Many things can go wrong on exam day
- Don't put all your eggs in one basket



Extracurricular Activities

- Academic:
 - Research
 - Student journal
 - Non-science interests
- Social/Leadership:
 - Volunteering
 - Independent projects
 - Opportunities abroad (beware medical missions)
 - Student clubs
 - Sports
 - Music
- Shadowing
- Anything else that you are passionate about

Research

- Essential to a well-rounded application
- Start early!
 - Go to departmental website and read various PIs' research descriptions
 - Choose the topic that interests you
 - Make sure you pick a “good” PI
 - Good quality research (check publications)
 - Large lab (for hands-on instruction)
 - Support for undergraduates (available for meetings)
 - Good environment (try out a lab meeting)
 - Possibility to publish (even 2nd or 3rd author papers count for a lot)

Research

- Be consistent with lab choice
 - There is a steep learning curve in most labs
 - With time, you will be given more responsibility
 - More responsibility means more possibility of publication
 - You will be asked to explain your research in interviews
- If you are happy with research here, NSERC is good option
- **HOWEVER:** Summer research opportunities in the US or abroad are a great opportunity to help you stand out
- Many US universities offer summer programs with stipends although they are difficult to get into

Volunteering

- Flexibility – do what you want!
- Consistency
- Try to find something with responsibility

- Clinical vs. Non-clinical
 - **Clinical volunteering** is working with patients, although there is no strict definition
 - By contrast, volunteering at a charity event or something else without patient contact is **non-clinical volunteering**

- Clinical volunteering is necessary, non-clinical volunteering is not

Clubs, Sports, and Liberal Arts

- Show devotion to your passion
- Team sports and social activities show qualities of leadership, teamwork
- If you are not a “sporty” person, you can still play low-intensity intramural sports (volleyball, dodge-ball, etc.)
- Music, writing, travel, reading, and art demonstrate a liberal education and well-roundedness

Why Medicine?

- Interview questions will generally not focus exclusively on science
- These activities will help you discover why medicine appeals to you (it is not so that you can help people)
- Is it because a physician spends his/her life learning?
- Are you drawn by the thrill of leading a healthcare team in high-pressure scenarios?
- Is it the science of medicine itself that attracts you?
- Is it the appeal of working with people everyday?
- Is it a combination of all of the above?

Shadowing

- How do you know you want to be a physician?
- This is where shadowing plays an important role
- For applicants to the US, 20-50 hours of shadowing is a must
- Best to shadow 2+ doctors

- In most hospitals in Quebec, shadowing as an undergraduate is against hospital regulations
- Undergraduate Medicine Career Planning website has some resources (Osler Society, Medical Direction, family friend)

Experiences

- There is no ideal applicant
- There are certain boxes you need to check but there is plenty of room to maneuver within that framework
- Often an unintended life experience will affect an applicant's decision to pursue medicine

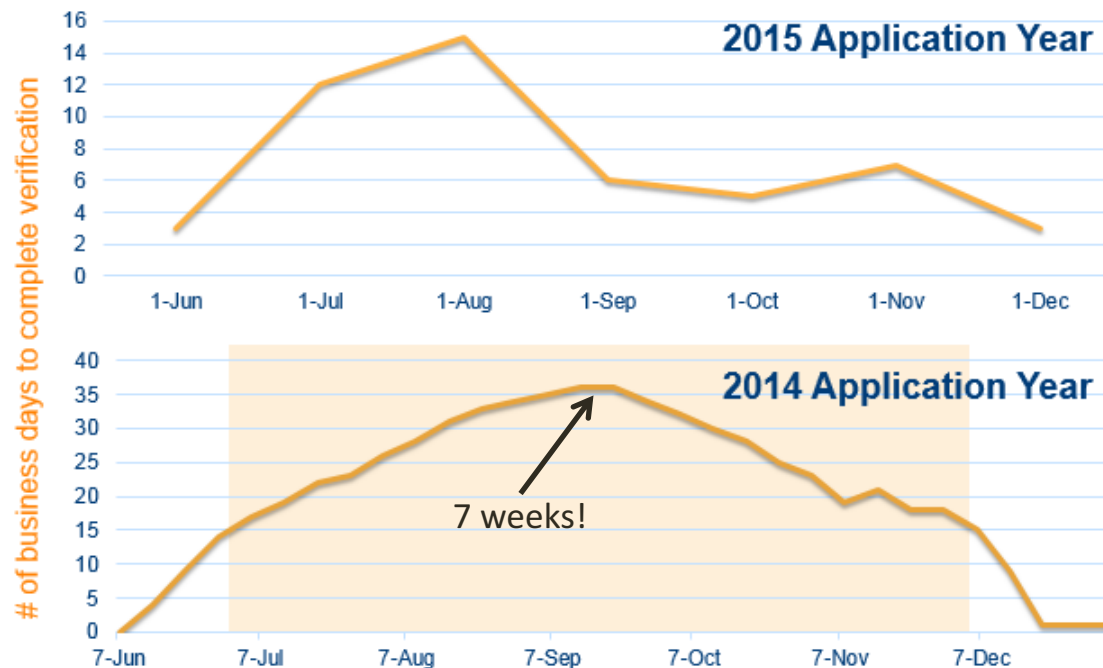
Letters of Recommendation (LORs)

- Most schools require ≥ 3 LORs
- Some schools require 1 LOR to be from a non-science prof
- Get LORs from profs who know you well and to whom you have shown your capacity to work and to work intelligently
- From:
 - Research PIs
 - Volunteer coordinators
 - Profs in classes in which you have participated
 - Other programs

AMCAS

- American Medical College Application Service
- Portal through which you submit your information, activities, personal statement, and you choose your schools
- Opens in early May
- Submission opens ~first week of June
- APPLY EARLY (June-July)
- Verification takes can take between 1 day and > 6 weeks, depending on when application is submitted
- Interview spots fill up, and applying early is a huge advantage especially for schools with rolling admission
- Can submit even before receiving MCAT score

AMCAS Verification



These graphs depict verification times during the 2014 and 2015 application cycles. The shaded portion shows you the time period when it took more than 15 business days (3 weeks) to complete the verification process once an application was marked "Ready for Review". As you may notice, there is not much of a shaded portion on last year's graph. Due to the backlog of applications during the 2014 application cycle (as seen in the extended shaded portion of that graph), AMCAS made substantial changes to their verification operations last year in order process applications more efficiently.

Of course AMCAS plans to continue these faster turn around times for the 2016 application year. However, because verification times do depend heavily on the number of applications they get and when the applications are submitted—these charts are only for reference and are not a prediction of processing times for the 2016 application cycle.

School Selection

- In order to submit your application for verification, you must add 1+ medical school(s)
- If you are unsure of where to apply, you can submit your application with only 1 school listed, so you will be added to the verification queue without losing time
- After you are verified, you can add as many schools as you would like

AMCAS

- 1. Identifying Information
- 2. Schools Attended
- 3. Biographic Information
- 4. Course Work
- 5. Work/Activities
- 6. Letters of Evaluation
- 7. Medical Schools
- 8. Essay(s)
- 9. Standardized Tests

MAIN MENU

ACCOUNT INFO

Applicant: [Redacted]

AAMC ID: [Redacted]

Application Status: **AMCAS Processing is Complete**
[Details](#)

Transcript and Letter Receipt Information: [Details](#)

Application Sections

- 1 [Identifying Information](#) Completed
- 2 [Schools Attended](#) Completed
- 3 [Biographic Information](#) Completed
- 4 [Course Work](#) Completed
- 5 [Work/Activities](#) Completed
- 6 [Letters of Evaluation](#) Completed
- 7 [Medical Schools](#) Completed
- 8 [Essay\(s\)](#) Completed
- 9 [Standardized Tests](#) Completed

Submit Application

Application Submitted:
JUNE 08, 2016 01:18:56 PM ET

Update Application

Print Application

Print Transcript Request Form

Print Letter Request Forms

Academic Change Request

Edit Password

Withdraw Application

AMCAS – Work Experience/Activities

- 15 slots, 700 characters maximum
- Choose one:
 - Artistic Endeavor
 - Community Service - Nonclinical
 - Community service - Clinical
 - Conferences Attended
 - Extracurricular Activities
 - Hobbies
 - Honors Awards Recognition
 - Intercollegiate Athletics
 - Leadership - Not listed elsewhere
 - Paid Employment - clinical
 - Paid Employment - nonclinical
 - Physician Shadowing
 - Presentations/Posters
 - Publications
 - Research
 - Teaching/ Tutor/ Teaching Assistant
 - Other

AMCAS – Work Experience/Activities

- Can combine any awards/scholarships into one activity
- Should be mostly factual (due to room constraints)
- Must list number of hours for each activity
- You must give the name/phone/email of a verifier for each activity

- Choose 3 as your “most meaningful”:
 - Additional 1325 characters
- For “most meaningful” activities, you have room to expand on your role in the activities and the effects they had on you

Personal Statement

- 5300 characters maximum
- According to AMCAS, some questions you may want to consider while writing this essay are:
 - Why have you selected the field of medicine?
 - What motivates you to learn more about medicine?
 - What do you want medical schools to know about you that hasn't been disclosed in other sections of the application?
- In addition, you may wish to include information such as:
 - Unique hardships, challenges, or obstacles that may have influenced your educational pursuits.
 - Commentary on significant fluctuations in your academic record that are not explained elsewhere in your application.

Personal Statement (PS)

- Opening should be a hook
- Should have a clear theme and logical progression
- Narrative vs. descriptive
- NOT an autobiography
- Be original – this is where you show admission committees your personality, beyond the numbers

School Selection

- Be realistic and critical of your application
- Search schools' mission statements:
 - If your application is research-oriented, perhaps do not apply to service-oriented schools
 - Most top schools are research-oriented
- Take into account location
- I suggest applying to 15-20 schools
- Do not apply within one tier → DIVERSIFY
- Beware of in-state biased schools (e.g. UW, California schools)
- Wise to apply to all of your state schools

School Selection - Costs

- First school costs \$160, each one thereafter is \$38
- If you are from a low-income family, you may qualify for the Fee Assistance Program (FAP)
- Each secondary costs ~\$100

- Costs for applications ONLY (not including travel costs for interviews) assuming you apply to 20 schools:
 - \$160 for first school
 - $\$38 \times 19 \text{ schools} = \722
 - $\$100 \times 20 \text{ schools} = \$2,000$
 - Total: \$2,882

Secondary Applications

- Can range from a brief set of questions to a 6,000 character autobiography (UCSD)
- Most secondary prompts from the previous cycle are available and they generally do not change year to year:
<http://www.prospectedoctor.com/medical-school-secondary-essay-prompts-database/>
- Secondaries are only sent to you after your primary application has been verified
- BUT you can pre-write them using the available prompts
- General rule: 2 week turnaround time for secondaries, but better to submit quality essays later

Secondary Applications

- Many secondaries overlap in questions
- E.g. almost every secondary includes some variation of this question:

“If there is an important aspect of your personal background or identity, not addressed elsewhere in the application, that you would like to share with the Committee, we invite you to do so here. Many applicants will not need to answer this question. Examples might include significant challenges in access to education, unusual socioeconomic factors, identification with a minority culture, religion, race, ethnicity, sexual orientation or gender identity. Briefly explain how such factors have influenced your motivation for a career in medicine. (4000 char)”

- Harvard 2016-2017



Interviews

Communication

- Interview invitations (II) will be sent by email to the email address that you listed on your AMCAS application
- Interviews run August – March
- Forum wisdom:
 - Thanksgiving Rule: If no II by American Thanksgiving (Nov 23, 2017), you should start preparing for re-application
- Schools will allow you to schedule your interview
- Acceptances can be either on a rolling basis or all-at-once on a fixed date
- For schools with rolling admission, the earlier your interview date, the more admission spots available to compete for

Once You're There

- Often, a medical student can host you in their apartment – this is a great way to save money and ask questions in a more casual setting
- If you arrive early enough the night before the interview, often there is an interviewee dinner, where you can de-stress and meet other people
- If you have restrictive travel arrangements, just tell the admissions department – they are usually very accommodating

The Interview

- Sample schedule (Mt. Sinai):

8:00am – 8:15am	Breakfast
8:15am – 9:15am	Introduction to Icahn School of Medicine at Mount Sinai
9:15am – 9:30am	Welcome from Admissions office
9:30am – 11:30am	Interviews (exact schedule will be given upon arrival)
11:30am – 12:00pm	Information from Financial Aid office
12:00pm – 2:00pm	Lunch and Student tours
2:00pm	Farewell from Admissions

The Interview - Attire

- These are formal interviews
- Think of it as interviewing for a guaranteed 6-figure career
- Men:
 - Suit and tie, unless school specifically mentions a tie is not necessary
 - This is not the place to be flashy or try to stand out – look professional and composed and let your answers impress
- Women:
 - Business pants or skirt with a blouse and a blazer
 - Flats or heels, but remember you will most likely be going on a walking tour, so if heels, bring a change of shoes
 - Dress conservatively
- You can bring a portfolio for notes if you'd like

The Interview

- Most schools conduct 2-3 one-on-one interviews, usually lasting ~30 minutes
- Some schools have a panel interview, with multiple interviewers
- Other schools have moved towards the MMI model

- In any case, you can and should prepare!
- Plenty of resources online & at the MNI and Osler libraries
- PRACTICE
 - In front of a mirror
 - With friends/family
 - While being recorded

The Interview – Standard 1-on-1

- For the expected questions (‘why medicine?’, ‘why this school?’, ‘tell me about yourself’, ‘biggest strength/weakness’, etc.), your answers should be rehearsed
- For other common questions (‘tell me about...’), you should have a “road-map” of your answer (don’t want it to sound too rehearsed)
- Read the interviewer as you talk to gauge level of engagement
- Be prepared with questions for the end of the interview
- Resources:
 - [Succeed in Your Medical School Interview](#) by Christopher See
 - [The Medical School Interview: Winning Strategies From Admissions Faculty](#) by Samir Desai

The Interview – Standard 1-on-1

- Incorporate your experiences to craft a thorough, interesting answer

“What do you do?”

‘I’m an English student.’

‘I’m studying English literature, focusing on the works of Austen.’

‘I’m studying English literature, focusing on the works of Austen and I hope to go on to a career in journalism.’”

- Succeed in Your Medical School Interview

- The above answers are increasingly interesting
- Know your application and put yourself into your answers

The Interview – MMI

What is an MMI?

“A multiple mini interview consists of a series of short, structured interview stations used to assess non-cognitive qualities including cultural sensitivity, maturity, teamwork, empathy, reliability and communication skills.

Prior to the start of each mini interview rotation, candidates receive a question/scenario and have a short period of time (typically two minutes) to prepare an answer.

Upon entering the interview room, the candidate has a short exchange with an interviewer/assessor (usually about 8 minutes). In some cases, the interviewer observes while the interaction takes place between an actor and the candidate. At the end of each mini interview, the interviewer evaluates the candidate’s performance while the applicant moves to the next station. This pattern is repeated through a number of rotations.”

- multipleminiinterview.com

The Interview – MMI

- MMIs may have a variety of station types:
 - Discussions about ethical issues or medical policies (e.g. ACA)
 - Acting (usually ethical situations)
 - Interacting with another interviewee
- How to prepare:
 - Practice organizing your thoughts (pro/con list)
 - Read up on bioethics
 - Watch videos online of mock interviews
- Resources:
 - Doing Right by Philip Hebert
 - <https://depts.washington.edu/bioethx/topics/>



The Waiting Game

Post-Interview

- Send thank-you cards or emails to your interviewers
 - Be sincere
 - Include a personal comment from your interview
- You can send the schools at which you interviewed an update (updating your activities, publications, etc.) and/or a letter of intent (LOI) expressing your desire to attend that school
 - These can be sent pre-interview as well but beware not to overload the schools with additional documents
 - Fewer documents carry more weight

So. Much. Waiting.

- Now you wait...
- If decisions are rolling, you should hear back within 6-8 weeks
- If non-rolling, they will tell you when to expect an answer
 - Could be as late as March

Accepted

- Great, you've been accepted! Now what?
- Accept your acceptance
 - You can hold on to multiple acceptances until April 30
 - On that day, you can only hold one acceptance, although you can still remain on waitlists
- Complete financial information (FAFSA and school-specific)
- Plan to attend the school's Second Look Weekend in April

Funding

- Stafford loans (better interest rates than private loans)
 - Interest rate: 5.84%
 - Interest accrues throughout medical school
- GradPLUS loans
 - Interest rate: 6.84%
 - Interest accrues throughout medical school
- School-based loans and grants
 - Need-based funding (see FAFSA)
 - Merit scholarships (rare and very competitive)
- More information:
https://www.aamc.org/advocacy/meded/79232/federal_student_loans.html

FAFSA

- Free Application for Federal Student Aid
- Requires you to put in your financial information (2015 U.S. tax returns if available) and your parent(s)' information
 - Both parents' information not necessary if they are separated or divorced
- Estimates and sends you an “expected family contribution” which the school uses to calculate your need-based financial aid
- Supplemented with financial forms provided by the schools

Medical School is Expensive

October 2016



Medical Student Education: Debt, Costs, and Loan Repayment Fact Card

Class of 2016	Public	Private	All
Pct. with Ed. Debt	78%	73%	76%
Mean (indebted only)	\$180,610 (↑5%)	\$203,201 (↑5%)	\$189,165 (↑5%)
Median (indebted only)	\$180,000 (↑0%)	\$200,000 (↑0%)	\$190,000 (↑4%)

E.g. With tuition, living costs, and other fees, Harvard Medical School costs ~\$90,000 USD / year

Waitlisted...

- You can try to sway a school by sending them a LOI
- If a school is your number one choice, let them know!
- Waitlist movement varies widely depending on the school
- You can be pulled off the waitlist as late as the day before medical school orientation, if there is an emergency with one of the matriculants

Apply Intelligently

Applicants, First-Time Applicants, Acceptees, and Matriculants			2016-2017	% Change from 2015-2016 to 2016-2017
Applicants	Women	Number	25,779	4.8
		Percent	48.6	1.8
	Men	Number	27,250	-2.4
		Percent	51.4	-1.8
Total Applicants		Number	53,029	0.9
Acceptees	Women	Number	10,940	5.5
		Percent	49.7	1.8
	Men	Number	11,091	-1.6
		Percent	50.3	-1.8
Total Acceptees		Number	22,031	1.8

41.5% of applicants are accepted to medical school

Gap Year(s)

- Opportunity for you to pursue research, jobs, other interests
- Consider doing a second undergraduate degree if you need to boost your GPA
- Pursuing a Master's degree at McGill is a great choice
 - Great research
 - Prestigious school
 - Guaranteed funding
 - Inexpensive tuition (Master's degrees at U.S. schools cost >50k/yr)
- You should continue your activities during your gap year(s)

MSTP

- Medical Scientist Training Program (MD/PhD)
- Only offered by ~45 institutions, with 10-12 MSTP students each
- Only available to U.S. citizens
- 7-8 years total:
 - 2 years of pre-clinical MD training
 - 3-4 years for PhD (most often basic science)
 - 2 years of MD rotations
- Funding:
 - Free tuition
 - ~\$30k stipend (exact amount varies depending on school) for all 7-8 years
- AMCAS application requires additional essays, and most secondaries require additional essays
- Interviews are sometimes 2 days and much more research-focused

International Applicants

- Most schools have far fewer spots available for international students
- Most schools consider Canadians “international”
 - More information found here:
premedusa.blogspot.ca/2014/06/US-Medical-Schools-for-Internationals-Updated.html
- According to AAMC, only 11% of international applicants matriculated into a U.S. school

Caribbean and European Schools

- European schools are great IF you want to live and practice in Europe → it is very difficult to return to the U.S. or Canada
- Can't speak to the quality of all European schools but several European schools rank in the top 10 schools worldwide (Oxford, Cambridge, Imperial)
- To an even greater extent, it is notoriously difficult for graduates from Caribbean schools to return to North America
- The internet is replete with horror stories of Caribbean graduates going unmatched, rendering their degree worthless
- Caribbean schools are also extremely expensive and just plain worse schools than schools in the U.S. → most, if not all, Caribbean schools are totally money-focused and are scams

URM & LGBT

- “Under-Represented Minorities”
- Several races included:
 - Blacks
 - Hispanics (Latin American)
 - Native Americans
- URMs benefit from lower thresholds for GPA/MCAT
- Often URMs are invited to meet with the diversity director and engage in dialogue with current URM medical students
- LGBT applicants are also given some leeway for admission requirements (although I think you have to have been active in the gay community to benefit)



Questions

Contact Info

If you think of any questions or clarification on anything, feel free to find me on Facebook or send me an email:

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Other helpful resources:

[reddit.com/r/premed](https://www.reddit.com/r/premed)

forums.studentdoctor.net