Leverett Fall 2016 Introductory Pre-Med Meeting

Leverett House Resident Pre-Med Committee:

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Agenda

Overview
  Introduction

Premed Components
  Course requirements
  Research
  Extracurriculars
  MCAT
  LORs

Application Process
  NRT and RT roles
  When to apply
  Timeline
Agenda

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Applying to Medical School

- Medical school admission is competitive: in 2013, 48,014 students applied and 20,055 were accepted (41.8%)

- Competitive medical schools have low acceptance rates. Top 10 lowest acceptance rates in 2013 ranged from 1.6-3.8%

- However, Harvard students traditionally do very well!
  - 96% of Harvard applicants with GPAs > 3.5 were accepted in 2013, compared with 87% of Harvard applicants overall and 44% of national applicants
  - Harvard students are accepted with lower science and overall GPAs compared to their national counterparts (science 3.53 vs. 3.63; overall 3.59 vs. 3.69 in 2013)
  - Harvard science and non-science concentrators are accepted at similar rates (science 85%, non-science 86% in 2013)
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Pre-Med Course Requirements
Pre-Med Course Requirements

- General Chemistry with lab (1 year)
- Organic Chemistry with lab (1 year)
- General Physics with lab (1 year)
- Biology with lab (1 year)
- English (1 year) (Expos + Gen Ed)
- Math (1 semester calculus*, 1 semester statistics*)
- Biochemistry (1 semester)*

* Required by many, but not all, medical schools
How do I know if I’ve fulfilled the course requirements?


2. Leverett Premed Committee or your premed advisor: [leverett-premed-list@lists.fas.harvard.edu](mailto:leverett-premed-list@lists.fas.harvard.edu)

3. OCS premed: [premed@fas.harvard.edu](mailto:premed@fas.harvard.edu)
Sample Course Plans from Premed Guide

Three-Year Plan (applying to medical school after junior year):

<table>
<thead>
<tr>
<th></th>
<th>FALL</th>
<th>SPRING</th>
</tr>
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<tbody>
<tr>
<td>FRESHMAN</td>
<td>Life Sciences 1a/ LPS A</td>
<td>Physical Sciences 1/11</td>
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<tr>
<td></td>
<td>Math 1b</td>
<td>Stat 102</td>
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<td>SOPHOMORE</td>
<td>Chemistry 17</td>
<td>Chemistry 27</td>
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<td></td>
<td>OEB 10</td>
<td>Life Sciences 1b</td>
</tr>
<tr>
<td>JUNIOR</td>
<td>Physical Sciences 2</td>
<td>Physical Sciences 3</td>
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</table>

Four-Year Plan (applying to medical school after senior year):

<table>
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<tr>
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<td>Physical Sciences 3</td>
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</tbody>
</table>
Research Experience

- Not required but can significantly enhance your application

- Many different options
  - Basic vs. clinical
  - Science vs. non-science

- Significant time commitment

- Finding a lab: concentration advisors, OCS, lab websites
Extracurriculars

- Student Groups
- Community Service
- Shadowing
Student Groups

- 100+ student organizations

- OSL list:
  - [http://osl.fas.harvard.edu/student-organizations](http://osl.fas.harvard.edu/student-organizations)

- Longitudinal commitment of at least 1-2 years

- Pre-Med and non-Pre-Med options

- Leadership positions are important
Community Service

- Hospital volunteer programs
  - BIDMC, BWH, MGH, Mt. Auburn, BMC

- Healthcare-oriented student groups:
  - HealthLeads
  - Kidney disease screening
  - Alzheimer’s buddies
  - MINHUET
Shadowing

- Opportunity to observe physician in practice
- Recommend several sessions (6-10) over a summer or year
- Options for finding physicians:
  - HPS Mentoring Program: [http://www.hcs.harvard.edu/~premed/programs.html](http://www.hcs.harvard.edu/~premed/programs.html)
  - Hospital volunteering programs
  - Contacting physicians through hospital website
  - Clinical research mentor
Clinical Experience

- Medical schools look for clinical experience in your application
- Evidence that you’ve experienced the field of medicine first-hand
- Can take multiple forms:
  - Physician shadowing
  - Health-related student groups
  - Clinical research
- List of clinical opportunities maintained by OCS: https://docs.google.com/spreadsheets/d/19ad94ptGq5lLKyVpqGAq1wGhd3J2PA77wPZR3dRS0/edit#gid=0
About the MCAT Exam

The Medical College Admission Test® (MCAT®) is a standardized, multiple-choice examination designed to assess the examinee's problem solving, critical thinking, and knowledge of science concepts and principles prerequisite to the study of medicine. Scores are reported in Physical Sciences, Verbal Reasoning, and Biological Sciences.

Almost all U.S. medical schools and many Canadian schools require applicants to submit MCAT exam scores. Many schools do not accept MCAT exam scores that are more than three years old.

https://www.aamc.org/students/applying/mcat/about/
MCAT Content and Dates

- To prepare, recommend taking MCAT after finishing pre-med Bio, General Chemistry, and Organic Chemistry requirements.

- Recommend an introductory psychology course such as SLS 20, Sociology 10, or any of the Sociology 20 courses.

- If you had a strong Physics background in high school (AP Physics), may not need to finish Physics series.

<table>
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<tr>
<th>MCAT 2015</th>
<th># of Test Items</th>
<th>Testing Time (Minutes)</th>
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<tbody>
<tr>
<td>Biological &amp; Biochemical Foundations of Living Systems</td>
<td>65</td>
<td>95</td>
</tr>
<tr>
<td>Chemical &amp; Physical Foundations of Biological Systems</td>
<td>65</td>
<td>95</td>
</tr>
<tr>
<td>Lunch Break</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Critical Analysis &amp; Reasoning Skills</td>
<td>60</td>
<td>90</td>
</tr>
<tr>
<td>Psychological, Social, &amp; Biological Foundations of Behavior</td>
<td>65</td>
<td>95</td>
</tr>
<tr>
<td>Total Content Time</td>
<td></td>
<td>6 hours, 15 min</td>
</tr>
</tbody>
</table>
MCAT Study Tips

- Register as far in advance as possible
- Start studying early!
- Utilize resources:
  - Khan Academy videos
  - Kaplan/Examkrackers books
  - AAMC practice exams
- Take MCAT latest by spring (March/April) of application year
- Avoid re-takes
Letters of Recommendation
Letters of Recommendation

- 3-5 letters in total (6-8 if MD/PhD)
  - 2 science classes
  - 1 non-science class
- Ask early!
- TF as main writer and professor as co-signer is ok
- Recommenders should recommend student to medical schools in general, not particular one

- Leverett pre-med website for cover letter and waiver: http://leverett.harvard.edu/wiki/Premed:Welcome
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NRT and Resident Tutor Roles

- **Non-Resident Tutors**
  - Writing committee letters
  - Pre-med advising

- **Resident Tutors**
  - Organizing house-wide meetings
  - Pre-med advising
  - Editing committee letters
  - Mock interviews
Applying to Medical School

Timeline for application

- Notify Pre-Med committee of intention to apply
  - Nov 6
- Advisor/applicant pairings sent out
  - Nov 15
- First draft of personal statement to advisor
  - Mar
- Pre-med Questionnaire due to House Office
- First day to submit AMCAS
  - June 30
- Recommended submission deadline
  - June 30
- Meet with NRT advisor
- Timeline for application
  - MCAT date and preparation
  - LOR
  - Important ECs and leadership Issues (grades, probation, etc)
  - Time off (if applicable)

- Meet with NRT advisor
- Preliminary list of schools
- Ideas for personal statement

- Meet with NRT
- Assemble application materials
  - Personal statement
  - Premed questionnaire
  - LOR

- Spring Pre-Med Meeting
  - (all applicants strongly advised to attend)

- LORs to House Office

- Work on AMCAS application
Applying to Medical School

2017

Jul | Aug | Sep | Oct | Nov | Dec | Jan | Feb | Mar

*Committee letter uploaded*  Aug 15

Lev mock interview day

Inform OCS/Pre-Med Committee if no interviews yet

Consider updating top choice schools

2018

Work on secondary applications

Notifications of acceptance, waitlist, rejections

Interviews!

All applicants notified

* We commit to uploading your committee letter to AMCAS by August 15 if you are able to turn in all of your required materials by the deadlines (Premed Questionnaire, Letters of Recommendation).
Applying to Medical School

- Start planning early
- Plan out course schedule and requirements
- Take your time!

In 2013, 71% of Harvard applicants applied as alums. Maturity and real-life experience can make you a better doctor AND a better applicant.
Resources

- Lev pre-med website: http://leverett.harvard.edu/wiki/Premed:Welcome

Premed - Welcome

Leverett Organizations

Welcome to the premedical advising home page, where you will find a panoply of information about pursuing a medical degree.

Your Premed Tutors are Jonathan Abraham, Sherwin Tabrizi, Manjinder Kandola, Jonathan D’Gama.

Please send all premed questions and inquiries to the Leverett Premed Committee at leverett-premed-list@lists.fas.harvard.edu.

IMPORTANT:
If you are planning to apply to medical school in the 2017-2018 cycle, please fill out this form to let us know!

Premed Resources

- Listserves
  - OCS premed listserv: https://lists.fas.harvard.edu/mailman/listinfo/ocshealthandmedcareers
  - The Harvard Premedical Society, a student group, also has two lists:
    - premed-talk@lists.hcs.harvard.edu
    - hps-list@lists.hcs.harvard.edu
  - AMCAS: All medical applications in the US are done through the AMCAS website. In addition to the online application itself, you will find links to application instructions, MCAT information, and a wide assortment of resources about pursuing a medical degree.
- OCS Resources
- Online Resources

Presentations

Fall 2015 Presentation
Spring 2016 Presentation
Resources

- Non-resident tutors
- Resident tutors
- OCS
  - Website
  - Drop-in hours
  - Online chat sessions
  - Workshops
    - Selecting Letters of Recommendation
    - Completing AMCAS
    - Writing a Personal Statement
- Harvard Seniors and Alumni Admissions Data ($5 at OCS)
- MSAR (Medical School Admission Requirements)
Questions?

- Lev Pre-Med Website  
  http://leverett.harvard.edu/wiki/Premed:Welcome

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