Leverett Fall 2018 Introductory Pre-Med Meeting

Leverett House Resident Pre-Med Committee:

Jonathan Abraham
Kaitavjeet Chowdhary
Jonathan D’Gama
Victoria (Tori) Martin
Brian Miller
Yamini Virkud
Agenda

Introduction
Overview

Premed Components
Course requirements
Research
Extracurriculars
MCAT
LORs

Application Process
NRT and RT roles
When to apply
Timeline
Introduction Overview

Premed Components
- Course requirements
- Research
- Extracurriculars
- MCAT
- LORs

Application Process
- NRT and RT roles
- When to apply
- Timeline
Medical school admission is competitive: in 2016, 53,042 students applied and 21,030 were accepted (39.6%)

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)
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@gmail.com

3. OCS premed: premed@fas.harvard.edu
### Three-Year Plan (applying to medical school after junior year):

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

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

<table>
<thead>
<tr>
<th></th>
<th>FALL</th>
<th>SPRING</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRESHMAN</td>
<td>Life Sciences 1a/LPS A Math 1a</td>
<td>Life Sciences 1b Math 1b</td>
</tr>
<tr>
<td>SOPHOMORE</td>
<td>Life Sciences 2</td>
<td>Physical Sciences 1/11 Stat 102</td>
</tr>
<tr>
<td>JUNIOR</td>
<td>Chemistry 17</td>
<td>Chemistry 27</td>
</tr>
<tr>
<td>SENIOR</td>
<td>Physical Sciences 2</td>
<td>Physical Sciences 3</td>
</tr>
</tbody>
</table>
Research & Extracurriculars
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/19ad94ptGq5lLKyVpvqGAq1wGhd3J2PA77wPZR3dRS0/edit#gid=0
MCAT
Almost all U.S. medical schools and many Canadian medical schools require you to submit MCAT exam scores as part of your admission application.

The Medical College Admission Test® (MCAT®) is a standardized, multiple-choice examination designed to assess your problem solving, critical thinking, and knowledge of natural, behavioral, and social science concepts and principles prerequisite to the study of medicine.

https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/about-mcat-exam/
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-series courses.

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

---

<table>
<thead>
<tr>
<th>MCAT 2015</th>
<th># of Test Items</th>
<th>Testing Time (minutes)</th>
</tr>
</thead>
<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 Dates

## 2019 Schedule for the Medical College Admission Test® (MCAT®)*

<table>
<thead>
<tr>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUN MON TUE WED THU FRI SAT</td>
<td>SUN MON TUE WED THU FRI SAT</td>
<td>SUN MON TUE WED THU FRI SAT</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5 6 7</td>
<td>1 2</td>
</tr>
<tr>
<td>6 7 8 9 10 11 12</td>
<td>8 9 10 11 12 13 14</td>
<td>3 4 5 6 7 8 9</td>
</tr>
<tr>
<td>13 14 15 16 17 18 19</td>
<td>10 11 12 13 14 15 16</td>
<td>10 11 12 13 14 15 16</td>
</tr>
<tr>
<td>20 21 22 23 24 25 26</td>
<td>17 18 19 20 21 22 23</td>
<td>17 18 19 20 21 22 23</td>
</tr>
<tr>
<td>27 28 29 30 31</td>
<td>24 25 26 27 28</td>
<td>24 25 26 27 28 29 30</td>
</tr>
<tr>
<td>APR</td>
<td>MAY</td>
<td>JUN</td>
</tr>
<tr>
<td>SUN MON TUE WED THU FRI SAT</td>
<td>SUN MON TUE WED THU FRI SAT</td>
<td>SUN MON TUE WED THU FRI SAT</td>
</tr>
<tr>
<td>1 2 3 4 5 6</td>
<td>1 2 3 4 5 6 7</td>
<td>2 3 4 5 6 7 8</td>
</tr>
<tr>
<td>7 8 9 10 11 12 13</td>
<td>8 9 10 11 12 13 14</td>
<td>9 10 11 12 13 14</td>
</tr>
<tr>
<td>14 15 16 17 18 19 20</td>
<td>15 16 17 18 19 20 21</td>
<td>16 17 18 19 20 21 22</td>
</tr>
<tr>
<td>28 29 30</td>
<td>26 27 28 29 30</td>
<td>30</td>
</tr>
<tr>
<td>JUL</td>
<td>AUG</td>
<td>SEP</td>
</tr>
<tr>
<td>SUN MON TUE WED THU FRI SAT</td>
<td>SUN MON TUE WED THU FRI SAT</td>
<td>SUN MON TUE WED THU FRI SAT</td>
</tr>
<tr>
<td>1 2 3 4 5 6 7</td>
<td>1 2 3</td>
<td>1 2 3 4 5 6 7</td>
</tr>
<tr>
<td>7 8 9 10 11 12 13</td>
<td>4 5 6 7 8 9 10</td>
<td>8 9 10 11 12 13 14</td>
</tr>
<tr>
<td>14 15 16 17 18 19 20</td>
<td>11 12 13 14 15 16 17</td>
<td>13 14 15 16 17 18 19</td>
</tr>
<tr>
<td>21 22 23 24 25 26 27</td>
<td>18 19 20 21 22 23 24</td>
<td>20 21 22 23 24 25 26</td>
</tr>
<tr>
<td>28 29 30 31</td>
<td>25 26 27 28 29 30</td>
<td>27 28 29 30</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

- 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 a particular one
- Leverett pre-med website for cover letter and waiver: http://leverett.harvard.edu/wiki/Premed:Welcome

"These letters of recommendation... do you have any from anyone other than your former wardens?"
Agenda

- Introduction Overview
- Premed Components
  - Course requirements
  - Research
  - Extracurriculars
  - MCAT
  - LORs
- Application Process
  - NRT and RT roles
  - When to apply
  - Timeline
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**

- **Nov 17**
  - Notify Pre-Med committee of intention to apply

- **Mid-Late Dec**
  - Advisor/applicant pairings sent out

- **Feb**
  - First draft of personal statement to advisor

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

- **Apr**
  - Premed Questionnaire due to House Office

- **May**
  - LORs to House Office

- **June 30**
  - First day to submit AMCAS

- **June**
  - Recommended submission deadline

**Important ECs and leadership Issues (grades, probation, etc)**

- **Time off (if applicable)**

**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

**Work on AMCAS application**

- Meet with NRT advisor
- Assemble application materials
  - Personal statement
  - Premed questionnaire
  - LOR
Applying to Medical School

* 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

In 2013, 71% of Harvard applicants applied as alums. Maturity and real-life experience can make you a better doctor AND a better applicant.
Lev pre-med website:
http://leverett.harvard.edu/wiki/Premed:Welcome
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

Resident Tutors

- Jonathan Abraham (MD/PhD)  abraham.jonathan@gmail.com
- Victoria (Tori) Martin (MD/MPH)  tori.martin@post.harvard.edu
- Jonathan D’Gama (MD/PhD)  Jonathan_DGama@hms.harvard.edu
- Brian Miller (MD/PhD)  bcmiller@gmail.com
- Yamini Virkud (MD/MPH)  yaminivirkud@gmail.com
- Kaitavjeet Chowdhary (MD/PhD)  Kaitavjeet_Chowdhary@hms.harvard.edu

NRT

- Scott Lovitch (MD/PhD)  slovitch@gmail.com