Leverett Fall 2020
Introductory Pre-Med Meeting

Leverett House Resident Pre-Med Committee:

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

Introduction
Overview

Premed Components
Course requirements
Research
Extracurriculars
MCAT
LORs

Application Process
NRT and RT roles
When to apply
Timeline
Agenda

Introduction Overview

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NRT and RT roles
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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!

94% of Harvard applicants with GPAs > 3.5 were accepted in 2018, compared with 91% of Harvard applicants overall and 43% of national applicants

Harvard alumni are accepted with lower science and overall GPAs compared to their national counterparts (science 3.63 vs. 3.65; overall 3.69 vs. 3.72 in 2018)

Harvard alumni science and non-science concentrators are accepted at similar rates (science 91.5%, non-science 82% in 2018)
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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@gmail.com

3. OCS premed: premed@fas.harvard.edu
### Sample Course Plans from Premed Guide

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

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

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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
  - MINHUEET
Shadowing

- Opportunity to observe physician in practice
- **COVID** – consider shadowing virtual visits
- **Goal:** 40-50 hours (aim to get prior to application, ideally across several years)
- Recommend several sessions (6-10) over a summer or year(s)

**Options for finding physicians:**
- HPS Mentoring Program: [https://harvardpremedical.squarespace.com/apply-to-our-programs-1](https://harvardpremedical.squarespace.com/apply-to-our-programs-1)
- [https://virtualshadowing.com/shadowing-sessions](https://virtualshadowing.com/shadowing-sessions)
- 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/19ad94p-tGq5lLKyVpvqGAq1wGhd3J2PA77wPZR3dRS0/edit#gid=0
MCAT
MCAT

About the MCAT® Exam

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 Psych 1.

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

2021 Schedule for the Medical College Admission Test® (MCAT®)*

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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)
  - 3 required letters:
  - 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: [https://leverett.harvard.edu/pre-med-advising](https://leverett.harvard.edu/pre-med-advising)
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

2020

Notify Pre-Med committee of intention to apply
Nov 20

Advisor/applicant pairings sent out
Mid-Late Jan

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

Premed Questionnaire due to House Office

Meet with NRT advisor
Timeline for application
MCAT date and preparation
LOR
Important ECs and leadership
Issues (grades, probation, etc)
Time off (if applicable)

Work on AMCAS application

2021

First draft of personal statement to advisor

LORs to House Office

First day to submit AMCAS

Recommended submission deadline
June 30

Meet with NRT
Assemble application materials
Personal statement
Premed questionnaire
LOR

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

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Applying to Medical School

- **Committee letter uploaded**: Aug 15
- **Inform OCS/Pre-Med Committee if no interviews yet**
- **Consider updating top choice schools**
- **All applicants notified**

**2021**
- Jul: Work on secondary applications
- Aug: Lev mock traditional interview and MMI days
- Sep: Interviews!

**2022**
- Oct: Notifications of acceptance, waitlist, rejections

* We commit to uploading your committee letter to AMCAS by August 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 2018, **72% 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: https://leverett.harvard.edu/pre-med-advising
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: https://leverett.harvard.edu/pre-med-advising

Please direct any questions to:

**Leverett Pre-med committee:** leverett.premed@gmail.com

Resident Tutors

- 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