Thinking about a career in medicine?

Prehealth Advising Overview
Location: E17-294
Office #: 617-715-5328

Advising Drop In Hours:
Every Tuesday from 11:00 – 1:00 pm
September 12th – December 5th

Schedule an appointment through CareerBridge!

gecd.mit.edu/med-school
Prehealth Advising Team

Aleshia Carlsen-Bryan  
*Associate Director*

Akunna Rosser  
*Assistant Director*

Meaghan Shea  
*Prehealth Advisor*

Amanda Pickett  
*Admin. Assistant*

Julia Mongo  
*Staff Writer & Advisor*

Tianna Ransom  
*Prehealth Career Assistant*
Prehealth Advising Services

- Individual Advising
  - Exploration
  - General Planning
  - Course Selection
  - Choosing Activities
  - Finding Research
  - MCAT Prep
  - Recommendations
  - School Selection
  - Application Help
  - School Choice
  - and more…
Premed Fast Facts

A recap of things to consider when considering the Premed at MIT.

✓ There is no “Premed” major. Rather a set of requirements determined by most/individual schools.

✓ There is no specific major required for medical or other health professions schools.

✓ 10 of the 18* pre-requisites for medical school are considered GIRs.

✓ Acceptance rate for MIT Undergraduates: 93% National Average 41%

✓ Top Medical Schools for MIT Graduates:

Harvard, Standford, Yale, John Hopkins, BU, Tufts, Northwestern, U of Michigan, Washington Univ., Case Western... though many apply and get accepted to others!
Choosing a major & Premed Requirements

There is no specific major required for medical or other health professions schools. In addition, there is no “Premed” major. Rather a set of requirements determined by most and individual schools.

- General Biology w/ Lab (2 semesters)
- Biochemistry (1 semester)
- Math (2 semesters)
- General & Organic Chemistry w/ Lab (3 semesters)
- Physics (2 semesters)
- English/Writing & Humanities (2 semesters)

*Note: Some schools require 2 semesters of organic chemistry
10 of the 18 pre-requisites for medical school are considered GIRs.

No grades 1st semester, instead Pass or no Record 1st semester & IAP, and progress to A, B, and C grades during the 2nd semester.

Start on Track – Stay on Track: Your GPA will have a major influence on which schools offer you an interview, so plan strategically to complete prerequisites but also explore your interests.
<table>
<thead>
<tr>
<th></th>
<th>NO AP CREDIT</th>
<th>PHYSICS AP CREDIT</th>
<th>CALCULUS AP CREDIT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall 2017</strong></td>
<td><strong>Recommended</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physics</td>
<td>8.01</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calculus</td>
<td>18.01</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chemistry</td>
<td>5.111 / 5.112 / or 3.091</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HASS*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Spring 2018</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physics</td>
<td>8.02</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calculus</td>
<td>18.02</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biology</td>
<td>7.013 or 7.014</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HASS*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fall 2018</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Spring 2019</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organic Chemistry</td>
<td>5.12</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fall 2019</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organic Chemistry**</td>
<td>5.13</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MIT Prehealth Course Planning Guide**

*All MIT students must have 8 HASS classes by the time they graduate, so it is recommended they take one per semester. One of the HASS courses taken in freshmen year must be a CI-H course.*

**5.13 is only offered in the fall semester.**

Additional course options can be found on the Prehealth Recommended Course list.
Gathering Intelligence

**· Exposure ·**

- Students in this phase are in need of exposure, as you may have a variety of career options you’re considering.
- Consuming information on pre-med life, medical school, med-related careers, and meeting with your pre-health advisor will assist you in moving forward, and committing to this long-term career path.

Plotting the Path

**· Experience ·**

- Students in this phase know they want a future in medicine. To get to the next phase of readiness, you’ll begin narrowing their options, crafting a path, and developing the experience and skills required of a successful medical school applicant.
How do you know if a career in healthcare is right for you?

• **Gain Exposure: Understand the profession.**
  - Have you spent time in a medical/healthcare environment?
  - Do you have a realistic sense of what the job entails?

• **Gain Experience: Gain the skills you need.**
  - Have you acquired skills and developed qualities that are relevant to the work you want to do in the future?

• **How do you know what skills and qualities are relevant?**
  By gaining *exposure*!

• **How do you know if you’ll enjoy the job?**
  By gaining *experience*!
Exposure

Observation time spent in a healthcare environment and discussions with professionals in the field

Most schools *strongly* recommend shadowing because it:

- shows you’re familiar with both medicine’s upsides and downsides.
- shows you’re a good fit for a medical career & what you’ve learned clinically & personally

While shadowing, ask yourself:

- Can I see myself doing this doctor’s tasks on a daily basis?
- Am I drawn more to diagnostic problem-solving or performing procedures?
- What specifically attracts me to this profession & specialty?
- Did I enjoy being around the patients?
- Has my motivation to become a doctor increase or decreased?
How can I gain exposure?

Volunteer in a Medical or Healthcare Environment
- MIT EMS

Conduct Informational Interviews
- MIT ICAN & Externship

Job Shadow
- Tufts Medical Center
- Boston Children’s Hospital
- MGH 1811

- MIT Physician Shadow Program

Additional opportunities to gain exposure can be found through LinkedIn, volunteering in hospitals, and your own Network!
Activities you engage in that help develop skills and qualities that will be instrumental in your future work as a physician or health care professional.

Does my experience have to be medically related??

NO...
But you’ll need to be able to articulate the skills developed & value gained from your activities.

For instance, during a medical school interview, how might you answer the question:

“Please describe your most meaningful experience while in college?”
(any skills developed, new insights, deeper understanding, etc.)
Experience

Examples of Experience: Student Clubs & Organizations, Service Work, Internships, Externships, Research, Extracurricular Activities (e.g. sports, dance, music, etc.)

- US Senate Committee on Finance & Health Policy - Intern
  - Truman & Rhodes Scholars - Distinguished Fellow
    - Teach for America - Intern
    - Varsity Sports - Captain
    - WHO in Geneva - Intern
  - MedLinks - President
  - Camp Kesem - Co-Founder
  - MIT Premed Society - Member
Volunteering & Service Work

· What causes are you passionate about?
· What population(s) would you like to work more with?

No matter where your service work takes place or what it entails, medical schools emphasize that it should be done out of a student's need to serve others above all else, rather than checking off an application “box.”
Internships, Jobs, and Research

An interest in research, internships, and working indicate valuable qualities – curiosity, the ability to inquire, hardworking, motivation, etc.

“Med school admissions committees want students who are used to being very busy and maximizing time with enriching, informative, educational experiences. They question the competitiveness of students who are taking summers as vacations.”

• Liza Thompson, Director of Johns Hopkins Post-Bac Premed Programs & Medical School Consultant

- MIT’s international education program matching MIT students with internship, research and teaching opportunities abroad.

- 89% of undergrads participate by the time they graduate

Career Services at MIT
• Over 1,051 Internships & Jobs
• On-Campus Recruitment Program from September - April
How do medical schools evaluate applicants?

Figure 1. Importance of Application Data to Admission Officers at 113 Medical Schools in Their Decisions to Invite Interviewees and Offer Acceptances

<table>
<thead>
<tr>
<th>Invite Interviewees</th>
<th>Offer Acceptances</th>
</tr>
</thead>
<tbody>
<tr>
<td>GPA: Cumulative science and math (3.7)</td>
<td>Interview recommendation (4.5)</td>
</tr>
<tr>
<td>GPA: Cumulative (3.6)</td>
<td>Letters of recommendation (3.8)</td>
</tr>
<tr>
<td>MCAT Total scores (3.5)</td>
<td>GPA: Cumulative science and math (3.7)</td>
</tr>
<tr>
<td>Letters of recommendation (3.4)</td>
<td>Community service: medical (3.6)</td>
</tr>
<tr>
<td>Community service: medical (3.3)</td>
<td>GPA: Cumulative (3.6)</td>
</tr>
<tr>
<td>Personal statements (3.2)</td>
<td>MCAT Total scores (3.4)</td>
</tr>
<tr>
<td>Medical/clinical work experience (3.2)</td>
<td>Personal statements (3.4)</td>
</tr>
<tr>
<td>Community service: non-medical (3.1)</td>
<td>Medical/clinical work experience (3.4)</td>
</tr>
<tr>
<td>Leadership experience (3.0)</td>
<td>Community service: non-medical (3.3)</td>
</tr>
<tr>
<td>Completion of premedical requirements (3.0)</td>
<td>Leadership experience (3.2)</td>
</tr>
<tr>
<td>Experience with underserved populations (2.7)</td>
<td>Completion of premedical requirements (3.1)</td>
</tr>
<tr>
<td></td>
<td>Experience with underserved populations (3.0)</td>
</tr>
</tbody>
</table>
### where is the 2016 Cohort attending?

<table>
<thead>
<tr>
<th>School of Medicine</th>
<th>School of Medicine</th>
<th>School of Medicine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albert Einstein College of Medicine</td>
<td>Baylor College of Medicine</td>
<td>Boston University School of Medicine</td>
</tr>
<tr>
<td>Case Western Reserve School of Medicine</td>
<td>Columbia University College of P &amp; S</td>
<td>David Geffen School of Medicine at UCLA</td>
</tr>
<tr>
<td>Drexel University College of Medicine</td>
<td>Duke University School of Medicine</td>
<td>Harvard Medical School</td>
</tr>
<tr>
<td>Hofstra North Shore-LIJ School of Medicine</td>
<td>John Hopkins School of Medicine</td>
<td>Mayo Medical School</td>
</tr>
<tr>
<td>Mount Sinai School of Medicine</td>
<td>New York University</td>
<td>Rutgers New Jersey Medical School</td>
</tr>
<tr>
<td>Stanford University School of Medicine</td>
<td>State University of NY Downstate Medical</td>
<td>Stony Brook University School of Medicine</td>
</tr>
<tr>
<td>Temple University School of Medicine</td>
<td>Texas A&amp;M HSC Col. of Medicine</td>
<td>University of Miami School of Medicine</td>
</tr>
<tr>
<td>Tufts University School of Medicine</td>
<td>Tulane University School of Medicine</td>
<td>UT Southwestern</td>
</tr>
<tr>
<td>Uniformed Services Univ. of the Health Sciences</td>
<td>UC San Diego</td>
<td>Univ. of Illinois at Chicago-College of Med</td>
</tr>
<tr>
<td>Univ. of Massachusetts Medical School</td>
<td>Univ. of Michigan Medical School</td>
<td>Univ. of North Carolina School of Medicine</td>
</tr>
<tr>
<td>Univ. of Pittsburgh School of Medicine</td>
<td>Univ. of Puerto Rico School of Medicine</td>
<td>Univ. of Texas Medical School - Houston</td>
</tr>
<tr>
<td>Univ. of Utah School of Medicine</td>
<td>Univ. of Wisconsin</td>
<td>Virginia Tech Carillion School of Medicine</td>
</tr>
<tr>
<td>Warren Alpert Medical School – Brown Univ.</td>
<td>Washing University School of Medicine</td>
<td>Wayne State University School of Medicine</td>
</tr>
</tbody>
</table>
What year are you applying?

How well you’ve acquired the skills and experiences mentioned in this presentation will assist you in determining when (but also why) you plan to apply & enter Medical School?

Do you want to enter medical school in Fall of 2019?
• Schedule your COPA Enrollment Meeting during the Fall Semester 2017
• Submit your primary application in June 2018

Do you want to enter medical school in Fall of 2020?
• Schedule your COPA Enrollment Meeting during the Fall Semester 2018
• Submit your primary application in June 2019

Do you want to enter medical school in Fall of 2021?
• Schedule your COPA Enrollment Meeting during the Fall Semester 2019
• Submit your primary application in June 2020
**MIT Premed & Health Professions Application Timeline**

By now, you have explored the field, developed the competencies and experience for medical school, and know you want to apply. The timeline below will assist in keeping you organized throughout the application process.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SCHEDULE your COPA Enrollment Appointment</strong> through CareerBridge.</td>
<td>Prepare Individual Components of Your Application: Personal Statement, Recommendations, Transcripts, Select Schools, (Re)Take MCAT, etc.</td>
<td>Begin Filling out AAMCAS Application</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*During COPA Enrollment Appointments, we’ll discuss areas of strength and weakness in your application, determine tangible next steps & potential gap year options if needed.*

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>June 30th</strong> Submit Primary Application Recommended Deadline</td>
<td>Complete Secondary’s</td>
<td>Medical School Interviews Course Selection Freshman,</td>
<td>Confirm where you’ll attend!</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Medical Schools begin sending acceptances, rejections, waitlists – You may hold multiple acceptances until April</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Thank You and Hope to see you in the Prehealth Advising Office!

Location: E17-294   Office #: 617-715-5328

Advising Drop In Hours:
Every Tuesday from 11:00 – 1:00 pm
September 12th – December 5th

Schedule an appointment through CareerBridge!