

FLORIDA ATLANTIC UNIVERSITY



BE DARING. BE *bold*. BE FAU ♥



Charles E. Schmidt College of Science **Premed Workshop**

So, you want to be a Doctor?

Beyond the Basics: A more advanced
workshop for Juniors and Seniors





What you should know already

- The schools and their requirements
- The importance of GPA/test scores
- Pre-requisite courses/when to take them
- Timeline

BE *bold.*





Now that I am a Junior, what should I be doing?

1. Open a file with the Pre-Professional Office
2. Begin your personal statement
3. Volunteer work
4. Test preparation (MCAT, DAT, GRE, OAT, PCAT)
5. Centralized application (AMCAS/AACOMAS, CASPA, ADEA AADSAS, PharmCAS, VMCAS, OptomCAS...)
6. Interview preparation
7. Know the costs/fees involved
8. Consider other recommended courses
9. Talk to students that have done it
10. Know what to expect



Factors (besides GPA and Admissions test) Considered by Professional Schools:

- Course load each semester (minimum 24 credits/year)
- State of residency (best chances in your state)
- Your interview
- Your personal statement, experience in the field, motivation, character and maturity
- Letters of evaluation from Pre-Professional Committee, community service, employers, professors, etc.
- Research DIS or DIR
- Age not really a factor (in most cases)
- Family/children not a factor (but you need a plan!)



Pre-Health Professions Office

- Open Daily From 9-5 p.m.
- SE room 308 (Science & Engineering)
- Phone number: 561-297-3307
- Email Address: preprof@fau.edu
- Web Page:
http://www.science.fau.edu/student_services/pre_health/index.php
- Stop by the office to utilize our full library of resources: catalogs, videos, various applications, guide books, books on admission requirements, etc.



Pre-Health Professions Office

- Requirements to open a file:
 - Open file [the semester before you take the admissions test](#) so you will not have out of date information/evaluations in your folder
 - You should have at least a [3.0 GPA](#)
- If you do not meet these requirements, you can still access the resources in the office



Pre-Health Professions Office

- **What goes in your file?**

- ✓ Waiver form (we highly encourage you to waive your rights to see inside your file)
- ✓ 2 letters of recommendation from Science professors, 1-2 from Health Care Professionals
- ✓ Letter of recommendation (from committee) Test Scores (after you take the test, come back to the PHP office to see if you qualify for a committee meeting, if you don't qualify-the PHP secretary can still send out your letters to any schools you wish)



Pre-Health Professions Office

- What is the Pre-Health Professions committee?
 - Doctors and professors
 - Interview
 - Assist you in gaining admission into professional school

BF *bold*





The application process takes a year to complete

	Fall	Spring	Summer
Junior Year	Start reviewing for Test	Continue studying for Test Prep Class Take Test	Start working on your application Submit application
Senior Year	Secondary applications	Interviews	Graduate from FAU
	Start School		



Involvement at FAU

- Pre-Health Professions Clubs at FAU

American Medical Student Association
Blood Pressure Screening Association
Future Health Professionals
Pre-Health Ambassadors
Pre-Pharmacy Club
Pre-Dental Association
Pre-Veterinary Medical Association
Pre-Optometry Professional Society
Association of Pre-Physician Assistants
Global Medical Brigades
American Medical Women's Association
Medical Missions Abroad
The Bioethics Society
Minority Association of Pre-Health Students

Go through Owl Central

<https://fau.campuslabs.com/engage/>

Click on find organizations, you can search by name or by category.





Introduction to Pre-Professional Studies and Lab PCB3083 & Lab

- 4 credit course/ General elective upper division
- Prerequisites: **8 cr.** Gen. Chem & **8 cr.** Gen. Bio + Labs
- Introduces students to the requirements, demands, and rewards of a medical career
- Features lectures by medical personnel, visits to local medical facilities, observations of medical procedures
- Lab - surgical observation, shadowing of physicians



Medical Shadowing Internship IDS 3940

- You will be permitted to register for one credit (IDS 3940) per semester, 2 semesters maximum credits will be general electives upper division. You must shadow a minimum of three hours per week to receive credit.
- Students need to have their own physician to shadow.
- Needs permission to register for the class.



Your Personal Statement

Personal Statement Guidelines:

- AMCAS limit: 5300 characters (about 1 page)
Font no smaller than 11 point
Single Spaced
- AACOMAS limit: 4000 characters
Do not merely reiterate what is on the application
- ADEA-AADSAS Limit: 4500 characters



What is a personal Statement?

- It is a narrative of your past experiences and future goals.
- What have you learned from your experiences?
- How have they affected your decision to apply to Medical/ Dental/ PA/ Vet/ Pharmacy School?
- A personal statement provides the opportunity to:
 - ✓ Highlight strong points and abilities
 - ✓ Show why you are a good match for that program
 - ✓ Demonstrate how your specific interests evolved



What goes into the Personal Statement?

- Describe your goals, aspirations, experiences and reasons for wanting to pursue a health career
- Tell something unique about yourself and your potential to become a good physician
- Explain a defining moment that helped navigate toward your career
- Be original and thoughtful, discuss how you can contribute to the profession.



Personal Statement Structure and Style

- 2 formats:
 - Personal Statement
 - Essay as a story
- Write in your own voice (have someone read it and tell you if it sounds like you)





Why Write a Story?

- A story reveals personal characteristics through metaphors, analogies and symbolism
- You should convey the same info as in a personal statement, but describe it in a creative rather than expository style.
- It provides the opportunity to:
 - ✓ Use creativity to convey your message
 - ✓ Capture the readers' attention
 - ✓ Evoke emotion in the reader which allows him/her to make a more intimate connection with your experiences.



Suggested Topics

- Why you chose medicine as a career
- A turning point in your life
- A challenging situation you encountered. How did you handle it? What did you learn from it?
- A person or event that influenced you
- Your future goals





Writing Tips

- Capture the readers attention right from the start
- Keep it simple
- Use strong action verbs and descriptive words
- Use specific experiences rather than just clichés to explain why you want to have a health career
- Use the essay to explain both the positive and negative aspects of your application, but do not focus too much on the negative, rather what you learned and how you grew!
- Have someone review your essay for content and mechanics



Volunteer Work

- Volunteer continuously for 1 year minimum (4-6 hrs./wk. minimum.)
- Need patient interaction/experience
 - Can be for credit or paid
 - Hospice, pediatrics, etc.
 - The medical schools want to know that YOU know what you are getting into (How do you know you want to be a Doctor?)**
- Check out FAU's Volunteer Center in the University Center
 - ✓ Many volunteer opportunities available
 - ✓ They note volunteer hours on your transcript



Research

- Research/Lab project is important
- Earn credit via DIS or DIR
(1-3 credits per semester) Depending of the research can count as elective for the major
- 6 months- 1 year





Test Preparation

- READ, READ, READ!!! (For Verbal part)
 - Medical journals, scientific journals
 - Brush up on current issues in health care (helpful for interviews)
 - We recommend reading Scientific American and Smithsonian.
- Very important to read quickly and thoroughly to score high on your require test
- Take the FAU MCAT prep class!



MCAT

It has 4 multiple-choice sections:

- Biological and Biochemical Foundations of Living Systems
- Chemical and Physical Foundations of Biological Systems
- Psychological, Social and Biological Foundations of Behavior
- Critical Analysis and Reasoning Skills.

MCAT can be taken up to three times on a single testing year

It can be taken up to four times on a two consecutive year period.

MCAT can be taken up to seven times in a lifetime.

Takes ~30 days to get your scores back

MCAT scores are valid for 3 years.



MCAT

- Do not sign up and take the MCAT unless you are prepared for it
- Do not register for the MCAT to “practice”
- Medical schools weigh an institutions average MCAT score – and if you take it without being fully prepared, you bring that average down.



AMCAS

- American Medical College Application Service
- It is a centralized application service for Allopathic medicine (MD)
- Online application
- Application process takes 4-6 weeks
- Find out more information through: www.aamc.org

BE *bold.*





Other Centralized Application Services

- VMCAS -Veterinary Medical College Application Service
- AACOMAS -Centralized application service for Osteopathic Medicine (DO)
- Pharmcas -Pharmacy College Application Service
- AADSAS -Dental Application Service
- CASPA -Centralized application service for Physician Assistants



What does AMCAS send out?

- A complete verified set of data to the medical schools you designate
 - ✓ Applicant contact information
 - ✓ Biographic information
 - ✓ Colleges attended
 - ✓ MCAT scores
 - ✓ GPA



Secondary (Supplemental) Applications

- After the schools receive your AMCAS application, if they are interested in learning more about you, they will send you a secondary application.
- There is usually a cost involved

BE *Bold*.





The application process is very costly!

- MCAT costs over \$300
- Applications – primary and secondary – plan on spending about \$1000
- Prep Class: \$999 at FAU, \$2000 elsewhere!





AAMC Financial Assistance

- If you qualify- extreme financial limitations
- Reduces MCAT fee
- Receive 10 free medical school applications
- More info available at www.aamc.org

BE *bold.*





Interview Tips

- Read up on current events in healthcare
- Know everything there is about the schools you are applying to:
 - Review their schedules
 - Tuition
 - Special research interests
- The more you know about the school - the more you can impress them with your questions





Interesting Interview Questions (don't get caught off guard!)

- Do you think medicine is an art or a science?
- What have you read lately?
- Describe yourself.
- What do you think is the single greatest problem facing medicine today?
- If you had your education to do over again, what would you do differently?
- What are the strengths of your training? Weaknesses?
- Why do you want to be a doctor?



What to bring with you?

- ✓ Pen and nice zippered notebook
- ✓ At least 2 clean shirts/suits
- ✓ Arrive early
- ✓ Take down interviewer names to send thank you notes after
- ✓ Limit jewelry/tattoos/piercings
- ✓ Dress conservatively





Paying for medical School

- The mean debt for the graduates is approx. \$200,000.
- If you are accepted, the school will work with you.
- Loans: (more info available online)
 - Stafford Loan
 - HEAL (health education assistance loan)
 - SLS (Supplemental loan for students)
 - Perkins Loan
 - Homan Loan
 - University Loans
 - Armed Forces Scholarship
 - Medical Scientist Training Program (MSTP)



Highly Recommended Courses

- Genetics (PCB 3063)
- Microbiology (MCB 3020)
- Molecular and Cell Biology (PCB 3023)
- Biochemistry 1 and 2 (BCH 3033 & 3034)
- Immunology (PCB 4233)
- Medical Bacteriology (MCB 4203)
- Human morphology and Function 1&2 (PCB 3703 & PCB3704)



What to Expect in Medical School...

- First 2 years = Basic sciences (ex: Gross Anatomy, Pathology, Histology, Biochemistry, etc.)
 - ❑ 1 semester in med school may be equivalent to taking 30 undergraduate credits in one semester!!!
- Last 2 years = Clinical Rotations (A few weeks in each area of medicine)
 - ❑ Surgery, Pediatrics, Obstetrics/Gynecology, Psychiatry, Internal Medicine, etc.
- At some schools you get clinical experience right from the start!
- Normally, you can not work while you are in medical school, **No time!!!**
- **Medical School is a full time job!!!**



USMLE (United States Medical Licensing Exam)

- It has 3 parts:
 - ❑ **USMLE Step 1**: After 2nd year of medical school (basic sciences)
 - ❑ **Step 2**: During 4th Year of medical school
 - ❑ **Step 3**: During or after residency
- Foreign Medical School Graduates must be certified by the Educational Commission for Foreign Medical Graduates (**ECFMG**) before beginning residency.

Board Certified = Passing an exam in your specialty



WALL of FAME

- If you are accepted into a Health Professions graduate program, provide us your picture for the WALL OF FAME outside the PHP office.

BE *bold.*





Our Best Tips for getting into Medical School

BE *bold.*

- BE PROACTIVE!
- BE PREPARED!
- Do your research!





GOOD LUCK!

QUESTIONS?

