Common Professional School Exams

- DAT (Dental Admissions Test)
- GRE (Graduate Record Examination)
- PCAT (Pharmacy College Admissions Test)
- MCAT (Medical College Admissions Test)

  Summary Reports @ aamc.org/mcat

  “How Scores are Used by Medical Schools”
Holistic Review

- Flexible & Individualized Assessment
- Balanced consideration is given to experiences, attributes, and academic metrics
- How the individual might contribute value as a medical student and physician
- Read about the Holistic Review Process: https://www.aamc.org/initiatives/holisticreview/about/
Ratings of Core Personal Competencies’ Importance to Entering Student’s Success in Medical School

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<th>Core personal competency</th>
<th>Importance to entering students’ success in medical school</th>
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<td>Ethical responsibility to self and others</td>
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<td>Social skills</td>
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<td>Reliability and dependability</td>
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<td>Cultural competence§</td>
<td>3.7</td>
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Importance of Application Data: Invitation to Interview / Acceptances

Red = Academic Data
Blue = Experiential Data
Black = Combination

5 = Extremely Important
4 = Very Important
3 = Important
2 = Somewhat Important
1 = Not Important
Internal Review Process

- Applicant File
  - Biographical Report
  - Transcripts
  - Personal Statement/Responses to Prompts

- Ratings
  - Good
  - Very good
  - Excellent
  - Superior

- Interviews w/ 3 members of the Health Professions Committee

- Committee Ratings Based On:
  - Overall/Science GPA (avg 3.67/3.65)
  - Academic Rigor/Strength of Schedule
  - Leadership
  - Service
  - Clinical Experience
  - Extracurriculars
  - Letters of Recommendation
  - Maturity/Readiness
  - Interview
HPC Application Timeline

Student generally go through HPC during the academic year leading up their application, 2 years prior to matriculating.

(Process begins Fall 2016 for Fall 2018 matriculation)

- Oct: Deadline to join HPC
- Jan-Feb: HPC Interviews
- Mar-Apr: HPC Review Period
- June 1: All Final HPC Materials Submitted
- June: Complete Primary Applications

http://sites.middlebury.edu/hpandstem/application-timetable/
AMCAS Application Deadlines

- AMCAS applications open the first week of May

- Begin submitting applications to AMCAS the first week of June
  - Plan to submit your primary application as early in June as possible

- Use the [AMCAS Instruction Manual](#) and [AMCAS Tools and Tutorials](#) for information about how to accurately classify courses, etc.

- Application Deadlines
  - 11:59pm ET of the deadline date
  - Transcripts must be received by AMCAS w/in 14 days of the application deadline date
How does AMCAS work?

Application Submitted
- Applicant completes & submits AMCAS application online
- Applicant pays submission fees (or uses valid Fee Assistance Program benefits)

Application Processed
- Applicant arranges for all required official transcripts to be sent to AMCAS
- AMCAS performs verification of coursework and calculates AMCAS GPAs

Application Delivered
- AMCAS distributes verified application to designated med schools
- AMCAS delivers letters to designated med schools as they are received
The AMCAS Application

- Identifying Information
- Schools Attended
- Biographic Information
- Course Work
- Work/Activities
- Letters of Evaluation
- Medical Schools List
- Essay(s)
- Standardized Tests

aamc.org/amcas
Releasing Dossier to Schools

- Middlebury submits applications to Medical Schools through Interfolio; applicants submit to AMCAS

- Veterinary and Dental Schools receive applications via their application systems.
Interviewing

- Review and Practice
  - Bank of stories
  - Comfort with different interview styles

- Stay up-to-date with research and healthcare issues

- [www.studentdoctor.net](http://www.studentdoctor.net)

- Follow-up with thank-you notes
  - Send to each health professions committee member that interviews you
  - Send to Director of Admissions at medical schools where you interview
Admissions & Health Professions Committees Seek Answers to the Follow Questions

- Is this a competitive applicant?
- Can this person complete medical school?
- Does this person know what (s)he is getting into?
- Is this candidate an interesting person?
BUILDING YOUR SCHOOL LIST
Choosing Where to Apply to Medical School

- Important & challenging part of the application process
- Time consuming
- Can be expensive
Commonly Asked Questions

1. **How many** schools should I apply to?
2. How does my **state of residency** impact where I should apply?
3. How do I make sense of residency requirements?
4. Are there **new medical schools** I should consider applying to?
5. Are there special **interstate agreements**?
6. Should I consider applying to public medical schools that are **out-of-state** for me?
7. How should my **GPA and MCAT** score affect where I apply?
8. How important should **rankings** be as I decide where to apply?
9. Aren’t all **mission** statements the same?
10. What should I look for as I examine a school’s **curriculum**?
11. Should **cost** be a factor in my decision of where to apply?
12. What **other factors** should I consider?
13. I want to apply to **MD/PhD programs**. How do I decide where to apply?
14. I want to apply to **osteopathic medical schools**. How do I decide where to apply?
1. How many schools should I apply to?

- ~15-20 schools
- 25+ schools generally indicates a lack of strategy and that the schools have not been well researched
2. How does my state of residency impact where I should apply?

- Applying as an in-state candidate usually puts you at an advantage
- Many state schools have <15% of their class from outside their state
- Tuition tends to be lower
3. How do I make sense of residency requirements?

- In the Medical School Admissions Requirements (MSAR), each school’s listing includes the numbers of ‘resident’ and ‘non-resident’ applicants, interviewees, and matriculants.

- The Princeton Health Professions Advising website is a great resource.

- Residency rules vary from state to state, and HOW residents and non-residents are defined by an Admissions committee varies from school to school.
4. Are there new medical schools I should consider applying to?

- The AAMC (Association of American Medical Colleges) website is a great resource. (www.aamc.org)

- List of recently accredited and new schools are overviewed in *Snapshot of the New and Developing Medical Schools in the U.S. and Canada*.

- There are also many new osteopathic schools listed there.
5. Are there special interstate agreements?

Yes - some states that either don’t have medical schools or who have very few have created special interstate agreements so that their residents will have in-state privileges

- **WICHE**
  - Western Interstate Commission for Higher Education operates an exchange program for students from 13 western states that gives them preference in admission & reduced tuition in selected out of state medical & other professional schools

- **WWAMI**
  - The University of Washington School of Medicine serves as the public school for Washington, Wyoming, Alaska, Montana, and Idaho.

- **FAME**
  - Finance Authority of Maine’s Access to Medical Education Program, which gives Maine residents preferred access to Dartmouth, Vermont, and UNECOM.

- **DIMER**
  - Delaware Institute of Medical Education & Research, which has Jefferson Medical College in Philadelphia serve as Delaware’s medical school.
6. Should I consider applying to public medical schools that are out-of-state for me?

- It depends on which school...

- Consult the Medical School Admissions Requirements (MSAR) and the chart entitled ‘Acceptance & Matriculation Data’

- When a public school has over 25% of its class from out-of-state, there’s a reasonable chance of qualified out-of-staters being considered.

- The percentage of in-state versus out-of-state residents is also available on this AAMC Site: http://www.aamc.org/data/facts/start.htm
7. How should my GPA and MCAT score affect where I apply?

- Consult the MSAR (again!)

- *MSAR Online* contains admissions statistics including the school’s mean MCAT and the ranges of overall and science GPAs they accept.

- Use this data to assess whether or not you will be a competitive candidate at a specific school.

- Make sure you select a mix of schools where you are at or close to the average GPA and some schools where you may be above the average.

- Take a similar approach with the MCAT.
8. How important should rankings be as I decide where to apply?

- Be careful not to put too much emphasis on rankings. Apply to a diverse group of schools.

- The *U.S. News and World Report* ranking uses a methodology that may change year to year and may emphasize qualities that are not as important to you.

- Think about which schools will be the best fit for you; where you can thrive.
9. Aren’t all mission statements the same?

- Not necessarily. Some vary pretty dramatically.

- You want to identify schools whose mission parallels your professional goals and personal values.

- You can read each school’s mission statement in the MSAR.

- It’s also important to explore the websites of your schools of interest.
  - They often feature more in-depth information about the school’s philosophy.
10. What should I look for as I examine a school’s curriculum?

- Consider your learning style.

- The AAMC website has Curriculum Inventory and Reports (CIR) page which provides information about the structure, delivery, and assessment of medical school curricula.

- Look at the grading policy of the school.
  - Pass/No Pass vs. Letter Grading System

- Residency program information. (American Medical Association) www.ama-assn.org
11. Should cost be a factor in my decision of where to apply?

- Tuition varies considerably based on factors including residency, availability of scholarships, etc.
- While nearly all medical students graduate with some debt, the amount of that debt can range from between a few thousand dollars to upwards of $200,000.
- MSAR includes information on financial aid.
- Important to balance financial benefits of various programs with how well that school matches your needs.
- Consider outside sources of funding.
  - Armed Forces Health Professions Scholarships are available from each branch of the military.
12. What other factors should I consider?

- **Location.** You will be spending 4 years of your life at medical school, so you want to make sure it’s an environment you like.
  - Where have you lived before and what did you like about those places? City vs. rural, different climates, cost of living, etc.
  - Consider **international programs** where appropriate.

- **Composition of Student Body.** Do you prefer a smaller or a larger class? How diverse is the class? What is the male/female ratio?

- **Personal Factors.** Are you close to your family and want to be at a school near them?
I want to apply to MD/PhD programs. How do I decide where to apply?

- Consider what type of research you’re hoping to do and which faculty members you’d like to work with.

- Look at the structure of the program.
  - Do you do 3 years of your MD and then do your PhD and finish your last year of medical school after that?
  - Or do you do your PhD first and then your MD?
14. I want to apply to osteopathic medical schools. How do I decide where to apply?

- Utilize many of the same strategies as when applying to allopathic medical schools.

- Ask yourself similar questions about your background, the school’s mission statement and curriculum, cost, location, etc.

- Your best source of information about osteopathic medical schools is the American Association of Colleges of Osteopathic Medicine: http://www.aacom.org/Pages/default.aspx
  - They publish an Osteopathic Medical College Information Book
Resources

- **Medical School Admission Requirements (MSAR)**
  - Can be purchased online through the Association of American Medical Colleges ([http://www.aamc.org](http://www.aamc.org)) or at [http://www.amazon.com](http://www.amazon.com)
  - Source for:
    - Application procedures and deadlines
    - Selection factors such as MCAT & GPA data
    - Medical school class profiles
    - Costs and financial aid packages
    - MD/PhD and other combined degrees
    - Graduates’ specialty choices
    - Updated USMLE Policies

- **Association of American Medical Colleges Curriculum Guide**
  - Free online resource: [http://services.aamc.org/currdir/start.cfm](http://services.aamc.org/currdir/start.cfm)

- **Princeton Review’s Searchable Medical School Database.**
  - You can search for schools based on your GPA and MCAT score, geographic location, class size, and other factors. [http://www.princetonreview.com/medical/research/advsearch/match.asp](http://www.princetonreview.com/medical/research/advsearch/match.asp)

- **US! Your Health Professions Advisors. 😊**
Building Your School List

- Tier 3 (15%)
  - Why not?
  - Highly competitive programs, state schools where you don’t have legal residency

- Tier 2 (35%)
  - GPA is in range - OR - MCAT is in range (but not both)
  - NECOME schools, frequently accept Midd students or strongly aligned with your interests

- Tier 1 (50%)
  - GPA and MCAT are comfortably in range
  - All public in-state schools
  - All “special relationship” schools e.g. UVM, alum or family connection
  - A private school that is in your home state that might be a bit of a reach
Questions?