

HOW TO GET INTO MEDICAL SCHOOL WEBINAR (Fall 2023)

Presenters:

Nourallah Salem, Amit Bijlani, and Ghazal Malekzadeh

Guest Speaker:

Areeba Chaudhry (UofT Temerty School of Medicine)

Date: October 4th, 2023, 5:30 pm

***The Slides will be available on the SOS website**

WHO ARE WE?

- Nourallah Salem
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& Cellular Specialization)
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- Amit Bijlani
2nd Year Biomedical Science
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- Ghazal Malekzadeh
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DISCLAIMER

The information provided in this seminar gives some background information about the medical school application process. This is based on information provided by the medical school websites, OMSAS, and the AAMC. Any experiences given by the presenters or guest speaker may not reflect experiences shared by others. They are here to deliver the presentation, answer any questions, and provide support.

GUEST SPEAKER

Name: Areeba Chaudhry

- Undergraduate Degree:
 - York University
 - HBS Sc '23 (Biomedical Science)
- Medical School:
 - UofT Temerty School of Medicine , Class of 2027
- Contact Info:
 - Email: areeba.chaudhry@mail.utoronto.ca
 - instagram: @areeba.c

DIFFERENT TYPES OF PHYSICIANS

- * **Primary Care** (Pediatrician, Family Practitioner and Internal Medicine, etc)
- * **Surgeons** (Neurosurgeon, Plastic Surgeon, General Surgeon, ENT, OBGYN etc)
- * **Specialists** (Dermatologist, Cardiologist, Psychiatrists, Neurologist, Nephrologist, etc)

HOW MUCH EDUCATION DOES IT TAKE TO BECOME A DOCTOR?

Typically takes 10 to 16 years

- * Undergraduate studies
- * Medical School
- * Residency Training
- * Fellowship*
- * Three to Four years
- * Three to Four years
- * Three to Seven years
- * One to Two years

*Fellowship is optional in the case you need to sub-specialize in a certain field.

WHAT IS THE LIFESTYLE LIKE?

- Work hours vary between specialties
- Common to work 35 to 60 hours a week
- Lifestyle varies depending on specialty:
 - *Surgical specialties are typically “on call”
 - *Some have fixed hours
- Requires determination, sacrifice, and dedication

WHAT WILL YOU NEED?

(TODAY'S AGENDA)

- Extra-curricular involvement
- Medical College Admissions Test (**MCAT**)
- **OMSAS** Application System
- Admission Requirements (Ontario)
 - * CASPer Test
 - * CASPer Snapshot
- Interviews

EXTRACURRICULAR OPPORTUNITIES

* Research Opportunities

- * RAY (Research @ York)
- * Work-study positions with professors
- * Research at Hospitals

* Volunteer Opportunities

- * Volunteering at Hospitals
- * Joining Clubs and Organizations at YorkU
- * Community Involvement

* Leadership Positions

* Sports and Hobbies



MCAT - OVERVIEW

Computer-based exam (no calculator)

230 multiple choice questions

7 hours 30 minutes with a total of 50 minutes of breaks

Tests knowledge in these four sections:

- * 1. Chemical and Physical Foundations of Biological Systems
- * 2. Critical Analysis and Reasoning Skills (CARS)
- * 3. Biological and Biochemical Foundations of Living Systems
- * 4. Psychological, Social and Biological Foundations of Behavior

MCAT - OVERVIEW

* **Three Science Sections**

- * 59 items, 95 minutes
- * 10 Passages with 4 - 6 questions
- * 15 stand-alone questions (questions are not based on passage)

* **Critical Analysis and Reasoning Skills (CARS)**

- * 53 items, 90 minutes
- * 9 passages, 5-7 questions
- * No stand-alone questions

* **Breaks**

- * First break: 10 minutes - After Section 1
- * Second break: 30 minutes - After Section 2
- * Third break: 10 minutes - After Section 3

*Note: students with diagnosed disabilities may be eligible for time extensions or stop the clock breaks. Check the AAMC website for more information.

MCAT - BREAKDOWN

1. Chemical and Physical Foundations of Biological Systems

- **First-Semester Biochemistry** 25%
- **Introductory Biology** 5%
- **General Chemistry** 30%
- **Organic Chemistry** 15%
- **Introductory Physics** 25%

3. Biological and Biochemical Foundations of Living Systems

- **First-Semester Biochemistry** 25%
- **Introductory Biology** 65%
- **General Chemistry** 5%
- **Organic Chemistry** 5%

2. Critical Analysis and Reasoning Skills (CARS)

- **Humanities** 50%
- **Social Science** 50%

*CARS does not test on specific knowledge or additional coursework

4. Psychological, Social and Biological Foundations of Behaviour

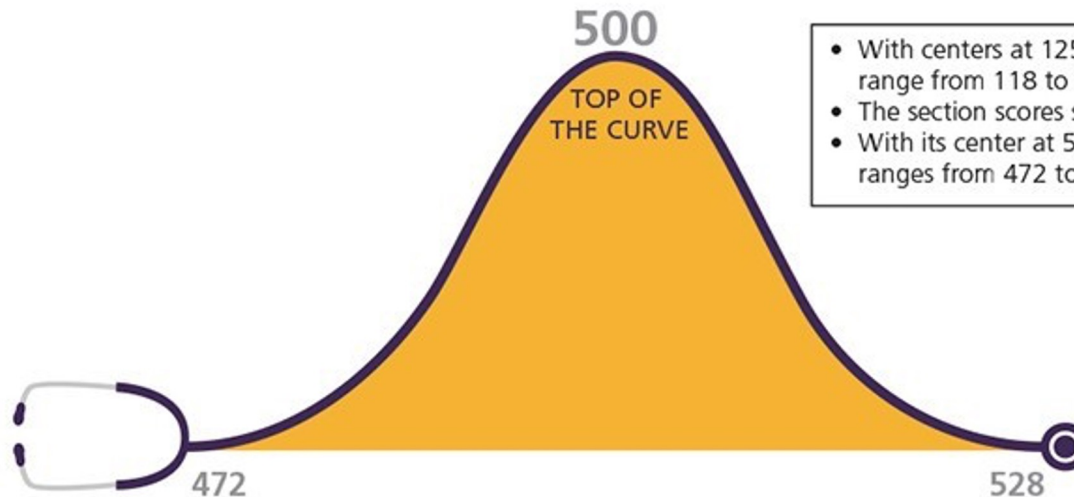
- **Introductory to Psychology** 65%
- **Introductory to Sociology** 30%
- **Introductory to Biology** 5%

SCORING SCALE

MCAT2015 has four test sections:



MCAT2015 Total Score



- With centers at 125, section scores range from 118 to 132.
- The section scores sum to the total score.
- With its center at 500, the total score ranges from 472 to 528.

MANY RESOURCES

- <https://students-residents.aamc.org/applying-medical-school/article/online-practice-mcat-exam/>
- <https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/prepare-mcat-exam/free-planning-and-study-resources/>
- Available on the AAMC website:
 - *Practice tests (1 Sample test + 4 practice tests)
 - * Khan Academy MCAT collection
- Preparation Courses (i.e. Kaplan, Princeton)
- Review Books (i.e. ExamCrackers, Kaplan, Princeton)
- Question Banks (i.e. Bemo, Jack Westin, UWorld)

MCAT - FAQ

* How many times can I write the MCAT?

* The MCAT can be written:

- Up to 3 times in a single testing year

- Up to 7 times in a lifetime

* How long does it take to get my score?

- * Scores are reported within a 30-35 day window following your test date

* When can I register:

- * The week of Feb 15 for April, May & June dates

- * In May for July, August & September dates

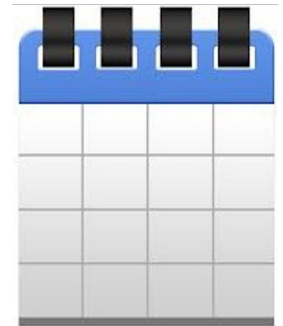
<https://students-residents.aamc.org/applying-medical-school/article/information-to-help-you-schedule-an-exam/>

MCAT - FAQ

- * What does voiding an exam mean?
 - * Wrote the exam but **do not** want it to be marked
 - * This option is given at the end of the exam
 - **No refunds**
 - Counts as an attempt (**out of 7 lifetime attempts**)
- * Answers to more frequently asked questions: Join our MCAT seminar! November 1

OMSAS

- * Ontario Medical School Application Service
 - * Standard Application Service Fee: \$220
 - * Additional institutional fees apply
- * Deadlines (For Current 2023 - 2023 Cycle):
 - * Applications opened: **July 2023**
 - * Deadline to send email to referees: **Sept 15**
 - * Application Deadline: **Oct 2**
 - * Interview Invites: **Jan/Feb**
 - * Interviews: Late **Feb** to Early **April**



SCHOOLS IN ONTARIO

- * McMaster University ----- \$125
- * University of Toronto ----- \$130
- * University of Western Ontario ----- \$125
- * Northern Ontario School of Medicine ----- \$100
- * University of Ottawa ----- \$125
- * Queen's University + Queens-Lakeridge Family MD program----- \$125

OMSAS

- * Autobiographical Sketch

- * **Who are you?**

- * Employment

- * Volunteer activities

- * Extracurricular activities

- * Awards and accomplishments

- * Research

- * Other

- * Note: Only Activities From **Age 16+**

Type	Numeric/Numérique		Percentage/Pourcentage				Alpha/Alpha			
	1	2	3	4	5	6	7	8	9	
Scale										
OMSAS Value Valeur OMSAS										OMSAS Value Valeur OMSAS
4.00	9	8	90-100	93-100	94-100	94-100	A+	A	A+	4.00
3.90			85-89	84-92	87-93	85-93	A			3.90
3.80									A	3.80
3.70	8	7	80-84	75-83	80-86	80-84	A-	A-		3.70
3.30	7	6	77-79	72-74	75-79	75-79	B+	B+	B+	3.30
3.00			73-76	69-71	70-74	70-74	B	B	B	3.00
2.70	6	5	70-72	66-68	65-69	65-69	8-	8-		2.70
2.30	5	4	67-69	64-65	60-64	60-64	C+	C+	C+	2.30
2.00			63=66	62=63	55=59	55=59	C	C	C	2.00
1.70	4	3	60-62	60-61	50-54		C-	C-		1.70
1.30		2	57-59	56-59			D'''	D+	D+	1.30
1.00			53-56	53-55		50-54	D	D	D	1.00
0.70			50-52	50-52			D-	D-		0.70
0.00	3	1	.S. 49	.S. 49	.S. 49	.S. 49	E/F	E/F	E/F	0.00

Acadia	7	Guelph	3	Mt. Allison	7	Ryerson	7	Trinity Western	7
Alberta	7	Lakehead	3	Mt. St. Vincent	7	Saskatchewan	3	USC	7
Algoma	3	Laurentian	3,7	New Brunswick	7	Sherbrooke	7	UNBC	7
								UOIT	7
Athabasca	7	Laval	7	Nipissing	3	Simon Fraser	7	Vancouver	3,7
Bsi	3	Lethbridge	7	Ottawa	7	St. Francis Xavier	3	Waterloo	3,7
hop's	7	Manitoba	9	Prince Edward Island	3	St. Mary's	7	Western	
Brand	3	McGill	B	Quebec	7	St. Thomas	7	Wifrid	3
on								Laurier	7
Brock								Windsor	3,7
Calgary	7	McMaster	7	Queen's	7	Ste-Anne	7	Winnipeg	7
								York	9
Cape Breton	3	Memorial	6	Regina	3	Thompson Rivers	7		
Carleton	7	Moncton	7	RMCC/CMRC	4,7	Toronto	3,7		
Concordia	7	Montreal	7	Royal Roads	7	Trent	3		
Dalhousie	3,7								

MCMMASTER UNIVERSITY



MCMaster UNIVERSITY- ACADEMIC REQUIREMENTS

- * Minimum of **3 years** of **undergraduate** work - ANY major
 - * 90 credits (full course load not required)
 - * Prerequisites: **None**
- * GPA cutoff: **3.0** (Cumulative)
- * MCAT cutoff: **CARS 123** (128+ is competitive)
- * **CASPer** (Computer--based **A**ssessment for **S**ampling **P**ersonal Characteristics)
 - * Assessment of interpersonal skills and decision-making
 - * 90 minutes
- * 205/5228 applicants admitted to the Class of 2022
- * Only your CARS score, CASPer score, and GPA are used for interview consideration

UNIVERSITY OF TORONTO



UNIVERSITY OF TORONTO- ACADEMIC REQUIREMENTS

- * Minimum of **3 years of undergraduate** work
 - * 90 credits (**weighting formula** for full course load)
 - * **28 credits** is a full course load
- * GPA cutoff: **3.6/4** (Full-time summer courses now count - NEW change)
- * MCAT cutoff: **125 in each section (allowance of 124 in one section) *not scored**
- * **639/4263** students interviewed in 2022
- * Visit the new changes at <https://applymd.utoronto.ca/admission-requirement-changes-and-updates-20202021-application-cycle>

UNIVERSITY OF TORONTO- COURSE PREREQUISITES

* Required

- * 2 full course equivalents (FCEs) in Life Sciences
 - * Examples: Biology, Anatomy, Biochemistry, etc
- * 1 full course equivalent in humanities/social science/language
- * 1 FCE = 6 credits

* Recommended

- * Course in Statistics
- * At least 2 full courses in expository writing

Resources:

<https://applymd.utoronto.ca/prerequisite-courses>

<https://applymd.utoronto.ca/academic-requirements>

UNIVERSITY OF TORONTO- NON ACADEMIC REQUIREMENTS

- * Autobiographical Sketch (ABS)
 - * **2 statements** (250 words or less) answering questions (outlined on their website each year)
 - * 1 statement (500 words or less) expanding on an ABS item

WESTERN UNIVERSITY

(UNIVERSITY OF WESTERN ONTARIO)



WESTERN UNIVERSITY- ACADEMIC REQUIREMENTS

- * **4 year undergraduate degree**
 - * 120 credits
 - * Prerequisites: **none**
- * **GPA cutoff: 3.70**
 - * Calculated from the **2 best years with full course load**
 - * For first and second years, **60%** course load should be at the level of that year of study or higher
 - * For the third and fourth years, **60%** of the course load should be at third level or higher.
 - * GPA minimum must be met in EACH of the 2 best years
 - * **Summer Courses will not be counted**
- * **MCAT cutoff (varies annually)**

Resources:

https://www.schulich.uwo.ca/med_dent_admissions/docs/AdmissionStatistics_Medicine_Classof2022.pdf

WESTERN UNIVERSITY- NON-ACADEMIC REQUIREMENTS

- * Supplementary Applications are required for this year

NORTHERN ONTARIO SCHOOL OF MEDICINE (NOSM)



NORTHERN ONTARIO SCHOOL OF MEDICINE

ACADEMIC REQUIREMENTS

- * **4 year undergraduate degree**
 - * 120 credits
 - * Prerequisites: **none**
 - * Recommended
 - * Science majors: 2 full course equivalents in arts/social sciences /humanities
 - * Art/social science/humanities majors: 2 full course equivalents in science
- * **GPA cutoff: 3.0 on OMSAS 4.0 scale**
 - * **Cumulative**
- * **MCAT: not required**
- * **CASPer: not required**

<https://www.nosm.ca/>

NORTHERN ONTARIO SCHOOL OF MEDICINE NON-ACADEMIC REQUIREMENTS

- * Pick 3 entries from Autobiographical Sketch and explain how they have prepared you for being a medical student at Northern Ontario School of Medicine
- * Answering 4 supplementary questions (may vary from year to year)

<https://www.ouac.on.ca/guide/omsas-nosm/>

NORTHERN ONTARIO SCHOOL OF MEDICINE

NON-ACADEMIC REQUIREMENTS

- * Please describe how you have developed resilience and coping mechanisms. How will you utilize these skills to support yourself during your medical training in making informed and rational decisions when faced with difficult circumstances?
- * Please describe an experience you have had interacting with individuals from backgrounds different from yours. How would this experience translate to working within a healthcare environment and/or with patients?
- * What types of feedback do you prefer to enhance your learning in and outside of academic environments? Why?
- * NOSM's Social Accountability mandate is to improve the health of the people and the communities of Northern Ontario. Describe how you plan to embody this mandate as a medical student and future physician, and how this has factored into your decision to apply to NOSM.

UNIVERSITY OF OTTAWA



UNIVERSITY OF OTTAWA - Academic Requirements

- * Minimum of **3 years of undergraduate** work
 - * 90 credits (full course load required)
 - * Full time undergrad studies = 5 full courses/10 half courses in regular academic year (fall+winter) OR 4 full courses/8 half courses in regular academic year and then 1 full course/2 half courses in the summer
- * GPA cutoff: **3.5 (WGPA*** in previous years)
 - * New! Cumulative GPA (cGPA) for the most recent 3 years of full time undergraduate studies including summer course grades
 - * cGPA cut-off increases based on the stream you apply too; to learn about the cut-off contact the admissions office
- * **MCAT: Not required but it is encouraged to write the MCAT!**

UNIVERSITY OF OTTAWA- PREREQUISITES

- * **Prerequisites** (Minimum **Grade of “B”** is required for prereqs)
 - * 6 units in **General Biology** (BIOL 1000 & 1001)
 - * Anatomy and Physiology courses are also accepted
 - * 6 units in **Humanities/Social Science**
 - * Any course that is not considered to be a science based
 - * Examples: Sociology, Psychology, Math, Religion, Administration & English
 - * 3 units in the following courses:
 - * **Biochemistry** (BIOL 2020 or CHEM 2050)
 - * **Chemistry** (CHEM 1000 & 1001)
 - * **Organic Chemistry** (CHEM 2020 & 2021)
 - * **Statistics** (Any statistics course like bio stats or psych stats)
- * Lab requirement can be met by having 6 units worth of lab courses

UNIVERSITY OF OTTAWA - NON-ACADEMIC REQUIREMENTS

- * **CASPer** (Computer-based Assessment for Sampling Personal Characteristics)
 - * Assessment of interpersonal skills and decision-making
 - * 90 minutes
- * **CASPer Snapshot** (New!)
 - * One way 3 questions, 2 minutes each, interview tool
- * 3 Confidential Assessment Forms (references)
- * Detailed Autobiographical Sketch
 - * New! Highlight top 3 activity in each category for a max of 18

QUEEN'S UNIVERSITY



QUEEN'S UNIVERSITY- ACADEMIC REQUIREMENTS

- * Minimum of **3 years of undergraduate** work
 - * 90 credits
 - * Prerequisites: **none**
- * GPA cutoff: **varies** from year to year
 - * 2 GPAs are calculated
 - * **Cumulative GPA (CGPA)**----- Summer Courses included
 - * **Most recent two full-----time years GPA (2YGPA)**----- Summer Courses do not count
 - * At least 3 courses per semester (considered full course load)
 - * Do not have to be sequential
- * 1st cutoff: cGPA. If you do not meet this cutoff, 2YGPA is considered for the cutoff

QUEEN'S UNIVERSITY

ACADEMIC REQUIREMENTS

MCAT cutoff: **varies** from year to year

*1st cutoff: cGPA. If you do not meet this cutoff, 2YGPA is considered for the cutoff

* Confidential Assessment Forms (references)

SCHOOLS IN CANADA- 17 TOTAL

- Dalhousie University
- McGill University
- Memorial University of Newfoundland
- Universite Laval
- University of Alberta
- University of British Columbia
- Lakehead University
- McMaster University
- University of Calgary
- University of Ottawa
- University of Manitoba
- University of Montreal
- University of Saskatchewan
- University of Sherbrooke
- Western University
- Queen's University
- University of Toronto

SCHOOLS IN THE UNITED STATES

- * 155 accredited medical schools in the United States
- * School specific requirements
 - * Physics and English
 - * Some accept Humanities instead of English
- * Apply via AMCAS
 - * <https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/applying-medical-school-amcas/>

INTERVIEWS

Assessing your personal qualities

- * Personal qualities and traits (e.g. maturity)
- * Personal experiences and interests
- * Exposure to healthcare and medical research environments
- * Potential contributions to the campus and community
- * Ability to communicate
- * Getting to know you as a person



PREPARATION

- * Plan your trip carefully
- * Dress accordingly to weather
- * Dress comfortable yet professional
- * Practice common questions
- * Know your application
- * Be honest and sincere
- * Be ready to discuss your research in layman's terms (if you've done any)
- * Thank everyone who helped

PANEL INTERVIEWS

- * More than one interviewer interviews you the same time
- * May be interviewed with other candidates together
- * Interviewers can be faculty, students, admission officers
- * May be open file, blind or partially blind (The reviewing of applicant's file before interviews)

MULTIPLE MINI INTERVIEW (MMI) FORMAT

10-station circuit

- * Each station lasts 8 minutes with a 2--minute break between stations

Topics may include:

- * Ethical decision making
- * Critical thinking
- * Personal questions
- * Communication skills
- * Knowledge of the healthcare system

MMI POSSIBLE SCENARIOS

- * Interaction with an actor
- * A writing station
- * Interaction with other candidates
- * Standard interview station
- * Ethical scenario with questions

QUESTIONS?

To access the slides, visit:

<https://bethune.yorku.ca/events/>

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- **Ghazal Malekzadeh**
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UPCOMING SEMINARS

- Mastering the MCAT

Wednesday, Nov 1st at 5:30 pm

- How to Get Into Dental School

Wednesday Nov 8th, 5:30 pm

Instagram: Follow @sosbethune



REFERENCES

- <https://yorku.campuslabs.ca/engage/organizations>
- <https://www.ouac.on.ca/omsas/>
- <https://www.mcmaster.ca/>
- <https://mdprogram.mcmaster.ca/docs/default-source/admissions/class-statistics/class-of-2022-stats.pdf?sfvrsn=2>
- <https://applymd.utoronto.ca/academic-requirements>
- https://www.schulich.uwo.ca/med_dent_admissions/medicine/admission_requirements.html
- https://www.schulich.uwo.ca/med_dent_admissions/docs/AdmissionStatistics_Medicine_Classof2022.pdf
- <https://www.nosm.ca/education/md-program/admissions/admission-requirements/>
- <https://www.queensu.ca>
- <https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/applying-medical-school-amcas/>
- <https://www.ignitecompetition.org/>
- <https://takecasper.com/>

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- [https://students-residents.aamc.org/applying-medical-school/article/covid-19-changes-mcat-exam-administrations-may-29-/](https://students-residents.aamc.org/applying-medical-school/article/covid-19-changes-mcat-exam-administrations-may-29/)