Where Should I Apply To Medical School?
This presentation will explore:

1. Research strategies
2. Criteria to consider
3. What factors are most important?
First, get your thoughts on paper
What’s important to YOU in a medical school?

- near family in Texas
- don’t want to live in big city
- interested in pediatrics???
- no more cold!!!
- room to explore
- service opportunities
- not among most expensive
- artistic opportunities?
Organize your research using a spreadsheet:

<table>
<thead>
<tr>
<th>School</th>
<th>Location</th>
<th>Residency Requirement</th>
<th>Tuition/Fin Aid</th>
<th>Size</th>
<th>Specialties</th>
<th>Research</th>
</tr>
</thead>
<tbody>
<tr>
<td>U Alabama</td>
<td>Birmingham/elsewhere</td>
<td>US citizen/perm resident</td>
<td>$58,590/yr (out-of-state)</td>
<td>176</td>
<td>AIDS, 2 rural medicine</td>
<td>some students w/ AL physician shortage</td>
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<tr>
<td>Med College of GA</td>
<td>Augusta</td>
<td>US citizen/perm resident</td>
<td>out of state: $22,377 (M1)</td>
<td>230</td>
<td>Alzheimer's, gerontology</td>
<td>minimal NIH fun, recently merged with A</td>
</tr>
<tr>
<td>Tufts</td>
<td>Boston</td>
<td>A strong preference is given to US citizens</td>
<td>$35,902/yr</td>
<td>190</td>
<td>epilepsy center, stroke classified as &quot;very close to grandma's house&quot;</td>
<td></td>
</tr>
<tr>
<td>SUNY Downstate</td>
<td>Brooklyn</td>
<td>Non-citizens without green cards are</td>
<td>$27,325/semester (out-of-state)</td>
<td>185</td>
<td>standard curriculum</td>
<td>learning and research merged w/ Long Island Medical College</td>
</tr>
<tr>
<td>UTSA</td>
<td>San Antonio</td>
<td>US citizen/perm resident</td>
<td>unlisted</td>
<td>200</td>
<td>border health, infection, children's cancer</td>
<td>some programs in Harj</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>School</th>
<th>Location</th>
<th>Special Programs</th>
<th>Size</th>
<th>MSAR MCAT %</th>
<th>MSAR GPA %</th>
<th>Dual Degree: MD-MPH?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albert Einstein</td>
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<td>Median - 75th</td>
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<td>Albany Medical Col</td>
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<td>Baylor</td>
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<td>Boston Univ</td>
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<tr>
<td>Stanford</td>
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<tr>
<td>Tufts</td>
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</tbody>
</table>
Cost:

AMCAS fee: $160
Additional School: $38
School Application Fees: \( \sim $75 \text{ - } $150 \) per school (Payable at the secondary stage)

Applying to medical school can be costly.

It’s important very applicant should have a “core group” of wisely-chosen schools.

A mixture of schools that are in-state and out-of-state for which you are competitive and also have a strong & lesser shot of acceptance.

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2AAMC Fee Assistance Program
Effective Approaches to a Successful School Selection Process

**Research Strategies**
- MSAR
- Schools’ Websites
- Social Media
- Informational Interviews
- MIT Alumni
- Personal Network

**Criteria to Consider**
- School’s Mission
- MIT Alumni
- Faculty
- Residency Match
- Financial Costs
- Special Programs
- Public vs Private
Ways to conduct your research online: Medical School Admissions Requirements

**MSAR**
An online database that gives you the most accurate, comprehensive and up-to-date information, including:

- GPA and MCAT scores for accepted students
- Tuition information and financial aid information
- Data on applicant volunteer and research experiences
- Research Opportunities
- MD/PhD and other combined degrees
- Graduates’ specialty choices
- Schools mission statement

Available online: [https://services.aamc.org/msar/home](https://services.aamc.org/msar/home)

- Costs $28 and is valid for one year
1. Using MSAR’s data can be helpful to assess whether or not you will be a competitive candidate at a specific school and if it will be a good fit.

- **Summary Tab**
  - Percentage of Accepted Applicants w/ Relevant Medical, Volunteer, and/or Research Experience
  - MCAT Applicant Data for the Entering Class
  - Data for Accepted Applicants to the Entering Class
  - Matriculation Data for 1st Year Class

- **Selection Factors Tab**
  - GPA for Accepted Applicants
  - MCAT Scores for Accepted Applicants

2. MSAR provides additional information on:

- Education/Curriculum Highlights
- Financial Information
- Matriculant Demographics
- Application Deadlines & Requirements
- Student Life
- Facilities
- Specialty Choice
- Research
- Combined Degrees
- Acceptance Data
How many schools should have as my “reach,” “target,” and “safety?”

Applicant with a 517 MCAT Score

Create a similar spreadsheet for your GPA as well.

Correlation between GPA & MCAT Score?
Review the MCAT & GPA Grid for Acceptees to Medical Schools, 2016-17 through 2020-21
Ways to Research Online

School Website, Social Media, and Publications

1. **School Websites**: Often, more detailed information than the MSAR e.g. prerequisite policies, MCAT requirements, Recommender Guides, etc.
   - **Tufts 2021 Class Profile**: Undergrad Institutions Represented · Geographic Representation · Racial/Ethnic Diversity · Entering Class Grades & Scores · More!
   - **Georgetown 2021 Guide to Application**: substantive, longitudinal clinical experiences such as: shadowing physicians, medical mission trips, scribing, EMS, etc.

2. **Social Media**: are you following your top # schools?
   - YouTube Channel – “What Drexel Looks For in a Medical Student”

3. **View online or request information**: Brochures, fact sheets, viewbooks, etc.
Now that I know how to conduct my research, what factors should I consider?
Rank your preferences

- School’s Mission
- Location
- MIT Alumni
- Faculty
- Residency Match
- Financial Costs
- Special Programs
- Public vs Private
- Faculty
- Research Centers and Labs
- Special Programs
- Academic Focus
- Interstate Agreements
- Residency Match
- Weather
- Proximity to family or friends
Rankings

- Medical schools are highly regulated by the Liaison Committee on Medical Education (LCME), and ultimately all medical schools will prepare you for residency and the USMLE.

- Brand names may open doors, but you will also pay for the brand.

- Rankings can be a good way to get a sense of a school, but be wary!

- Consider the rankings of schools within a specialty of interest.

Oregon Health & Science University (Portland, OR)

- #1 in Family Medicine Programs
- #28 in Best Medical Schools: Research
- #7 in Best Medical Schools: Primary Care (tie)
Your future opportunities will be more tightly coupled with your performance during medical school and your United States Medical Licensing Examination (USMLE) scores than the name of the institution on your degree.¹

NRMP Program Director Survey

Graduate of a highly regarded US Medical School
- 50% listing it as a citing factor
- 3.8 mean importance rating

Letters of Recommendation
- 86% listing it as a citing factor
- 4.2 mean importance rating

¹ Rankings

https://www.usnews.com/education/blogs/medical-school-admissions-doctor/2012/03/12/how-important-are-medical-school-rankings
Notice the importance being a Graduate of highly regarded US Medical School lessens once residency programs rank applicants.

Consider it within your selection process, but be mindful of how much preference you’re giving this factor.

Each Factors Importance When Ranking Applicants

Graduate of a highly regarded US Medical School
- 36% listing it as a citing factor
- 3.8 mean importance rating

https://www.usnews.com/education/blogs/medical-school-admissions-doctor/2012/03/12/how-important-are-medical-school-rankings
Location

Where you live can play a big factor on your quality of life or it may not be a major priority for you while in medical school. Keep in mind, many students do their residencies in the state in which the attended medical school.

- Rural vs Suburban vs City
- Diversity in larger community
- Recreational Opportunities
- Northeast, South, West, etc.
- Access to public transportation
- Proximity to family and friends
- Cost of living
- Climate
- Local Attractions

Your medical school’s location will be your home for at least 4 years, so make sure all the schools you apply to are in places you can see yourself living!
Public vs. Private

Cost
• Public schools are heavily subsidized by the state, and generally offer less expensive tuition to all students, with greatest discounts given to state residents.

Applicant Preference
• Public schools do prefer applicants from the states in which they’re located. Yet, there are a number of public schools that are “friendly” to out-of-state applicants. Read the [Prospectivedoctor.com](http://Prospectivedoctor.com) article for more information.

<table>
<thead>
<tr>
<th>Category</th>
<th>In-state</th>
<th>Out-of-state</th>
<th>International</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Verified Applications</td>
<td>76</td>
<td>5,970</td>
<td>8</td>
<td>6054</td>
</tr>
<tr>
<td>Interviewed</td>
<td>70</td>
<td>492</td>
<td>0</td>
<td>562</td>
</tr>
<tr>
<td>Matriculated</td>
<td>37</td>
<td>77</td>
<td>0</td>
<td>114</td>
</tr>
</tbody>
</table>

University of Vermont College of Medicine

Top Medical Schools
• In the US New and World report, private medical schools make up 7 of the top 10 and 15 of the top 25 in research.
  e.g. University of Michigan Medical School – 5\textsuperscript{th} for primary care, 9\textsuperscript{th} for research, top tier in five specialties
Research Experience

If you would like to conduct research, be sure to explore available opportunities.

Some schools focus on research more than others and some even have a research requirement.

Keck School of Medicine of USC

For MD/PhD Applicants, choosing a program is a highly individualized process. Suggestions for consideration include:

- Research Infrastructure
- Curriculum Integration
- Program size
- Faculty Accessibility
- Presence of an appropriate Ph.D. program
- Training Support
- Perceived competitiveness of an institution
- Medical Scientist Training Program (MSTP) grant

Click here for more information on the MD/PhD school selection process.
Grades

Grading policies can be important for applicants to take into consideration as they evaluate different opportunities.

A school’s grading policy can highlight their culture and community, potentially informing an applicant of it’s competiveness and one’s own stress levels.

Medical Schools w/ Pass-Fail Grading

- Case Western SOM
- Albert Einstein COM
- Rochester SOM
- Univ. of Virginia SOM
- Yale SOM

https://www.aamc.org/initiatives/cir/406418/11.html
Clinical Experience & Associated Hospitals

Not all your learning will happen in class. It’s important to know the hospitals and medical centers, and where and when you’ll gain clinical experience.
Curriculum & Joint Degree

Most medical schools offer 2 years of basic science courses followed by 2 years of clinical instruction, while many schools have diversified their curriculum allowing students to begin clinical clerkships in the 1st (Univ. of Vermont) or 2nd year (Duke University).

If you’re considering a joint/dual degree, it’s important to know:
1) if the school offers your program of interest – MD/PhD, MD/JD, MD/MBA, MD/MPH.
2) the process for applying to this program.
3) at what point during medical school will you start and complete this added degree.
Curriculum & Joint Degree

Here are some additional factors to consider when thinking of your own learning style and academic preferences:

- Teaching style
- Curricular design
- Grading policy
- Research Opportunities

- Time in class room
- Timing & type of exposure to hands-on patient care
- Choice of classroom electives
- Opportunities for Clinical Electives
Student Life & Demographics

It's important to remember, you're choosing the place where—and the people with whom—you'll spend at least four years of your life.

What do students do for FUN?

- Is there an office for Student Life?
- Look up Student Organizations
- Reach out to MIT alumni who are there now

Demographics

Consider the student body, both size and diversity:

- Do you prefer a smaller class of 50 (Hofstra SOM) versus 200 (Tufts SOM)?
- Are you seeking a more diverse faculty & student body? (Duke SOM)
Other factors to consider in the school selection process:

- School’s Mission
- Residency Match
- Interstate Agreements
- Faculty
- Financial Cost
- MIT Alumni (ICAN)
- Special Programs
- Academic Focus

Any other factors you’re considering not mentioned?
Further questions?

Prehealth Advising

Email prehealth@mit.edu

Stop by Drop Ins on Tuesdays 12 - 2 pm
Schedule an appointment in Handshake

We can help, but come prepared with your list and after you’ve done a bit of research!