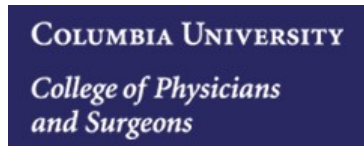
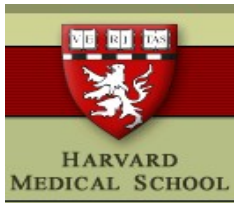




Where Should I Apply To Medical School?

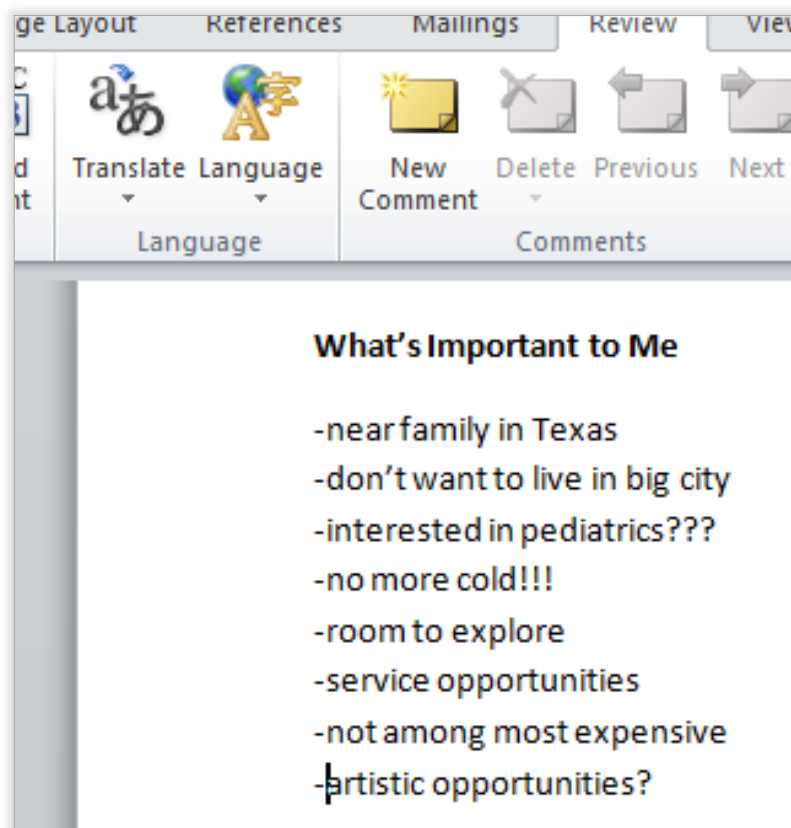
This presentation will explore:

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?



Organize your research using a spreadsheet:

	A	B	C	D	E	F	G	H
1	School	Location	Residency Requirement	Tuition/Fin Aid	Size	Specialties	Research	Notes
2	U Alabama	Birmingham/elsewhere	US citizen/perm resident	\$58,590/yr (out-of-state)	176	AIDS, 2 rural medicine	some students co	AL physician shortage
3	Med College of GA	Augusta	US citizen/perm resident	out of state: \$22,377 (M1-I	230	Alzheimer's, gerantolo	minimal NIH func	recently merged with A
4	Tufts	Boston	A strong preference is given to US citi	\$53,902/yr	190	epilepsy center, stroke	classified as "ven	close to grandma's hou
5	SUNY Downstate	Brooklyn	Non-citizens without green cards are	\$27,325/semester (out of	185	standard curriculum	learning and mer	merged w/ Long Island
6	UTSA	San Antonio	US citizen/perm resident	unlisted	200	border health, infectio	children's cancer,	some programs in Harl

	B	C	D	E	F	G
1	10th - 25th	25th - Median	Median	Median - 75th	75th - 90th	Above 95th
2		Stanford	Boston University	Albert Einstein College	Tufts	Albany Medical College
3				Baylor College		
4						
5						

School	Location	Special Programs	Size	MSAR MCAT %	MSAR GPA %	Dual Degree: MD-MPH?
Albert Einstein				Median - 75th		
Albany Medical Col				Above 95th		
Baylor				Median - 75th		
Boston Univ				Median		
Stanford				25th - Median		
Tufts				75th - 90th		

How much will applying to medical school cost?

Cost:

AMCAS fee: **\$160²**

Additional School: **\$38**

School Application Fees: **~\$75 - \$150 per school** (Payable at the secondary stage)








Applying to medical school can be costly.

It's important every 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.

²AAMC Fee Assistance Program

Costs of Applying to Medical School

 MCAT Exam registration fee: \$310 Prep course: \$1600 - \$4000	 AMCAS The initial fee for the American Medical College Application Service (AMCAS) which includes one medical school is \$160. Most MIT students apply to 20-25 medical schools. Each additional school you apply to costs \$38.  Medical schools will often ask you to complete a secondary application which cost \$100 on average.
 Credential Service and COPA The Prehealth Credential Service is an online system for storing and sharing application materials. Opening a Credential Service account with Prehealth Advising costs \$100. This also makes you eligible for an interview with the Committee on Prehealth Advising (COPA) that will provide your MIT letter of support.	 Interviews You may have several interviews in the fall of senior year.  Be prepared for costs related to travel, lodging and interview attire.
 FAFSA The majority of medical students take out federal student loans to pay for their education. Complete the Free Application for Federal Student Aid (FAFSA) before Oct. 1st one year prior to matriculation.	

Sample Budget for Medical School Applicant	MCAT registration	\$ 310
	Kaplan online class	\$2099
	AMCAS for 15 schools	\$ 692
	Secondary Applications for 8 schools	\$ 800
	COPA/Credential Service	\$ 100
	Interview Travel	\$2500
	Interview Attire	\$ 175
	Total	\$6676

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>

- Costs **\$28** and is valid for one year

MSAR

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

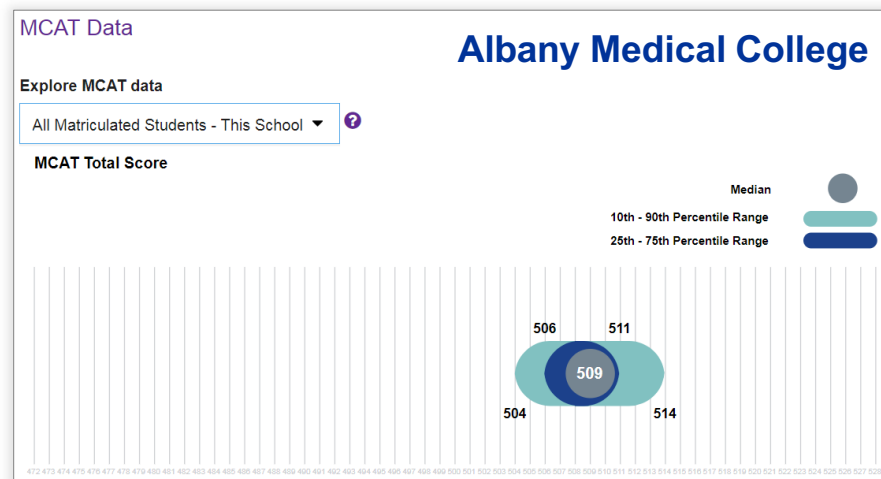
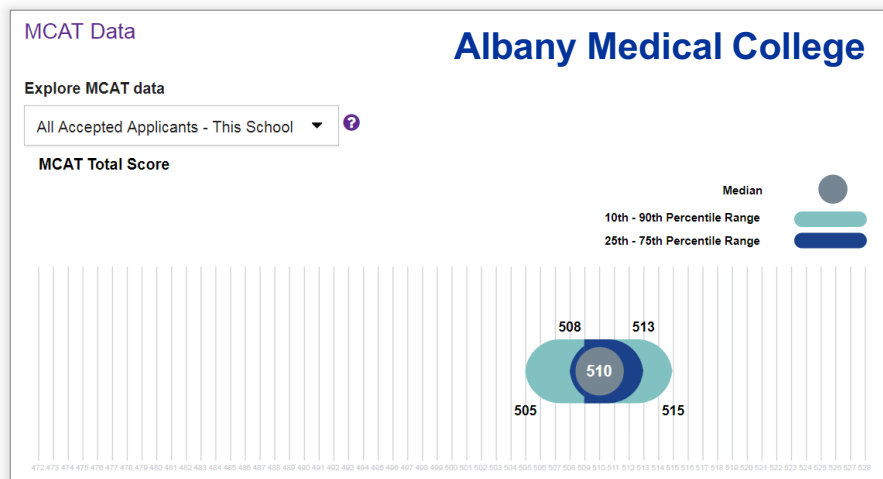
- **Selection Factors Tab >**

- GPA for Accepted Applicants
- MCAT Scores for Accepted Applicants

2. MSAR provides additional information on:

- | | | |
|--|----------------|-------------------|
| • Education/Curricular Highlights | • Student Life | • Research |
| • Financial Information | • Facilities | • Combined |
| • Matriculant Demographics | • Specialty | Degrees |
| • Application Deadlines & Requirements | Choice | • Acceptance Data |

How many schools should have as my “reach,” “target,” and “safety?”



Applicant with a 517 MCAT Score

	B	C	D	E	F	G
1	10th - 25th	25th - Median	Median	Median - 75th	75th - 90th	Above 95th
2		Stanford	Boston University	Albert Einstein College	Tufts	Albany Medical College
3				Baylor College		
4						
5						

Create a similar spreadsheet for your **GPA** as well.

Correlation between GPA & MCAT Score?

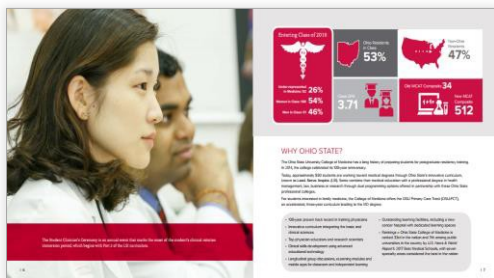
Review the MCAT & GPA Grid for Acceptees to Medical Schools, 2016-17 through 2020-21

<https://www.aamc.org/download/321508/data/factstablea23.pdf>

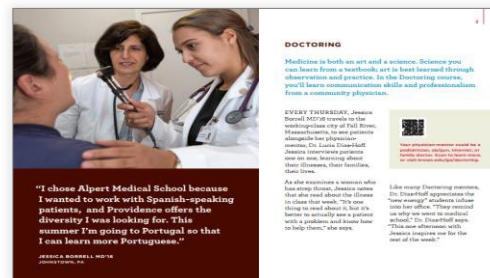
Ways to Research Online

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.

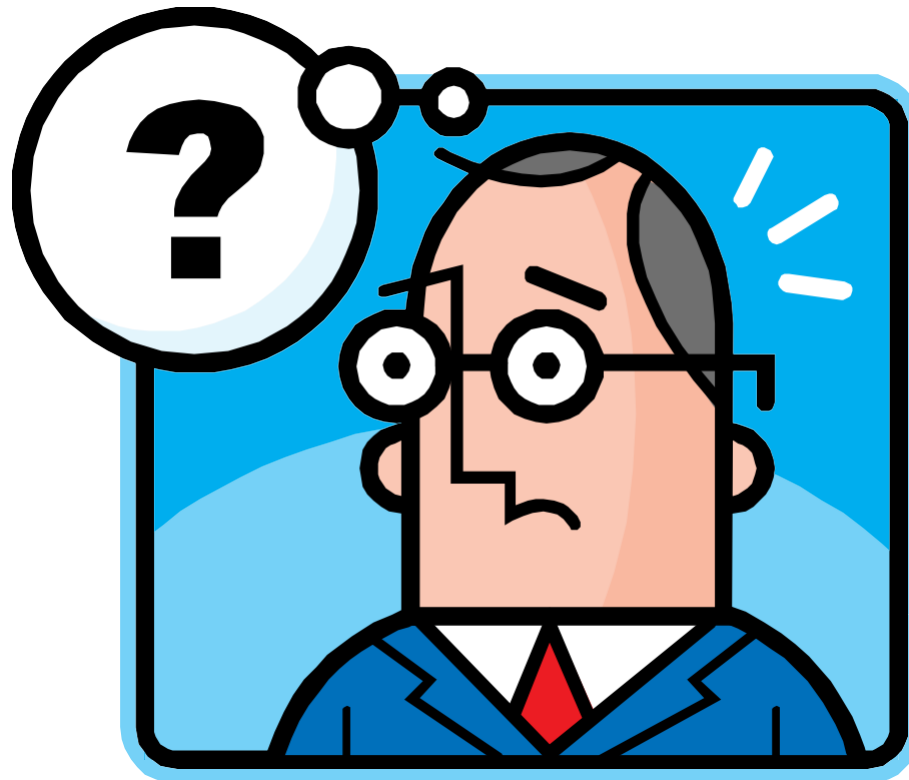


Ohio State College of Medicine



Warren Alpert Medical School – Brown Univ.

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)**

Rankings

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

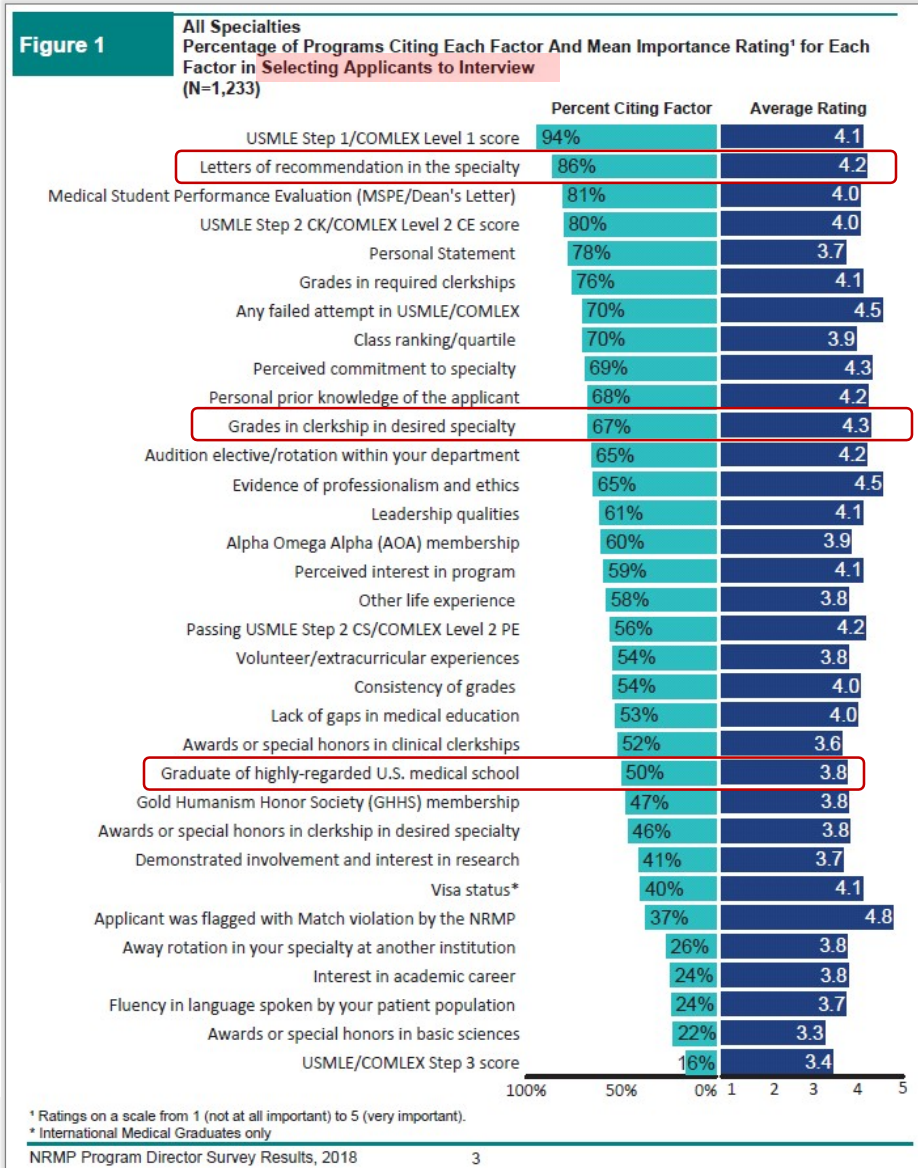
NRMP Program Director Survey

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



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.

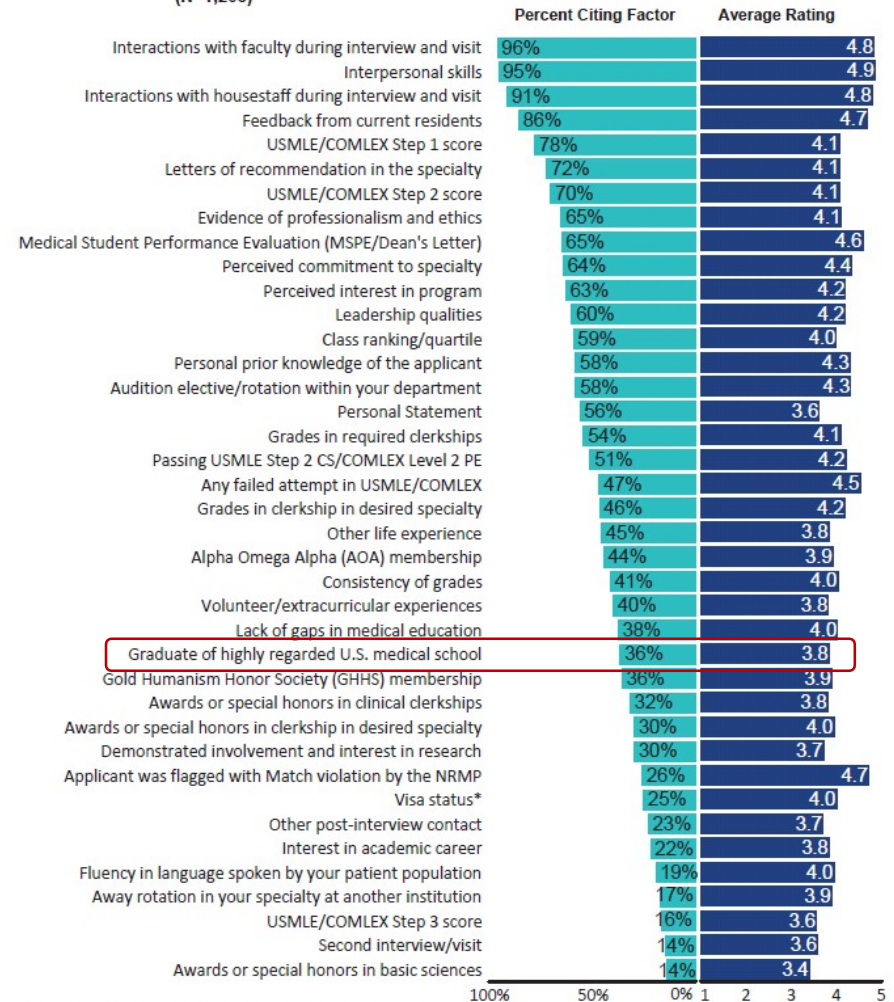
Each Factors Importance When Ranking Applicants

Graduate of a highly regarded US Medical School

- 36% listing it as a citing factor
- 3.8 mean importance rating

Figure 2

All Specialties
Percentage of Programs Citing Each Factor And Mean Importance Rating¹ for Each Factor in Ranking Applicants (N=1,208)



¹ Ratings on a scale from 1 (not at all important) to 5 (very important).

* International Medical Graduates only

NRMP Program Director Survey Results, 2018

4

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 they attended medical school.



UMass Medical School



Stanford School of Medicine

-
- | | | |
|---------------------------------|-----------------------------------|---------------------|
| • Rural vs Suburban vs City | • Northeast, South, West, etc. | • Cost of living |
| • Diversity in larger community | • Access to public transportation | • Climate |
| • Recreational Opportunities | • Proximity to family and friends | • 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 your self 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 article for more information.

Matriculation Data for First Year Class ?		University of Vermont College of Medicine			
Category	In-state	Out-of-state	International	Total	
Verified Applications	76	5,970	8	6054	
Interviewed	70	492	0	562	
Matriculated	37	77	0	114	

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 – 5th for primary care, 9th for research, top tier in five specialties

Research Experience



Keck School of Medicine of USC

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.

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

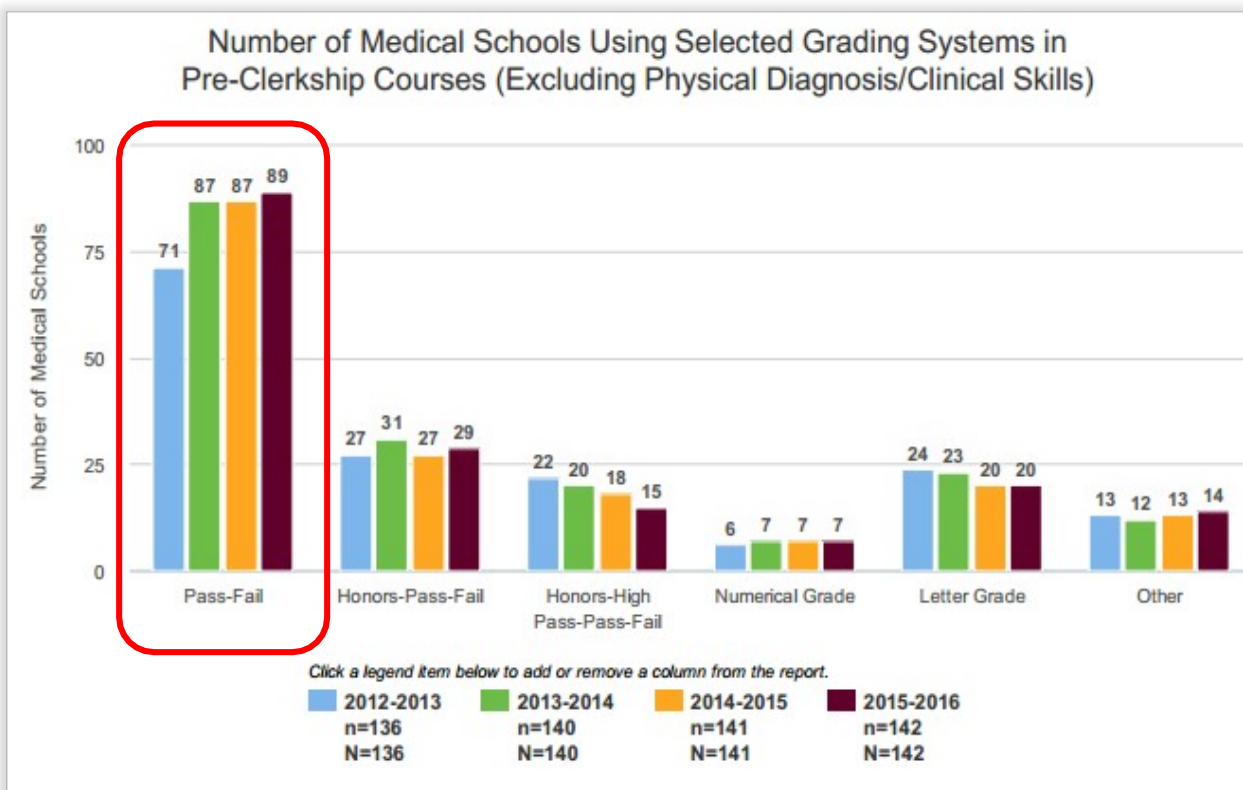
- Research Infrastructure
- Curriculum Integration
- Program size
- Faculty Accessibility
- Presence of an appropriate Ph.D. program
- Training Support
- Perceived competitiveness of an institution
- Medical Scientist Training Program (MSTP) grant

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 its competitiveness 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

Clinical Experience & Associated Hospitals



College Station
Medical Center



Family Medicine
Residency



Scott & White Clinic



St. Joseph Health
System



Driscoll Children's
Hospital



Baylor University
Medical Center

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).



Duke University SOM



Johns Hopkins SOM

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



Temple SOM – Philadelphia, PA

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



Wellness-Inspired Student Enrichment (WISE) Program at the Univ. of Wisconsin SOM

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**
- **Faculty**
- **MIT Alumni (ICAN)**
- **Residency Match**
- **Financial Cost**
- **Special Programs**
- **Interstate Agreements**
- **Academic Focus**

Any other factors you're considering not mentioned?

Further questions?

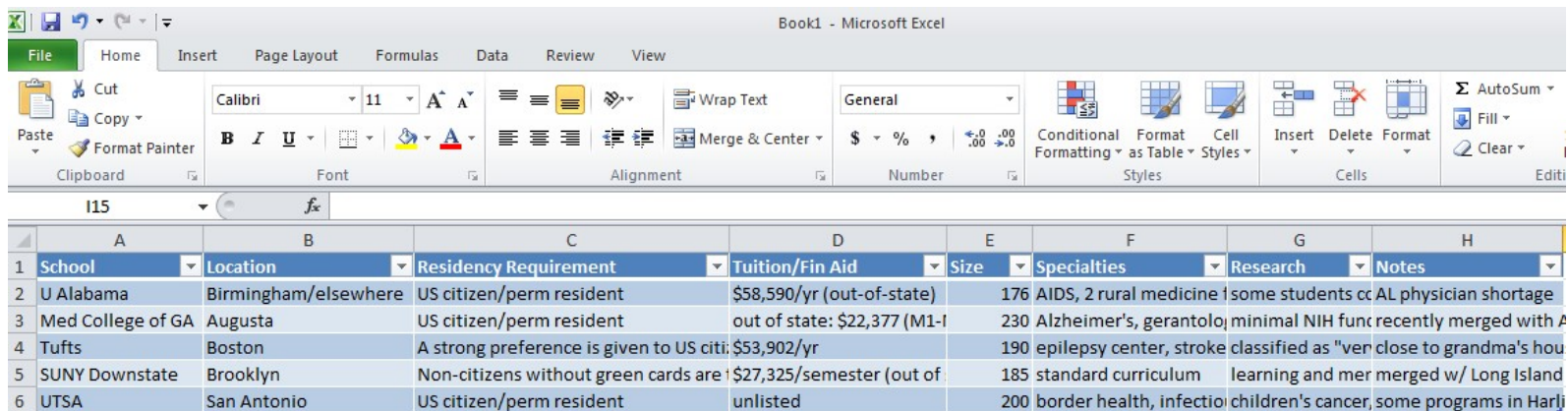
Prehealth Advising

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!



The screenshot shows a Microsoft Excel spreadsheet titled "Book1 - Microsoft Excel". The ribbon includes File, Home, Insert, Page Layout, Formulas, Data, Review, and View. The Home tab is active, showing Font, Alignment, Number, Styles, and Cells groups. The spreadsheet contains a table with 8 columns: School, Location, Residency Requirement, Tuition/Fin Aid, Size, Specialties, Research, and Notes. The data is as follows:

	A	B	C	D	E	F	G	H
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