

Office of Recruitment and Admissions
Uniformed Services University
of the Health Sciences
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Do I Have What it Takes? A Guide to Medical School Admissions



Start Strong!



Uniformed Services University
of the Health Sciences
F. Edward Hébert School of Medicine
America's Medical School

“Learning to care for
those in harm’s way ...”

May 2014

Consider the Possibilities...



... at USU, the world is your clinic!

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What Counts?

- Grade point average
Biology/Chemistry/Math/Physics _____
Humanities/Others _____
- Extracurricular Activities
 - Clinical Activity (Shadow, ER, Nursing Home, etc.)
 - Service to Others Social Action
 - Sports Faith Group
 - Volunteer Work Leadership
- Work Experience
- Common Sense!
- Recommendations (people who know you well)
 - Pre Med Advisor Humanities Professor
 - Science Professor Others
 - Clinical Activity Mentor
- Interviews
- Personal Statement
- Intangibles

Track Your Progress

Name of College: _____

Major and Graduation Year: _____

Name of Pre Med Advisor: _____

Phone number of

Pre Med Advisor: _____

Why do I want to be a doctor?

Some useful Websites:

www.aamc.org

www.usuhs.edu

www.nbme.org

www.ama-assn.org

www.DO-online.org

Do Your Homework!

What type of medical school am I looking for?

- | | |
|------------------------------------|---|
| <input type="checkbox"/> Size | <input type="checkbox"/> Practice Environment |
| <input type="checkbox"/> Location | <input type="checkbox"/> Cost of Tuition |
| <input type="checkbox"/> Diversity | <input type="checkbox"/> Cost of Living |
| <input type="checkbox"/> Research | <input type="checkbox"/> Primary Care Focus |

My Top Ten:

1. [USUHS AMCAS #MD821](#)

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Financing Your Medical Education

- **USUHS** - tuition free, >\$60K salary, officer benefits
- **Health Professions Scholarship Program** - full tuition + fees, monthly stipend
 - Army (www.goarmy.com/amedd)
 - Navy (www.navy.com)
 - Air Force (www.airforce.com/opportunities/healthcare)
- Federal Loans
- State Loans
- Visit the financial aid office when you interview!

Add It Up!!

Tuition:	\$ _____
Rent:	_____
Food:	_____
Entertainment:	_____
Health Insurance:	_____
Laboratory Fees:	_____
Equipment Rental:	_____
Computer Lease:	_____
Car Insurance:	_____
Gas:	_____
Other Travel:	_____

Pre Med Time Line

Schedule Prerequisites:

- 1 Year College English
- 1 Year General Physics + Lab
- 1 Year General/Inorganic Chemistry + Lab
- 1 Year Biology (Not Botany) + Lab
- 1 Year Organic Chemistry + Lab
- 1 Semester Calculus (*must be calculus!*)

Note: Advanced Placement and International Baccalaureate courses for which your undergraduate institution has given you credit are acceptable for Calculus, English, Inorganic Chemistry, and Physics. Additional, upper level Biology coursework should be taken if one has had Advanced Placement or International Baccalaureate Biochemistry may be substituted for one semester of Inorganic Chemistry. Online or Internet courses will not be accepted for the prerequisites.

Choose a major you'll enjoy!

Engineering	Environmental Sciences
Literature	Physiology
Foreign Language	Economics
Geology	Biology
American History	Etc.

Take electives that might be valuable.

Basic Computer skills!!!
Emergency Medical Technician training
Reading Skills - English, Literature, Philosophy
Courses that require discipline, analytical thinking
Biochemistry
Biophysics
Calculus
Engineering

Pre Med Time Line

1st Year of College:

- Take your first year prerequisites. Think about a minor in something interesting like religion, world history, art, foreign language, business, geology, etc.
- Get involved in a campus activity, clinical exposure (shadowing, etc), volunteer work, work study, big brother/sister program, research opportunities, etc.
- If you play a varsity sport and your grades suffer, make sure you can explain that! Try to compensate in the other half of the school year. Don't dig yourself into a hole from the start!
- Find out who your premed advisor is and visit.
- Find an upper class mentor.
- Join the Pre Med Club.
- Consider getting involved in a research project with a faculty member (this person would also be an excellent person to write a letter of recommendation for you!)
- Look into summer programs. Get application details and meet all deadlines. Some useful websites for summer internships: <https://www.training.nih.gov/programs>, www.usuhs.edu/chd/training.html, www.redcross.org.

Pre Med Time Line

2nd Year of College:

- Take your second year prerequisites. Make sure you take at least one semester of calculus.
- Try to advance in the leadership of your organization
- Act as a mentor to incoming students in your major
- Decide if you want to take an MCAT preparation course or participate in another summer program. Meet all deadlines.
- Continue shadowing or other clinical exposure.

Notes:

Pre Med Time Line

3rd Year of College:

- Take your third year prerequisites. Take Physics, Biochemistry and Organic before MCATs.
- Make sure your courses will adequately prepare you for the MCAT. (Critical thinking!)
- If you are not sure about your test-taking abilities, now is the time to decide what kind of prep course you are going to consider. It is OK to buy a book and see how you do. Other professional courses include, but are not limited to Kaplan, Princeton Review and Exam Crackers. Your local community college may offer a modified prep course. Neither of these are a requirement for the MCAT.
- Plan to take your MCAT in your junior year after you have completed your prerequisites and have had sufficient time to prepare for them.
- Go to www.aamc.org. Click on MCAT. You must apply on line. Cost is approximately \$230.
- Make note of all deadlines. Make appointments with faculty for letters of recommendation.
- Continue your volunteer work, clinical exposure, research, and mentoring. Visit schools that interest you.

Pre Med Time Line

4th Year of College:

- Don't let up! College is *easy* compared to med school!
- Apply on line via AMCAS starting in June. Go to www.aamc.org. Click on AMCAS. Applications are available starting June 1. Save \$\$ for applications. The AMCAS application processing fee is \$160 for the first medical school designation and \$31 for each additional designation.
- Make sure you have enough money for interviews. You may call schools that are clustered in a geographical area and ask that they interview you on or near the same week. Be gracious when asking them to accommodate your schedule.
- Start reading the newspaper. Know what is going on in the world and medicine.
- Go to the websites for the schools where you will be interviewing. The USUHS website is www.usuhs.edu. See what is going on there!

Interview Tips:

- Dress neatly
- Be respectful to **all**
- Be on time
- Send thank you notes

What are your strengths? (Be able to pronounce, define, and illustrate)

Perseverance

Curiosity

Integrity

Time Management

Creativity

Team Player

Caretaker

Recognize weaknesses

Athletic

Altruistic

What are your weaknesses? (Do *not* say “none”)

Disorganized

Forgetful (manners, for example)

Average academically (but hard worker)

Hesitant

Too naive

Don't ask for help

Try to do too much

Indecisive

What is the hardest thing you ever had to do?

Tell the truth about something you or a friend did wrong
Change the garbage disposal
Run the New York Marathon
Death of a friend/relative
Learn a foreign language

What inspires you?

Watching babies grow
Church
Patriotic songs
A favorite book (know title, author, plot, etc.)
The Ocean/Beach/Mountains/Rain

What is going on in Medicine these days?

Tort Reform	Liver Transplants
Uninsured/underinsured	SARS
Assisted Suicide	Vaccines
Military Medicine	Health Disparities
Drugs from Canada	Bioterrorism
Prescription vs Generic Drugs	

Be prepared to talk about: your name, your hometown, your country of origin, your parents' occupation(s), your school, why you want to be a doctor, your job, your research, etc.

Interview Check List

- Name of School
- Date of Interview
- Address, Map, Directions
- Name and Phone number of contact person
- Suit
- Haircut
- Shirt - clean and ironed
- Shoes - clean and polished
- Notebook/Portfolio/Thin briefcase
- Money for lunch, taxi, phone calls
- List of questions
- Airline tickets
- Hotel reservations, confirmation #
- Name and phone number of student host
(if applicable)



Finish Strong!



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