Consider the Possibilities...

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

www.usuhs.edu
For admissions information, contact:

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301 295-3101  
1-800-772-1743  
admissions@usuhs.edu

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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?

☐ Size       ☐ Practice Environment
☐ Location   ☐ Cost of Tuition
☐ Diversity  ☐ Cost of Living
☐ Research   ☐ 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](http://www.goarmy.com/amedd))
  Navy ([www.navy.com](http://www.navy.com))
  Air Force ([www.airforce.com/opportunities/healthcare](http://www.airforce.com/opportunities/healthcare))

• Federal Loans

• State Loans

• Visit the financial aid office when you interview!

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**Add It Up!!**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Tuition</td>
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</tr>
<tr>
<td>Rent</td>
<td>____________</td>
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<tr>
<td>Food</td>
<td>____________</td>
</tr>
<tr>
<td>Entertainment</td>
<td>____________</td>
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<td>Health Insurance</td>
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<tr>
<td>Laboratory Fees</td>
<td>____________</td>
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<td>Equipment Rental</td>
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<td>Computer Lease</td>
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<tr>
<td>Car Insurance</td>
<td>____________</td>
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<tr>
<td>Gas</td>
<td>____________</td>
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<tr>
<td>Other Travel</td>
<td>____________</td>
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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!)

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 prequisites 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](http://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](http://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)

<table>
<thead>
<tr>
<th>Strengths</th>
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<tbody>
<tr>
<td>Perseverance</td>
</tr>
<tr>
<td>Curiosity</td>
</tr>
<tr>
<td>Integrity</td>
</tr>
<tr>
<td>Time Management</td>
</tr>
<tr>
<td>Creativity</td>
</tr>
<tr>
<td>Team Player</td>
</tr>
<tr>
<td>Caretaker</td>
</tr>
<tr>
<td>Recognize weaknesses</td>
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<tr>
<td>Athletic</td>
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<tr>
<td>Altruistic</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Weaknesses</th>
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<tbody>
<tr>
<td>Disorganized</td>
</tr>
<tr>
<td>Forgetful (manners, for example)</td>
</tr>
<tr>
<td>Average academically (but hard worker)</td>
</tr>
<tr>
<td>Hesitant</td>
</tr>
<tr>
<td>Too naive</td>
</tr>
<tr>
<td>Don’t ask for help</td>
</tr>
<tr>
<td>Try to do too much</td>
</tr>
<tr>
<td>Indecisive</td>
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</table>
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!