Applying for Medical and Dental School
2022
This slide deck is for students considering medicine and dentistry as a career. The same approaches made available apply to other professional tracks like veterinary school and physical therapy programs.

This slide deck provides resources that you as a student should show an interest and navigate to help you make informed decisions on career preparation and trajectory.
1. Let’s begin by providing you with an opportunity to hear from students who were going through exactly what you are going through in terms of making decisions on how to prepare for medical or dental school.

The peer panel consisted of USC alumni from GERO and other programs who were first, second, third and fourth year medical and dental students, residents, interns and doctors who have opened practice. The YouTube video is about one hour and 45 minutes long, so you pick and choose what to watch.
2021 Medical and Dental School advise session, John Walsh & USC Alumni.

We held a “USC Peer” ZOOM information session during the pandemic where former USC students talked about the following topics:

1) MCAT/DAT Preparation
2) Interview Preparation
3) Financing Medical and Dental School
4) Choosing a specialty and career trajectory

The panel consisted of everything from first year medical students, to interns, and finally to seasoned professionals in private practice. It is about 1 hour and 40 minutes, but you can jump around and find topics that interest you.

https://www.youtube.com/watch?v=DRU6zFTsF3A&t=144s
2. A good next step is to consider why you are choosing a career in medicine, dentistry, veterinary medicine, chiropractic medicine, and pharmacy. Navigate the following web site and find a ton of really useful information.
Clicking tabs related to each specialty will provide unique information on preparation, financing, and why this career choice is so exciting. The url is below.

http://doctorly.org/
This screen shot gives you a feel of how this website will walk you through issues of interest to you in a step by step basis.

http://doctorly.org/
Undergraduate Timeline for getting ready for Medical School

Year 1:
• Fall/Spring: Pursue medically related meaningful activities that won’t distract from academic focus
• Fall: Chemistry 1, Biology 1, Meet with premed advisor
• Spring: Chemistry 2, Biology 2
• Summer: Research, Clinical Exposure, Community Service

Year 2:
• Fall/Spring: Pursue medically related meaningful activities that won’t distract from academic focus.
• Fall: Organic Chemistry 1, Psychology, Meet with premed advisor
• Spring: Organic Chemistry 2, Sociology
• Summer: Research, Clinical Exposure, Community Service, consider starting MCAT prep

Year 3 (Read Medical School Application Timeline 2022 – 2022 below):
• Fall/Spring: Pursue medically related meaningful activities that won’t distract from academic focus. Meet with premed advisor.
• Fall: Physics 1, Biochemistry, Start MCAT Prep.
• Learn about the different application systems – AMCAS, AACOMAS, TMDSAS.
• Winter: Start working on personal statement, work and activity write ups
• Spring: Physics 2, MCAT Prep, Request letters of reference
• By May/June: Take MCAT
• June: Submit medical school applications.
• Summer: Research, Clinical Exposure, Community Service

Year 4:
• Fall/Spring: Pursue medically related meaningful activities that won’t distract from academic focus. Meet with premed advisor
• Fall: Upper level science courses, medical school interviews
• Spring: Upper level science courses, decide where to go to medical school
• Summer: Have some FUN!!!!

https://mededits.com/medical-school-admissions/application-process/
Time line of Medical School application Process

[Diagram showing the timeline of Medical School admissions including:
- Take the MCAT
- Primary Applications
- Secondary Applications
- Interviews
- Rolling Admissions]

https://www.kaptest.com/study/mcat/the-3-phases-of-applying-to-medical-school/
Time line of Medical School application Process

AMCAS application deadline
Oct. 15 (5pm PST)

Supplemental application
Oct. 30

Screening of completed applications
July-Nov.

Invitations for Interviews
July-Dec.

Interviews
Aug.-Jan.

Rolling Offers of Admission
Starting Oct. 15

NOTE: Recommended submission no later than Oct. 1

Applicant’s response to acceptance offer
Maximum time: 2 weeks

https://medschool.ucla.edu/apply-apply-now
When should I apply?

**Apply**
- Deadlines are usually Dec/Jan/Feb.

**Prepare**
- 12+ months prior to ideal start.
- Give yourself time to prepare all your material.
- Many things you can do even earlier.

**Interview**
- Interviews run Jan-Mar.

**Enrollment**
- Almost all schools have Fall enrollment.
- Some have “early” summer rotations.
3. The next series of slides are to help guide you through what you need to do to prepare to apply to medical school.

First step, get ready for the MCAT and do I have a competitive GPA
Why not follow the instructions assembled by the experts at the American Medical Association (AMA)?

Fill out the form in this website to receive “Free” Medical School prep materials

https://cloud.e.ama-assn.org/18-1693-premed
Find out what your MCAT and GPA scoring means in terms of being competitive for medical school acceptance in this web site

https://www.shemmassianconsulting.com/blog/what-is-a-good-mcat-score

Average (mean) MCAT total score among all medical school applicants and matriculants

<table>
<thead>
<tr>
<th>Academic Year</th>
<th>Medical School Applicants</th>
<th>Medical School Matriculants</th>
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<tr>
<td>2016–2017</td>
<td>501.8</td>
<td>508.7</td>
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<td>2019–2020</td>
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<td>2020–2021</td>
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<td>2021–2022</td>
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Find out what your MCAT and GPA scoring means in terms of being competitive for medical school acceptance in this website (i.e. this table found in the website show what percentage of students got into medical school with these combines scores)

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Part 3: What do medical schools look for?

It’s also useful to think of factors that medical school admissions officers consider important through a tiered lens:

- **Tier one of importance**: GPA, MCAT score, medical school personal statement

- **Tier two of importance**: letters of recommendation, extracurricular activities including clinical or service-based volunteering and scientific research

- **Tier three of importance**: undergraduate institution reputation (particularly when it comes to perceived academic rigor and grade inflation), undergraduate major

https://www.shemmassianconsulting.com/blog/does-undergrad-matter-for-med-school
Why not follow the instructions assembled by the experts at the American Medical Association (AMA)?

Find out how these success stories prepared for taking the MCAT

https://students-residents.aamc.org/how-i-prepared-mcat-exam/how-i-prepared-mcat-exam
Why not follow the instructions assembled by the experts at the American Medical Association (AMA)?

Find out how these success stories prepared for taking the MCAT

https://students-residents.aamc.org/prepare-mcat-exam/prepare-mcat-exam

https://www.shemmassianconsulting.com/blog/how-to-get-a-perfect-mcat-score
3. The next series of slides are to help guide you through what you need to do to prepare to apply to medical school.

Second step, bolstering your application through clinical shadowing
Premeds: What to Know About Doctor Shadowing

Premeds who are shadowing doctors should be sure to ask smart, well-informed questions, experts say.

By Ilana Kowitzki | March 23, 2020, at 11:09 a.m.

Is shadowing doctors or shadowing in a health center important to your medical school application?

https://www.usnews.com/education/best-graduate-schools/top-medical-schools/articles/physician-or-doctor-shadowing-what-medical-school-applicants-should-know
Is shadowing doctors or shadowing in a health center important to your medical school application?

https://students-residents.aamc.org/aspiring-docs-fact-sheets-get-experience/shadowing-doctor
https://www.uwmedicine.org/school-of-medicine/resources/shadowing

Is shadowing doctors or shadowing in a health center important to your medical school application?

The UW School of Medicine recommends that applicants shadow for at least 40 hours in the U.S.

The 40 hours do not have to be with one physician or all in one week. In fact, shadowing multiple physicians over several months to years will give applicants an opportunity to explore not only different medical fields, but also to compare different practice settings and different physician styles. The 40 hours of shadowing, with an attending or a resident, is the suggested amount of hours that should be completed before submitting an application.

You should try to shadow physicians in the field you are interested in. Your experience should be consistent with your goal. If you are unsure about what direction you want to go in, we recommend shadowing a diverse range of physicians if you are able to.
3. The next series of slides are to help guide you through what you need to do to prepare to apply to medical school.

Third step, bolstering your application through undergraduate applied research. This should actually be one of the first things you do. You should network with a research lab and begin working/volunteering as a freshman or sophomore. This way you have a substantive story by the end.
Is performing research as an undergraduate important for getting into medical and dental school? If so, what kind? How much?

You need to have an impact

Critical thinking is a part of the field of medicine, and for prospective medical students it will play a key role—especially on portions of the Medical College Admission Test (MCAT)—in determining whether they gain acceptance to medical school.
4. Letters of reference for medical school and dental school

• Ask WELL in advance – reference letters can be a lot of work, so give the writers advanced notice.
• Get to know your professors. Seek them out during office hours.
• Try to diversify your portfolio – don’t just ask professors of classes. Ask people who can talk about your work ethic (clinic you worked in where you really put yourself out there), your personality, address weaknesses and highlight strengths.
• For people that don’t know you that well, you may need to provide a template, draft, or a list of things you want mentioned.
• Even for people that know you well: tell them if you want something specific included!
5. How do I finance medical school or dental school? What is the cost/benefit of going to medical or dental school? How do I get a financial return on my tuition and living expenses investment?
What are the tuition and living expenses of going to medical and dental school? What are the odds this financial investment will pay off?

Average Cost of Medical School

Last Updated: October 11, 2021 by Melanie Hanson

Report Highlights. The cost of a medical school education has risen by almost $1,500 every year since 2013.

- The average total cost of medical school is $218,792.
- The average yearly cost of medical school is $54,698.
- Total costs vary by institution type and location, ranging from $202,612 (in-state, public school) to $234,976 (out-of-state, private school).

Related reports include Average Cost of Law School | Average Cost of a Master’s Degree | Average Cost of a Doctorate Degree | Average Cost of College | Average Cost of Community College

https://educationdata.org/average-cost-of-medical-school
What are the tuition and living expenses of going to medical and dental school?
What are the odds this financial investment will pay off?

What are the tuition and living expenses of going to medical school and dental school? What are the odds this financial investment will pay off?
What are the tuition and living expenses of going to medical school and dental school? What are the odds this financial investment will pay off?
6. **What if I do not get accepted to medical school or dental school?**

Are postbaccalaureate (Postbac) programs a good idea? Will it improve my chances if I decide to apply again? Please navigate the following sites and decide for yourself.

Alternatively, we ask you to look at the other slide deck we posted in our GERO career site on “Alternative career tracks in the Health Sciences”
Are postbaccalaureate programs worth considering if I do not get into medical school? Will completion of a postbaccalaureate program increase my competitive edge?

Is a Post-Bacc Program Right for Me? Seven Benefits to Consider

Increasingly, students are taking time off in between completing their undergraduate and medical school, often referred to as "gaps" or "bridge" years. For many, this additional time is used to help strengthen their applications to medical school. While there are many different ways to do this, one way is to complete a post-baccalaureate (post-bacc) program. But how do you know if a post-bacc is right for you? Here are seven benefits to consider when deciding whether to complete a post-bacc program or not.

It's important to remember that as you prepare for, and apply to medical school, there isn't one set path you must take. It's okay if your path takes different twists and turns along the way. Increasingly, applicants are taking gap years, sometimes called "bridge" years, between graduating from college and applying to medical school in order to gain more medically-related experience, pay down educational debt, or prepare for the MCAT exam.

https://students-residents.aamc.org/choosing-medical-career/post-bacc-program-right-me-seven-benefits-consider
Postbaccalaureate Programs

Postbaccalaureate programs begin after an undergraduate degree and are designed to support the transition to professional school.

Find Postbaccalaureate Premedical Programs

Search this database to find pre-med post-bacc programs by location, focus, and other criteria.

Is a Post-Bacc Program Right for Me? Seven Benefits to Consider

Increasingly, students are taking time off in between completing their undergraduate and medical school, often referred to as "gap" or "bridge" years. For many, this additional time is used to help strengthen their applications to medical school while there are many different ways to do this, one...

Considering a Postbaccalaureate Premedical Program

Answers to common questions about pre-medical post-bacc programs and how to decide if a doing a program is right for you.

https://students-residents.aamc.org/preparing-medical-school/postbaccalaureate-programs
Please look at the complementary slide deck, in our GERO career site, where we highlight the many health science career alternatives to medical school or dental school.
14 high-paying in-demand healthcare jobs you can get without an MD or PhD

Published Sun, May 12 2019 • 9:30 AM EDT • Updated Mon, May 13 2019 • 9:29 AM EDT

https://www.cnbc.com/2019/05/10/14-high-paying-healthcare-jobs-you-can-get-without-an-md-or-phd.html