



Charles E. Schmidt College of Science

So, you want to be a doctor?

Premedical Workshop...

The Basics



What do I need to Know to be competitive for Medical/Professional School?

How do I get started?

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Where to Start:

1. Use the Pre-Health Professions Office
2. Inquire about professional schools and their requirements EARLY!
3. Know the importance of academics: especially your GPA, test scores
4. Begin your personal essay and brush up on your interview skills
5. Develop your interpersonal and communication skills
6. Show your interest in the field
7. Show your compassion and caring for others



Pre-Health Professions Office

- Sci & Eng 308 561-297-3307
- Open Daily From 9-5 p.m.
- Full library of resources:
 - Catalogs, videos, various applications, guide books, books on admission requirements, etc.

Pre-Health Professions Guidebook available
online at: www.science.fau.edu/preprof.htm



Opening a Folder with the PHP Office

- Open file the semester before you take your admissions test so you will not have out of date information/evaluations in your folder
- You should have at least a 3.0 GPA
- What goes in your folder?
 - Transcript, waiver form, 2 evaluations from professors, 1-2 evaluations from Health Care Professionals, copy of you application
- What is the Pre-Health Professions committee?
 - Dr.'s and professors
 - Interview you and write a recommendation letter based on their evaluation of you



Know the Schools and their Requirements

<u>Allopathic</u>	<u>Dentistry</u>	<u>Pharmacy</u>	<u>Veterinary</u>
UF UCF UM FIU FSU FAU USF	UF NSU LECOM	FAMU NOVA UF Palm Bch Atl. LECOM	UF
<u>Phys. Asst</u>	<u>Phys. Ther.</u>	<u>Optometry</u>	<u>Osteopathic</u>
NSU Barry UF	UF UM FAMU FIU	NSU	NSU LECOM



ACADEMICS

- a. Admissions tests
- b. Pre-requisite Courses
- c. GPA/ timeline
- d. Broad Based Curriculum



Standardized Admissions Tests

MCAT- Medical College Admissions Test

OAT- Optometry Admissions Test

PCAT- Pharmacy admissions Test

DAT- Dental Admissions Test

GRE for Vet school, PA, PT, OT...

Information about all admissions tests
available on our website:

www.science.fau.edu/preprof.htm



What is the MCAT?

- The Medical College Admissions Test (MCAT)
- Standardized, multiple-choice examination
- Designed to assist admission committees in predicting which of their applicants will perform adequately in the medical school curriculum.
- **Includes:**
 - Problem solving,
 - Critical thinking
 - Science concepts and principles



Pre-requisite Courses

(Classes Needed Before Taking The MCAT)

1 year of general biology w/labs
1 year of general chemistry w/labs
1 year of organic chemistry w/labs
1 year of physics w/labs
Math through calculus
English composition (extra English for verbal)

Biochemistry 1
Genetics
Human Morphology and Function 1 & 2 w/labs (highly recommended)

READ, READ, READ!!! (medical journals, current information). We recommend reading *Scientific American* and *Smithsonian*.

- Very important to read quickly and thoroughly to score high on the MCAT



Pre-Professional Studies Certificate

- Maintain 3.0 GPA
- Minimum 100 hours of volunteer work
- Courses:
 - Biodiversity & Bioprinciples w/Labs
 - General Chemistry 1 & 2 w/Labs
 - Organic Chemistry 1 & 2 w/Labs
 - College Physics 1 & 2 w/Labs
 - Biochemistry 1
 - Genetics
 - Psychology
 - 8 credits of Anatomy and Physiology (various courses to choose from)
 - Premed Success
 - Calculus and Statistics
 - 2 courses from cognate area – see program sheet



Recommended Course Schedule

Fall

Spring

Summer

Fr

CHM 2045/L
ENC 1101
MAC 1105
Psychology

CHM 2046/L
ENC 1102
MAC 2233
Foundation Course

Summer Internship
Volunteer

SO

CHM 2210
BSC 1011/L
Statistics
Premed Success
Basic Clinical Skills

CHM 2211
CHM 2211 Lab
BSC 1010/L
Med Externship
DIS (research)

Summer Internship
Volunteer
PHY 2053/2048L
PHY 2054/2049L

Jr

Biochemistry 1
Genetics
HMF 1 w/lab
Med Externship
Upper Division English
(Elective)

HMF 2 w/lab
Microbiology/L
Intro to PP Studies/L
MCAT PREP
Take MCAT (April-May)



When do you take the MCAT?

- The MCAT is offered multiple times / year on computer
- You should normally take it by **April** of your Junior year (so you will be in the first round of considered applicants, especially for those schools with rolling admissions)
- Re-take the test in Summer if necessary
- Take the FAU MCAT prep class first!



The MCAT Format

- 4 sections:
- **Physical Sciences** scoring range of 1-15
 - Physics and general chemistry questions
- **Verbal Reasoning** scoring range of 1-15
 - Read passages and answer multiple choice questions
- **Writing sample** scoring range of J-T (this section is going away in 2013)
- **Biological Sciences** scoring range of 1-15
 - Biology and organic chemistry questions, a few questions on DNA and genetics

Need special permission to take the MCAT more than 3X

Takes ~30 days to get your scores back

MCAT scores are valid for 3 years.



MCAT 2015

- Major changes to the MCAT in 2015
- Check back for more information (and check with your pre-health advisor)



Centralized Application Services

- AMCAS- Allopathic Medical Schools
- AACOMAS- Osteopathic Medical Schools
- AADSAS- Dental Schools
- VMCAS – Veterinary Schools
- PharmCas- Pharmacy Schools
- Caspa- PA schools
- OptomCAS – Optometry schools

- The applications take ~4 weeks to process
- Start early!
- Find out more information online



What do these primary application services do?

- They send out a complete verified set of data to the schools you designate
- Including:
 - Applicant contact information
 - Biographic information
 - Personal Statement
 - Colleges attended
 - Admission test scores
 - GPA



GPA/ Timeline

(The Competitive Applicant)

- GPA- minimum 3.4 (avg: ~3.7)
- MCAT- spring of junior year
 - Avg score accepted ~30
- APPLY- summer between jr/sr year
(Apply to 10-15 schools)
- INTERVIEW- fall of senior year
- ACCEPT- spring of senior year
- ATTEND- fall of graduation year



Fall

Spring

Summer

**Jr
Year**

**Open
PHP File**

Review for
MCAT

**Prep
Class**

Spring

MCAT

June

Apply

Summer

MCAT

**Sr
Year**

Secondary
Applications

Interview

Graduate
from FAU

**Attend Medical
School**



Broad Based Curriculum

(Do I have to be A Biology Major to go to Medical School?)

NOT Necessarily

In fact, with the new changes to the MCAT in 2015, we will be recommending a NEUROSCIENCE major for premeds!

Pick a major that interests you!

Medical Schools appreciate well rounded students

Expand your horizons

(Note: Studies show that those student with advanced science courses do better in medical school)



Other Factors (besides GPA and Admissions test) Considered by Professional Schools:

- Course load each semester (minimum 24 credits/year)
- State of residency (best chances in your state)
- Your interview
- Your personal statement, experience in the field, motivation, character and maturity
- Letters of evaluation from Pre-professional Committee, community service, employers, professors, etc.
- Research (DIS)



Interpersonal and Communication Skills

- Show your ability to interact with a diverse population
- Develop leadership skills (via student groups/clubs)
- Take a speech course (will help with interviews)
- Extracurricular activities (outside interests)



Interest in the Field/ Patient Experience

- Volunteer: Show your commitment (Show you know what medicine is all about)
 - With Alzheimer's patients
 - At a hospice
 - Pediatric Care
- Observing/ Shadowing
- Investigate various health settings
- Check out FAU's volunteer center (UC 221)



Courses of Interest

- **Basic Clinical Skills for Pre-Health Students** - Provides undergraduate students with basic clinical skills that will ensure more meaningful medical experiences (through shadowing or volunteering) prior to entering a health related graduate program (medical, dental, pharmacy, physician assistant, veterinary, and optometry). Students will learn professionalism, patient care and communication skills and gain medical knowledge through training on blood born pathogens, vital signs, CPR, HIPAA, EKG's and taking patient histories.
- **Shadowing Externship** - You will be permitted to register for one credit (IDS 3940) each semester, six semesters maximum (3 credits of which may count towards a Biology major). You must shadow a minimum of three hours per week to receive credit.
- **Introduction to Pre-Professional Studies and Lab** (PCB 3083 & Lab) – The purpose of this course is to familiarize premedical or allied field students with the requirements, demands, and rewards of a career in medicine. The course features lectures about a variety of medical disciplines. The lab requires shadowing of physicians in hospital and office settings, including visits to local facilities and observations of actual medical procedures.
- **Pre-Med Success (IDS 3122)**- Designed to help pre-health professional students (medical, dental, pharmacy, veterinary, etc.) negotiate the complex and often confusing world of medical school applications, admission tests, admission essays, interviews, financing medical school and much more. The scope of this course can be expanded to fit student needs and interests.



Involvement at FAU

- **The Center for Civic Engagement and Service** – Located in the Student Union, the Campus Volunteer Center has many volunteer opportunities available. If you log your volunteer hours, they will record them on your transcript.
- www.fau.edu/volunteer



Compassion and Caring for Others: Getting Involved

- Community Involvement
- Tutoring
- Habitat for Humanity
- Public School Programs
- Study Abroad



Involvement at FAU

Pre-Health Professions Clubs at FAU

Club	For more information
<u>American Medical Student Association</u>	Facebook page: AMSA@FAU
<u>Pre-Veterinary Medical Association</u>	Facebook page: Pre-Veterinary Medical Students Association at FAU
<u>Pre-Dental Society</u>	Facebook page: Pre-Dental Society at FAU
<u>Pre-Professional Club</u>	Facebook page: Pre-Professional Club at FAU
<u>Pre-Pharmacy Club</u>	Facebook page: FAU Pre-Pharmacy Club supporters
<u>Minority Association of Premedical Students (MAPS)</u>	Facebook page: Minority Association of Premedical students (MAPS) at FAU

Stay up-to-date...
Follow us on FACEBOOK:
Keyword: FAU Pre-Health Professions
Office



Good Luck!

Questions?

Call 561-297-3307