THE ROAD TO MEDICAL SCHOOL: MAKING THE MOST OF YOUR JHSPH EXPERIENCE

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Wednesday, September 4th, 6:00pm – 7:00pm, Becton Dickinson Hall (W1020)
INTRODUCTIONS

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- (part-time) Success Coach, Center for Student Success, JHU
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WORKSHOP OVERVIEW — PART 1

- Your current status in the process
- The medical school application timeline
- Challenges of applying as a graduate student
- What medical schools are looking for in applicants
- What does it mean to have a "public health perspective"?
- Making the most of your year(s) at JHSPH
- Path to medicine – a journey of self-discovery
- Questions and Answers
YOUR CURRENT STATUS IN THE PROCESS

1. Applicant from a prior cycle, current re-applicant for 2020
2. Applicant from a prior cycle, re-applicant for 2021
3. First-time applicant for 2020
4. First-time applicant for 2021

OUR PRIMARY FOCUS:
- Applicants for 2021
Medical School Application Timeline
From The Savvy Premed, Passport Admissions (this is not an endorsement on our part – just a great image!)

Some Key Points:
- Nearly a two year process
- January is coming up – 19 months prior
- Apply as early as 14 months prior
- Interview season extends 8 months
- Acceptances extend 11 months
- Planning critical!
- Expensive!

Also….there is no need to finish your personal statement by January!
CHALLENGES OF APPLYING AS A GRADUATE STUDENT

- Timing of your application
- Working with your home institution
- Demands on your time
- Importance of planning, setting priorities, and making good decisions
- Demands of the graduate program and finding a healthy balance
WHAT ARE MEDICAL SCHOOLS LOOKING FOR?

GIVENS

- Sufficiently strong academic profile and MCAT
- Strong application, strong recommendations, and personal statement
- Patient-centered “clinical” exposure
- Evidence of a service orientation
- Research, academic curiosity, spirit of investigation
- Leadership, teamwork, & initiative
WHAT ARE MEDICAL SCHOOLS LOOKING FOR?

INTANGIBLES

- Individuality, passion, and uniqueness
- Self-understanding, self-awareness, personal insight, perspective
- High ethics, moral core, character
- Evidence of an appreciation of diversity
- Vision for your career path
- Authenticity
- Emotional Intelligence
- “Is this someone I would want to work with?”
- “It” factor
WHAT IT MEANS TO BRING TO YOUR APPLICATION A PUBLIC HEALTH PERSPECTIVE?
MAKING THE MOST OF YOUR YEAR(S) AT JHSPH!

- You will likely transform your application!
- You will have the opportunity to highlight graduate coursework
- Your will have the opportunity to highlight amazing experiences!
- You will have the opportunity to enhance your BCPM GPA (if this applies to you) [NOTE: Taking Sciences as electives…]
- You will take or retake the MCAT with a stronger background and preparation (is this applies to you)
- You will seek out new mentors, build relationships with amazing faculty, advisors, and peers
- You are at Bloomberg, at Johns Hopkins, and Baltimore!
SEEKING OUT ADDITIONAL CLINICAL AND RESEARCH EXPERIENCE
PATH TO MEDICINE — A JOURNEY OF SELF-DISCOVERY

Questions?
WORKSHOP OVERVIEW — PART 2

- How do GPA metrics work?
- Comparative School metrics
- Preparing for the MCAT
- Letters of Recommendation
- Researching Medical Schools
- The Osteopathic Option
- Self-assessment and Reflection
- Upcoming programs and How to Schedule an Appointment
# How Do GPA Metrics Work?

Table of Verified GPAs on the AMCAS Application

<table>
<thead>
<tr>
<th>Status</th>
<th>BCPM GPA</th>
<th>BCPM Hours</th>
<th>AO GPA</th>
<th>AO Hours</th>
<th>Total GPA</th>
<th>Total Hours</th>
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<tr>
<td>Sophomore</td>
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<tr>
<td>Postbaccalaureate Undergraduate</td>
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<td>Cumulative Undergraduate</td>
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<tr>
<td>Graduate</td>
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<tr>
<td>Supplemental Hours:</td>
<td>P/F - Pass:</td>
<td></td>
<td>P/F - Fail:</td>
<td></td>
<td>A/P:</td>
<td>CLEP:</td>
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## COMPARATIVE SCHOOL METRICS

<table>
<thead>
<tr>
<th>School</th>
<th>Location</th>
<th>Avg indebtedness</th>
<th>Class size</th>
<th>cGPA</th>
<th>sGPA</th>
<th>MCAT</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10th %ile</td>
<td>90th %ile</td>
<td>Range</td>
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<tr>
<td>VaTech</td>
<td>Roanoke, VA</td>
<td>42</td>
<td>3.32</td>
<td>3.92</td>
<td>0.6</td>
<td>3.17</td>
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<tr>
<td>Loyola Chicago</td>
<td>Chicago, IL</td>
<td>205,460</td>
<td>3.31</td>
<td>3.95</td>
<td>0.64</td>
<td>3.1</td>
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<tr>
<td>Duke</td>
<td>Durham, NC</td>
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<td>3.99</td>
<td>0.44</td>
<td>3.43</td>
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<tr>
<td>Wake Forest</td>
<td>Winston-Salem, NC</td>
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<td>3.32</td>
<td>3.94</td>
<td>0.62</td>
<td>3.13</td>
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<td>Hopkins</td>
<td>Baltimore, MD</td>
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<td>4</td>
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<td>Tulane</td>
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<td>3.91</td>
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<td>George Washington</td>
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<td>3.97</td>
<td>0.38</td>
<td>3.5</td>
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</tbody>
</table>

- Importance of 10th – 90th and range
- Importance of deviation around the mean
QUESTIONS REGARDING THE MCAT

- Whether to repeat?
- Deciding upon a date?
- What is a good score?
- Do you need a prep course?
- What resources to use?
- MCAT study strategy to use?
LETTERS OF RECOMMENDATION

ISSUES TO CONSIDER:

- Keeping in touch with undergrad recommenders
- Developing relations with faculty/mentors at JHSPH
- Committee letter vs. Individual letter submission
- Committee letter vs. Independent letter submission
- Balance of recommenders...
RESEARCHING MEDICAL SCHOOLS

SOME KEY CONSIDERATIONS

- Allopathic and/or Osteopathic
- Location
- How many to apply? (average is 17)
- State residency
- Balance across selectivity
- Tuition and Debt (2017 - $190 avg. med school debt)
- Mission and curriculum
- Size and composition of student body
- Research vs. clinical emphasis; special programs

KEY RESOURCES:

- Allopathic: Medical School Admissions Requirements (MSAR): https://tinyurl.com/y3x62crj
- Osteopathic: College Information Booklet (CIB): https://tinyurl.com/y57qwfqm
OSTEOPATHIC MEDICINE

- 35 COM at 55 locations in 32 states
- 26% of matriculants to US med schools are DO
- Analogous but distinctive form of medicine
  - The tenets of osteopathic medicine - https://tinyurl.com/yxgfxebd
  - Google “allopathic vs. osteopathic medicine”
- Trained to look holistically at the whole person
- 56% chose primary care disciplines
- 9:1 ratio of MD vs DO physicians

Shadowing an osteopathic physician:
Doctors That Do: https://doctorsthatdo.org/
JHU Find A Doctor: https://www.hopkinsmedicine.org/profiles/index.html

https://www.aacom.org/student-guide
SELF-ASSESSMENT: PERSONAL COMPETENCIES

1. Integrity and Ethics
2. Reliability and Dependability
3. Resilience and adaptability
4. Capacity for improvement
5. Service Orientation
6. Social, Interpersonal and Teamwork Skills
7. Desire to Learn
8. Resilience and Adaptability
9. Cultural Competence
10. Oral Communication
**SELF-ASSESSMENT:**

- What are your strengths as an applicant and how will you best highlight in your application?
- What are areas in need of the improvement?
- In light of the competencies, what do you want to stand out in your application?
- What might you do in the coming year(s) to reach your goals in terms of being able to best represent your competencies?

[https://tinyurl.com/yxh3hqqc](https://tinyurl.com/yxh3hqqc)

[https://tinyurl.com/y4ccsnrr](https://tinyurl.com/y4ccsnrr)
UPCOMING PROGRAMS AND APPOINTMENTS

1. Two individual one-on-one “consulting” appointment
2. “Personal Statement Writing” workshops (2) -- TBA
3. “Applying to Medical School” workshop -- TBA

For Appointments

- Schedule through Handshake - [https://jhu.joinhandshake.com/](https://jhu.joinhandshake.com/)
- Wednesdays 12:30 – 4:30PM; Thursdays, 11AM – 3PM)
- Will receive email with instructions from JHSPH Career Services
- Scheduling issues write to dverrie1@jhu.edu

- Send Resume (or AMCAS) to dverrie1@jhu.edu in advance
- Meet in E1002 (Student Affairs Suite)
IN SUMMARY

✓ Prioritize academics
✓ Prioritize selected commitments outside of class
✓ Explore research and/or public health
✓ Seek advice and mentorship
✓ Communicate with home institution
✓ Plan MCAT timeline and study strategy
✓ Explore the osteopathic option (shadow a DO)
✓ Consider your options
✓ Plan for fees and costs of applying
✓ Practice reflection and engage in outside reading
✓ Plan for your glide year