**Adams House Pre-medical Introductory Meeting**

**5 November 2016**

**adams-medical@hcs.harvard.edu**

**Introduction**

I. Welcome!

II. Why do you want to be a physician?

III. Goal-setting

a. Risk/benefit ratio in decision-making

b. Determine your goals both inside and outside of medicine

**Resources**

I. Resident Tutors:

a. Vinayak Muralidhar, Rumbi Mushavi, Sheila Enamandram, Veena Venkatachalam, Matt DeSalvo

b. e-mail: **adams-medical@hcs.harvard.edu**

c. WEBSITE: www.adamshouse.harvard.edu

II. Non-resident tutor (NRT) staff

1. Role of the NRT
2. Medicine as a career choice (especially useful for the undecided)
3. Application process: writing Dean’s letter

Bottom line: **Get to know your NRT!!**

III. Office of Career Services

a. Ellen Williams, Emiko Morimoto, and Oona Ceder (premed@fas)

b. \*\*\*OCS website:

[**http://www.ocs.fas.harvard.edu/students/careers/medicine.htm**](http://www.ocs.fas.harvard.edu/students/careers/medicine.htm)

c. Medical school information – including alumni evaluations of schools

IV. Published books, other resources

a. Medical Schools Admissions Requirements and data

b. AMCAS website --http://www.aamc.org/students/amcas/

c. Other – medical school websites

**Components of a successful medical school application**

I. Numbers

a. Grades—yes, they are important [OCS Med School Admission Data]

b. Importance of science GPA

c. Pre-med requirements – Biology (with lab), Chemistry (with lab),

Physics (with lab), Math/Statistics, English: please see OCS website for list

II. MCAT

1. Prep coursework

i. MCAT practice manuals, old exams from AAMC

ii. Kaplan/Princeton (both ~$1500) vs. Premed Society (~$50)

1. Electronic, but not adaptive
2. Now offered very frequently, but dates fill up fast
3. Expires in ~ 3 years

III. Extracurricular Activity

a. Why do extracurriculars?

b. Public service

 - Talk to Adams House public service tutors!

 - Public service organizations at Harvard:

http://www.fas.Harvard.edu/~pbh/join.html

c. Clinical experiences

- Mt Auburn/Youville/Cambridge, Project HEALTH,

- Harvard EMS

- Red Cross Disaster Relief

d. Athletics/ Music/ Other

e. Leadership positions

IV. Sustained scholarly project

1. Medically-oriented research

i. Importance of basic science or clinical research, NOT a requirement!

ii. Selecting a laboratory to work in

1. Duration of research
2. Relationship with professor or doctor
3. Research credit/funding opportunities
4. Senior Honors Thesis (in any field!)

V. Recommendations – **Important to not wait until last minute!**

a. Ask for one each semester

b. Know your teaching fellow/professor

c. Do not procrastinate, and ask when they will remember you

d. Explicitly ask if they can write a STRONG letter of recommendation

e. Provide letter writer with a cover letter and CV

f. If teaching fellow is writing, highly recommend that professor co-signs.

g. Give them a waiver form (house form) and guidelines (OCS) for writing a

pre-med letter.

h. At least two science letters from course instructors, one letter from

concentration, and one extra-curricular, try to find someone who could speak to your potential as a physician

VI. Know your NRT

a. We’ll be having study breaks to get to know them.

b. Be proactive and contact them!

**Considering dual degrees**

I. MD/Ph.D.:

a. These programs can be NIH funded (MSTP); there are ~40 programs around the country with funded MD/Ph.D spots.

b. The savings from the fully-funded status must be weighed against the years (3-5) that the Ph.D. takes to complete

c. Talk with one of our MD/Ph.D. tutors (Veena or Winston) for advice

d. Think carefully about what you are trying to achieve with the two degrees.

As an alternative to the PhD, many students engage in 1-2 years of research during medical school through various funding agencies (HHMI, NIH, Doris Duke, etc).

II. MD/MBA or MD/MPH

1. Many schools now offer these programs
* Both usually just add one year to your training (5 years vs. 4 years)
1. Think carefully about what you are trying to achieve with the two degrees.

Do you need both? Which one do you most want and which is secondary?

**Application year calendar**

\*OCS has useful workshops as well—see their webpage for schedule

\*Ongoing: be sure to register for the MCAT!

I. December 2016

For those applying in the next cycle, you should meet with NRT by this time!

Ask for recommendations before you leave for break.

II. February 2017

Mandatory Meeting for all applying students this current cycle.

Finish asking for recommendations

***\*This meeting is also required for seniors who are not applying, but leaving the house***

III. March 2017

1. All recommendations from previous semesters due
2. Intention to apply to medical school form
* When you submit this form, you will be given access to a secure Wiki page where you upload all future documents (see below) during your application process.
1. Check in with NRT to discuss premed packet and application by March

IV. April 2017

1. Premedical Packet due to your Wiki page

- Provides extensive information to us / NRTs in writing the Dean’s letter

- Helps you better define interests and goals in pursuing medicine as a career

- Includes a complete list of recommendation letter writers

1. Materials must be submitted on time in order to take full advantage of the mock interviews (see below)
2. Missing letters of recommendation WILL delay your application.
3. Mock interviews: mid-April

- Opportunity to experience interview in a no/low-stress setting

- Helpful comments from our NRT staff on the interviewing process.

1. Personal statement and Interview workshop: late-April

VI. June 2017

* Your AMCAS application should be completed by mid-June.
* Online application and details can be found on AMCAS website.
* MCAT must have been completed by late June (at the latest).

**QUESTIONS? Please look at the Adams Premed and OCS WEBSITES first.**

Then e-mail adams-medical@hcs.harvard.edu if you cannot find the answers!