

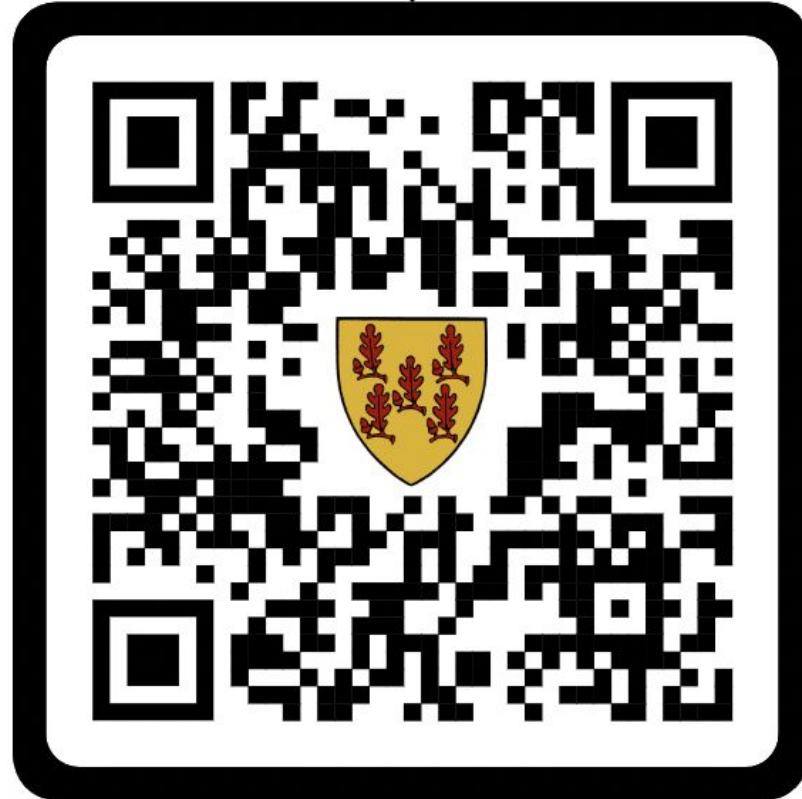
Adams House

Spring Intent to Apply Meeting

February 4, 2024



SCAN ME





Meeting Agenda

- Introducing Your Support Crew
- Important Deadlines & Points Regarding Spring Timeline
- General Application Tips
- Special Considerations
- Important Points for Alumni Applicants



House Administration Support



Salmaan Keshavjee & Mercedes Becerra



Chip Lockwood



Amber Kuzmick



Resident Tutor Support

I. Resident Tutors:

- a. **Residents/Attendings:** **Leen Al Kassab** (MGH/BWH PGY-1 OBGYN), **Varnel Antoine** (BWH Urologic Surgery PGY-3), **Daniel Echelman** (BCH Primary Care Pediatrician), **Carolina Jaramillo** (CHA PGY-1 →Spaulding PM&R)
- b. **Medical Students:** **Maud Jansen** (HMS MD/PhD Candidate), **Dan Kim** (HMS MD/PhD Candidate), **David Morse** (HMS MD/PhD Candidate), **Chad Vigil** (HMS MD Candidate)
- c. **E-mail:** adams-medical@lists.fas.harvard.edu
- d. **Website:** <https://adamshouse.harvard.edu/pre-med-advising>



Leen Al Kassab



Varnel Antoine



Daniel Echelman



Maud Jansen



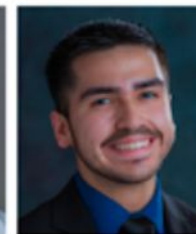
Carolina Jaramillo



Daniel Kim



David Morse



Chad Vigil



RT vs. NRT: Who should I contact?

- Both are resources to you
- If you told us you are applying 2024-2025, you should already have an NRT assigned
 - If you do not yet have an NRT, fill out form and let us know **ASAP**
- You should be assigned an RT sometime in the coming month *****if you fill out the intent to apply form and are applying this coming cycle*****
- In the meantime, please email the entire team at our listserv address
- After RT assignment, you may email your RT directly



Everyone in this meeting should meet with MCS before applying/graduating

Applying to Medical School

While the majority of students interested in medical school plan to complete premedical requirements during college and start the application process by the end of their junior or senior year, others take the necessary courses as postbaccalaureate students. Many students don't make the decision to pursue a career in medicine until late in college or after graduation. Applying after college does not put you at a disadvantage; in fact, many medical schools say they appreciate the maturity of older applicants. If you are a current applicant for the 2023 cycle or if you are an alumni planning to apply in the future, please subscribe to our [Medical School Applicant Listserv](#).

Learn more about the steps required for applying to medical school:

Timeline for Seniors & Alumni	>
Info for Postbaccalaureate Students	>
MCAT	>
AMCAS	>
Personal Statement	>
Selecting a School	>
Letters of Recommendation	>
Interview Prep	>
MD/PhD Pathways	>

Advisors



Oona Ceder
Director of Premedical and Health Career Advising
and Associate Director of Career Services

Meet Oona



Chris Gilbert
Advisor, Premedical and Health Careers

Meet Chris



Rob Harrington
Assistant Director of Premedical and Health
Careers Advising

Meet Rob

Upcoming Events

FEB 05	Pre-Health Question Center Mon, Feb 5 at 6:30pm - 7:30pm
FEB 09	Government, Education and Nonprofit Career Fair Fri, Feb 9 at 10am - 3pm
FEB 09	Harvard Startup Career Fair Fri, Feb 9 at 1pm - 4pm
FEB 20	Medical School Personal Statement Activity Workshop Tue, Feb 20 at 1pm - 2:30pm
FEB 21	Planning Your Gap Year(s) before Medical School Wed, Feb 21 at 4pm - 5pm



Timeline for 2024-2025 Medical School Application

Ongoing processes:

- MCAT registration
- Requesting letters of recommendation from this semester
- Engaging in activities that provide more **clinical exposure and experience**
- **Checking-in with NRTs/RTs** to discuss your premed packet, application process, letters or rec
- Fee Assistance Program
 - Apply if at all potentially eligible
 - Offers:
 - Reduced MCAT fee, evaluations for MCAT accommodations
 - Free access to MSAR
 - AMCAS application benefits (fee waivers for first 20 schools)



Timeline cont.

Monday, Feb 18, 2024:

- Submit Intent-to-Apply Form for June 2024 applicants

Sunday, March 24, 2024:

- **Premedical application packet** (w/MD-PhD supplement if appropriate)
- **GPA Worksheet**
- **Preliminary School List**

Monday, April 1, 2024

- Submit all letters of recommendation to Amber, the Adams House Coordinator
 - FYI: Letters must be submitted with Adams House Letter Waivers



Timeline cont.

TBD (April/MAY):

- Mock interviews, MMI format. Will take place on Zoom with multiple interviewers scheduled at your own time.
- Dress professionally. Be aware of your Zoom background and lighting.
- Available to all applicants who turn in materials on time.
- Opportunity is not available again. Make the most of this chance!

Wednesday, May 1, 2024:

- **2024-2025 AMCAS Application Opening 9:30AM**
- This is the earliest date that you can start working on your AMCAS application
- START EARLY – it's okay to begin by entering your demographic information



Timeline cont.

Monday, May 20, 2024:

- Submit to Amber:
 - Updated Word document with list of schools to which you are applying
 - Updated GPA worksheets, if applicable
 - ALL LETTERS OF RECOMMENDATION (including Spring semester letters)
 - REQUIRED Pre-Med Summer Information Google Form

Tuesday, May 28, 2024:

- **2024-2025 AMCAS Application open to submission**
- Prepare in advance in order to submit EARLY
- Late submission is one of the most common changeable factors for applicants who need to reapply



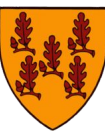
Timeline cont.

Friday, June 28, 2024:

- AMCAS Processed and sent to Medical Schools
- Schools will start to send secondaries

Thursday, August 15, 2024:

- Dean's letters submission date is the same across all 12 houses and Dudley
- Ensures both highest quality (many revisions) and consistent and equitable timing of submission
- **Guaranteed for students who submit all their materials and letters of recommendation on time**
- All secondaries should be finished by this time



General tips

1. All documents (premed packet, GPA worksheet, etc) can be accessed on Adams House Website under “Premed advising”
2. The MCS has data on GPA/MCAT scores for students accepted to medical schools over the years.
All Adams House applicants are expected to schedule a meeting with MCS via Crimson Careers.
3. Spend time on your pre-med packet and meet with your NRT frequently.
4. **Letters of Recommendation** (how many? Who to ask? When to ask? committee letter?)
5. Keep in mind any transcripts from other places so you have a plan to get them to AMCAS.
 - a. any courses that you took at any college (including if you took college courses in high school)
6. Questions about the AMCAS application itself are best directed to AAMC or to MCS.
7. You will start to get **secondaries** in the summer/fall from schools after you have submitted AMCAS
 - a. COMPLETE THESE PROMPTLY
 - b. HIGHLY recommend a **two-week turnaround time** at most.
 - c. Be Organized: create a spreadsheet with due dates, User/PWs



Secondaries- Be Organized

	A	B	C	D	E	F	G	H	I	J	K	L	M
1	State	Medical School	Website	Email	Portal Username	Portal Password	Date Received?	Due Date	Time left	Date Completed	SDN link	Fee waiver?	Notes
2	NC	Duke	https://admissions.duhs.duke.edu/	medadm@dm.duke.edu			7/10/24	7/24	174				
3	MD	Johns Hopkins	https://app.applyyourself.com/vmazza@jhmi.edu				7/11/24	7/25	175				
4	OH	Case Western	https://apply.case.edu/	iapply@case.edu			7/12/24	7/26/24	176				
5	VA	University of Virginia	http://apply.med.virginia.edu/	somadm@virginia.edu			7/13/24	7/27/24	177				
6	TN	Vanderbilt	https://medschool.vanderbilt.edu/applicant				7/14/24	7/28/24	178				
7	NY	NYU	https://amp.med.nyu.edu	admissions@nyumc.org			7/15/24	7/29/24	179				
8	MO	WashU	https://wumscapply.wustl.edu/	wumscqa@wustl.edu			7/16/24	7/30/24	180				
9	IL	UChicago	https://ucgsom-2017.uchicago.edu/applicant_portal/login				7/17/24	7/31/24	181				
10	NY	Cornell	http://osaf.med.cornell.edu/	wcmc-admissions@med.cornell.edu			7/18/24	8/1/24	182				
11	DC	George Washington	https://portal.smhs.gwu.edu/	medadmit@gwu.edu			7/19/24	8/2/24	183				
12	MI	UMich	https://www.applyweb.com/u_umichmedadmiss@umich.edu				7/20/24	8/3/24	184				
13	DC	Georgetown	https://apply.som.georgetown.edu/	medicaladmissions@georgetown.edu			7/21/24	8/4/24	185				
14	CA	USC	https://keck-medadmit.usc.edu	medadmit@usc.edu			7/22/24	8/5/24	186				
15	PA	UPenn	https://www.med.upenn.edu/	adms2017@mail.med.upenn.edu			7/22/24	8/5/24	186				
16	GA	Emory	https://www.mdapply.med.emory.edu/	medadmiss@emory.edu			7/22/24	8/5/24	186				
17	CA	Stanford	https://med.stanford.edu/aes	mdadmissions@stanford.edu			7/22/24	8/5/24	186				
18	NC	UNC Chapel Hill	https://applynow.unc.edu/?e_joni_james@med.unc.edu				7/22/24	8/5/24	186				
19	MA	Harvard	https://admissions.hms.harvard.edu/	Admissions_Office@hms.harvard.edu			7/22/24	8/5/24	186				
20	MA	UMass	https://wsa-prd.umasscs.net/	wsaprdr90@umassp.edu			7/22/24	8/5/24	186				
21	NH	Dartmouth	https://geiselmed.dartmouth.edu/	geisel.admissions@dartmouth.edu			7/29/24	8/12/24	193				
22	NY	Columbia	https://apply.med.columbia.edu/	psadmissions@cumc.columbia.edu			7/30/24	8/13/24	194				
23	NY	MT Sinai	https://applymd.mssm.edu/A	admissions@mssm.edu			7/31/24	8/14/24	195				
24	CT	Yale	https://application.med.yale.edu/	ampsystem@yale.edu			7/22/24	8/5/24	186				
25	NY	Albert Einstein	http://www.einstein.yu.edu/e/	@einstein.yu.edu			7/23/24	8/6/24	187				
26	RI	Brown	https://admissions.med.brown.edu/	ams-amp-mail@brown.edu			7/22/24	8/5/24	186				
27	MA	Tufts	https://apply.med.tufts.edu/	med-admissions@tufts.edu			7/23/24	8/6/24	187				
28	VT	UVM	http://www.uvm.edu/medicin/	medadmissions@med.uvm.edu			7/24/24	8/7/24	188				
29	MA	BU	https://myapplication.bumc.edu/	medadms@bu.edu			7/25/24	8/8/24	189				
30	IL	Northwestern	https://medicalapp.northwestern.edu/	medicalapp@northwestern.edu			7/26/24	8/9/24	190				
31	CA	UCSF	https://medapplication.ucsf.edu/	admissions-noreply@medsch.ucsf.edu			7/22/24	8/5/24	186				
32	CA	UCLA Prime	http://medschool.ucla.edu/ap	dgsomadmis@mednet.ucla.edu			7/23/24	8/6/24	187				
33													
34													
35		Completed											
36		Received/Incomplete											
37		Haven't received											
38		Will not complete											



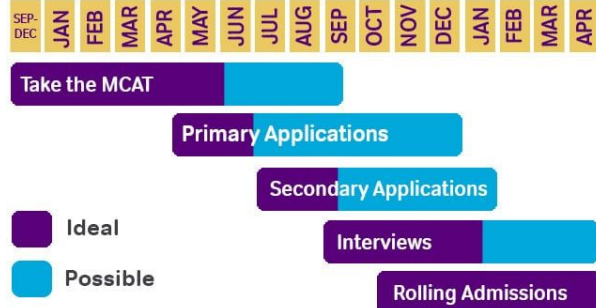
Secondaries

- Be organized and plan ahead
- Prewrite the main questions
 - Diversity statement (what makes me a unique applicant)
 - Why this school?
 - Gap year explanations
 - Time you failed/worked with difficult teammates
- Preview questions from last year (likely to be very similar)
- Reddit/SDN/other forums can be used to preview this year's questions after secondaries are sent out
- Once you finish 10-15 of these, the remaining become a careful copy and paste



	A	B	C	D	E	F	G	H	I	J	K	L	M
1	State	Medical School	Website	Email	Portal Username	Portal Password	Date Received?	Due Date	Time left	Date Completed	SDN link	Fee waiver?	Notes
2	NC	Duke	https://admissions.duke.edu/medschool/duke-duke.edu					7/10/24	7/24	174			
3	MD	Johns Hopkins	https://med.jhu.edu/med-school/med-school-jhu.edu					7/1/24	7/26	176			
4	OH	Cleveland Clinic	https://med.clevelandclinic.org/med-school/med-school-clevelandclinic.org					7/1/24	7/26	176			
5	VA	University of Virginia	https://med.virginia.edu/med-school/med-school-virginia.edu					7/1/24	7/27/24	177			
6	TH	Harvard	https://med.harvard.edu/med-school/med-school-harvard.edu					7/1/24	7/28/24	178			
7	NY	NYU	https://med.nyu.edu/med-school/med-school-nyu.edu					7/1/24	7/28/24	179			
8	MO	WashU	https://med.washu.edu/med-school/med-school-washu.edu					7/1/24	7/28/24	180			
9	IL	UChicago	https://med.uchicago.edu/med-school/med-school-uchicago.edu					7/1/24	7/28/24	181			
10	NY	Cornell	https://med.cornell.edu/med-school/med-school-cornell.edu					7/1/24	8/1/24	182			
11	DC	George Washington	https://med.gwu.edu/med-school/med-school-georgewashington.edu					7/1/24	8/2/24	183			
12	MI	UMich	https://med.umich.edu/med-school/med-school-umich.edu					7/2/24	8/2/24	184			
13	DC	Georgetown	https://med.georgetown.edu/med-school/med-school-georgetown.edu					7/2/24	8/2/24	185			
14	CA	UPC	https://med.upc.edu/med-school/med-school-upc.edu					7/2/24	8/2/24	186			
15	PA	UPenn	https://med.upenn.edu/med-school/med-school-upenn.edu					7/2/24	8/2/24	186			
16	GA	Emory	https://med.emory.edu/med-school/med-school-emory.edu					7/2/24	8/2/24	186			
17	CA	Stanford	https://med.stanford.edu/med-school/med-school-stanford.edu					7/2/24	8/2/24	186			
18	NC	UNC Chapel Hill	https://med.unc.edu/med-school/med-school-unc.edu					7/2/24	8/2/24	186			
19	MA	Harvard	https://med.harvard.edu/med-school/med-school-harvard.edu					7/2/24	8/2/24	186			
20	MA	UMass	https://med.umass.edu/med-school/med-school-umass.edu					7/2/24	8/2/24	186			
21	NH	Dartmouth	https://med.dartmouth.edu/med-school/med-school-dartmouth.edu					7/2/24	8/2/24	186			
22	NY	Columbia	https://med.columbia.edu/med-school/med-school-columbia.edu					7/2/24	8/2/24	186			
23	NY	NYU	https://med.nyu.edu/med-school/med-school-nyu.edu					7/2/24	8/2/24	186			
24	CT	Yale	https://med.yale.edu/med-school/med-school-yale.edu					7/2/24	8/2/24	186			
25	NY	Albert Einstein	https://med.albert-einstein.edu/med-school/med-school-albert-einstein.edu					7/2/24	8/2/24	187			
26	RI	Brown	https://med.brown.edu/med-school/med-school-brown.edu					7/2/24	8/2/24	186			
27	MA	UConn	https://med.uconn.edu/med-school/med-school-uconn.edu					7/2/24	8/2/24	187			
28	VT	UMV	https://med.umv.edu/med-school/med-school-umv.edu					7/2/24	8/2/24	188			
29	MA	Boston	https://med.boston.edu/med-school/med-school-boston.edu					7/2/24	8/2/24	188			
30	IL	Northwestern	https://med.northwestern.edu/med-school/med-school-northwestern.edu					7/2/24	8/2/24	190			
31	CA	UCSF	https://med.ucsf.edu/med-school/med-school-ucsf.edu					7/2/24	8/2/24	188			
32	CA	UCLA Irvine	https://med.ucla.edu/med-school/med-school-ucla.edu					7/2/24	8/2/24	187			
33													
34		Completed											
35		Received incomplete											
36		Received incomplete											
37		Still not complete											
38		Still not complete											
39													

Medical School Admissions Timeline





Letters of Recommendation // Committee Letter Questions



HARVARD
MEDICAL SCHOOL

MEDICAL EDUCATION

All letters of evaluation must be submitted to AMCAS. Applicants are allowed up to six (6) letters of recommendation in support of their application. When considering the total number of letters to submit, please note the following:

- At least two (2) letters should be from professors in the sciences with whom they have taken classes.
- At least one (1) letter should be written by a professor who is not in the sciences.
- We should receive letters from all research supervisors for applicants to the MD-PhD program as well as applicants to the MD program. Applicants may exceed the six (6)-letter maximum if the additional letters are from research supervisors.
- If applicants wish to supplement a premedical advisory committee evaluation packet with additional letters of recommendation, they should count the packet as one (1) letter toward the six (6)-letter maximum.
- We do not require letters of recommendation from employers, but if applicants have been out of school and working they should have a letter sent from their place of employment.

While we strongly recommend meeting the criteria listed above, these are not strict requirements. Ultimately, the letters applicants choose to include are up to their own discretion. Applicants should choose the letters of evaluation they believe will best support their application.



Letters of Recommendation // Committee Letter Questions

- Ask for letters now! Submit a CV, any draft or outline of your PS, fee waiver
- Committee Letter Packet + 5 Individual Letters = 6 total letters
- You can send as many letters to Amber as you want, we will ask you which 3-5 letters you want to submit as part of the letter packet.
- The other letters we can quote from and include the best content without sending the actual letter (allows you to have good quotes from otherwise lukewarm letters)
- We cannot tell you which letters are strong and which are weak



Letters of Recommendation // Committee Letter Questions

LETTER OF RECOMMENDATION WAIVER FORM



ADAMS HOUSE
26 PLYMPTON STREET
CAMBRIDGE, MASSACHUSETTS 02138-5004
PHONE (617) 495-2260 FAX (617) 495-0331

Please email your letter and completed waiver to Adams_Coordinator@fas.harvard.edu

STUDENTS: Complete Sections A and B and give this form signed to your recommender in person or electronically.

RECOMMENDERS: Complete and sign Section C. (at bottom of page) then attach this form to your recommendation and *preferentially send both electronically* to Adams_Coordinator@fas.harvard.edu. Alternatively, you can send in the pre-addressed, pre-stamped envelope provided by this student. **If the student has waived the right to see your recommendation in Section B. below, please type "CONFIDENTIAL" at the top of your letter.**

Please address your letter "To the Members of the Admissions Committee;" and compose it on official letter head.

Letters of Recommendation:

Please give the names of **at least four people** who will write you **strong** letters of recommendation (3-5 for MD, 6-8 for MD/PhD). Please indicate their academic position and department. *All letters from professors before Spring 2023 should be submitted to the House by April 3rd. Letters from the current semester (Spring 2023) should be submitted to the House by May 22, 2023. Confirm letters with your professors no later than April.* Please make sure you and the recommender sign all proper release forms.

Science {	Name	Academic Appointment	Relationship to you
	1.		
	2.		
	3.		
	4.		
	5.		
	MD/PhD only		
	7.		
	8.		

2023-24 Summer Info Form_Applicants ☐ ☆

Questions Responses 21 Settings

Letter #1 you would like to send (last name of writer/co-writers) *

Short answer text

Letter #2 *

Short answer text

Letter #3 *

Short answer text

Letter #4 *

Short answer text

Letter #5

Short answer text

Letter #6 (if MD/PhD applicant)



CASPer and AAMC PREview

Casper

An open-response, situational judgment test that evaluates aspects of your social intelligence and professionalism such as ethics, empathy, problem-solving and collaboration

[Learn More](#)

Fees for Medicine (CSP-10111)

1. Test taking fee: \$85 (USD) includes distribution to 7 schools of your choice.
2. \$16 (USD) per additional distribution to the school(s) of your choice.
3. A fee if rescheduling your test within 30 days before or anytime after your confirmed test date and time.

All fees are final, non-refundable, and valid only for the current admissions cycle.

For fee assistance information, please visit our [Fee Assistance Programs article](#).

What Does Casper Assess?



COLLABORATION



COMMUNICATION



EMPATHY



EQUITY



ETHICS



MOTIVATION



PROBLEM SOLVING



PROFESSIONALISM



RESILIENCE



SELF-AWARENESS

Going into the test knowing what to expect is the best way to prepare!

The test is divided into 2 response sections; the video response section, which is the first portion of the test, followed by the typed response section. There are a total of 14 scenarios to be completed in 90-110 minutes.

You are given an optional 10 minute break once you have completed the video response section, and another optional 5-minute break after the first four typed response scenarios. During your break time, you can stand up to stretch or use the washroom.

Scenarios:

There are 2 types of scenarios; word-based scenarios present you with a short statement to consider. Video-based scenarios indicate your role in the scene and then play a short video. All video-based scenarios are equipped with optional closed captioning.

Response Sections:

In the video response section, you are presented with two word-based scenarios and four video-based scenarios which appear in randomized order. When each scenario finishes, you'll have 30 seconds of reflection time and 10 seconds to read the question. You are then given one minute to record your responses to each of the two open-ended questions. Raters are instructed to not take jargon, accents, or grammar mistakes into account when evaluating your responses – do your best to answer both questions as clearly as possible. Your recording is either uploaded immediately once you submit your response or automatically after the one minute timer runs out. Once your response is submitted or the timer runs out, you are automatically advanced to the next scenario. You can choose to submit your responses before the timer runs out but keep in mind you won't be able to go back.

In the typed response section, you are presented with three word-based scenarios and five video-based scenarios which appear in randomized order. When each scenario finishes, you have 30 seconds of reflection time and then you are given a total of five minutes to type your responses to three open-ended questions in the designated text boxes. Once the five minutes are up, you are automatically advanced to the next scenario.



CASPer and AAMC PREview

The AAMC PREview® professional readiness exam will be offered March – September 2024.

What is measured on the PREview exam?

Examinees' responses provide insight into their knowledge of effective and ineffective behaviors across 9 [professional competencies for entering medical students](#):

- Interpersonal Skills.
- Cultural Awareness.
- Cultural Humility.
- Empathy and Compassion.
- Teamwork and Collaboration.
- Ethical Responsibility to Self and Others.
- Resilience and Adaptability.
- Reliability and Dependability.
- Commitment to Learning and Growth.

Test Format

The AAMC PREview test is an exam administered through a secure online testing environment. It includes one test section with text-based scenarios that present hypothetical dilemmas similar to what you may encounter in medical school. However, in order to perform well on the exam, the scenarios do not expect you to have had direct experience in medical school. Following each scenario, there are several behaviors that describe a response to the dilemma presented in the scenario. You will be asked to rate the effectiveness of each behavior using a 4-point scale: 1 = very ineffective, 2 = ineffective, 3 = effective, and 4 = very effective.

Total Exam Time

The maximum exam time is 75 minutes (1 hour, 15 minutes), unless you have been approved for extended time [accommodation](#). Due to the relatively short duration of the exam, it does not include a break, except as an approved accommodation.

Upcoming Webinar

The PREview Team will be providing information via webinar format on February 8 regarding scheduling a testing session, accessing the practice exam and other preparation materials, workspace and environmental preparation, taking the exam and sharing scores with schools. Register today for the [AAMC PREview Exam Nuts-n-Bolts Webinar!](#)

Programs Requiring PREview Scores

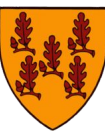
You may submit your AMCAS application when ready, however the schools may not consider your application complete until they have received a PREview score.

- Mercer University School of Medicine.
- Saint Louis University School of Medicine.
- Universidad Central del Caribe School of Medicine.
- University of California, Davis, School of Medicine.
- University of California, Los Angeles David Geffen School of Medicine.
- University of Hawaii, John A. Burns School of Medicine.
- University of Massachusetts T.H. Chan School of Medicine.
- University of Utah School of Medicine.

Preparation Resources

There are several steps you can take and resources available to help you prepare for the PREview exam:

- The [AAMC PREview Sample](#) includes sample questions to familiarize you with the structure of exam questions.
- The [AAMC PREview Examinee Preparation Guide](#) explains the format, scoring, competencies assessed, and instructions for taking the exam, and it offers advice and strategies to help you prepare.
- The **AAMC PREview Practice Exams**
The AAMC offers two free Practice Exams in a PDF format. Each official full-length practice exam PDF includes a scoring key and scoring key rationales to help you become familiar with the exam format, items and scenarios, and the process for evaluating and rating items.
 - [AAMC PREview Exam Practice Exam 1](#)
 - [AAMC PREview Exam Practice Exam 2](#)
- The [PREview Test Day Experience Video](#) is designed to help you become familiar with the activities that will take place when logging into and taking the PREview exam. It can be helpful for an examinee who is not familiar with our vendor, ProctorU, and it may be especially helpful for students who have not previously taken a remote-proctored, online exam. In the video, we will highlight the check-in process and the key functions and features of the exam platform, as well as submission and check-out.



Special Considerations- Grades and Exams

- If you have science or overall GPA below 3.2 or MCAT score less than 80th %ile (~MCAT 510 and below)
 - Required to talk with a resident tutor
 - E-mail adams-medical@lists.fas.harvard.edu
 - These meetings should be scheduled in March/April and it is up to the applicant to contact us.
 - **These are NOT BAD AT ALL, but important to strategize to maximize your chances of getting in!**



Special Considerations - Dual Degrees

- Students applying or considering applying to MD/PhD programs are required to talk with an MD/PhD tutor early in the Spring (Dan K, Dan E, David, Maud)
 - Email adams-medical@lists.fas.harvard.edu to set up a meeting
- Other joint degrees do not require joint applications (i.e., you apply once you're already in medical school)



Remember....

- **MCS Medical School Workshops**

- *MCS is able to arrange phone appointments for alumni/ae no longer in the area and most of the workshop handouts are available online.*
- **Website:** <https://careerservices.fas.harvard.edu/channels/pre-med-students/>
- [Pre-recorded MCS Workshops](#)

- **Always remember...**

- It is our #1 job to advocate for you and to help you get into medical school.
- ALWAYS remember that, even if we give you advice you don't want to hear—we are on your side!



Alums

- Please keep in touch with the committee after you graduate
 - Contact us (adams-medical@lists.fas.harvard.edu) in late January/early February at the beginning of each cycle to keep us in the loop of your general plans to apply
 - **Notify us of your intent to apply by the October before the cycle that you will be applying**
 - Facilitates pairing with an NRT
- Also, remember post-bac programs or coursework may be a good option, so ask us about these options.
- If you are applying as a graduating senior/alum, please be sure to include your post-grad address email in the google form.



Resident Tutor Contact Information



Varnel Antoine

Resident Tutor - Randolph 2nd Floor
Pre-Med (co-lead), FGLI, Race Relations
he/him

I was born and raised in Boston, MA, to two Haitian immigrants. During my time at Harvard College, I lived in Adams and studied...

[Read more](#)

varnel_antoine@g.harvard.edu



Maud Jansen

Resident Tutor - Oaktel 3rd Floor
Pre-Med, CARE, Wellness, International
she/her

My name is Maud Jansen, and I'm excited to be a resident tutor in Adams! I grew up in Utrecht, the Netherlands and then moved to Chicago. I attended University... [Read more](#)

mjansen@g.harvard.edu



Carolina Jaramillo

Resident Tutor - Oaktel 304/305
Pre-Med, Wellness, Writing
she/her

I grew up in Colombia and Florida and studied Biology at Williams College. I... [Read more](#)

carolina_jaramillo@g.harvard.edu



Chad Vigil

Resident Tutor - Claverly G04
Race Relations (Coordinator), FGLI, Pre-Med
he/him

Hi everyone! My name is Chad, and I am a Medical Student at HMS! I'm originally from Pueblo, Colorado and graduated from the University of Pennsylvania in 2020... [Read more](#)

chadvigil@hms.harvard.edu



Daniel Echelman

Resident Tutor - Oaktel 304/305
Pre-Med, Pre-Grad, Writing
he/him

...

[Read more](#)

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Daniel Kim

Resident Tutor - Randolph 322
Pre-Med (Co-Lead), Pre-Grad, HoCo
he/him

Hey Adams!! I'm currently a G2 in the HST MEMPH PhD program and a 4th year in the Harvard-MIT MD PhD program, where I am interested in studying new physics and...

[Read more](#)

dan_kim@hms.harvard.edu



David Morse

Resident Tutor - Hampden 5/6 Floors
Pre-Career, Pre-Med, Pre-Grad
he/him

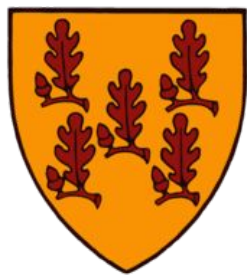
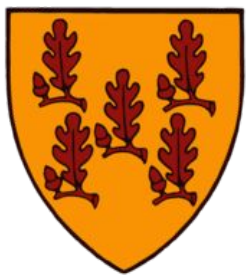
I'm David Morse, and excited to be a Resident Tutor this year with my wife, Laura. We met in undergrad at the University of Tennessee, and initially bonded... [Read more](#)

dmorse@g.harvard.edu



Leen Al Kassab

leenalkassab.adamsharvard@gmail.com



Thank you for your attention!