

So You Want to be a Physician... Helpful Tips to Consider at Each Stage of Education

High School Preparation

- ❖ GPA (3.7+) – higher = better!
- ❖ ACT scores (24+) – higher = better!
- ❖ Shadowing Hours
 - Multiple health care settings:
Outpatient, hospital, nursing home
- ❖ Community Service Hours
Establish a relationship with a mentor at Bellin to walk you through the process
- ❖ Research Universities with Your Program of Interest
 - Suggested majors:
 - Human Biology
 - Kinesiology
 - Exercise Science
 - Pre-med
 - Does not have to be science!!!
- ❖ Arrange and Complete Campus Visits
 - Goals: Get Them to Know Your Name; Speak to their Mission and Vision; Ask lots of questions
 - People to Meet:
 - Admissions Counselor
 - Dean of College of Health Science
 - Representative from the Pre-Med Program
 - Current Students

Undergraduate Studies

- ❖ Balance your academic and social life
- ❖ GPA (3.7+) – higher = better!
- ❖ Strong MCAT Scores
 - Taken May of Junior year
 - Average score 508, has to be >500, each section should be >125
- ❖ Medical Exposure
 - A quality experience where you connect with preceptors
- ❖ Volunteerism/Leadership during college career
- ❖ Demonstrate Intellectual Curiosity
- ❖ Campus Involvement
 - Pre-Med or other healthcare Club
- ❖ Participate in Undergraduate Research
 - Not mandatory, may depend on the program applied to
- ❖ Communicate routinely with your Mentor
- ❖ Consider a Part-Time Job in the Medical Field to Increase Patient Contact Hours
 - CNA
- ❖ Make a List of Schools for Application
 - Recommend Applying to at least several Programs
 - Match programs to those where your GPA and MCAT scores are competitive
- ❖ Identify Individuals for Letters of Recommendation and ask if they will write them
 - Clinical Reference
 - Academic Reference
- ❖ Complete Mock Medical School Interviews with your Mentor
 - Focus on good communication skills
 - Show motivation for going into medicine
 - Demonstrate compassion for others

Undergraduate Studies (cont.)

- ❖ Arrange and Complete Program Visits
 - Goals: Get Them to Know Your Name, Speak to their Mission and Vision
- ❖ Personal Statement/Essay
 - Personal & Unique
 - Answers the Question Promptly and Thoughtfully
 - Show motivation for going into medicine
 - Demonstrate compassion for others