



Premed Prep: Advice from a Medical School Admissions Dean [for first gens]

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Who is here today?

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What comes to mind when you think of first gen and premed?

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What is the greatest strength you have as a first gen premed?

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Book Talk Objectives



SHARE INFORMATION ABOUT
MY WRITING PROCESS



PROVIDE PERSPECTIVE ON
NAVIGATING THE JOURNEY



ENCOURAGE STUDENTS TO
ACHIEVE THEIR GOALS

My journey to authorship

Ask how

Writing, writing, writing

send proposal

writing, writing, revising, writing, revising

get publishing contract

work on typesetting and final edits

do index!

final proof

publish

share

Cover Story

- **Lisa – Rutgers University Press Editor**
- **Sunny – first time author**

Lisa: “I'm excited to finally be showing you the cover that our designer created for your book. I think the bold color behind the title makes the title really pop, and I love how the simple image is able to encapsulate both the medical and academic sides of med school.”

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ADVICE FROM A
MEDICAL SCHOOL
ADMISSIONS DEAN

SUNNY NAKAE



Premed PREP

Advice from a medical
school admissions dean

SUNNY NAKAE



Sunny: “I would like the font to be more casual, but still strong. I would like it to look inviting and warm, like a letter. My vision is that people know from the cover that this is a different kind of book. I think the title conveys authority, so the style of the cover should foreshadow the content a little more. I would like the photo to communicate a journey, a pathway, and more than one person. It should look qualitatively different than the premed prep books out there.

“I am speaking to premeds who come from a different background or find themselves in different experiences than the general premed guidance books consider (postbaccs, re-applicants, undocumented, etc). I would like the art to convey pluralism. I'm sending some crude designs that convey my vision in hopes that your designer can more fully capture what I envisioned for the cover. I would be happy to chat live if this doesn't make sense.”

Premed PREP



*Premed
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Lisa: “We've been discussing your feedback and can definitely see that the first design didn't convey the warm, personal, and accessible tone of the book. I've shared your examples with everyone, and we're now rethinking and looking to go in a different direction. We done some photo research and the attached image stood out to us--what do you think? We wanted to show you before making a complete new design around it.”

Sunny: “Thanks for considering my feedback. The proposed photo doesn’t speak to me for a few reasons. It’s too specific - my brain immediately goes to who is missing from the photo (black men, Latinx men, Asian men, indigenous women, etc). It’s too generic - the scrubs could be anyone in healthcare. Not all premeds work in healthcare or have access to hospitals or clinics for experiences. I do not want the photo to convey one pathway. Also the AAMC has used that photo already (it came up on my image searches).”

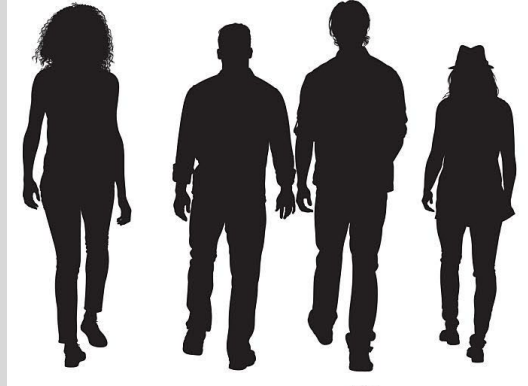
“I would like the cover to communicate diversity of all types. I would like that diversity to be as broad as possible in terms of race, gender, gender expression, age, etc. I worry that a photo of people I don’t know personally will seem insincere. I would also like the cover to communicate humanness and the varied pathways students can take to navigate premed. Would something like this work?”





Sunny: “Just trying to brainstorm here. I did like the white coats hanging up, as they communicated many students and an aspirational goal. Premeds aren’t doctors yet. They don’t have tools like stethoscopes and such yet. I also want to convey community and unity. That my book is not an insider cutthroat strategy book for you to gain advantage over someone, but rather a guide for your personal growth and success on the journey.”

“here are a few more ideas...”



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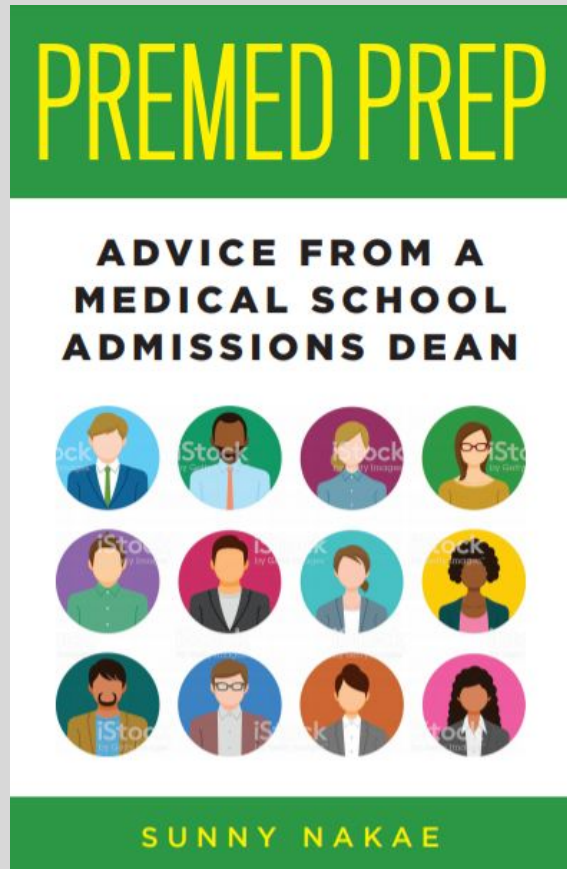
Lisa: “Our marketing department really liked the first image you sent, which they feel did a good job of portraying the warm tone you were looking for while showing a diverse group of people. We've done some image research to find similar images. I've attached some here--what do you think?”



Sunny: “Hi Lisa, Thanks so much for working with me to do a cover that feels right. I really like the one with individuals in circles (with no faces). The people in the other two seem too old to be premed and the faces make it less appealing. The colors are more vibrant and young in the circles one too. :) Thanks!”

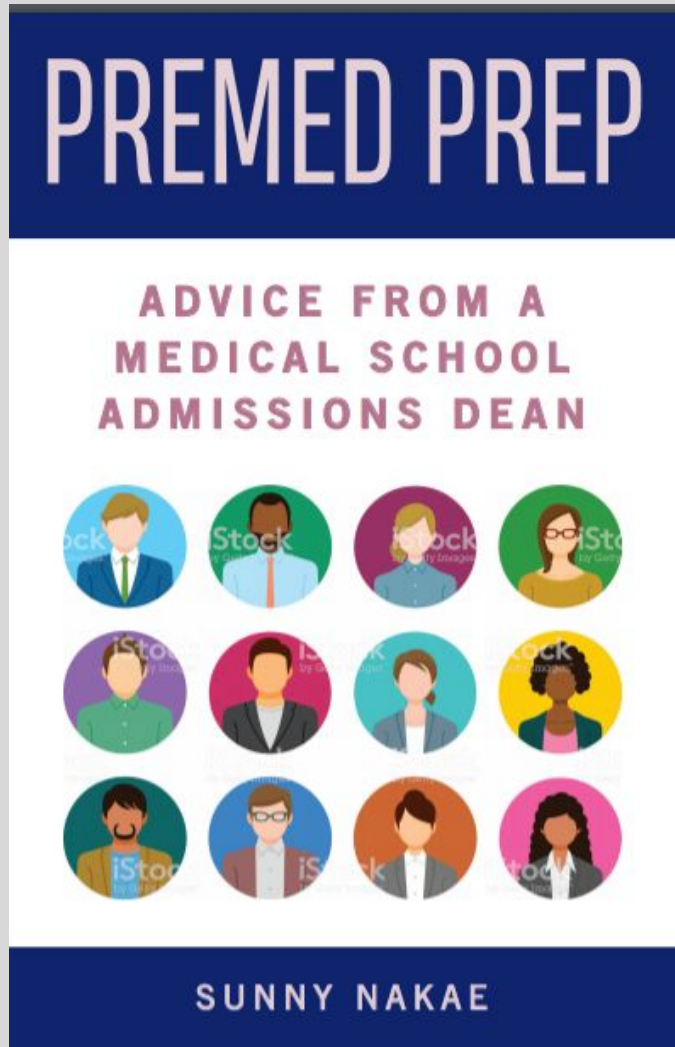


Lisa: “Here’s what we came up with.”



Sunny: “I love the design! I like the yellow letters, but I’m not crazy about the green. Is there another color? Would I be able to see it in royal blue, dark blue, or a darker shade of green? Thanks!

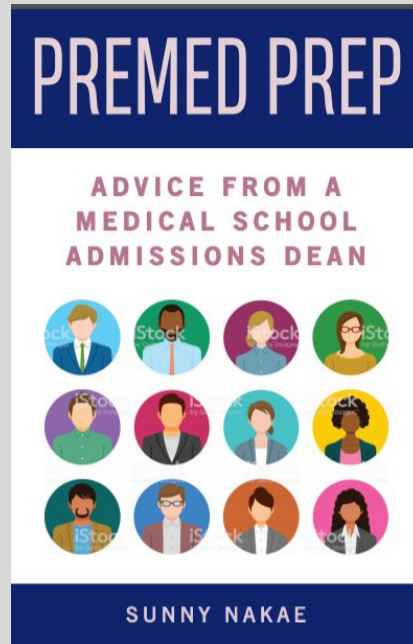
Also, I showed this to a friend and she asked about credentials. Would we list “MSW, PhD” after my name? Or is it publisher standard not to do that?



Lisa: “I'm really glad that you love the overall design! We actually had a couple different variations from the designer, including a blue one, so I've attached that here. What do you think of this version? (We were very close to choosing this one to send you, but decided on the green because we liked the yellow lettering.) The text uses more of a dusty lavender (I'm not a designer, but that's how I'd describe it), which I think is also really nice.

We usually don't include credentials on covers but I'll double check with our marketing department if they think we should in this case.”

Sunny: “I really like the blue one. Can we make Premed Prep yellow and the Advice from... part black? or the same dark color blue? that would be the best of both worlds.”

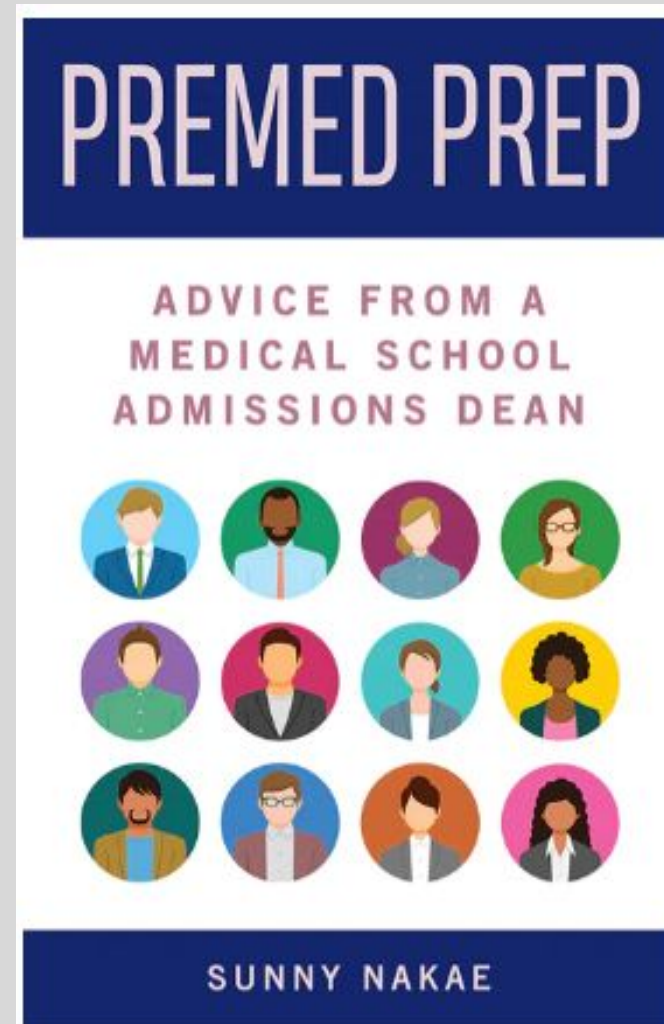


Lisa: “I see what you're saying, but we think the color combinations that the designer suggested work better together. Do you prefer the green/yellow or the blue/lavender?”

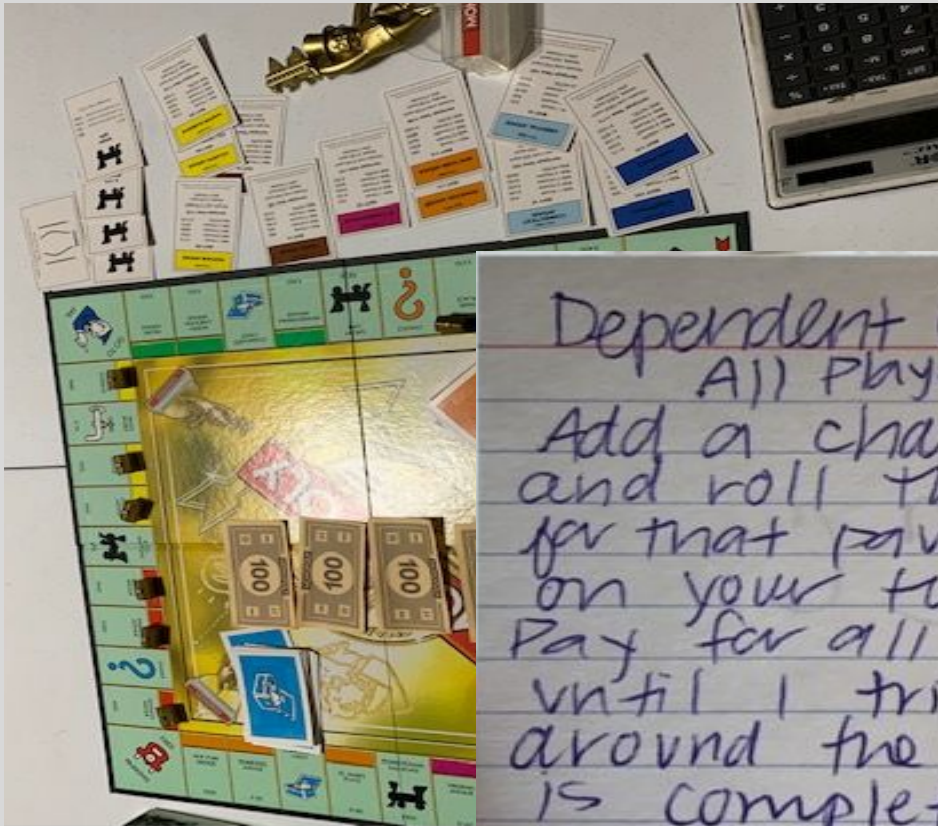
I also checked with our marketing department about including your credentials on the cover. They think it's better to leave them off the cover but they will be included inside the book in your About the Author section.”

That's a wrap!

Sunny: "I'm going to go with blue/lavender. :) And I'm fine with just my name on the cover. I sampled my bookshelf, and it seems more standard to only have author names."



RULES OF THE GAME



Dependent Card
All Players
Add a character
and roll the dice
for that pawn
on your turn.
Pay for all stops
until 1 trip
around the board
is completed.
*no purchases

Pandemic
No one
pays rent
for the next
3 turns.

Govt Relief
The bank
pays all
rent for the
next 2 turns.



FIVE SPOILERS!

From the book

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What advice have you been given about GPA and premedical preparation?

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#1 Be quick, but don't hurry

- Your GPA won't get you in, but it can keep you out.



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How does comparing yourself to others impact your confidence and progress?

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#2 Own your journey



- As a first generation college student
- As a minority student
- As an undocumented student
- As a career changer
- As a reapplicant
- As a post bacc student
- As a parent
- ...

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What do you think gives premeds a competitive edge?

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#3 The secret to competitive edge is

Growth

Connection

Systems
thinking

Leadership

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What is the purpose of a personal statement?

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#4 Avoid the meaningless donut

Writing a powerful personal statement is a process, not an event.

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What resources do you have in your life to help you succeed?

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#5 Successful students access resources



- Boundaries
- Diversity within and between
- Resolving trauma
- Asking for what you need
- Vetting advice carefully



QUESTIONS?

Please feel free to keep in touch!

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Audience Q&A Session

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What questions do you have for me?

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Advice From a Medical School Admissions Dean

- Contact Dr. Nakae to join free monthly premed community chats:
premedprepadvice@gmail.com
- Twitter @DrNakae or IG= drnakae
- [Rutgers University Press](#) (use code RFLR19 for 30% off)
- [Barnes & Noble](#) (also on Nook)
- [Amazon](#) (also on Kindle)

