

Blueprint for Pre-Med Success:

Crafting Your Timeline, Self-Assessment, and Strategy for Medical School


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My goal is to help you unlock your full academic and career potential



Whether you're just starting or firmly on the path towards becoming a physician.

You will:

- **Learn essential tools to conduct a thorough self-assessment, craft a personalized timeline, and set yourself up for long-term success**
- **Learn how to manage coursework, extracurricular activities, and application timelines while also cultivating the mindset needed to thrive in the demanding pre-med environment**
- **Learn how to building a competitive application and overcoming challenges along the way.**

What has prepared me for today?



Who Am I?

- 20+ years of health professions advising (MD/DO, PA, DDS, Pharm, Opt., RD etc)
- UCD and Stanford SOM, SJCC, SJSU, UCSC, UC Berkeley
- Skilled at both Academic and Career Advising (Counseling, Coaching), Masters Educational Counseling
- 10+ years working in community/public health as Health Educator, Community Outreach, Program Administrator
- In a typical academic year I have met with about 800 pre med students. How many have I served in my career? I have seen a lot, learned a lot and YOU continue to inspire me.
- Immigrant, First Gen, Former Farmworker, Married, Father, Grandfather, Gardner.
- Gate-Keeper VS. Coach. **Beware of the gatekeepers!**

Demystify the journey of becoming a successful pre-med student



The information may seem very general to some of you but please stay tuned in because you will still learn something. Listening is a very important skill for a good doctor to have.

Today's information is the next level of foundational knowledge. The previous workshop was the first level of the foundation.

I am going to address you as if you are a committed pre med student. However from my experience some of you will change major and career several times before you find your niche. Hopefully the change is your choice and not because someone (advisor, peer, parent) told you “you can't be a doctor, become a...”

Whatever you learn today can also be applied to becoming a PA, NP, DPT, OT, DDS, RD, RN, etc. Whatever career you choose can be used to improve the health of your community



Overview and Reverse Engineering



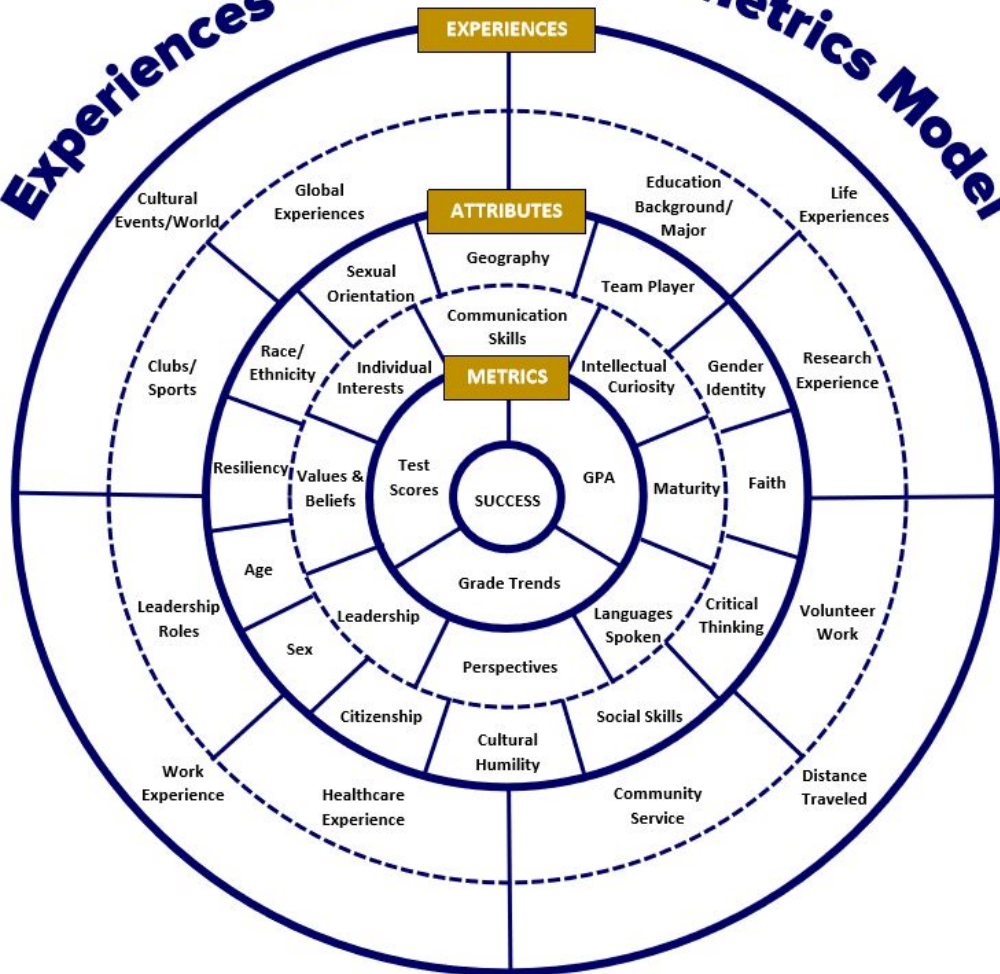
What are the components of the medical school application process?

1. Primary application ([AMCAS](#))
2. Secondary or Supplementary application
3. Interview
4. Accepted :) or not :(

Where in this continuum do the [Letters of Recommendation/Evaluation](#) fit in?

Medical Schools (150) are practicing **HOLISTIC REVIEW!**

Experiences - Attributes - Metrics Model



Association American Medical Colleges (AAMC)- Anatomy of an Applicant



Start with this link: <https://students-residents.aamc.org/media/10606/download>

The Premed Competencies and What They Mean.

The 17 Premed Competencies for Entering Medical Students help communicate the standards expected of all applicants accepted to medical school. These competencies were identified as essential for success in medical school and in the field of medicine. They were developed with extensive input from representatives in admissions, student and diversity affairs, faculty, students, and prehealth advisors:

Professional Competencies

1. Commitment to Learning and Growth
2. Cultural Awareness
3. Cultural Humility*
4. Empathy and Compassion
5. Ethical Responsibility to Self and Others
6. Interpersonal Skills
7. Oral Communication
8. Reliability and Dependability
9. Resilience and Adaptability
10. Service Orientation
11. Teamwork and Collaboration



Two More Competency Areas



- Thinking and Reasoning Competencies
- Science Competencies

Next Step: Premed Competency Experience Worksheets

Self Assessment as to where you are currently at.



Create an action plan with timeline

E.g.

- My current BCPM is 2.8 as a Soph. (30 semester units), having taken 2 semesters each of Bio, G-Chem, Ochem.
- Need Physics, Transfer? UD Biology courses including Biochem. About 6 BCPM courses.
- What would my GPA be if I get >3.5 in these remaining classes?

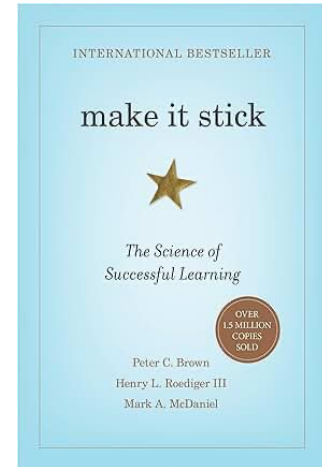
(USE AMCAS GPA calculator Tool to monitor current and future GPA)

- Use SMART goals to make a contract with yourself for next Academic year, starting with next semester
- Use UNC Learning Center to work smart, work hard, increase your cognitive efficiency (one step at a time.
- **DO NOT PLAN for a POST BACC!** **That is your safety net.**

Active Learning!

Context. Based on Meta Cognition and sound cognitive science.

1. Start with UNC Learning Center
 - a. -Tips and Tools Tabs- Handouts and Videos
 - b. Be More Productive-Time Management Reflection, Inventory and Action Plan
 - c. Study Smarter-Higher Order Thinking: Bloom's Taxonomy, Video, Learning Chemistry, Memorization Strategies, Video, Metacognitive Study Strategies
2. Pre Med CC Workshop by Dr. Carmen Estrada Feb. 22, 2022 (IG)Website (Carmenladoctora)
3. Book "Making it Stick" (\$19)



GPA and GPA Trend

When you think* you will be ready to apply to med school and your Cum. BCPM GPA is...

Green= > 3.5 GPA

Yellow= 3.2- 3.5 GPA

Red= 2.8- 3.2 GPA

<2.8

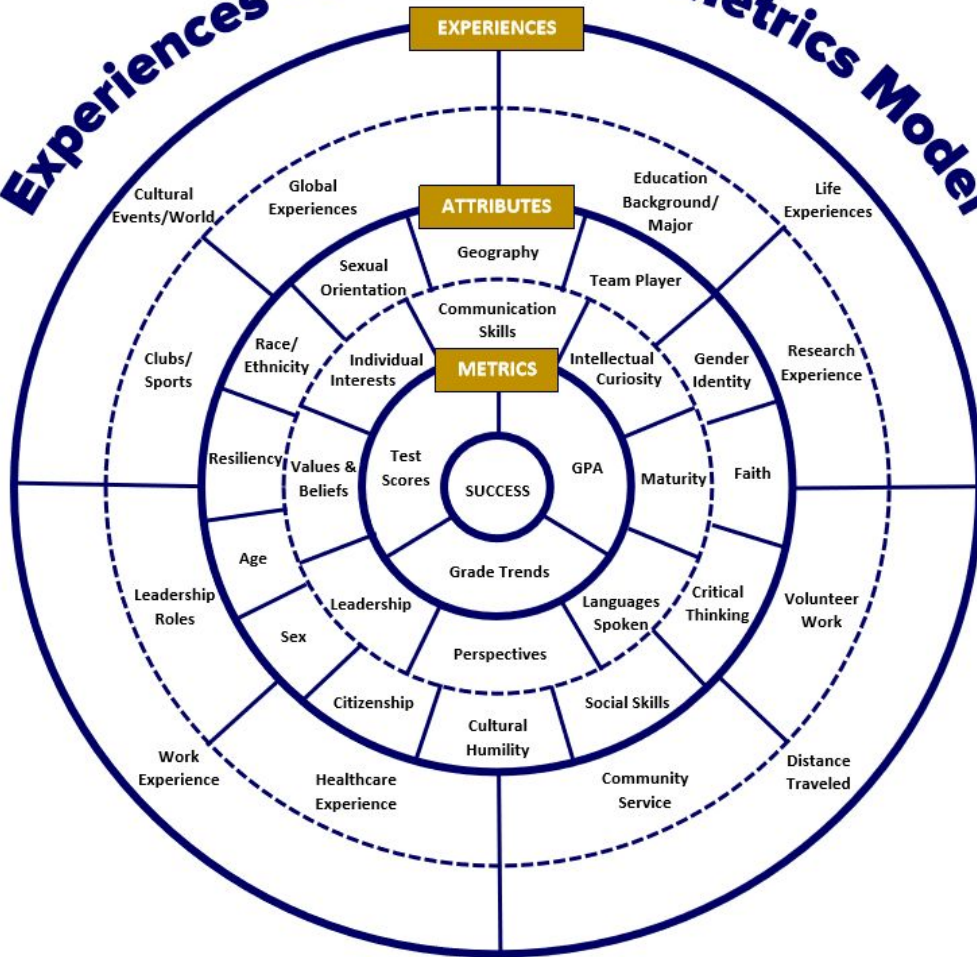
1. **These are not absolute**, they are based on my observations on many applicants
2. Is the Community College Science GPA less valued than the University Science GPA?

*Think:0,1,2,3 Gap years, Post bacc (CC DIY, Formal)

Sample GPA Trend Graph



Experiences – Attributes – Metrics Model



Medical College Academic Test–MCAT (The other Metric)



- Not a measure of intelligence (IQ).
- IS a measure of your ability to prepare and take standardized Exams that are of HIGH Science rigor (Hard). Times -Stressful.
- What is on the exam? See [Khan Academy MCAT](#) for free content that will demystify the MCAT

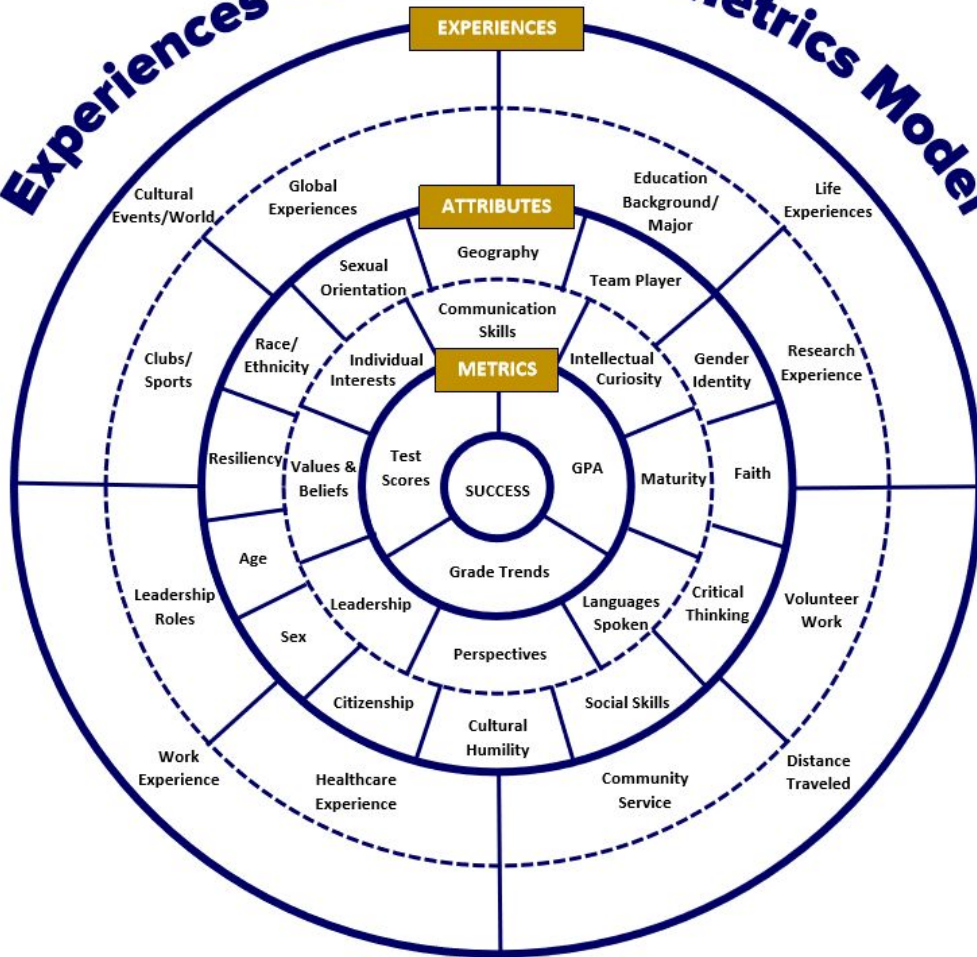
Recommendations: Preparing for the MCAT

Invest 3-4 solid months averaging 40-60 hours per week of quality test prep.



1. [FAP](#). [AAMC](#) Store
2. Full Length Practice Test starting at 8 AM, one sitting . Do not “over analyze” the score! Practice test are NOT predictors of how you will do in the actual exam.
3. Dissect the exam to identify your priority items (Test taking skills, certain content areas, bio breaks :), nutrition, sleep, anxiety
4. About 4 weeks of content review using AAMC, Kaplan, Princeton review.
5. Practice Test #2. Gauge your improved comfort level
6. Problem sets, with occasional content review when you ID weak areas
7. Rinse and Repeat (4 and 5)
8. Take an occasional day for self care (Mental, spiritual, physical, social). Avoid excesses. Stop MCAT prep 2-3 days prior to focus on controlling anxiety, sleeping well, building up your mental/physical stamina. Stand and Deliver

Experiences – Attributes – Metrics Model



Primary Application



1. Background Information (Biographical and personal)
 - a. Name, address*, date of birth*, schools attended, citizenship*, ethnicity*, how pay for education*, about your parents etc.
 - b. Other impactful Experiences

2. Activities Section

a. Work, Volunteer, Health Care/Clinical Experience, Research

3. Academic history* (see next slide)
4. Personal Statement (5300 characters) Why MD and why you?
5. Letters of Evaluation

Med School Admissions is a very competitive process: 23,000 new med students in 2024 and 53,000 applicants= 57 % of the applicants were rejected.

Q. “How do I Stand out?” “ What can I do to be noticed?”

A. **Be your authentic self! Be your authentic self! Be your authentic self!**

Experiential learning



What do pre med students typically write about in their AMCAS Experiences section?

- Volunteer
- Work
- Clinical: MA, EMT, other (shadowing*)
- Health Care: Health Education, Patient Navigator, Hospital Volunteer, Medical Scribe*
- Global Health
- Other

Keep a journal for these experiences. Date, hours, What did you do? What did you learn about medicine, health care, yourself, patient care, how did this impact you? Any anecdotal stories?

Do not aggrandize on your AMCAS experiences section. Be authentic Goal is to get to a level of “Humbly Confident.” All you need is One of the 159 (MD)+ 42 (DO)= 209 medical schools! As you get deeper into the admissions process your level of confidence will grow and hopefully peak during the interviews.

Homework



Make time to see the recordings at Pre Med CC in the “Past Events” tab:

- Dr. Lucero, Dean of Admissions at UCLA on April 5th 2024
- Dr. Arias, Dean of Admissions at USC on April 6th 2024
- Dr. Willies-Jacobo Dean of DEI at Kaiser-Tyson on April 12, 2024

