Inspirations and Aspirations

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At A Glance

- Private, Allopathic Medical School
- Founded in 1843, 150 acre campus, 3 miles east of downtown Cleveland
- Strong reputation in clinical training and research
- Leader in medical education and curricular innovation
What Makes Case Unique

Three Distinct MD Tracks

Innovative Curricula

Premier Teaching Hospitals

The Only Medical School in Cleveland

Broad Research Opportunities

Our Students

Among the Nation’s Top Medical Schools
Research And Discovery at Case

A Top Tier Research Institution

- Largest Biomedical Research Institution in the State of Ohio
- A rich environment for medical students to participate in research
- Numerous summer research opportunities for undergraduates
Our Teaching Hospitals

- Rainbow Babies & Children’s Hospital
- University Hospitals Case Medical Center
- Cleveland Clinic
- Department of Veterans Affairs
- MetroHealth

SCHOOL OF MEDICINE
CASE WESTERN RESERVE UNIVERSITY
More Clinical Opportunities

4 Large Teaching sites plus their hospital systems
  • 2,700 total beds

Cleveland Free Clinic, 2\textsuperscript{nd} oldest in the US
  • Student Run Free Clinic, Fall 2011

Local Health Clinics serving diverse patient populations:
  • Several others serving the underserved population
  • LGBT Pride Clinic, 1 of 12 in the US
  • Asia Medical Plaza
  • Outpatient clinic serving Hispanic population
  • Senior Wellness Center
Other Special Opportunities

• Academic Societies
• Center For Global Health and Diseases
• Center for Reducing Health Disparities
• Skills and Simulation Center
• Office of Urban Health and Urban Health Education Center
• Local Philanthropic Service Opportunities
• Numerous Student Organizations
Our Medical Programs

3 Distinct Tracks to Obtain an MD:

University Track – 4 Yr. MD

Cleveland Clinic Lerner College of Medicine – 5 Yr. MD

Medical Scientist Training Program – 8 Yr. MD/PhD
Joint Degree Programs

- MD/MPH – 5 yrs.
- MD/MS in Applied Anatomy – 4 yrs.
- MD/MA in Bioethics – 4 yrs.
- MD/MS in Biomedical Engineering – 5 yrs.
- MD/MS in Biomedical Investigation – 5 yrs.
  - Nutrition, Neurosciences, Pharmacology, Biochemistry, Physiology, and Biotechnology to name a few.
- MD/PhD Health Care Policy – 7 yrs.
- MD/MD/PhD Systems Biology and Bioinformatics
- MD/MBA – 5 yrs.
- MD/JD – 6 yrs.
The Medical Scientist Training Program

“MSTP” – MD/PhD
• 8 yrs. to complete
• 11-14 students per class

Dissertation research
• Biochem to Biophysics
  16+ programs of study

Federally-funded: Support includes full tuition and a monthly stipend

*International students are not eligible
*Significant research is required
*Calculus is required (1 sem)

10-11 MSTP Application Statistics:
320 Applications > 66 Interviews > 12 Students
The Cleveland Clinic Lerner College of Medicine

**College Track**
*Training Physician-Investigators*

- 32 students per class
- 5 yr. program
- Problem-Based Learning
- Learn methods and principles of basic and clinical research
- Combines research thesis with an integrated research curriculum
- Graduate with M.D. with Special Qualification in Biomedical Research

**Tuition-Free**

** Biochemistry Pre-requisite (1 sem)
** Research Required

10-11 College Track Application Statistics:
1,745 Applications > 250 Interviews > 32 Students
The University Track

Training Physician-Scholars
- 155 students per class
- 4 yr. program
- Research is not required to apply

The Western Reserve Curriculum
Unique, integrated curriculum of basics sciences, medicine, and public health

Understand The Interplays Between:
- Biology of disease and social and behavioral context of illness
- Individual patients and public health
- Clinical medicine and population medicine

10-11 University Track Application Statistics:
4,764 Applications > 869 Interviews > 155 Students
The Curricular Structure

Major differences compared to previous curriculum:
- Less lecture, less redundancy
- Incorporates small group, case-based learning
- Required to attend small groups
- Nearly paperless, “eCurriculum”
- MD Research requirement

The WR₂ structure and philosophy is being emulated by medical schools across the country.
Curricular Highlights

Graduate School-style Environment
- 20 hrs. of class a week; 8am – 12pm
- 50% small group, case-based learning
- 50% large, framing lectures

Noncompetitive Learning Environment
- Pass/Fail in Years 1 and 2. No Class Ranking

Block 1 Becoming A Doctor
Clinical Experiences begin in September of 1st year, numerous clinical elective opportunities
Cornell 2009 – 2010 Application Statistics

485 Total Applicants to Medical School

280 Accepted
  11.3 PS
  11.5 BS
  10.4 VR
  33.2

To Case:
  134 Applicants
  40 Interviewed
  18 Accepted
  7 Matriculated

3.53 Science GPA
3.59 Cumulative GPA

2010 – 2011 Application Statistics

124 Total Applications to Case
  27 Interviewed
  12 Accepted
Notre Dame 2009 – 2010 Application Statistics

296 Total Applicants to Medical School

193 Accepted
   11.0  PS
   11.0  BS
   10.5  VR
   32.5

3.50  Science GPA
3.60  Cumulative GPA

To Case: 75 Applicants
          24 Interviewed
          13 Accepted
          7 Matriculated
Purdue 2009 – 2010 Application Statistics

133 Total Applicants to Medical School

58 Accepted
  10.7 PS
  10.8 BS
  9.8 VR
  31.3

3.70 Science GPA
3.74 Cumulative GPA

To Case: 21 Applicants
  5 Interviewed
  3 Accepted
  2 Matriculated
So, you want to go to medical school….
How Long Does The Application Process Take?

About 1 YEAR!  (Really, 4 years)

When should you apply?

Most applicants apply after their Junior year.

However, apply when you feel ready!

Admissions Tip: Applying a year or two after graduation is great as long as you plan to do something meaningful during the gap years.
How Much Does the Process Cost?

• MCAT $230
• MCAT prep course (optional) $1,600
• MSAR $25
• AMCAS $160 first school (19 x $32) $768
• Secondary Applications (20 x $75) $1,500
• Travel (10 interviews) ½ plane/½ auto $1,500
• Suit: a nice one, and shoes $200
• Misc fees/costs, transcript/MCAT transfer $200

TOTAL $6,023

* Fee Waivers are available for MCAT, AMCAS, & Secondaries for those who qualify
First Things First

Fulfill Prerequisites:
One year of…
  General Biology
  General Chemistry
  Organic Chemistry
  Physics
  Don’t forget the labs!

One semester of…
  English

Other School-Specific Courses…
  Biochemistry?
  Calculus or Statistics?

These are school-specific - check MSAR!

Additional Advanced Coursework: Physiology, Anatomy, Genetics, Biochemistry, Molecular Biology, Microbiology, and other upper level science coursework

Admissions Tip: Post-Bacc Programs are an option if you are a non-science major or need redemption.
Get Involved!

Medically-related experiences: **A MUST!**
- Physician Shadowing, Hospital Volunteer, Hospice Volunteer, Etc.
- Have you explored? Do you know what you’re getting yourself into?
- Better understand the daily demands, sacrifices, and challenges

**Extracurricular Activities:**

Choose things that interest *you!* Avoid the “Pre-Med Checklist”

Community, Clubs, Fine Arts, Sports, Research, Employment, Others

*More “value” may be placed on the length, depth, and quality of experiences of the experiences VS. the number of experiences*
The Next Steps

Medical College Admissions Test (MCAT)

- Biologic Sciences
- Physical Sciences
- Verbal Reasoning
- Writing Sample

1-15 for each section
45 maximum score

J-T

Sample Composite Score = 13 BS, 12 PS, 11 VR, R WS = 36R

Average MCAT Score for all 2010 Matriculants in the US (18,665) = 31.1

MCAT is entirely computer-based – 20 offerings/yr. (AAMC.ORG)

When do you take it? Typically, after the pre-reqs. have been completed (after Junior Year)

Admissions Tip: Take it when you feel best prepared and don’t take a real one for practice!
Know Your Resources

**Medical School Admissions Requirements Manual (MSAR)**
- Information on all US Allopathic Medical Schools
- School data
- Includes 4 year undergraduate timeline
- Suggestions for building a competitive application

**AAMC.ORG** – a lot of web-based resources for prospective applicants
- Association of American Medical Colleges

**Pre-medical Advisors**

**NAAHP.ORG**
- National Association of Advisors for Health Professions

**Grain of Salt:** Studentdoctor.net & MDapplicants.com
Choosing Medical Schools

Considerations:

- Curricular structure:
  - Lecture, Small-groups, Case-based
  - Organ-based, Biological Systems-based
- Grading system
- Large classes or small classes
- In-state vs. Out-of-State admissions preferences
- Location: Urban vs. Rural setting, patient population
- Public vs. Private
- Research-focused, Primary Care-focused
- Class demographics
- Cost

RESOURCES:

- Pre-med Advisors, MSAR, School websites and literature

The Application

AMCAS = American Medical College Application Service (AAMC.ORG)
- aka, “Primary Application”
- Similar to undergraduate “Common Application”

Document and Describe:
- Biographical information
- Entire Academic History (transcript)
- Extracurricular Activities
- Personal Statement – “Why are you interested in medicine?”
- Designate Letters of Recommendation
- Select Medical Schools

NEW 2011-2012: Applicants must acknowledge that written descriptions and essays are their own work.

Admissions Tip: Choose an appropriate email address and picture for your application.
Extracurricular Descriptions

- Be informative, yet succinct
- What did you learn from the experience?
- Don’t embellish
- Don’t forget work history!
- Can also include hobbies and interests

NEW 2011-12: Identify and elaborate upon 3 most meaningful experiences on AMCAS

AMCAS “Why Medicine?” Personal Statement

- Avoid restating your entire resume
- Avoid clichés “I like to help people” and “I like science”
- PROOFREAD! Have other people read it!
- Should be your original work
- Use paragraphs
- Watch the over usage of “I”
- We do read them

Admissions Tip: Keep a journal or portfolio to record your experiences and thoughts!
You’re Not Done Yet

Once Medical Schools Receive Your “Primary” AMCAS….

Secondary Applications – School Specific & more $
COMPLETE EARLY

Generally, Require More Essays
Examples:
• Personal Development
• Research/Scholarship Experience
• Why are applying to their School?
• What individual quality will you bring to their class?
• Life challenges, moral or ethical dilemmas

Admissions Tip: Secondaries are school-specific and help the school learn something important about you. Don’t cut and paste from different essays.
The Application Timeline

May 1 (On or About) = AMCAS becomes available
June 1 (On or About) = Can begin submitting your application

Submit AMCAS EARLY! EARLY = June – August

Don’t wait until deadlines to submit your primary or secondary applications!
  • See MSAR for deadlines

You can submit your application without an MCAT score, pending an examination
  • Your call

July – October = Complete Secondary Applications

August – March = Interview

July – August = Medical School Begins

Admissions Tip: Apply early but don’t sacrifice the quality of your application.
The Interview

- Socially Adept, Communication Skills
- Self insight, ability to be Reflective
- Can work Collaboratively with a Team
- Motivation & Passion
- Maturity – Academically, Personally, Emotionally, and Professionally
- Compassion, Respectful, and Honesty
- Willing to Sacrifice for Others
- Good fit the School

Admissions Tip: Avoid embarrassment --turn your phone off and don’t text during an interview day.
The Interview

• Come prepared & do your homework about the School!
• Be informed about current events and medically related topics in science/medicine in the news
• Have an opinion!
  It’s OK to disagree with you interviewer

Don’t rehearse answers!

• Practice interviewing
  • Note any repetitive behaviors or speech patterns: “Um”, “Like”, “Ya know”, “And what not”, playing with hair, cracking knuckles, fidgeting
  • Maintain good posture & eye contact

Bring Your Own Questions!!

www.aamc.org

“35 Questions I Wished I Had Asked!”

Admissions Tip: AAMC performs a criminal background check on all accepted applicants
Roughly, 43% of applicants were accepted to medical school in 2010.

What if you aren’t accepted?

- Seek advice
- Analyze your application weaknesses
  - GPA?, MCAT?, Experiences?, Interview Performance?, Late Application?
- Take the time to improve your application and reapply when you can present those improvements - not while you’re working on the improvements.

There is no shame in reapplying to medical school!

25% of the 2010 application pool were re-applicants

Admissions Tip: If reapplying, write new essays! Don’t copy and paste from a previous application.
Final Tips

There is no magic formula…

• Be organized – keep a journal/notebook/binder?

• Monitor the progress of your applications

• Sloooowww down & READ everything CAREFULLY

• Pay attention to details (deadlines, application directions)

• Have patience

• Meet with and Listen to your advisors
Thank You!

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