



# 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**



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# What **Makes Case Unique**

**Three Distinct MD Tracks**

**Innovative Curricula**

**Premier Teaching Hospitals**

**The Only Medical School in Cleveland**

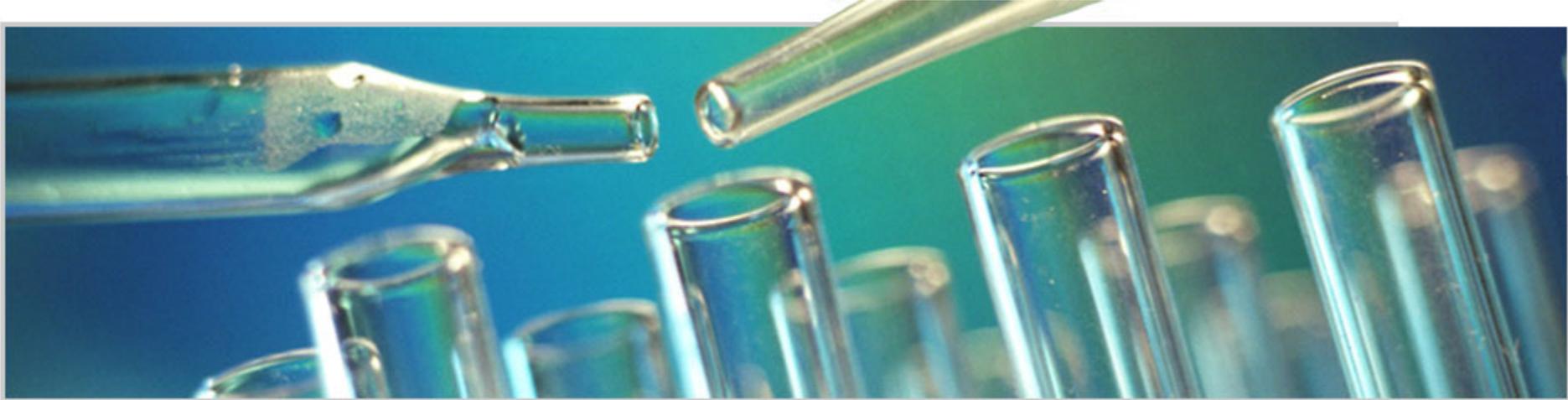
**Broad Research Opportunities**

**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**



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# Our Teaching Hospitals



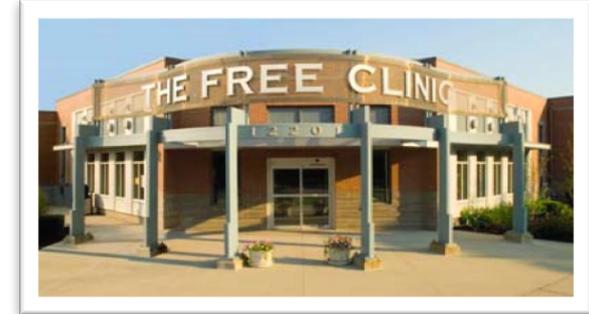
# More Clinical Opportunities

4 Large Teaching sites plus their hospital systems

- 2,700 total beds

Cleveland Free Clinic, 2<sup>nd</sup> 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



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# 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



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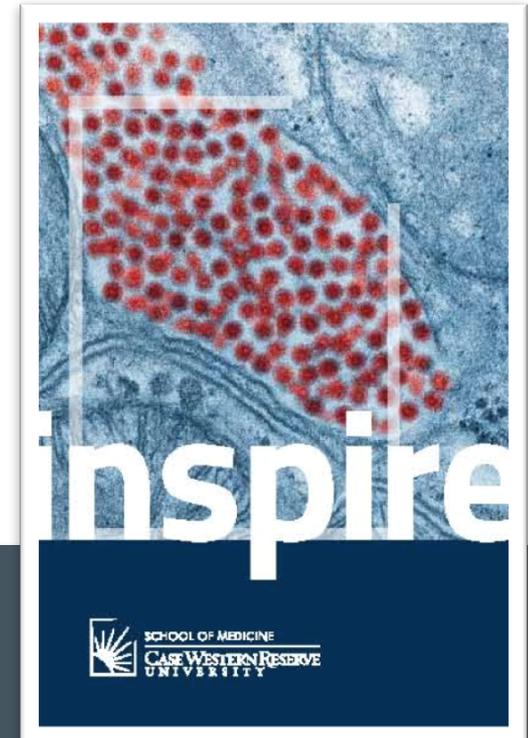
# Our Medical Programs

## 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



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# 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.



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# 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)



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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



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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<sub>2</sub> 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



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

# The Curricular Structure

## THE WESTERN RESERVE<sub>2</sub> CURRICULUM

Year I 2011	Year II	Year III	Year IV 2015
<i>The Foundations of Medicine and Health</i> (20 months, including summer break)	<i>Core Clinical Rotations</i> (48 weeks, flexible scheduling)	<i>Research &amp; Scholarship</i> (16 week block plus electives, flexible scheduling)	<i>Advanced Clinical and Scientific Studies</i> Capstone: Return to "Becoming a Doctor II" (10 months, flexible scheduling)

**Redesigned in 2005**

### **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 First Two Years

July 2011

## The Foundations of Medicine and Health

February 2013

Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
<b>Becoming A Doctor</b>	<b>The Human Blueprint</b>	<b>Food to Fuel</b>	<b>Homeostasis</b>	<b>Host Defense and Host Response</b>	<b>Cognition, Sensation, and Movement</b>
5 weeks	11 weeks	11 weeks	14 weeks Including 1 Introductory Foundation Week	14 weeks Including 2 Introductory Foundation Weeks	14 weeks Including 1 Introductory Foundation Week
Community Health-Related Experiences	1 Week Clinical Immersion	1 Week Clinical Immersion	1 Week Clinical Immersion	1 Week Clinical Immersion	1 Week Clinical Immersion
Professionalism, Population Health, Intro to Medical Anatomy & Histopathology, Bioethics, Epidemiology, Biostatistics, Health Disparities	Endocrinology, Reproduction, Development, Genetics, Molecular Biology, Cancer Biology	Gastrointestinal, Nutrition, Energy, Metabolism, Biochemistry	Cardiovascular, Pulmonary, Renal, Cell Regulation, Pharmacology, Cell Physiology	Immunology, Microbiology, Blood, Skin, Auto-immune, 1 Intro Week of Musculoskeletal	Neurology, Mind, Musculoskeletal, Cellular, Neurophysiology
Reflection & Integration (Exam Week – No Anatomy or Histo)	Reflection & Integration (Exam Week)	Reflection & Integration (Exam Week)	Reflection & Integration (Exam Week)	10 Week Summer Vacation	Reflection & Integration (Exam Week)
<b>LONGITUDINAL THEMES THROUGHOUT YEARS ONE AND TWO:</b> <b>Structure:</b> Anatomy, Histopathology, & Radiology <b>Pharmacology</b> <b>Foundations of Clinical Medicine:</b> Tuesday Seminars, Medical Communication, Physical Diagnosis, Patient-Based Experiences (RAMP, CPCP)					



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# 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 1<sup>st</sup> year, numerous clinical elective opportunities

Typical Weekly Schedule for Foundations of Medicine and Health (20 months) – 20 contact hours

	Monday	Tuesday	Wednesday	Thursday	Friday
8-10 AM	Case Inquiry Teams Case-Based Learning (10 students per team)	Foundations of Clinical Medicine	Case Inquiry Teams	Structure Review	Case Inquiry Teams
10 AM-Noon	Lecture or medium groups	Structure Lecture or Lab	Lecture or medium groups	Block Review	Lecture or medium groups
Noon-On	Self-Directed Learning				
Clinical Skills One Afternoon Per Week (RAMP, CPCP) and Optional Clinical Opportunities					



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# 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



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# 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



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# 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



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So, you want to go to medical school.....



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# 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!



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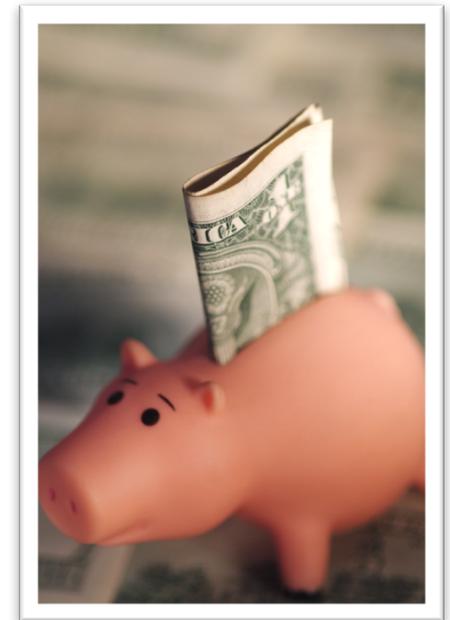
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Admissions Tip: Applying a year or two after graduation is great as long as you plan to do something meaningful during the gap years.

# 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

Case Western Reserve University School of Medicine **OH**

### Premedical Coursework

On-line courses accepted in fulfillment of prerequisites: On a case-by-case basis

Course	Req.	Rec.	Lab.	Sems.	Course	Req.	Rec.	Lab.	Sems.
Inorganic Chemistry	*		*	2	Genetics				
Behavioral Sciences					Humanities				
Biochemistry		*		1	Organic Chemistry	*		*	2
Biology	*		*	2	Physics	*		*	2
Biology/Zoology					Psychology				
Calculus					Social Sciences				
College English	*			1	Biochemistry for CT	*			1
College Mathematics					Calculus for MSTP	*			2
Computer Science					Epi/biostats		*		1

Selection Factors: 2009 Accepted Applicants

# Get Involved!

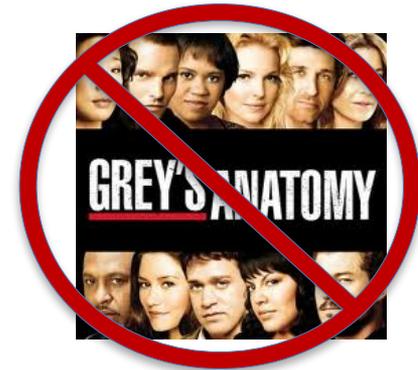
## Medically-related experiences: A MUST!

- 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



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# 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)



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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

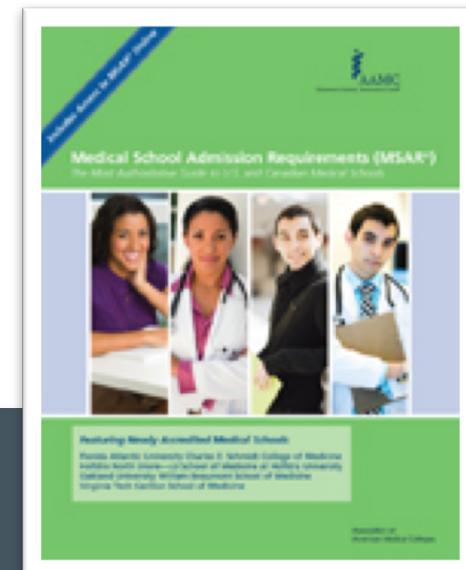
- Association of American Medical Colleges

## Pre-medical Advisors

## NAAHP.ORG

- National Association of Advisors for Health Professions

**Grain of Salt:** Studentdoctor.net & MDapplicants.com



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# 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



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Admissions Tip: Look beyond US News Rankings for criteria for school selection.

# 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.



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

# The 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**



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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



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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



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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



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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](http://www.aamc.org)

“35 Questions I Wished I Had Asked!”



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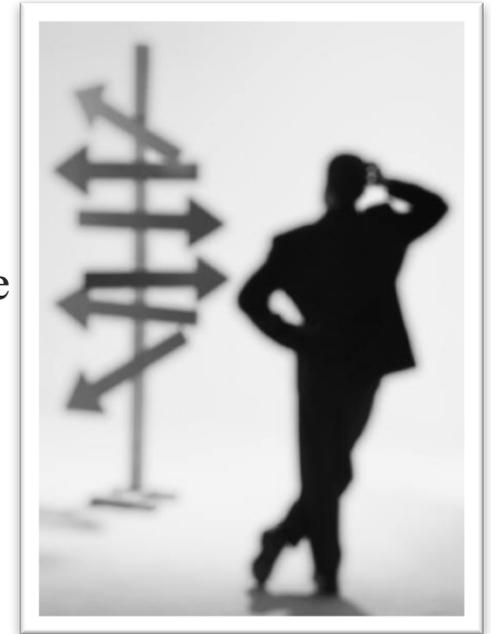
Admissions Tip: AAMC performs a criminal background check on all accepted applicants

# Plan B

**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**



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**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



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Thank You!

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