

Medical Careers Advisory Committee (**MCAC**)

- Sudhir Nayak, Ph.D.
 - Professor
 - Biology Department
 - Director 7-year BS MD and BS OD programs
 - Chair Medical Careers Advisory Committee

- Ms. Helen Kull
 - Biology Department
 - Program Assistant
 - MCAC Advisor
 - Knower of things

Pursuing a Career in Medicine?

Apply Now for a **Medical Scribe** Position
with **RWJBarnabas Health**!

Benefits of Working as a Medical Scribe

- ❑ Work directly alongside clinicians as an active member of the healthcare team
- ❑ Develop expert documentation skills and learn about medical decision making
- ❑ Gain valuable healthcare experience in a fast-paced clinical setting

WANT TO LEARN MORE?

Attend our upcoming *Virtual Information Session* on

Tuesday, 9/27/2022 from 4pm-5pm

REGISTRATION INFORMATION WILL BE SENT AFTER MEETING

Who are we looking for?

- ❑ Pre-Health **undergraduate students** (*Freshman through Senior Year*)
- ❑ **Rising Seniors** possibly taking a Gap Year
- ❑ **Graduate students**

RWJ Barnabas Health is holding a **Medical Scribe Virtual Information Session on Tuesday 9/27/2022 from 4PM – 5PM**. Click the link below to register.

[REGISTER NOW](#)

Please note: Everyone who signs up will receive a link via email to join the session 24 hours prior.

RWJBH Leadership will provide details on the Medical Scribe role, describe the candidates they are looking for, review the application process, and take time at the end for questions. For questions or more information on the virtual information session, please contact Joseph.Welsh@rwjbh.org.

- If you are on the AMSA email list - you will receive an email very similar to this
- Use it to register for the Virtual Information Session

- Assist TCNJ students and alumni who seek to apply to medical school or other post-graduate health professional schools
- **The Composite Letter** (aka Committee Letter)

Ad Hoc MCAC Members:

Biology

Chemistry

Engineering

Public Health

Psychology

What is “pre-med” at TCNJ?

- PAWS designation for advising purposes
 - It is not a major or specific major classification
- Any student that takes the required courses (later)

Pre-Medical Support

- Not restricted to any major or school
 - Pre-medical track not required
 - The MCAC works with ANY MAJOR
 - Provide advice and mentoring
- **Programs that recommend an MCAC composite letter of support**

- **Recommend Composite letters**
 - Medical School
 - Allopathic/MD and osteopathic/DO
 - Optometry
 - Dental
- **DO NOT need composite letters***
 - Physician Assistant
 - Genetic Counseling
 - Accelerated Nursing - postgraduate
 - Others - **Keith Pecor, Ph.D, Professor of Biology**
 - Physical therapy, pharmacy, veterinary

Paths to Medical Career

- Apply as undergraduate at TCNJ
 - Generally senior year
- Apply as graduate after TCNJ
 - Gap year(s)
 - Apply after completing MS/PhD program
- 7-year Programs

Resources for Students

- Medical Careers Advisory Committee
 - MCAC Chair: Sudhir Nayak, Ph.D
 - Advice, mentoring, careers, composite letter
 - Ms. Helen A. Kull, Program Assistant
 - The most important one to know
- Information Sessions
- Pre-Health Professions Student Groups
 - AMSA, MAPS, HOSA, Delta Epsilon Mu
 - Health Professions Student Group (PAWS)
- Peers / community
- Our website: mcac.tcnj.edu

Rank these in order of importance

- Composite letter / letters of recommendation
- Medical College Admissions Test (MCAT)
- Extracurricular Activities (volunteer, patient contact)
- Interview evaluation
- Transcript (GPA, STEM coursework)

Rank these in order of importance

1. Medical College Admissions Test (MCAT)
2. Transcript (GPA, STEM coursework)
3. Extracurricular Activities (volunteer, patient contact)
4. Composite letter / letters of recommendation
5. Interview evaluation

Things to consider

- Chosen Major
 - Student interest
 - Focus of your undergraduate career
- Performance
 - In-major vs **pre-med requirements**
- Testing
 - MCAT, DAT, OAT
- Development / experience
 - Personal and professional
 - Measurable skills
- Relationships
 - Letters of recommendation

What do I need to apply?

- Undergraduate degree from an accredited college or university
 - Expected or in-hand
- Required coursework
 - Minimum -vs- recommended
- Appropriate standardized test- MCAT, DAT, OAT
 - Competitive scores vary with school
- Experience with patients
 - Shadowing -vs- direct patient contact (EMT, CNA, etc.)
- Composite letter (aka committee letter)
 - Not required*, strongly recommended

Required Coursework

- Required coursework (minimum coursework)
 - 2 semesters of Biology with laboratory
 - BIO 201 and BIO 211
 - 2 semesters of Inorganic Chemistry with laboratory
 - CHE 201 and CHE 202
 - 2 semesters of Organic Chemistry with laboratory
 - CHE 331 and CHE 332
 - 2 semesters of Physics with laboratory
 - PHY 201 and **PHY 202**

Additional Coursework

- Additionally, most medical schools also require
 - 2 semesters of English or “**writing intensive courses**”
 - 1-2 semesters of Math, Calculus (MAT 127) and Statistics (STA 215)
- Other recommended/required courses
 - BIO 231 Genetics
 - Biochemistry, Microbiology, Psych/Soc, etc.
- **NOTE:** Some courses have prerequisites/co-requisite
 - For example: CHE 201 pre or corequisite of MAT 120
 - BIO 211 is a prerequisite for BIO 231

Questions to consider

- Overlap is there between the major and the prerequisites
 - Room in your schedule to complete everything
- Will you have adequate time to pursue other interests
 - Athletics, minor, concentration, study abroad, extracurricular
 - Time to gain medical experience
- Summer coursework or stay an extra semester/year
 - Is that is reasonable to you?

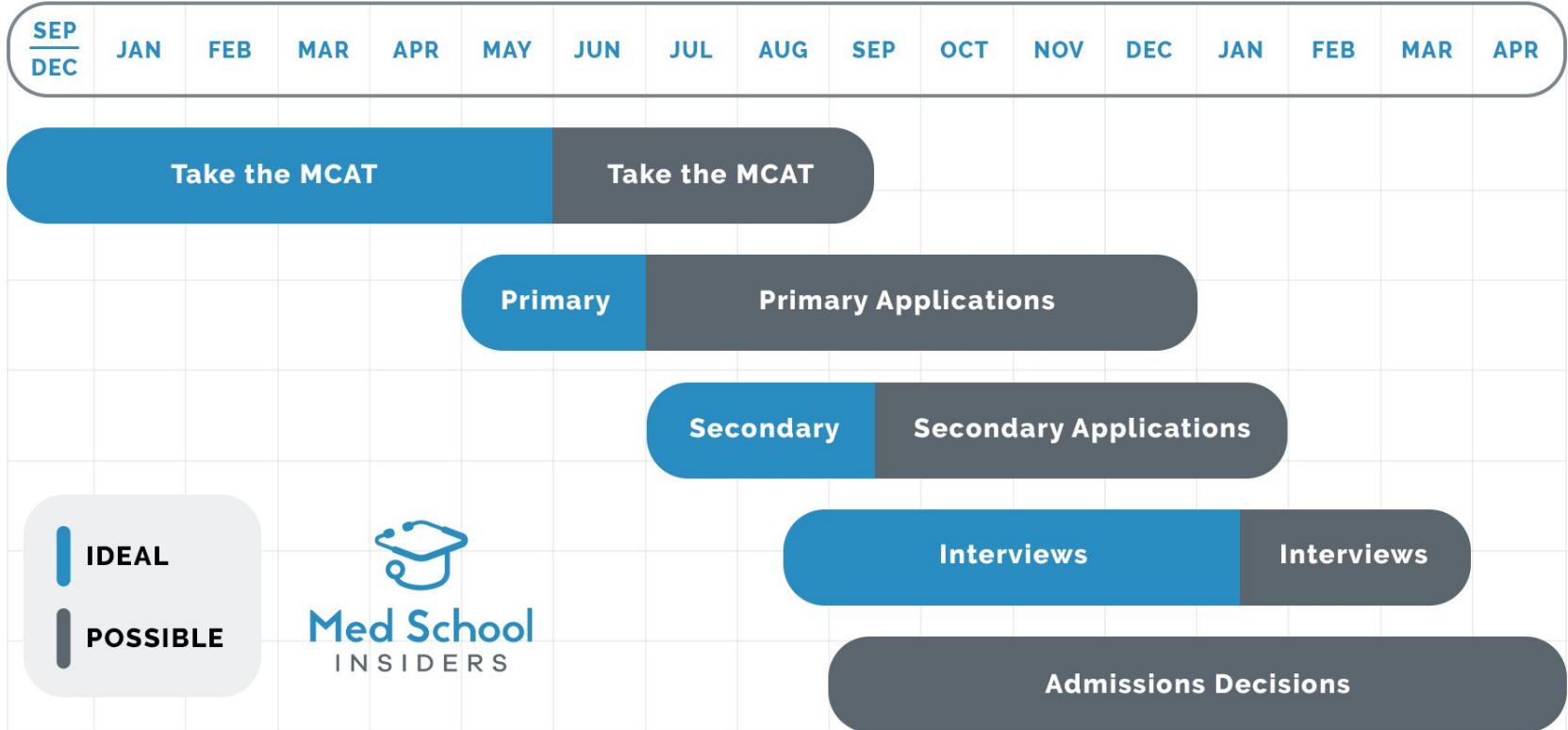
When should I start MCAT prep?

- No easy answer - entirely depends on on student
- Considerations
 - How is your will power?
 - How much time do YOU need to get the score you want?
 - Are you going to take a course? (\$\$\$\$)
 - Are you going to start studying as you finish that series of courses? Or after you finish them all?
 - CHE 201/202, CHE 331/331, PHY 201/202
 - How many practice tests do you think you will need?
 - Is it MD only or MD or DO?

MCAT preparation

- Biological and Biochemical Foundations of Living Systems
 - Biology, organic chemistry, inorganic chemistry, and biochemistry
- Chemical and Physical Foundations of Biological Systems
 - Biochemistry, biology, general chemistry, organic chemistry, and physics
- Psychological, Social, and Biological Foundations of Behavior
 - Psychology, sociology, and biology
- Critical Analysis and Reasoning Skills (CARS)
 - Reading comprehension - humanities and social sciences

Medical School Admissions Timeline



When to contact the MCAC?

- Anytime, for advice (Dr. Nayak)
- Formally, to start a file (Ms. Helen Kull)
 - **No earlier than Spring semester Junior year**
 - Select letter writers
 - Complete prerequisites
 - Gap year plan
 - **Are you a good candidate?**
 - Is your GPA competitive?
 - Do you have a plan for the MCAT?
- Do you even need a composite letter?

Who gets a composite letter?

- Students that follow instructions
- Each candidate is treated as a unique case
 - Transcript (GPA, coursework, rigor)
 - Testing (MCAT, DAT, OAT)
 - Application data
 - Medical experience, volunteering, long-term commitments, leadership, etc.
 - Letters of recommendation
 - Other
 - Job, athletics, special circumstances, etc.

What's in the composite letter?

- Undergraduate highlights
 - GPA, academic awards, coursework, scholarship
 - Mentoring, tutoring, community, research, leadership, etc.
 - Working toward the greater good
- Medical / clinical exposure
 - Shadowing, EMT, CNA, pharmacy tech, clinic work, etc.
- Letter of letters
 - Summary of letters, trends, common themes
- Commentary
 - Extenuating circumstances, special considerations, atypical students, exceptional performance, high/low MCAT, etc.
 - Incongruent GPA and MCAT

What happens to the letters of recommendation?

- Final upload contains ALL of the individual letters used to generate the composite letter
 - AMCAS and the med schools require original copies
- Medical school admissions committees can read everything that was written for a particular candidate

Are you a good candidate for medical school?

- Academic measurables
 - MCAT score, GPA, transcript, courses, preparation
- Letters of recommendation
- Clinical experience
 - For example: 1000hrs as an EMT (TCNJ EMS), 4 semesters as a medical scribe
 - Hands on experience > shadowing
- Leadership experience and service
 - For example: Long-term commitments to the greater good, NCAA athlete, started a company, started a charity, compete in robotics, job, first-gen, etc.
- **Recent measurable outcomes?**

Things to remember

- Everyone has their own path to medical school
- Apply to medical school when YOU are ready
 - What other people are doing is not your concern
- Academic credentials are important
 - Focus on your undergraduate studies
 - It is difficult to undo academic damage
 - Take the required courses and **prepare** for the MCAT
- MCAC is here for advice and support
 - Have a schedule and a plan, but be willing to change it
 - BE FLEXIBLE

By the numbers - Nationally

- MD - 157 schools
 - GPA: 3.6
 - MCAT: 511-512 (\approx 80-85%)
- DO - 43 schools
 - GPA: 3.6
 - MCAT: 504-505 (\approx 60-65%)
- NOTE
 - **The numbers are not minimums!**
 - Some school have in-state preference
 - Some schools have application minimums

By the numbers - NJ Edition

- MD - 4 schools
 - GPA: 3.7
 - MCAT: 513
- DO - 1 school
 - GPA: 3.6
 - MCAT: 505
- NOTE
 - **The numbers are not minimums!**
 - Some school have in-state preference
 - Some schools have application minimums

By the numbers - Department

- Applicants MD / DO
 - \approx 60-80/year
 - GPA: \approx 3.8
 - MCAT: \approx 511
- Admitted
 - \approx 55-70% first pass
 - \approx 34-36 nationally*

Overall (2021-2022)

- MD Applications: 62,443
 - Matriculated: 22,666
 - Rate: 36%
- DO Applications: 27,277
 - Matriculated: 9,575
 - Rate: 35%
- The average student applied to 16-20 schools

Rutgers New Jersey Medical School Example

- GPA: ≈ 3.74
- MCAT: $\approx 513-514$ ($\approx 90-92\%$)
- Interview Rate
 - 33% in-state
 - 5% out-state
- Acceptance Rate
 - $\approx 75\%$ (of interviews)
 - $\approx 5.5\%$ of total
- **60% of admitted students were out at least 1 year**

Sudhir Nayak, Ph.D
nayak@tcnj.edu

Ms. Helen Kull
mcac@tcnj.edu

<https://mcac.tcnj.edu/>