

- What does the MCAC do?
- Do I need the MCAC?
- How do I get to medical (dental, optometry, etc.) school?
- How do I become pre-med?
- Where do I get reliable information?
- What do I need to apply?
- Am I a good candidate for medical school?
- What courses do I need?
- Do I have to be a biology major?
- Do minors help?
- Do I need to shadow more than one doctor?
- Do I need research?
- When should I get started?
- What are my chances of getting in?
- How important is the MCAT?
- Is the GPA more important than the MCAT?
- Does my major matter at all?
- Is my C in Orgo going to keep me out of medical school?
- What is the minimum GPA to apply? Is there a minimum MCAT to apply?
- MD vs DO?

- **Can you talk to my parents?***

- How long should I study for the MCAT?
- Should I take an MCAT prep course?
- When should I take the MCAT?
- I want to stay (or leave) NJ?
- Which schools? How many?
- Does it help to be in state?
- When should I apply?
- Is it better to apply early?
- How many letters of recommendation?
- Who gets a composite letter?
- What happens if I don't get a composite letter?
- What are my chances of getting in?
- Should I take the MCAT again?
- Should I apply to MD, MD and DO, or DO only?
- What happens if I apply later in the cycle?
- When should I think about a gap year(s)?
- When will I know if I get in?
- If I'm on the waitlist does it mean I'll get in?
- What happens if I don't get in?
- Are post-bac programs worth it?

Medical Careers Advisory Committee (**MCAC**)

Sudhir Nayak, Ph.D.

Professor of Biology

Director, 7-Year Medical (BS/MD) and 7-Year Optometry (BS/OD) Programs

Chair, Medical Careers Advisory Committee

The College of New Jersey

MCAC direct contacts

MCAC Chair

- Sudhir Nayak, PhD
- Professor of Biology
- >15 years at TCNJ

MCAC Administrative Support

- Ms. Helen Kull
- General Advisor, Program Assistant, and Knower of (MCAC) Things
- Department of Biology
- >15 years at TCNJ

Ad Hoc MCAC Members (examples):

Biology: Dr. Jeffery Erickson, Dr. Tracy Kress

Chemistry: Dr. Benny Chan

Engineering: Dr. Christopher Wagner

Public Health: Dr. Brenda Seals

Psychology: Dr. Andrew Leynes

- Who are YOU?
- Year?
- Major?

MCAC

- Assist **TCNJ students and alumni** applying to medical school and other health professional schools
 - Help students **from any major**
- Provide validated resources and information
- Data-driven advising and mentoring
- Generate the **committee (or composite) letter**

When do you need the MCAC?

- 1st and 2nd year
 - [TCNJ MCAC website](#)
 - Presentations - Like this one! (will be posted)
 - PAWS - Health Professions Student Group
 - Canvas* - MCAC 101
- 3rd year and beyond
 - Canvas* MCAC 201
 - MCAT
 - **Meet with Dr. Nayak**
 - Composite letter

Health Professions Student Group

- **Group affiliation in PAWS**
 - Open to TCNJ Students from any major
 - **MCAC can sign you up**
- Receive email notices of events
 - Webinars, professions opportunities, information from MCAC, etc.
- Noted in PAWS - your advisor can see it as well
- Remember the following:
 - It **does not** provide automatic preferential treatment for enrollment
 - It **does not** negate the need for individual advisement by your advisor
 - It **does not** guarantee successful application or admission
 - It **does not** alone provide all resources, deadlines, and information required
 - Each student must seek out **validated** information and opportunities on their own

**Accessing MCAC 101:
“What’s Up, Doc?” - Exploring and
Preparing for Health Careers**

...

*What you need to know to prepare for a future
medical or health profession career,
from the Medical Careers Advisory Committee*

Please complete the form at the following QR code in order to indicate your interest in accessing the MCAC 101 course, and/or in being designated in the Health Professions Student Group in PAWS.

**Scan code; then complete and submit form
to be enrolled in MCAC 101**



Resources

- [Medical Careers Advisory Committee \(MCAC\)](#)
 - Presentations, data driven advising, mentoring
- [American Association of Medical Colleges \(AAMC\)](#)
- [American Osteopathic Association \(AOA\)](#)
- [American Dental Association \(ADA\)](#)
- [American Optometric Association \(AOA\)](#)
- Student associations at TCNJ
 - [TCNJ American Medical Student Association \(AMSA\)](#)
 - [Delta Epsilon Mu](#)
 - [Minority Association of Pre-Health Students \(MAPS\)](#)

Pre-med is not a thing

- All Biology (BS) and Chemistry majors are “pre med” for their first 2 years by default
- Any student that takes a **series of courses** required by all medical schools*
 - Philosophy, Math, Spanish, English, Computer Science, Engineering, Psychology, Public Health, Kinesiology, etc.
- **Pre med is not a major - just advising designation**

Pre-med potato



You want to be a physician

Medical School required courses

- 2 semesters of biology with lab
 - BIO 201, BIO 211
- 2 semesters of inorganic chemistry with lab
 - CHE 201, CHE 202
- 2 semesters of organic chemistry with lab
 - CHE 331, CHE 332
- 2 semesters of physics with lab
 - PHY 201*, **PHY 202***

Medical school required courses (cont.)

- 2 semesters of English (or equivalent)
 - All majors at TCNJ have this automatically
- 2 semesters of math
 - MAT 127, STA 215 or MAT 128*
- Other (psychology and sociology)
 - PSY 101 and SOC 101*

Medical school recommended courses

- Computer science*
- Genetics*
- Immunology
- Microbiology
- Physiology
- Statistics / biostatistics
- Second course in biochemistry or advanced cell biology*

How do I get all the medical school requirements in?

- Academic advising
 - Work out a plan, backups, alternatives
 - Pathway examples
- Summer coursework at TCNJ
 - +: Rigorous coursework, counts toward your TCNJ GPA
 - -: Costs money
- Summer coursework at community college
 - +: Significantly cheaper, lots of courses, count if you go through NJtransfer
 - -: Course rigor, performance on MCAT, may “look bad”, does not count toward TCNJ GPA

How do I get all the medical school requirements in?

- Winter course work
 - Great for meeting Liberal Learning requirements
- Gap year(s)
 - **Addressed in a different presentation**
- 5th year at TCNJ to complete medical school requirements
 - +: Spread out requirements, allows for double major/minor
 - -: Costs money
- Post-bac program (E.g. [Rutgers](#))
 - +: Allows completion of requirements over 1-2 years
 - -: Costs money, may or may not help, repeating courses

Common mistakes

- Complete the medical school requirements in as fast as possible
 - Example: CHE 331, BIO 231, PHY 201
 - **Usually results in disaster**
- Not sequencing the courses properly
 - Example: Taking CHE 201 before math skills are addressed
- Taking courses before you are ready
 - Example: Taking CHE 331 because everyone else is
- Not developing time management and study skills for STEM courses

Basic components of a medical school applicant

- 1) MCAT - Medical College Admission Test
- 2) GPA - Grade Point Average (courses matter)
- 3) Letters of recommendation (composite letter)
- 4) Clinical experience (direct patient contact > shadowing)
- 5) Volunteering (sustained experiences)
- 6) Other experiences (lived experience)*
 - **You get in medical school by doing these obvious things well.**

Questions?

(Send any questions to mcac@tcnj.edu, and we'll do our best to answer them.)