

- 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**)

## **MCAC Chair**

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

## **Allied Health Advisor**

- Mitch Sitnick, PhD
- Clinical Lecturer
- >5 years Allied Health advising

## **MCAC Administrative Support**

- Ms. Helen Kull
- General Advisor, Program Assistant, and Knower of 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. David Blake in HSS (while Dr. Leynes on sabbatical)

# Who are you?

- **What year?**
  - 1st year, 2nd year, etc.?
- **What is long-term goal?**
  - Physician: MD, DO
  - Podiatrist: DPM
  - Dentist: DMD/DDS
  - Optometrist: OD
  - Other?

# MCAC

- Assist **TCNJ students and alumni** applying to medical school and other health professional schools
  - Help students **from any major**
- Provide validated resources
  - Web: <https://mcac.tcnj.edu/>
- Presentations (like this one)
- Data-driven advising and mentoring
  - Group and individual
- Generate the **composite letter**

# MCAC vs Allied Health at TCNJ

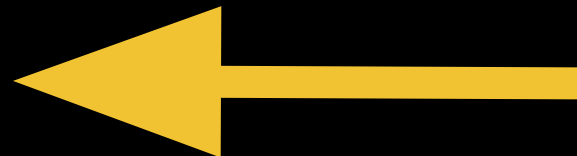
- **MCAC** aka “med careers”
  - Allopathic, osteopathic, podiatry, dental, optometry
    - MD, DO, DPM. DMD/DDS, OD
      - Typically take MCAT, DAT, OAT exams
- **Allied Health**
  - Physicians assistant, physical therapist, occupational therapist, nursing / accelerated nursing, speech-language pathologist, and several others.
    - PA, PT, OT, RN/NP/DNP
      - Typically take GRE or PA-CAT exams

# Useful resources

- TCNJ MCAC website ([mcac.tcnj.edu](http://mcac.tcnj.edu))
- PAWS group for **everyone** (next slide)
  - **QR code to sign up (get your phones ready!)**
- Our Canvas non-credit Advising Courses
  - **MCAC 101** for freshmen + sophomores (QR code)
  - MCAC 201 for students READY to apply to prgms
    - MCAT completed (or scheduled)
    - Updated each **February** for new app cycle
    - By request through [mcac@tcnj.edu](mailto:mcac@tcnj.edu)



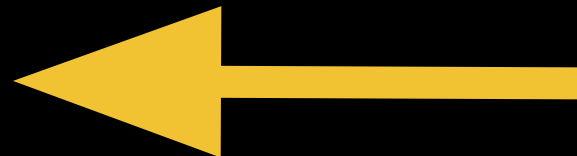
Form to Join  
Health  
Professions  
Student Group  
in PAWS





...

Form to Join  
MCAC-Canvas  
“Basics”  
MCAC 101  
v24-25  
course





# What is pre-med?

- **It's not a real thing - just a series classes**
  - Useful for planning
  - Useful for advising
  - It does not get you anything
  - It does not guarantee you anything
- No official pre-medical track or degree at TCNJ
- Anyone can be pre-med

# Pre-med potato, turtle, rock



# Don't be a pre-med potato (or turtle or rock)

- Take time to reflect on if you are a good candidate **at this time**
  - Repeat at the end of every day, week, month, semester, and year
- Basic requirements are simple
  - Have you completed the required course work?
  - How are your grades (GPA)?
  - Do you have a record of public service? (volunteering)
  - Do you have any experience in the medical field?
  - Have you taken the MCAT?
  - Do you have your letters of recommendation lined up?

# Don't be a pre-med potato (or turtle or rock)

- Have you completed the required course work?
  - All the courses required for the MCAT?
- How are your grades (GPA)?
  - What courses have you taken?
- Do you have a record of public service?
  - Did you just start or is this a long-term commitment?
- Do you have any experience in the medical field?
  - Direct patient contact or shadowing?
    - MD, DO, PA, NP, DPM, DMD/DDS, etc.
- Have you taken the MCAT?
  - Do you have a plan for MCAT prep?
  - Did you get a competitive score?
- Do you have your letters of recommendation lined up?

# MD (Allopathic) -vs- DO (Osteopathic) Medicine

- **Both programs = physician**
- Similarities
  - 4 year course of study
  - Residencies programs vary - **Most programs are accepting either exam (USMLE or COMLEX)**
- Differences
  - Philosophy
    - >60% of DO graduates are in primary care
    - <30% of MD graduates are in primary care
  - Criteria for acceptance

# Timeline

- 1st year and 2nd year
  - **DO NOT need the MCAC - but MCAC 101 course is good guide!**
  - Presentations, general information, MCAC website, PAWS
- What should you do?
  - Develop skills (testing, study, time management)
  - Grades should be strong (>3.5 overall, >3.5 STEM)
  - Engagement (AMSA, Tri-beta, etc.) and activities
- **Make sure you are getting a return on investment of time**
  - Volunteer toward the greater good (summer/semester)
  - Shadowing for medical experience (summer/semester)
  - Plan for possible summer certifications (EMT, CNA)

# Timeline - 18 months, 18 months, 18 months

- Think **18 months** ahead
  - The application cycle is 18 months
- What are you trying to achieve?
  - MD, DO, DPM, DDS/DMD, OD, PA, OT, PT?
- Are you a good test taker?
  - **MCAT prep is where things go terribly wrong**
- Will you need summer courses at TCNJ?
  - BIO 201, BIO 231, CHE 331/332, MAT 127, PHY 201/202
- **Are you a GAP year candidate?**

# Timeline 3rd year = get serious

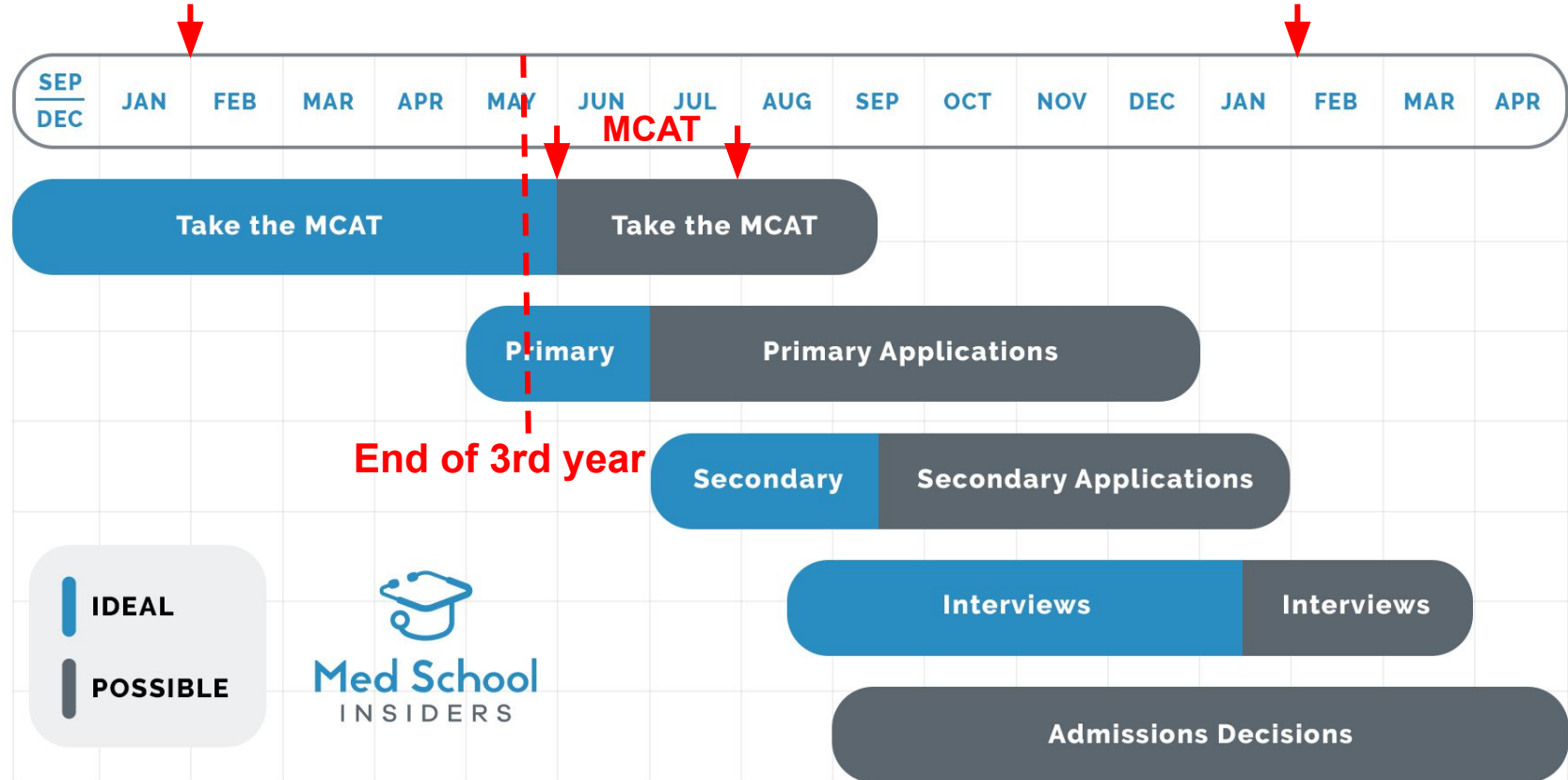
- Join the MCAC 201 Canvas course and **follow procedures and recommendations**
- Application development and reflection
  - MCAT, DAT, OAT, PA-CAT
  - Completing courses, MCAT prep plan
    - AMCAS, AACOMAS, ADEA AADSAS, OptomCAS application
  - Check: grades, volunteering, medical experience
- Letters of recommendation
  - **DO school applicants should have a letter from a DO**
- Personal statement
- Target schools?



# Timeline - In cycle (no gap year)

- MCAT
  - Ideal: Taken by the end of **May junior year**
  - Latest: Taken by the end of July
- Open a file with the MCAC
  - Spring of junior year
  - **≈18 months prior to intended start of med school**
- Application cycle services open about 16 months prior to intended start date at med school
- Application cycle naming convention uses the intended start year at med school

# Medical School Admissions Timeline



# 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?
    - Is it MD only or MD or DO?
  - 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?
- General range: **250-500 hours of intense study and 6 full length practice tests**

# 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

# About 250-500 hours

- Princeton Review, Kaplan, Barrons, Examkrackers, Blueprint, etc. have different recommended footprints
  - **The MCAC does not recommend one over the other**
- General recommendation
  - 10-15 hours/week x 24 weeks = 240-360
  - 20-30 hours/week x 12 weeks = 240-360
- **IMPORTANT:** You need to prepare until you are consistently scoring ABOVE the score you want/need
  - Recommended: **10-20% less time than allowed**
  - Average the last 3 full-length practice tested with reduced time

## Option #1

- Take a full-length **diagnostic BEFORE** you start prep
  - Full-length MCAT every 4 weeks or 50-100 hours
- Positive
  - Efficient, focus study the things you don't know
  - Context review is focused on improving score
  - You can see your score go up and find plateaus
  - Identified major issues
  - Allows for realistic timeline
- Negative
  - Volume of things you forgot or never learned is intimidating
    - Identified MANY issues
  - Early full-length MCATs can be ego crushing
  - Frustration waiting for scores to improve

## Option #2

- Take a full-length **diagnostic AFTER** content review
  - Full-length MCAT every week until test
- Positive
  - Initial MCAT score can be uplifting
  - Works OK for most students
  - Can reveal major content and testing issues
- Negative
  - Inefficient
    - End up studying things you already knew well enough
  - Do not get to see score increase
  - Sometimes the first score can be soul crushing
  - Can reveal major content and testing issues requiring gap year(s)
    - Issues identified too late to fix

## Options #3

- Take an **MCAT prep course**
- Positive
  - Excellent for students that need structure / discipline
  - Less intimidating - information pre-processed
  - The expensive ones provide some individual attention
  - Better than not studying
- Negative
  - Little/no improvement over studying on your own
  - Extremely inefficient - you follow their curriculum instead of focusing on things you need to review
  - Expensive for highly structured versions
    - \$1,500-2,500 for self-paced programs
    - \$5,000-15,000 for multi-week bootcamp style courses



# MCAT prep - A real example #1

- **Diagnostic test (full length): 496 (  $\approx 39\%$  )**
  - This is actually high for a no-study diagnostic
- Month 1: 503 ( $\approx 65$  hours)
- Month 2: 507 ( $\approx 50$  hours)
- Month 3: 510 ( $\approx 38$  hours)
- Month 4: 512 ( $\approx 40$  hours)
- Month 5: 518 ( $\approx 60$  hours)
- Month 6: 516 ( $\approx 60$  hours, with reduced time)
- **Official MCAT score: 515 (  $\approx 91\%$  ) taken in month 6**
  - 506 hours logged not including some basic content review
    - Approximately  $\approx 50$ -100 hours

# MCAT prep - A real example #2

- **Diagnostic test (full length): 480 (  $\approx 3\%$  )**
  - No previous prep
- End summer: 512 practice ( $\approx 400$  hours)
  - **No job**, volunteering 5 hrs / week, shadowing 10 hrs / week DO (peds)
  - Did not take practice test with reduced time (under stress)
  - Limited number of practice tests (2)
- **Official MCAT score: 505 (  $\approx 62\%$  )**

# MCAT prep - A real example #2

- End Summer 2: 509 ( $\approx$ 200 additional hours)
  - All 4 practice tests reduced time
  - Job 20 hrs / week, volunteering 5 hrs / week, shadowing 5 hrs / week MD (peds)
  - **Gap year** RWJMS medical scribe
- **Official MCAT score: 510 (  $\approx$ 78%)**

# MCAT prep - A real example #3

- **Diagnostic test (full length): 490 (  $\approx 17\%$  )**
  - End 2nd year - no prep
  - **Student athlete**
- 2nd year summer: 10-20 hours / week
  - Job, shadowing, and volunteering
- 3rd year Fall / Spring:  $\approx 5-10$  hours / week (sometimes none)
  - Much more over breaks
    - “An insane amount. It made me a little crazy.”
- **Official MCAT score: 516 (  $\approx 92\%$  )**
  - Final 3 practice average 517
  - > 500 hrs total

# Paths to Medical School

- Complete 4-yr undergraduate degree (apply in your 3rd year!)
  - Traditional or standard route
- Nationally: **>60% take gap year(s)**
  - Med school start age: 24-26
  - Overwhelming majority go this route
- Others
  - RWJMS early assurance
    - First-generation college and low-income students
  - Jefferson early assurance\*
    - First-generation college and low-income students
  - Rowan SOM early assurance (pending)

# What do I need to apply?

- Undergraduate degree\*
  - Accredited college or university
- Appropriate standardized test examples
  - MD, DO, DPM = MCAT
  - OD = OAT
  - DMD/DDS = DAT
  - PA = GRE, PA-CAT
- Experience with patients
  - Direct patient contact > shadowing
- Demonstrated service to others
- Letters of recommendation
- Required coursework\*

# Required Coursework MD/DO

- Standard
  - 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**
      - **Most do not require calculus based physics**
- Your grades in these courses are important
  - The MCAT is more important

# Required Coursework MD/DO

- Most medical schools also require:
  - 2 semesters of English or writing intensive courses
    - **Any TCNJ major covers this**
  - 1-2 semesters of Math
    - MAT 127 and STA 215 (or MAT 128)\*
    - **Non-STEM majors need to address this**
- Other considerations
  - Courses have prerequisites
    - Examples: MAT 127, CHE 201
  - Recommended: **Biochemistry\***, genetics, psych/Soc, public health, microbiology\*, advanced courses, etc.
  - Will vary for MD, DO, dental, optometry, etc.



# Exceptions you should look out for

- Biochemistry
  - Some medical schools require a second course in biochemistry
    - BIO 211 counts as the first
  - **With organic chemistry as a prerequisite**
    - Examples: Arizona, Arkansas, Florida State, etc.
- Specific course requirements
  - Microbiology (e.g. Duke)
- Calculus B
  - A couple of medical school require/recommend calculus B
- Odd English course requirements
  - 2-3 English courses **taught by the English department**
    - FYW, FYS, mid-level writing, and senior seminar do not count
- Minimum grade requirements

# Composite Letter: Do you need one?

- Some schools recommend or require a **composite or committee letter**
  - Medical school (allopathic/MD, osteopathic/DO)
  - Podiatry (DPM)
  - Dental (DMD/DDS)
  - Optometry (OD)
- **It is basically a letter of letters**
  - Summary and commentary on student accomplishments
  - Provides context
  - **Can increase your chances of admission**
    - Includes all individual letters
- Other schools recommend “individual” letters
  - Veterinary school, PA Programs, accelerated nursing, etc.

# Who gets a composite letter?

- Each student is a unique case
  - **GPA**
    - Higher is better, **coursework** (minimal vs preparatory)
  - **MCAT/DAT/OAT**
    - Higher is better
  - **Experience**
    - Shadowing, direct patient contact, volunteering, CNA, EMT, medical scribe, etc.
  - **Service**
    - Long term commitments, working toward the greater good, priorities
  - **Letters**
    - Aptitude, attitude, reliability, dependability, social skills, teamwork, communication, skill building, ethics
  - **Other**
    - First generation, ESL, NCAA athletics, significant work / service / performance, etc.
- **Disciplinary action, student code of conduct, academic integrity**

# AAMC Core Competencies

- **Interpersonal Competencies** (experience and letters)
  - Service Orientation
  - Empathy and Compassion
  - Interpersonal Skills
  - Cultural Awareness and Cultural Humility
  - Teamwork and Collaboration
  - Oral Communication
- **Intrapersonal Competencies** (experience, letters, essay)
  - Ethical Responsibility to Self and Others
  - Reliability and Dependability
  - Resilience and Adaptability
  - Commitment to Learning and Growth
- **Thinking and Reasoning Competencies** (MCAT, GPA, coursework)
  - Critical Thinking
  - Quantitative Reasoning
  - Scientific Inquiry
  - Written Communication
- **Science Competencies** (MCAT, GPA, coursework)
  - Living Systems
  - Human Behavior

# 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

## **Important:**

- Any one of them can be a red flag
- Admission committees favor well rounded applicants
  - Congruency: high GPA = high MCAT
  - Lots of activities do not make up for a low MCAT

# Is research important?

- **No.**

- There is no difference between the admission rates
- Can doing research help? (Positive)
  - Strong letter **if you do a good job**
  - Problem solving skills
- Can doing research hurt? (Negative)
  - What if you do not do a good job because it is a secondary activity?
  - **Takes time away** from medically relevant opportunities
    - EMT, volunteering, shadowing, MCAT prep

- Exceptions

- MSTP (medical scientist training programs) aka combined degree
- MD / PhD, DO / PhD, OD / PhD, DMD / PhD

# Do I need research?

- American Medical Association (AMA) Position
  - Research isn't required to secure a residency position (or for admission to medical school)
  - Research is not required for admission to medical school
  - Survey of program directors conducted by the National Resident Matching Program
    - 12 other factors were seen as more important over “involvement and interest in research”
- Really, the answer is **NO**
- You should do research if you like it



# Are you a good candidate?

- **Do you exceed the averages of the school?**
  - In state -vs- out of state bias\*
  - Public -vs- private
- Strong GPA\*
  - 3.6 is OK, >3.7 is better
- Strong test score\*
  - MCAT - 510 is OK but 512 (>80%) for MD is better
  - DAT - 20 or better (>75%)
  - OAT - 330 or better (>75%)

# Reflect: Are you a good candidate?

- Service and/or clinical experience
  - Shadowing vs **direct patient contact**
- Strong letters of recommendation
  - Please, please, please, **select your writers carefully**
- Strong communication and people skills
  - The interview is important
- Long term commitments: “Ask them if they are just checking boxes or actually committing to things.”
  - George Heinrich, MD NJMS

# Things to consider - Major

- **Your major does not matter\***
  - Student interest is more important
  - More interest = more work = better grades = better skills
- How will your major choice will allow you to meet the criteria used in selection?
  - AAMC Core Competencies
  - Required courses

# Things to consider - Major

- How much overlap is there?
  - What you have to take vs what you need?
    - Major coursework
    - Medical school prerequisites
- Is there sufficient room in your schedule?
  - Complete required courses
    - Can you get the course?
    - Do you meet the prerequisites?
  - Do you need summer class (or several)?
  - Do you need an extra semester or year?
- Will you have adequate time to pursue other interests - minor, concentration, study abroad?

# What are my chances?

- MD vs DO
  - What is the difference?
- Nationally -vs- NJ -vs- TCNJ
  - How do we do?
- In state -vs- out of state
  - How bad is the bias?
- MCAT score
  - What score do you need?
- GPA
  - Does it matter?

# By the numbers - Nationally

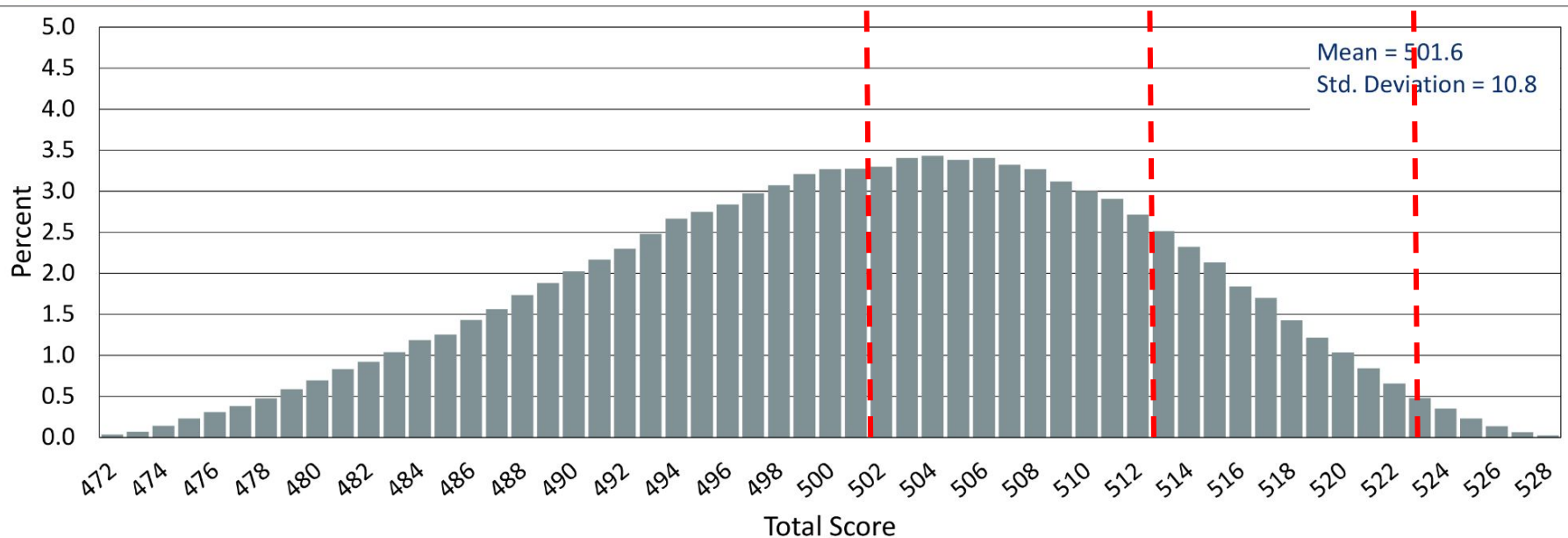
- MD - 157 schools
  - GPA: 3.7
  - MCAT: 512 ( $\approx 85\%$ )
- DO - 41 schools\*
  - GPA: 3.6
  - MCAT: 505 ( $\approx 65\%$ )
- NOTE
  - **The numbers are not minimums!**
  - Some schools have STRONG in-state preference
  - Some schools have application minimums listed which are misleading
    - Around 490-500
    - **Actual minimum 505**
  - Other schools have minimums based on the applicant pool

# Summary of MCAT Total and Section Scores

Percentile Ranks in Effect May 1, 2022 – April 30, 2023

N = 276,779

## MCAT Total



# By the numbers - NJ Edition

- MD - 4 schools
  - GPA: 3.7
  - MCAT: 513
- DO - 1 school
  - GPA: 3.6
  - MCAT: 506
- NOTE
  - **The numbers are not minimums!**
  - Same caveats as on the previous slides
  - You can actually use these numbers



# By the numbers - Rutgers

- MD - NJMS (Rutgers)
  - GPA: 3.7
  - MCAT: 514
    - Higher for out-of-state students
- NOTE
  - **The numbers are not minimums!**
  - Some schools have in-state preference
  - Some schools have application minimums
    - Rutgers does not have an MCAT minimum for application
    - Robert Wood has a 498 MCAT minimum for application
    - Low chance of admission below 508 to either school

# By the numbers - Rutgers

- GPA:  $\approx 3.7$
- MCAT:  $\approx 514$  ( $\approx 90-92\%$ )
- 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**

# By the numbers - TCNJ

Step in MCAC Process*	# of	Matric'd			
	Students	MD	DO	Other	% Success
Initiated process w MCAC	63				
Delay process (moved to '25)	17				
Did Not Apply or Applied on Own	9	(late acc to med sch; acc to grad prgm; or applied on own)			
Completed process w MCAC	37				
Applied MD Programs ONLY	9	9			100
Applied DO Programs ONLY	6		4		66
Applied BOTH MD & DO	19	10	6		84
Applied DDS or DMD	2			2 DDS/DMD	100
Applied MD/PhD	1			1 MD/PhD	100
Applied OD (optometry)	0			0 OD	-
TOTALS (32 of 37 matric'd)	37	19	10	3	86

\* Please note that these numbers do NOT include students from the BS/MD program, or any other articulations with other med schools.

# By the numbers - TCNJ

- Applicants MD / DO
  - $\approx 60$ -80/year
  - GPA:  $\approx 3.8$
  - MCAT:  $\approx 511$
- Admitted history (first pass + reapplicant)
  - $\approx 86\%$  from TCNJ
  - $\approx 41\%$  nationally
  - **We regularly double the national average because TCNJ is just that awesome**

# What do you think you need?

- 50% chance of being admitted to medical school
  - $\cong$ GPA
  - $\cong$ MCAT
- **Important**
  - Chances of being admitted to a medical school if you apply to  $\cong$ 20 schools
  - NOT admitted to 50% of medical schools that you apply to

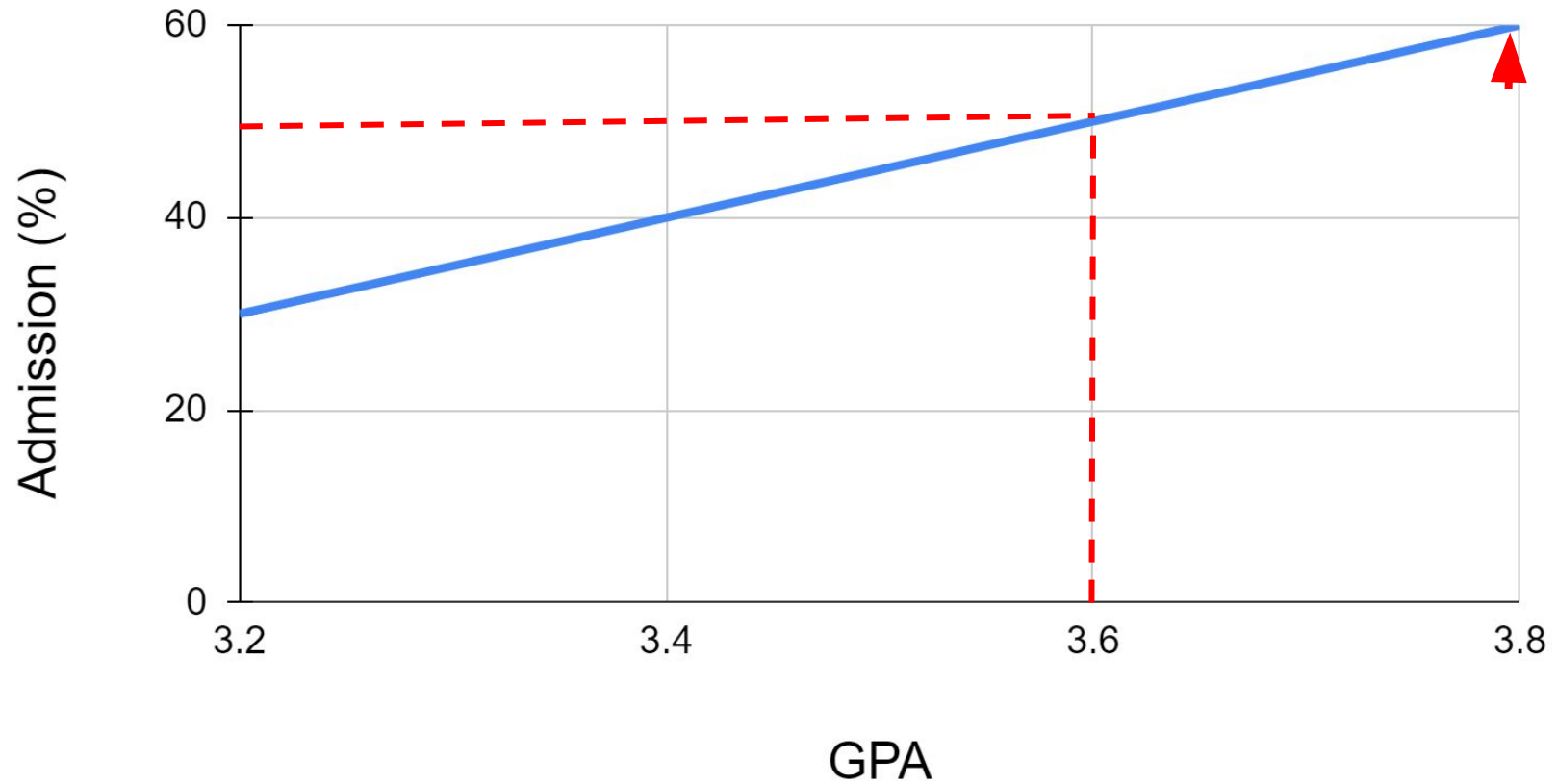
# What are my chances?

- Assumptions
  - MD schools
  - Solid application
    - Letters, experience, essay, course selection, no red flags, etc.
  - Applying to reasonable schools
    - $\approx 20$  schools
  - Application is **early in the cycle**

# How much does the GPA matter?

- Examples (assumes a solid application):
  - GPA: 3.2 + MCAT: 510  $\cong$  30%
  - GPA: 3.3 + MCAT: 510  $\cong$  35%
  - GPA: 3.4 + MCAT: 510  $\cong$  40%
  - GPA: 3.5 + MCAT: 510  $\cong$  45%
  - **GPA: 3.6 + MCAT: 510  $\cong$  50%**
  - GPA: 3.7 + MCAT: 510  $\cong$  55%
  - GPA: 3.8 + MCAT: 510  $\cong$  60%

# Admission (%) vs. GPA @ MCAT 510

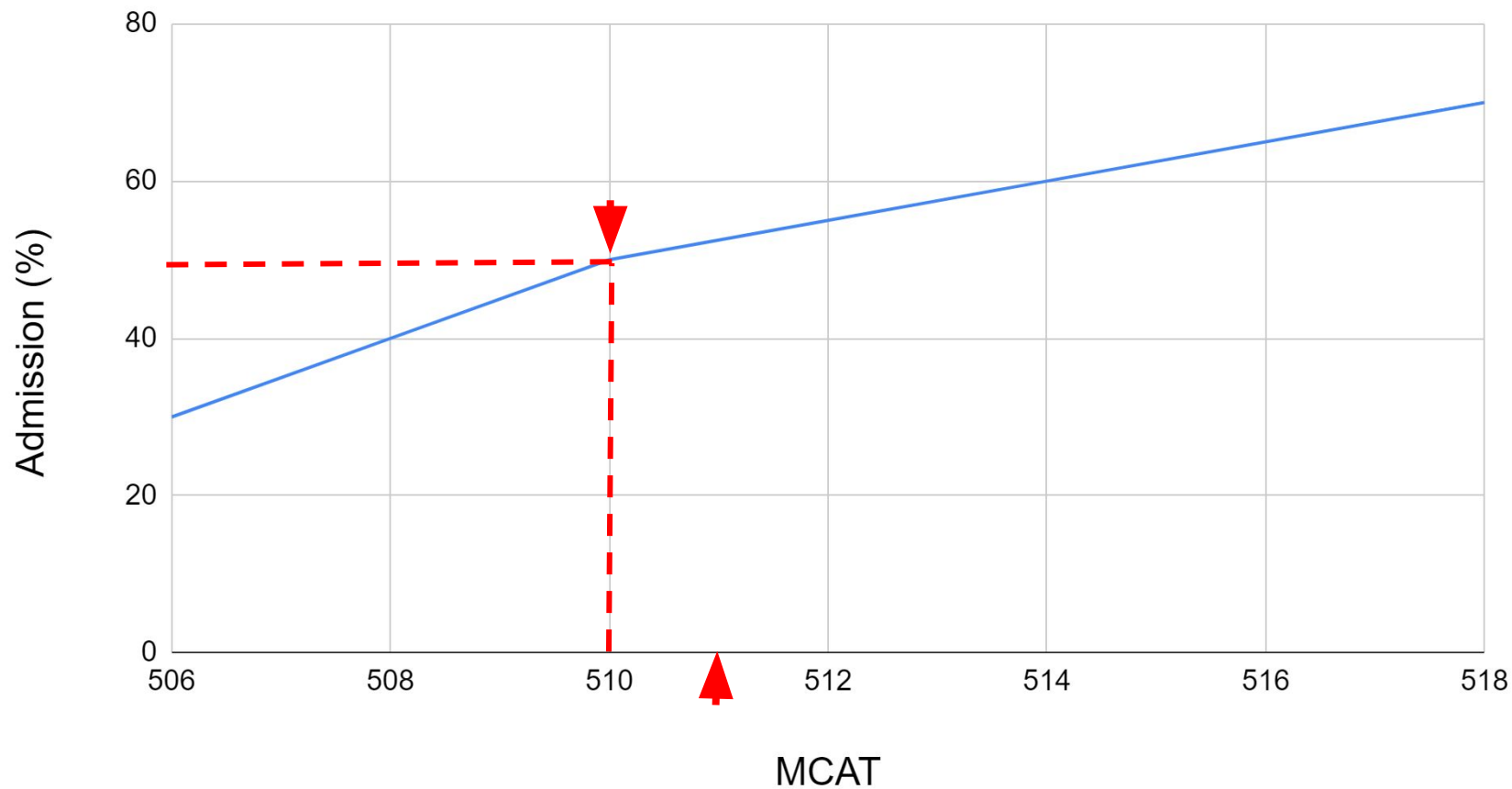




# How much does the MCAT matter?

- Examples (assumes a solid application):
  - GPA: 3.6 + MCAT: 506  $\cong$  30%
  - GPA: 3.6 + MCAT: 508  $\cong$  40%
  - **GPA: 3.6 + MCAT: 510  $\cong$  50%**
  - GPA: 3.6 + MCAT: 512  $\cong$  55%
  - GPA: 3.6 + MCAT: 514  $\cong$  60%
  - GPA: 3.6 + MCAT: 516  $\cong$  65%
  - GPA: 3.6 + MCAT: 518  $\cong$  70%

## Admission (%) vs. MCAT @ GPA 3.6



# Take home messages

- Everyone has their own path
  - Apply when you are ready
  - **There is no guarantee of admission**
- The **MCAC** is here for advice and support
  - Have a schedule and a plan, but **be flexible**
- Our advice
  - Focus on your undergraduate studies
    - **Build measurable skills**
  - You cannot repeat your college career
    - **Academic damage is difficult to undo**
  - Be self reflective and realistic
    - **Know when to consider other medical careers**

General MCAC information  
[mcac@tcnj.edu](mailto:mcac@tcnj.edu)

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



@TCNJBiology

Sudhir Nayak, Ph.D  
nayak@tcnj.edu

Ms. Helen Kull  
[mcac@tcnj.edu](mailto:mcac@tcnj.edu)

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