

Leverett Fall 2020 Introductory Pre-Med Meeting

Leverett House Resident Pre-Med Committee:

Jonathan D’Gama
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Brian Miller
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Agenda



Introduction Overview



Premed Components

Course requirements
Research
Extracurriculars
MCAT
LORs



Application Process

NRT and RT roles
When to apply
Timeline



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Applying to Medical School

- ⚡ Medical school admission is competitive: in 2016, 53,042 students applied and 21,030 were accepted (39.6%)
- ⚡ Competitive medical schools have low acceptance rates. **Top 10 lowest acceptance rates in 2013 ranged from 1.6-3.8%**
- ⚡ However, Harvard students traditionally do very well!
 - ⚡ **94% of Harvard applicants with GPAs > 3.5 were accepted in 2018, compared with 91% of Harvard applicants overall and 43% of national applicants**
 - ⚡ **Harvard alumni are accepted with lower science and overall GPAs compared to their national counterparts (science 3.63 vs. 3.65; overall 3.69 vs. 3.72 in 2018)**
 - ⚡ **Harvard alumni science and non-science concentrators are accepted at similar rates (science 91.5%, non-science 82% in 2018)**

Agenda



Introduction Overview



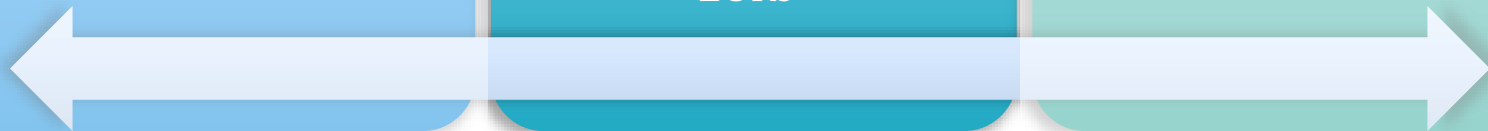
Premed Components

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Pre-Med Course Requirements

Pre-Med Course Requirements

- 🔹 General Chemistry with lab (1 year)
- 🔹 Organic Chemistry with lab (1 year)
- 🔹 General Physics with lab (1 year)
- 🔹 Biology with lab (1 year)
- 🔹 English (1 year) (Expos + Gen Ed)
- 🔹 Math (1 semester calculus*, 1 semester statistics*)
- 🔹 Biochemistry (1 semester)*

* Required by many, but not all, medical schools

How do I know if I've fulfilled the course requirements?

1. OCS guide for Harvard premedical students: <https://ocs.fas.harvard.edu/files/ocs/files/premed-academic-publication.pdf>
2. Leverett Premed Committee or your premed advisor: leverett.premed@gmail.com
3. OCS premed: premed@fas.harvard.edu

**Premedical
Information for
Harvard Students**

Timelines, Courses, and Resources 2020–2021



Sample Course Plans from Premed Guide

Three-Year Plan (applying to medical school after junior year):

	FALL	SPRING
FRESHMAN	Life Sciences 1a/ LPS A Math 1b	Physical Sciences 1/11 Stat 102
SOPHOMORE	Chemistry 17 OEB 10	Chemistry 27 Life Sciences 1b
JUNIOR	Physical Sciences 2	Physical Sciences 3

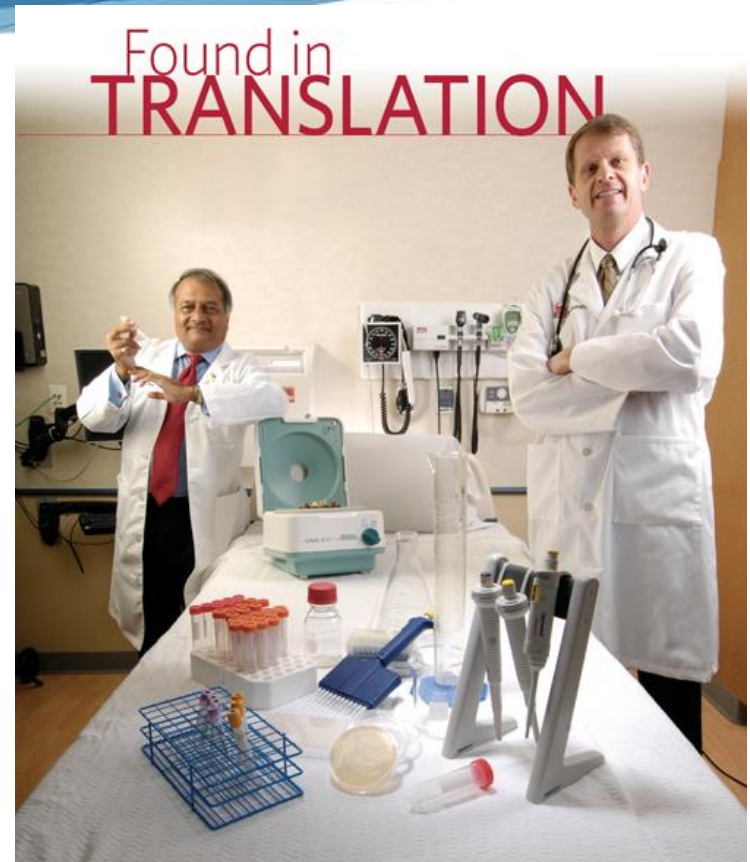
Four-Year Plan (applying to medical school after senior year):

	FALL	SPRING
FRESHMAN	Life Sciences 1a/LPS A Math 1a	Life Sciences 1b Math 1b
SOPHOMORE	Life Sciences 2	Physical Sciences 1/11 Stat 102
JUNIOR	Chemistry 17	Chemistry 27
SENIOR	Physical Sciences 2	Physical Sciences 3

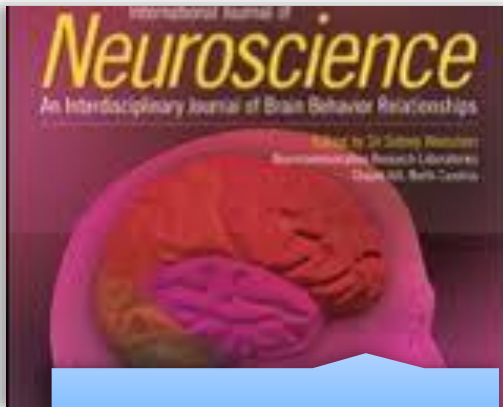
Research & Extracurriculars

Research Experience

- ⚡ Not required but can significantly enhance your application
- ⚡ Many different options
 - ⚡ Basic vs. clinical
 - ⚡ Science vs. non-science
- ⚡ Significant time commitment
- ⚡ Finding a lab: concentration advisors, OCS, lab websites



Extracurriculars



Student Groups



Community Service



Shadowing

Student Groups

- 👉 100+ student organizations
- 👉 OSL list:
 - 👉 <http://osl.fas.harvard.edu/student-organizations>
- 👉 Longitudinal commitment of at least 1-2 years
- 👉 Pre-Med and non-Pre-Med options
- 👉 Leadership positions are important



Community Service

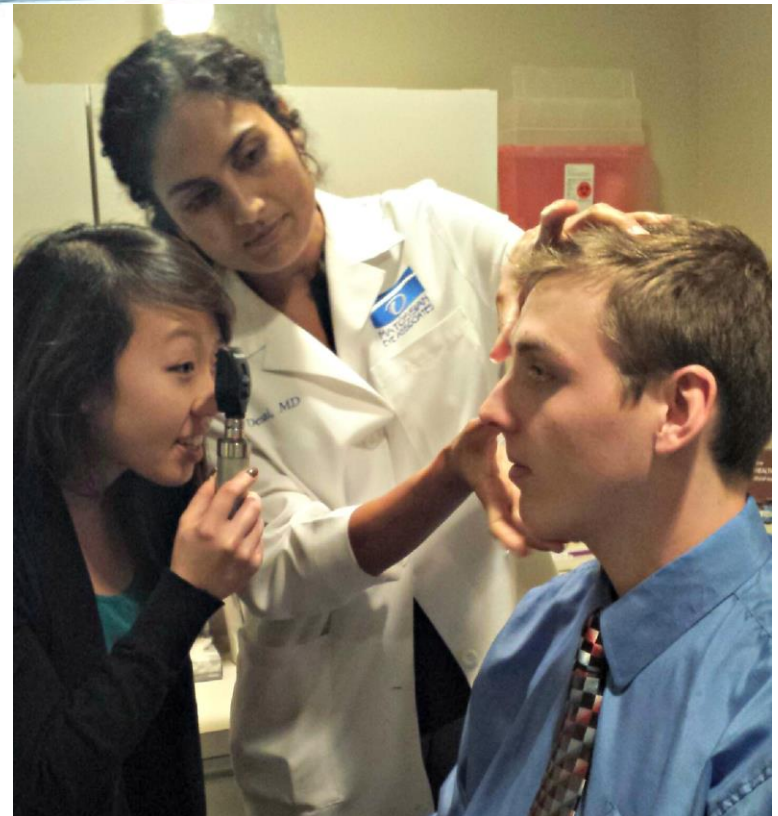
- 👉 Hospital volunteer programs
 - 👉 BIDMC, BWH, MGH, Mt. Auburn, BMC
- 👉 Healthcare-oriented student groups:
 - 👉 HealthLeads
 - 👉 Kidney disease screening
 - 👉 Alzheimer's buddies
 - 👉 MINHUET



By Frits Ahlefeldt

Shadowing

- 👉 Opportunity to observe physician in practice
- 👉 COVID – consider shadowing virtual visits
- 👉 Goal: 40-50 hours (aim to get prior to application, ideally across several years)
- 👉 Recommend several sessions (6-10) over a summer or year(s)
- 👉 Options for finding physicians:
 - 👉 HPS Mentoring Program:
<https://harvardpremedicalsociety.squarespace.com/apply-to-our-programs-1>
 - 👉 <https://virtualshadowing.com/shadowing-sessions>
 - 👉 Hospital volunteering programs
 - 👉 Contacting physicians through hospital website
 - 👉 Clinical research mentor



Clinical Experience

- ⚡ Medical schools look for clinical experience in your application
- ⚡ Evidence that you've experienced the field of medicine first-hand
- ⚡ Can take multiple forms:
 - ⚡ Physician shadowing
 - ⚡ Health-related student groups
 - ⚡ Clinical research
- ⚡ List of clinical opportunities maintained by OCS:
<https://docs.google.com/spreadsheets/d/19ad94p-tGq5lLKyVpvqGAq1wGhd3J2PA77wPZR3dRS0/edit#gid=0>

MCAT

MCAT

▶ About the MCAT® Exam

Almost all U.S. medical schools and many Canadian medical schools require you to submit MCAT exam scores as part of your admission application.

The Medical College Admission Test® (MCAT®) is a standardized, multiple-choice examination designed to assess your problem solving, critical thinking, and knowledge of natural, behavioral, and social science concepts and principles prerequisite to the study of medicine.

<https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/about-mcat-exam/>

MCAT Content and Dates

- 💧 To prepare, recommend taking MCAT after finishing pre-med Bio, General Chemistry, and Organic Chemistry requirements
- 💧 Recommend an introductory psychology course such as **Psych 1**
- 💧 If you had a strong Physics background in high school (AP Physics), may not need to finish Physics series

MCAT ²⁰¹⁵	# of Test Items	Testing Time (minutes)
Biological & Biochemical Foundations of Living Systems	65	95
Chemical & Physical Foundations of Biological Systems	65	95
Lunch Break		
Critical Analysis & Reasoning Skills	60	90
Psychological, Social, & Biological Foundations of Behavior	65	95
Total Content Time		6 hours, 15 min

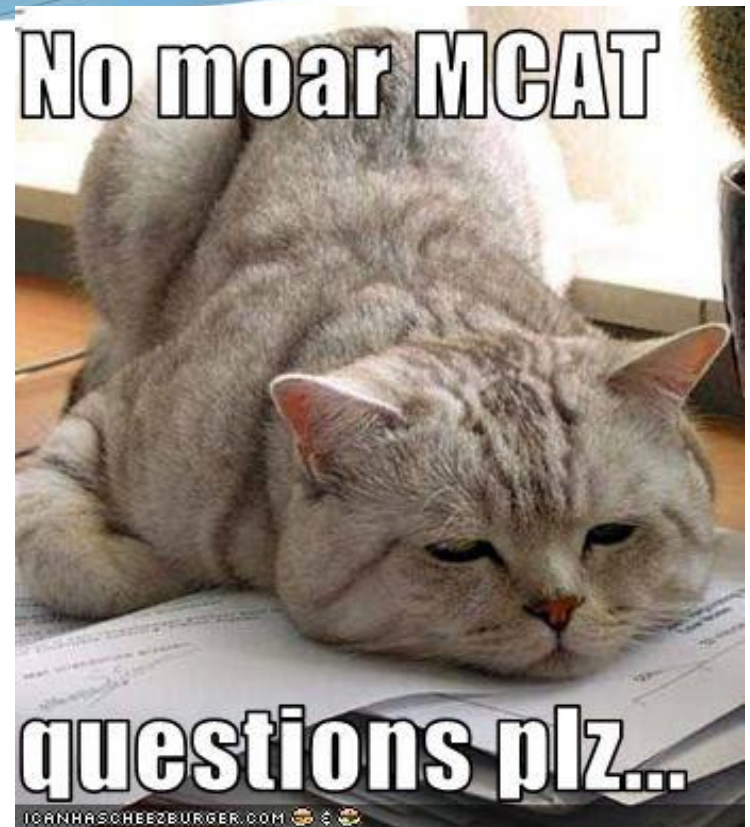
MCAT Dates

2021 Schedule for the Medical College Admission Test® (MCAT®)*

MCAT Admin							Score Release	
JAN							Jan. 15	Feb. 17
FEB							Jan. 16	Feb. 17
MAR							Jan. 21	Feb. 24
APR							Jan. 25	Feb. 24
MAY							March 13	April 13
JUN							March 26	April 27
JUL							April 10	May 11
AUG							April 23	May 25
SEP							April 30	June 1
							May 1	June 1
							May 14	June 15
							May 15	June 15
							May 20	June 22
							May 28	June 29
							June 4	July 7
							June 18	July 20
							June 19	July 20
							June 26	July 27
							June 30	Aug. 3
							July 17	Aug. 17
							July 22	Aug. 24
							July 30	Aug. 31
							Aug. 7	Sept. 8
							Aug. 13	Sept. 14
							Aug. 21	Sept. 21
							Aug. 26	Sept. 28
							Aug. 27	Sept. 28
							Sept. 2	Oct. 5
							Sept. 3	Oct. 5
							Sept. 10	Oct. 12
							Sept. 11	Oct. 12

MCAT Study Tips

- 👉 Register as far in advance as possible
- 👉 Start studying early!
- 👉 Utilize resources:
 - 👉 Khan Academy videos
 - 👉 Kaplan/Examcrackers books
 - 👉 AAMC practice exams
- 👉 Take MCAT latest by spring (March/April) of application year
- 👉 Avoid re-takes



Letters of Recommendation

Letters of Recommendation

- 3-5 letters in total (6-8 if MD/PhD)
 - 3 required letters:
 - 2 science classes
 - 1 non-science class
- Ask early!
- TF as main writer and professor as co-signer is ok
- Recommenders should recommend student to medical schools in general, not a particular one
- Leverett pre-med website for **cover letter** and **waiver**:

<https://leverett.harvard.edu/pre-med-advising>



"THESE LETTERS OF RECOMMENDATION... DO YOU HAVE ANY FROM ANYONE OTHER THAN YOUR FORMER WARDENS?"

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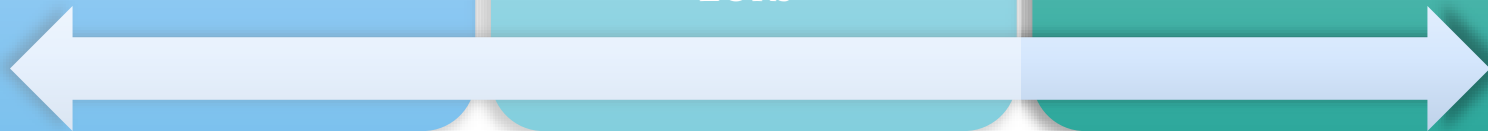
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NRT and Resident Tutor Roles

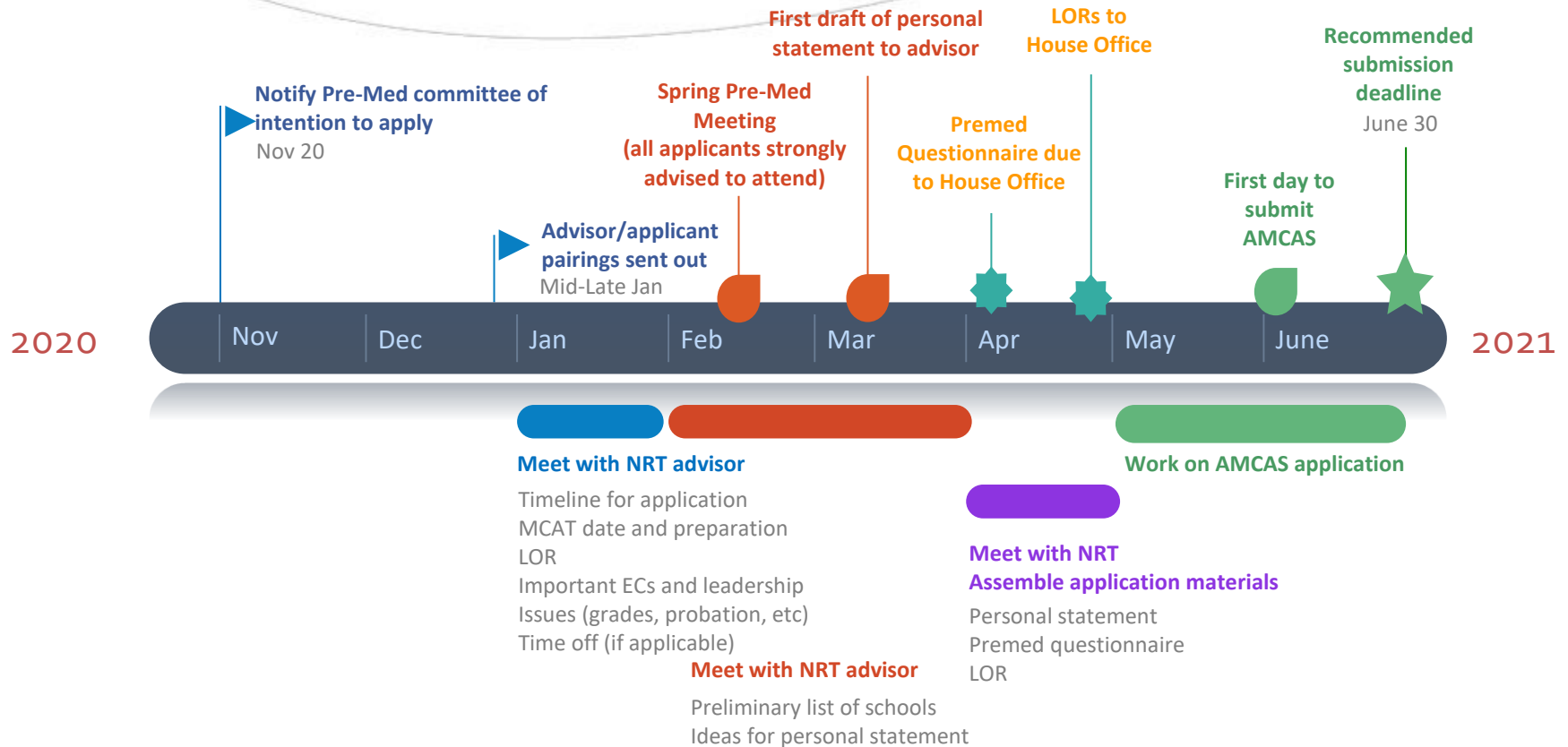
👉 Non-Resident Tutors

- 👉 Writing committee letters
- 👉 Pre-med advising

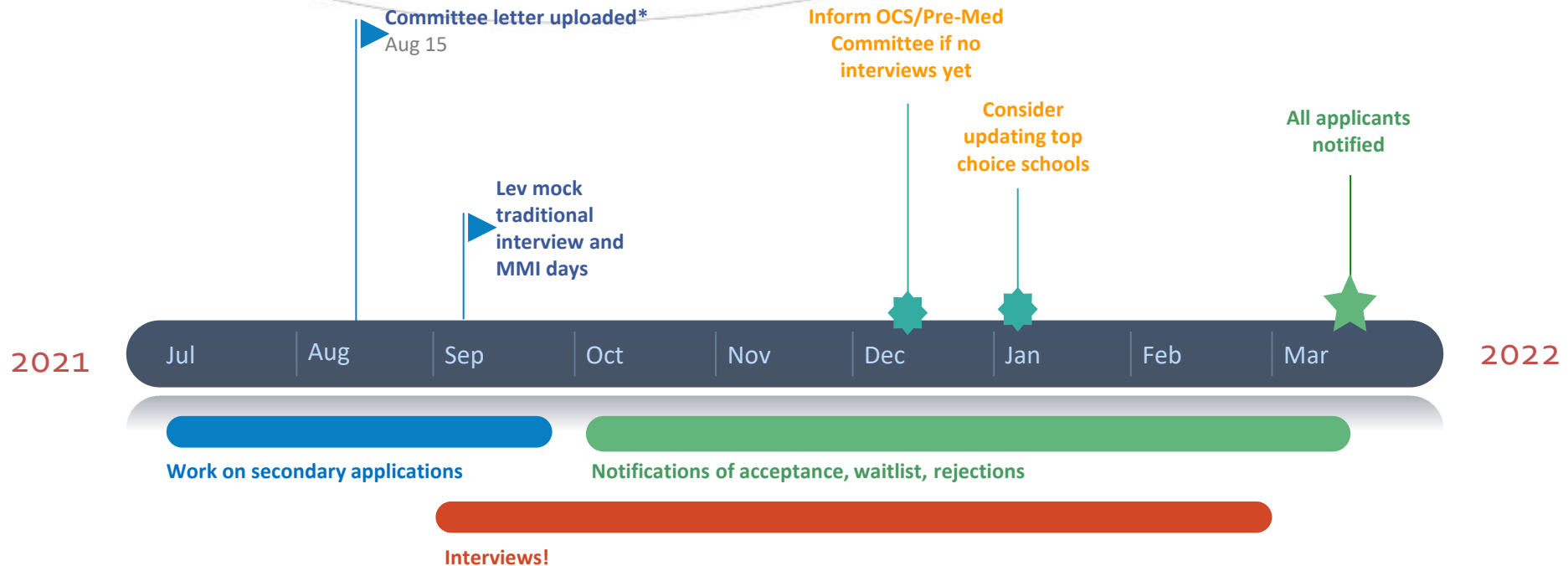
👉 Resident Tutors

- 👉 Organizing house-wide meetings
- 👉 Pre-med advising
- 👉 Editing committee letters
- 👉 Mock interviews

Applying to Medical School



Applying to Medical School



* We commit to uploading your committee letter to AMCAS by August if you are able to turn in all of your required materials by the deadlines (Premed Questionnaire, Letters of Recommendation).

Applying to Medical School

- 🔹 Start planning early
- 🔹 Plan out course schedule and requirements

In 2018, **72% of Harvard applicants applied as alums.**
Maturity and real-life experience can make you a better
doctor AND a better applicant

Resources

Lev pre-med website:
<https://leverett.harvard.edu/pre-med-advising>



LEVERETT HOUSE
28 DeWolfe St.
Cambridge, MA 02138

Submit a Maintenance Request Book a Room

Home People ▾ **Advising ▾** Community Life ▾ Student Resources ▾ House Facilities ▾

- ACADEMIC LIFE
- Resident Dean's Office
- Fellowships
- Pre-Med Advising
 - Pre-Med Calendar
- Pre-Law Advising
- Pre-Career Advising
- Pre-Grad Advising
- Public Service

HOME / ADVISING /

Pre-Med Advising

Welcome to the premedical advising home page, where you will find a panoply of information about pursuing a medical degree. Please send all premed questions and inquiries to the Leverett Premed Committee at leverett.premed@gmail.com.

The application process for the 2019-2020 cycle has already begun. If you are planning to apply in this cycle, please email the Premed Committee at leverett.premed@gmail.com ASAP to let us know!

Pre-Med Resources

- Listserves
 - OCS premed listserve: <https://lists.fas.harvard.edu/mailman/listinfo/ocshealthandmedcareers>
 - The Harvard Premedical Society, a student group, also has two lists:
 - premed-talk@lists.hcs.harvard.edu
 - hps-list@lists.hcs.harvard.edu
- AMCAS: All medical applications in the US are done through the [AMCAS](#) web site. In addition to the online application itself, you will find links to application instructions, MCAT information, and a wide assortment of resources about pursuing a medical degree.
- OCS Resources
 - OCS Premed information for Harvard Students (includes Harvard

Pre-Med Committee Chair



Jonathan D'Gama
Resident Tutor
Pre-Med
Committee Coordinator



Tori Martin
Resident Tutor
Pre-Med
Committee
Coordinator

Pre-Med Committee



Kaitavjeet (Kait) Chowdhary
Resident Tutor

Pre-Med
Committee/Sophomore
Outing



Brian Miller
Resident Tutor

Resources

- ⚭ Non-resident tutors
- ⚭ Resident tutors
- ⚭ OCS
 - ⚭ Website
 - ⚭ Drop-in hours
 - ⚭ Online chat sessions
 - ⚭ Workshops
 - ⚭ Selecting Letters of Recommendation
 - ⚭ Completing AMCAS
 - ⚭ Writing a Personal Statement
 - ⚭ Harvard Seniors and Alumni Admissions Data (\$5 at OCS)
 - ⚭ MSAR (Medical School Admission Requirements)

Questions?

👉 Lev Pre-Med Website <https://leverett.harvard.edu/pre-med-advising>

👉 Please direct any questions to:

Leverett Pre-med committee: leverett.premed@gmail.com

Resident Tutors

👉 Victoria (Tori) Martin (MD/MPH) tori.martin@post.harvard.edu

👉 Jonathan D’Gama (MD/PhD) Jonathan_DGama@hms.harvard.edu

👉 Brian Miller (MD/PhD) bcmiller@gmail.com

👉 Yamini Virkud (MD/MPH) yaminivirkud@gmail.com

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