

# How to Prepare for US Medical School Application?



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Sunday, March 26, 2023  
12noon-1:30pm (美东时间)  
现场地址:  
HCC - HW 249  
10901 Little Patuxent Pkwy  
Columbia, MD 21044

# Medical School APPLICATION

Go2MedSchool



We understand how confusing and complex medical school applications are. We're here to help you get into your dream medical school.



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Medical School Admissions Expert, Dr. Sidney Fu will discuss the strategies on medical school application, focusing on BA/MD or BS/MD programs for high school applicants.

Sponsored by HCCS PTA&SGA

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# The Road to Becoming a Doctor

## PRE-MED

- Before medical school, students complete rigorous prerequisite courses in biology, physics, English, and chemistry and take the Medical College Admission Test® (MCAT®).
- Many admissions officers use holistic review, balancing applicants' experiences, attributes, and academics to gauge how they might contribute as medical students and physicians.

[www.aamc.org/advocacy/meded/](http://www.aamc.org/advocacy/meded/)

## THE MATCH— DURING THE FINAL YEAR OF MEDICAL SCHOOL

- Students choose a specialty on the basis of personal interests, clinical experiences, and other factors and apply to residency programs.
- Most students are matched through the National Resident Matching Program (NRMP).
- On "Match Day" in March, students learn where they will complete their residency training.

[www.aamc.org/advocacy/gme/](http://www.aamc.org/advocacy/gme/)

## MATCH DAY

## CERTIFICATION, LICENSURE, AND CONTINUING MEDICAL EDUCATION (CME)— ONGOING

- Physicians must obtain licensure in the state in which they will practice their chosen specialties.
- Twenty-four specialty boards establish criteria that physicians must meet to be certified.
- The rapid pace of change in medicine makes continuing medical education programs essential.
- Specialty boards require recertification on a regular basis, a process called maintenance of certification.

[www.aamc.org/initiatives/cei/](http://www.aamc.org/initiatives/cei/)

## MEDICAL SCHOOL—FOUR YEARS

- Coursework—through classroom, clinical, and community experiences—covers science, problem-solving and communication skills, prevention and care, and professionalism and medical ethics.
- Schools regularly update curricula to include innovations in health care and science, new health issues, population health, and emerging technologies.
- Faculty on the cutting edge of education, research, and clinical care ensure training stays current.

[www.aamc.org/advocacy/meded/](http://www.aamc.org/advocacy/meded/)

## RESIDENCY TRAINING (GENERALLY AT A TEACHING HOSPITAL)— THREE TO SEVEN YEARS, WITH ADDITIONAL TIME FOR FELLOWSHIP

- Supervised, hands-on training that must be completed to be licensed and board certified and to practice independently.
- Residents train as part of a patient care team alongside other health practitioners. They are exposed to a variety of care settings, including community clinics; diverse patients and cases; and cutting-edge research and care.
- After completing their residencies, some residents choose to undertake a fellowship, which adds one to two years of study in a subspecialty area.

[www.aamc.org/advocacy/gme/](http://www.aamc.org/advocacy/gme/)

# Competitiveness of Medical School Acceptance

- The number of applicants to medical school has been soaring, hitting record highs (17.8% increase to 62,443 in 2022).
- Getting accepted into medical school has never been more challenging.
- Only about 5.5% of qualified applicants are accepted into MD programs each year in the US.
- ***Each year many highly qualified applicants simply do NOT get accepted into medical school.***

# How to Increase Your Chances

- GPA and MCAT are critical to be competitive! However, this is just the start, and getting admitted by medical school requires a lot more, particularly for your dream school or tuition-free school.
- Applicants getting the right advice for attaining admission can be a major factor between success and failure.
- The earlier in a student's career that expert coaching is provided, the greater the chances of success.
- *For this reason, we recommend that applicants start preparing as early as high school, should they intend to become a doctor.*

# Credentials and Requirements

- College GPA (High school GPA for BA/MD or BS/MD programs)
- **Prerequisite courses**
- MCAT (Bio/Biochem; Chem/Physics; Psycho; CARS)
- Extracurricular experiences (Community service, volunteering)
- Clinical and research experience
- **Compelling personal statement (Challenge #1)**
- Letters of recommendation (3 for MD and 2 for DO req'd)
- **Medical school selection**
- **Interview preparation and practice**
- Casper Test (required by 56 medical schools)

# Application Process

- AMCAS registration and general requirements (141 MD programs)

<https://www.aamc.org/services/amcas-for-institutions>

- TMDSAS registration and general requirements (12 MD programs)

<https://www.tmdsas.com/medical/index.html>

- CUNY School of Medicine – The Sophie Davis Biomedical Education Program (7-year BS/MD) - October

<https://www.cuny.cuny.edu/csom/apply>

- AACOMAS for colleges of osteopathic medicine (38 DO – **Doctor of Osteopathic** Medicine programs)

<https://choosedo.org/how-to-apply/>

Click on the *Useful Links* for application process and resources:

<http://go2medschool.com/#>

# Application Deadlines

## **AMCAS:**

<https://students-residents.aamc.org/applying-medical-school-amcas/applying-medical-school-amcas>

Application opens: Early May

First day to submit AMCAS: May 30

AMCAS Early Decision Program (EDP) deadline: **August 1**

AMCAS deadline: **Sept.30, Oct. 1, Oct. 15, Oct. 18, Nov 1, Nov 15, Dec 1, Dec 15**

## **TMDSAS:**

<https://www.tmdsas.com/apply.html>

Application opens: Early May

First day to submit TMDSAS: May 16, 2022

TMDSAS Early Decision deadline: **August 1, 2022**

TMDSAS application deadline: **November 1, 2022**

## **AACOMAS (Choose DO):**

<https://www.aacom.org/become-a-doctor>

Application opens: Early May

First AACOMAS applications released to medical schools: June 15, 2022

AACOMAS application deadlines: **January 2023 - April 2023**



# Essay Requirements for AMCAS, AACOMAS and TMDSAS

| Programs (characters) | Personal Statement | Activity Essay | Most Meaningful Entry Essay |
|-----------------------|--------------------|----------------|-----------------------------|
| AMCAS                 | 5,000              | 700            | 1,325                       |
| TMDSAS*               | 5,300              | 300            | 500                         |
| AACOMAS**             | 5,300              |                |                             |

\* TMDSAS requires 2 additional essays: a **personal characteristics** essay and an **optional** essay; TMDSAS requires in-state applicants to participate in a Match process.

\*\* AACOMAS personal statement asks **why you want to study osteopathic medicine** (holistic approach to patient care and focusing on preventative medicine). How have your experiences shaped your aspiration to become an osteopath?

# Paths to Medical School

- *For High school students – BA/MD or BS/MD program*
- *For College students – Early Assurance MD program*
- **For College graduates** – Regular MD & MD/PhD programs
- **For College graduates** – DO (Doctor of Osteopathic Medicine)
- **For International students** – MD & DO programs
- *For International Medical School Graduates – ECFMG program*

# BA/MD or BS/MD Program

## - For High School Graduates

- Combined BA/MD or BS/MD programs are medical school programs for highly ambitious high school graduates, in which students are accepted into **both an undergraduate program and a medical school at the same time.**
- There are about 60 programs in US, including 3 (6-year), 23 (7-year), and 36 (8-year), each with its own unique affiliations, requirements. Most of them **DO NOT require an MCAT score.**
- It's a highly competitive program:
  1. Acceptance rate: 1-9%
  2. GPA: close to 3.95 - 4.0 (science AP courses if possible)
  3. ACT (34/36) /SAT (1500/1600): better take it by fall of junior year
  4. Top 5% class ranking
  5. Strong letter of recommendation from a science teacher and a physician.
  6. Excellence in extracurricular activities, such volunteering in hospital, research, shadowing

A complete list of medical schools that offer BA/MD or BS/MD programs:

<http://go2medschool.com/assets/img/List%20of%20BA-MD%20and%20BS-MD%20Programs%202023.pdf>

# BA/MD or BS/MD right for you?

- This accelerated programs are designed for focused students who determine to pursue a medical career. Otherwise, it's a good idea to go more traditional route after fully exploring other interests in college.

- The successful BS/MD applicant must be able to present a narrative that convinces the interviewer of

1. A well developed INTEREST in medicine: Why medicine?
2. Stellar academics: SAT (>1500) or ACT (>34): Academic standing
3. Exceptional MATURITY: Personal and Professional
4. Impressive ACHIEVEMENTS: Volunteering activities, clinical and research experiences
5. Outstanding PERSONAL STATEMENT;
6. College essay; CASPer; highly competitive

**\* To showcase your absolute best self! Well-rounded candidates ONLY!**

# Pros and Cons of BA/MD or BS/MD

## Pros:

- Fastest way to become a doctor
- Avoidance of the arduous and stressful process of medical school application
- MCAT or CASPer not required (in most cases)
- Tuition savings

## Cons:

- Have to decide to go to a more prestigious undergraduate college or a less prestigious one that is part of a BA/BS-MD program.
- The application for the combined program is Complicated: two applications plus interview – more essays to write
- A minimum GPA (typically >3.5 overall) in college to keep their medical school spot. Some programs also require students to take the MCAT.
- Fewer options to explore and discover academic interests.

# How we work with candidates?

**Initial Consultation:** We offer a free 20-min consultation to learn about each student, including their goals, strengths, and weaknesses before making a decision to accept into our program.

**Advisor Assignment:** We then assign them a dedicated advisor who will best serve their needs based on the student's interests, goals, and personality; and communicate with them in real time.

**Session Scheduling:** The advising sessions can be scheduled during the evenings, weekends or any other time that is convenient for students.

**Strategies:** We design a roadmap for your application in the first 2-4 weeks as we learn more about you.

**School Selection:** We create a school list for each student to maximize your potential to get admitted.

**Unlimited Editing:** We thoroughly edit your applications, including the personal statement and all essays, to ensure your supplication stands out from the qualified application pool.

**Mock Interviews:** We provide unlimited mock interviews to best prepare you for this last critical step!!!

# Early Assurance MD Program

- For College Sophomore/Junior Students

- 23 medical schools offer Early Assurance Program (EAP).
- Designed for high-achieving undergraduates.
- Accepted at the end of sophomore year or the beginning of junior year.
- Accepted often prior to taking MCAT or no MCAT requirement.

A complete list of *EAP* Programs:

<http://go2medschool.com/assets/img/Early%20Assuance%20Programs%202023.pdf>

# DO Program

## - For College Graduates

- DO (Osteopathic Medicine vs. Allopathic Medicine) focusing on a holistic approach to patient care (OMM - Osteopathic Manipulative Medicine)
- Pre-Med: Biology, Physics, English Composition, Chemistry (2yr)
- GPA (3.54 vs. 3.70 for MD) & MCAT (504 vs. 511)
- Records of community service, leadership, etc.
- From diverse background
- *Shadowed an osteopathic physician (DO doctor)*
- Criminal background checks



# International MD & DO Program

- For International Students

- 64 MD and 18 DO programs accept international students.
- Most programs requires applicants graduated from a 4-year US or Canadian college.
- Applications are competitive and demonstrated fluency in English via TOEFL exam is required.

A complete list of ***international MD and DO*** Programs:

<http://go2medschool.com/assets/img/US%20Med%20Schools%20for%20international%20students%202023%20protected.pdf>

# Tuition-free Med Schools

- New York University School of Medicine
- Washington University School of Medicine (50% full and 50% half)
- Cornell Medical School (Full coverage for need-based only)
- Cleveland Clinic Lerner College of Medicine (accept 32 students)
- UCLA Medical School (25% students – Merit based only)
- Uniformed Services University of the Health Sciences (\$70k salary/year, with committed seven years of active-duty service after finishing your residency)

**Key strategies:** *Apply early!!!* Tailor your application based on their mission; Strong extracurricular activities.

# ECFMG Program

## - For International Medical Graduates

- List of Chinese medical schools (~100) qualify for ECFMG, and NRMP to become a medical resident in US.

<https://www.ecfm.org/certification-requirements-2023-match/pathway-schools.php?country=CHINA&next=Submit>

- Clinical skills requirement (USMLE Step 1 and Step 2 exams)
- Communication skills requirement- OET (Occupational English Test) Medicine
- There are six pathways to apply for ECFMG Certification.

**Pathway 3:** Medical School Accredited by Agency Recognized by World Federation for Medical Education (WFME)

# Key Strategies

- Preparing early
- Maintaining a competitive GPA (3.7 to 3.9)
- High MCAT score (515 90<sup>th</sup> percentile)
- Compelling Personal Statement
- Clinical and Research experiences
- Activities (Commitment + Progression, Volunteering)
- Letters of Recommendation (up to 6)
- School Selection
- Individualized plan (have a roadmap for your own application)

# Top Reasons for Being Rejected

- Starting application too late (Rolling admission + Time)
- Incomplete application
- Not qualified extra curriculum activities
- Inappropriate school selection
- Not a compelling Personal Statement
- Not strong Letters of Recommendation
- Not well-prepared interview

# About Go2MedSchool

- Our goal is to help talented and ambitious applicants to get into their dream medical school (or tuition-free medical schools) successfully in a timely fashion.
- We tailor every aspect of your application to ensure the best quality right from your application to your interview.
- We offer guaranteed admission (If not admitted for the first try, two rounds of additional consulting will be free)
- 15% discount is offered with code “HCCS23” if you sign up by March 31, 2023.

# Services Provided by Go2MedSchool

- Guiding you through every step of the application process with a well-developed roadmap from pre-med prep, MCAT exams, the AMCAS or TMDSAS or AACOMAS application, interview and follow-up.
- Review / edit / tailor your application documents professionally for the best and most appropriate medical schools.
- Help you present your best self and stand out.
- 
- Maximize your admission chances, regardless of your age, gender, cultural or racial background because we believe everyone deserves equal access to medical education.

# Our Team

- Our team is composed of knowledgeable experts that have previously worked in the medical school admissions process.
- **Our Admissions Directors include:**
  - Dr. Sidney W. Fu, Professor of Medicine and former Admissions committee member at GWU
  - Dr. Leo Chalupa, Professor and former Vice President at GWU
  - Dr. Jane Tan, Assistant Professor and faculty interviewer
- **Our Consultants include:**
  - A group of distinguished physicians, and former and current medical students.



# *Thank you for your attention!*



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**Ready to successfully apply to US medical school?** Go2MedSchool Consulting, LLC

[www.Go2MedSchool.com](http://www.Go2MedSchool.com) is a professional consulting team that provides a series of free seminars (Zoom or Tencent meeting), including application strategy, medical school category (MD & DO), course plan, school choice, personal application statement, extracurricular activity, clinical shadowing, recommendation letter, MCAT exam, interview preparation, etc. The team is composed of senior admissions committee member / senior advisor to the Dean, former vice president of medical school / fellow of the AAAS, interview professor, 8 top medical school and hospital physicians, and 26 outstanding medical students and graduates. Our goal is to provide you with the most accurate application information and the rich experience we have accumulated over the years, so that your application can stand out among thousands of them to maximize your chances of being admitted. We sincerely welcome you who are interested in successfully becoming a US medical student or parents who support your mission to participate! You can register via WeChat, email or text message (please provide your name, email, WeChat and school stage). We develop a road map for every individual applicant at either middle school, high school, college or college graduates when you sign up for our service.

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