Preparing for Medical School in High School

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MISSION

The Elson S. Floyd College of Medicine will be a unique resource for the State of Washington, converging on solutions to the health care triple aim of improving the patient experience of care, keeping populations healthy, and decreasing the cost of care, all while improving the work life of health care providers. Through a culture based on valuing the individual, we will be resourceful, agile, inventive and generous in serving the people of the state and beyond, to develop healthier populations through research, innovation, interprofessional education and patient-centered care.

VISION

Inspiring people to solve problems in challenging health care environments.

“Bold, audacious, and visionary”

~from the late WSU President Elson S. Floyd
Timeline for a Career in Medicine

**High School**
- 4 years
- 18 yo
- Good Grades
- Solid SAT/ACT Scores
- Leadership
- Extracurricular Activities

**College/University**
- 4 years
- 22 yo
- Good Grades
- Solid MCAT Scores
- Community Service
- Medical Exposure

**Medical School**
- 4 years
- 26 yo
- Good Grades
- USMLE Steps 1 & 2
- Leadership
- Research

**Residency**
- Primary Care
  - 3 years
  - 29 yo
  - Family Medicine
  - General Internal Medicine
  - General Pediatrics

**Specialty Residency**
- 4-7 years
- Fellowship
  - 3+ years
  - Surgery
  - Ophthalmology
  - Dermatology
  - Pathology
  - Fellowships from primary areas

**Gap Years:**
- Break between high school and college
- Break between college and medical school

**Opportunities:**
- Life experiences
- Work
- Volunteering
- Personal Growth
Requirement: **Bachelor’s degree** from an accredited U.S. institution
- Some applicants have masters and doctorates
- Can apply while finishing degree and pre-reqs

Dual enrollment to earn college credit: Every grade will be calculated into GPA when applying to medical school, including any college credit earned while in HS.

If finish pre-reqs early in college career, don’t stop there!
Take additional upper-level Biology courses!

**What do I major in?**
Can choose any major as long as take pre-requisite courses

ESFCOM Pre-requisite courses:
- Biology w/ lab (4 SCH)
- Organic Chem w/ lab (4 SCH)
- Physics w/lab (4 SCH)

This is the time to take the courses and major in the field that interests you

If your major is non-science, take more than the minimum of Biology to be prepared for the MCAT and medical school curriculum. Challenge yourself!
Volunteer in your community!
- Hospitals
- Community volunteering
- In school

Talk with your high school counselors!
- Try to take courses that will help better prepare you for college

Talk with doctors in the community
- Ask them why they chose to be doctors
- Ask them what they like most about being doctors
- Ask them what they typical day is like

Prepare for college!
- Study hard – get good grades!
- Don’t procrastinate when applying to college (scholarships)
- Prepare early for the SAT/ACT
Volunteer in healthcare and in the community!
• Hospitals/Clinics
• Shadowing
• Scribe programs
• Community volunteering
• Campus organizations

Summer Programs
• Research

• Summer Health Professions Education Program: http://www.shpep.org/

Research
• Volunteer/work in a research lab that interests you
• Learn more about the scientific method

Start early and make it last throughout college!!!
➢ Start your freshman year
➢ Stay consistent in activities
➢ Be accountable

Keep your grades up!
How to Prepare

- Begin to explore the question “Why do I want to be a doctor?”
  - Read about current healthcare topics
  - Know what’s occurring in medicine and society
  - Not an easy road – make sure this is what you want to do!
  - Needs to be based in reality, not simply because you like “Scrubs” or “House”

Make good decisions!

Felonies and misdemeanors:
- Medical schools conduct criminal background checks.
- Avoid underage drinking and other unlawful activities that could keep you from pursuing your dreams!

Identify mentors:
- Get to know your professors and others (let them get to know you!)
- Can be anyone who you can share your concerns and ideas with who will help guide you
- Reach out to them, ask questions
MCAT

Standardized exam required for entry into medical school.

4 Sections:
- **Biological and Biochemical Foundations of Living Systems**
- **Chemical and Physical Foundations of Biological Systems**
- **Psychological, Social, and Biological Foundations of Behavior**
- **Critical Analysis and Reasoning Skills**

7 hour exam!
More questions per section
More time per question

Do not take until you have completed coursework it covers.

Allow for a minimum of 2 months dedicated study time.
  - Include full-length practice tests.

**Timing:** consider when want to submit complete application

Do not take the test until you’re ready. You will be required to report all scores when applying.

**Repeat Tests:** Allowed to take 3 x/year, up to 4x for two consecutive years, lifetime total of 7 times!

https://www.aamc.org/students/applying/mcat/mcat2015/
ESFCOM Requirements

• **Latest you can take the MCAT:** September in the year you submit your application

• **Oldest MCAT considered:** 4 years prior to the date you expect to matriculate. For students entering in Fall 2018, the oldest acceptable MCAT is 2014.

• **If you take the MCAT multiple times:** The highest eligible score will be considered.
Multiple Mini Interview (MMI)

- Several short, independent assessments (6-10 stations)
- Timed circuit (5-8 minutes each)
- Often a scenario to work through
- Interact with an “actor” while a reviewer observes and scores
- Gaining in popularity
- Often includes hybrid with an additional one-on-one interview
Holistic Review

Personal attributes

- **Leadership**: Demonstrated leadership that has inspired others, the capacity to mobilize people toward a goal, and the potential to excel as a leader through actions and activities.

- **Communication**: Includes social skills, teamwork, ethical judgment, empathy, compassion, cultural competence, active listening, emotional intelligence and social awareness.

- **Intellectual excellence**: Includes capacity for improvement, critical thinking, ability to succeed academically, and independent thinking and reasoning.

- **Ethical responsibility to yourself and others**: Includes professionalism, service orientation/altruism, empathy for the underserved.

- **Teamwork/collaboration**: Demonstrates effective ability to work with others, intergroup collaborations with diverse individuals, and ability to address conflict in a positive, productive manner.

Life experiences

- **Experience with rural or underserved communities**: Experience to understand the unique challenges and opportunities in a rural environment.
  - Serve your community; get involved, stay involved.

- **Clinical exposure**: Quality of experience (including shadowing, scribe, helping care within your family, emergency medical technician) AND amount of exposure.
  - Learn about medicine and your community.
    - Change and culture of medical education
    - Unavailability of medical service to diverse population groups and in rural areas
    - Changing patterns of delivery of health care
    - Social issues; how do they impact care?

- **Adversity and resilience**: Perseverance in the face of internal or external challenges.

- **Experience beyond the classroom**: Including community service, cultural experiences, arts, work, new language, volunteerism, longevity of service, hobbies, passion outside of academics, military service.
Class Size 60
Cohorts of 15 per campus

Spokane
2 years

Spokane
2 years

Everett
2 years

Tri-Cities
2 years

Vancouver
2 years
Admissions website: https://medicine.wsu.edu

Follow ESFCOM Admissions on Facebook for announcements and resources: https://www.facebook.com/WSUMedicine/

American Medical College Application Service (AMCAS): https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/applying-medical-school-amcas/

Association of American Medical Colleges: www.aamc.org
https://students-residents.aamc.org/applying-medical-school/preparing-med-school/getting-experience/

MCAT: https://www.aamc.org/students/applying/mcat/mcat2015/

Khan Academy: https://www.khanacademy.org/test-prep/mcat
Finally….

Be patient
Be proactive
Be motivated
Be genuine