This presentation is directed to those applying to medical schools. If you are applying to dental, veterinary or other health professions schools, you will find that they have similar expectations in terms of academic achievement, competencies and experiences. However, deadlines, application and national tests will be a little different.

If you wish to make an appointment with us to talk about your readiness to apply, we ask that you do this: (a) To schedule a meeting, call 919-684-6221, email us directly, or schedule through Advisestream if available (Dean Kostyu does not use Advisestream). (b) When you schedule, let us know the reason for the meeting so that we can be prepared. And (c) update AdviseStream, send us your RMA or resume prior to the meeting or bring a resume or RMA to the meeting. It is difficult to advise you on readiness without being able to see your experiences and achievements. Also, please don’t schedule a meeting with all four of us. It is better when you maintain contact with one advisor as you go through the application process as this helps us to know you better and write a committee letter on your behalf.
These are the major topics we will talk about in this presentation.
Admission Information
The number of first-time applicants for matriculation to medical schools in 2015 was over 38,000. If you include those individuals applying again, the number grows to over 52,000 applicants. This was for 20,630 seats. The national acceptance rate has been around 40% for many years.
It is difficult to put the national statistics in perspective. A better way is to look at three examples of application numbers for individual medical schools. In example #1, we have a medical school that only accepts applicants who are resident of that state. Note that there are a few out-of-state applicants and they were not interviewed or accepted. The ability of an in-state resident to be admitted to this school is about 1 in 10.

**Example #1: a state-supported medical school**

Median MCAT score: 506 (127, 127, 127, 127)
Median BCPM: 3.63

<table>
<thead>
<tr>
<th></th>
<th>In-state</th>
<th>Out-of-state</th>
<th>International</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total applicants</td>
<td>1020</td>
<td>50</td>
<td>2</td>
<td>1072</td>
</tr>
<tr>
<td>Interviewed</td>
<td>500</td>
<td>0</td>
<td>0</td>
<td>500</td>
</tr>
<tr>
<td>Matriculated</td>
<td>110</td>
<td>0</td>
<td>0</td>
<td>110</td>
</tr>
</tbody>
</table>

Statistics for each medical school are available on the Medical School Admissions Requirements (MSAR) website; you will need to subscribe (~$28) for a year to see all data.
Example #2: a medical school that accepts both in-state and out-of-state applicants

- Median MCAT score: 518 (130, 129, 130)
- Median BCPM GPA: 3.8

<table>
<thead>
<tr>
<th></th>
<th>In-state</th>
<th>Out-of-state</th>
<th>International</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total applicants</td>
<td>900</td>
<td>4000</td>
<td>400</td>
<td>5300</td>
</tr>
<tr>
<td>Interviewed</td>
<td>140</td>
<td>450</td>
<td>35</td>
<td>525</td>
</tr>
<tr>
<td>Matriculated</td>
<td>75</td>
<td>75</td>
<td>2</td>
<td>152</td>
</tr>
</tbody>
</table>

Example #2 is a medical school that accepts in-state and out-of-state applicants. An in-state resident has about a 1 in 12 chance of being accepted. But because the medical school also accepts out-of-state students, the number of out-of-state applicants is very large (4000) and the ability of an out-of-state applicant to be admitted is less (about 1 in 50).
Example #3: a private medical school with no preference for in-state students

Median MCAT score: 516
Median BCPM GPA: 3.85

<table>
<thead>
<tr>
<th></th>
<th>In-state</th>
<th>Out-of-state</th>
<th>International</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total applicants</td>
<td>500</td>
<td>7000</td>
<td>400</td>
<td>7900</td>
</tr>
<tr>
<td>Interviewed</td>
<td>75</td>
<td>700</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Matriculated</td>
<td>15</td>
<td>101</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

Example #3 is a private medical school that has no preference for residents. As a result, the number of applicants is very large (7000) and the ability to be accepted is small (about 1 in 70).
The percentage of Duke students and alums accepted to medical schools has been 70% to 80% for many years. For those applying in summer 2016 for matriculation in fall 2017, there were 256 first-time applicants with a success rate of 82%. The national acceptance rate was 43%.

<table>
<thead>
<tr>
<th>Duke students, alums apply each year for 1st time</th>
<th>250 - 300</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duke students, alums are accepted (1st time applicants)</td>
<td>70 – 80%</td>
</tr>
<tr>
<td>Mean BCPM GPA of accepted Duke students</td>
<td>3.5 – 3.6</td>
</tr>
<tr>
<td>Mean MCAT score for accepted Duke students</td>
<td>512 – 516</td>
</tr>
<tr>
<td>Average age of entering class at U.S. medical schools</td>
<td>~ 24</td>
</tr>
<tr>
<td>Duke students will take a gap year</td>
<td>~ 70%</td>
</tr>
</tbody>
</table>
What Do Medical Schools Look For?
These are the things we have encouraged you to do over your 3 or 4 years at Duke. Why are they important now?
The experiences you have had at Duke can demonstrate the 15 Core Competencies that medical schools look for. Being accepted to a medical school is more than just your GPA and MCAT. They will look for the above skills, values, attitudes and traits. (See the handout for more details.) You can read about the AAMC Core Competencies here: https://students-residents.aamc.org/applying-medical-school/article/core-competencies/
Timeline
Applying to medical schools take a long time. In the beginning, you will need time in your schedule to study for and take the MCAT, review and choose schools to apply to, gather all the information you need to apply, do a draft of your application (RMA) and meet with one of us for an RMA appointment, and later to complete secondary application questions and interview.
Dec 2017 - Feb 2018

1. Start your RMA (Review My Application), a draft of your application, using information on AdviseStream or your resume
2. Begin to look at the websites of medical schools
3. Schedule a meeting with one of us if you are unsure about applying (send a draft of your RMA or a resume so we can talk about your experiences)
4. Register for the MCAT and decide how to prepare for it

The next slides go into details about the timeline. A copy of the RMA is on our website (prehealth.duke.edu/apply). It is a word document so you can write and edit your own version. There is also an RMA with instructions and tips. For the MCAT, you will need to choose a date, register, decide how you will prepare and the length of time you need to review.
April and May MCAT dates are optimal, so you will have your scores back before you apply. The June 1 and 2 dates are probably the last dates that will allow you to apply early enough to be in the first applications considered. Talk with your peers about their experiences in studying for the MCAT and the differences among the ways to review. You should only take the MCAT once, and prepare well for it.
March - May 2018

1. Complete your RMA, schedule an RMA appointment
2. Start the list of schools you will apply to and check their course requirements; contact their admissions committees for questions
3. Take the MCAT
4. Make plans for the summer and/or gap year
5. Ask individuals for Letters of Recommendation
6. May: send your final transcript to AMCAS once spring grades are recorded
7. May: begin working on your AMCAS application

If you make plans to be outside the US during the application period, be sure you have reliable internet service and will have an email address that will remain active for the entire cycle
Why should you submit as early as possible in June?  Your application will be verified and complete faster and you’ll have earlier secondary applications and possible interviews.  Many schools have a rolling admissions plan, and if you apply late in the cycle for those, you may competing for the last seats in a class.  Note that Texas residents use a separate application program (TMDSAS) with different deadlines; if you are applying to DO schools, you will also follow slightly different dates.
Secondary applications often require you to answer more essay questions and there is a fee that you will need to pay.
August 2018 - April 2019

1. Patience, patience, patience
2. Receive invitations to interview
   • Review/study on that school prior to an interview
   • Prepare by scheduling a mock interview with us in late summer or fall
   • Possible outcomes: Acceptance/Waitlist/Defer Action/Denial
3. Send updates to medical schools as appropriate
4. Did we mention patience?

Remember that this is a long process. Some medical schools send out acceptances in October and November, others in March. We’ll let you know later about how to schedule a mock interview with us in late summer or fall, and when to send medical schools any updates about a new job, more experience, publications or achievements.
The Application
Components of an Application

1. Send your primary application to AMCAS (TMDSAS for Texas)
   - Web-based, one central application
     - Goes to all schools that you list
   - 9 Sections, including
     - Personal information
     - MCAT score(s)
     - Courses and grades
     - Work, activities, experiences
     - List of recommenders
     - Personal statement
     - List of schools

2. Secondary application sent to you by individual schools
   - Supplemental application
   - School specific
   - Short essays
   - Application fee
   - Some schools send secondaries to everyone

These are the basic components of an application.
You should start the process this spring by doing the RMA form. The RMA can be useful to you if you are unsure of whether or not to apply this year.
There is a helpful guide here as to what makes a strong letter:

Letters of Recommendation

Suggestions on who you may choose to ask:

1. Three LORs are typical, from individuals who know you and can write about your competencies; maximum is six but too many is not a strength
2. One individual who has taught you in a science course
3. One individual who has taught you in a social sciences or humanities course
4. Your research mentor (especially if you are applying to MD/PhD programs or if you are doing Graduation with Distinction)
5. Major advisor or faculty who taught you
6. Your supervisor from an internship, a volunteer or work-related experience, or a significant extracurricular activity
7. The Committee Letter is separate and is not considered a specific LOR

Note: Check individual school websites and the MSAR to see if the schools you are applying to have any unusual requirements (e.g., Duke Medical School requires 4 letters, with 2 letters from individuals in science)
Selecting Schools To Apply To

Office of Health Professions Advising

The average number of schools to which Duke students apply is ~ 23

Use the information on school websites AND the Medical School Admissions Requirements (MSAR) website to help you develop a list of schools where you will be competitive: https://apps.aamc.org/msar-ui#/landing

1. Check a school’s Mission Statement
2. Check their Metrics range: BCPM GPA and MCAT score
3. Check residency requirements (in-state vs. out-of-state applicants, citizenship requirements)
4. Check required courses (including AP credit and writing/English)
5. Check the emphasis they place on research, service to others, and factors important in selection of applicants

The year’s subscription to the MSAR (a detailed online database from AAMC listing all medical schools, their requirements and statistics) is currently $28; it can be found here https://apps.aamc.org/msar-ui#/landing
The Brody School of Medicine at East Carolina University is an example of one that focuses on primary care and underserved populations.
Mission Statements

Example: Duke University Medical School, NC

Duke seeks "to prepare a diverse student body to pursue a spectrum of medical career options in order to become physician leaders who can advance biomedical research and improve local, national, and global health.

This is accomplished in part, through an innovative curriculum in which students learn the core basic sciences in the first year, complete core clinical clerkships in the second year, devote the entire third year to scholarly investigation, and fulfill elective rotations in the fourth year.

By condensing the traditionally structured training from four years into three, students are provided ample opportunity to pursue their own independent interests. Many students earn a second degree during this time, graduating with an MBA, Master of Public Health or Master of Science in addition to the Doctor of Medicine degree."

https://medschool.duke.edu/education/degree-programs-and-admissions/doctor-medicine-md-program

Duke University Medical School places an emphasis on research and leadership; the ability to study an area of interest in your third year is an important part of their education.
Mission Statements

Example: Icahn School of Medicine at Mount Sinai, NY

“We pursue innovative approaches to education, research and patient care, combining the best traditions of medicine with the principles and entrepreneurial thinking of a startup, to uncover novel insights about disease…

We seek a variety of students who can contribute open-mindedness, empathy, social insight, medical, scientific, technological and engineering expertise, to change the very nature of medicine. We have developed a number of admissions and training programs to foster these advances and recruit multi-talented students from richly diverse backgrounds, in a non-traditional way.”

http://icahn.mssm.edu/about/vision
Note that these costs accrue over 18 months so you don’t need to pay all at once. However, you should think strategically about finances. The AAMC has a fee assistance program (do an internet search for AAMC fee assistance program and the website will show up)
The AAMC application will state this: “If you were ever the recipient of an institutional action by Duke (or any other school that you attended) for unacceptable academic performance or conduct violation, even if such action did not interrupt your enrollment or require you to withdraw, you must answer YES in AMCAS, even if the action does not appear on or has been deleted or expunged from your official transcript due to institutional policy or personal petition.” If you have any questions about this, schedule an appointment to talk with one of us and/or the Office of Student Conduct. Also be careful that you appear professional in all ways of communication.
Are You Ready?
Factors to consider ...

1. Metrics (BCPM GPA, MCAT score, courses, etc.)
2. Sufficient clinical experience (shadowing and patient contact)
3. Sustained community service
4. Research
5. The time available for: MCAT studying, application completion, school selection, secondary applications, interviewing
6. Demonstration of all the core competencies
7. Would another year make me a stronger candidate?
8. Is there something I want to accomplish in a gap year?

If you are unsure, begin with the RMA. It can help you see evaluate your progress, accomplishments and experiences.
Good Luck!
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