

Dr. Leo Moore's Tips

Notes from "Pre-Professional University (PPU): Preparing for your career in medicine and beyond"

Leo Moore, MD

Set Your Goal

- What type of career would you like? (Clinical practice, research, teaching)
- Determine what degree(s) are required based on your career interest. (MD, MD/MPH, MD/PhD, MD/MBA)
- Discuss goals with people who have accomplished them in the past to receive a real world perspective.

Plot Your Course

- Make a personalized timeline
- Refer to your timeline often

Know The Process

- 4 years of college
- + 4 years of medical school (+ 4 years for combined MD/PhD program)
- + 3 - 6 years of residency
- + 2 - 3 years of fellowship (if applicable)
- = 11 - 22 years of training prior to practicing medicine

Establish Mentors

Over the 4 years of college, plan to establish at least 4 - 5 mentors:

1. Pre-medical/professional advisor
2. Research mentor
3. Community medical professional
4. Current medical student

Choosing a Major

- Choose a major that interests you and will compliment your future career, only medical school prerequisites (listed below) are required for admission
- Being a Biology or Chemistry major is NOT required for entrance into medical school.

Med School Prerequisites

- 1 year - Physics with lab
- 1 year - Biology/Zoology with lab
- 1 year - General Chemistry with lab
- 1 year - Organic Chemistry with lab
- 1 year - English
- 1 year - Math

This is a basic list of prerequisites. Many medical schools also require biochemistry. These are required by ALL medical schools in the United States, but some medical schools will have additional requirements. For school-specific requirements, I recommend purchasing [AAMC's Medical Student Admissions Requirements Guidebook](#)

Classes/GPA

- Create a balanced schedule
- Know yourself
- Tailor your schedule to have summers to spend completing summer enrichment or research programs at medical schools.
- The higher your GPA, the better. No one will ever say "Your GPA is too high for our medical school."

Fig. 1 Average GPA for applicants and accepted students in medical school in 2012.

	Applicants	Accepted Students
GPA (non-science)	3.66	3.75+
GPA (science)	3.44	3.66+
Total GPA	3.54	3.68+

Medical College Admissions Test (MCAT)

- Medical school "entrance exam" consisting of 4 components:
 - 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
- MCAT is administered multiple times throughout the year from January - early September, at over a hundred testing sites across the country. You can sit for the exam at any of the sites.
- Prep courses are available through Kaplan and Princeton Review. There are also multiple study books available online.

For additional information about the MCAT, see [Prepare for the MCAT® Exam](#)

Get Real World Experience

- The best way to determine if medicine is the career for you would be to shadow a local physician, veterinarian, physical therapist, etc.
- Plan to have at least one letter of recommendation for your medical school application from a current medical professional. This demonstrates your commitment to the field of medicine.

Volunteer

- Find something you're passionate about and volunteer your time.
- Spearhead your own initiative, such as a can drive, local book fair, or something based on your own interests.
- Think outside the box

For more information on potential volunteer opportunities in the Greater Columbus Community, visit the [Center for Career Coaching](#).

Leadership

- Demonstrate your leadership abilities.
- Medical professionals are leaders. Medical schools want to see your leadership potential.
- Examples
 - Hold office in a college organization (Student Government Association, local clubs, committees of national organizations such as American Medical Student Association)
 - Become a Resident Assistant
 - Join the Orientation Team

Research

- Get involved in research early.
- Work with faculty in your academic department to develop a project with the goal of publishing in a journal.
- Choose a project that you're passionate about.
- Publishing in a journal is NOT required, but will make you more competitive for medical school.
- Plan to present your research at a national scientific meeting (AMSA, Beta Beta Beta Biological Honor Society). This will strengthen your application for medical school.

Networking

- Develop a business card.
- Begin crafting your resume' and update it frequently.
- Reach out to local physicians, medical students, residents and discuss your interests with them. Ask questions!
- Go visit local medical schools and talk to admissions directors early to discuss your chances for admission.
- Be PROACTIVE!
The [CSU Center for Career Coaching](#) offers assistance with resume' writing and can help you develop a great business card.

Additional Resources

Association for American Medical Colleges

This is the official website for the governing body of US medical schools. Great place to access the latest average MCAT scores and GPA's of accepted applicants. There is also additional information about the standard application process.

American Dental Education Association (ADEA)

Enrichment programs for pre-medical and pre-dental students.

Student Doctor Network

Great website with forums and informative articles for pre-medical students, medical students, and residents. You can refer to this website throughout your training.