Health Professions: Sophomore Session

Tuesday, September 12th, Sewall 303
Meet the Team

Aliya Bhimani – Director

Bradley Blunt – Assistant Director

Mandi Cutchins – Assistant Director

Aurora Zarate: Department Coordinator

Christine Martinez – Associate Director

Tamara Cobb – Assistant Director

John Fierst – Assistant Director
Overview

- Strong Candidate
- Application Process
- Rice Applicant Info
The Strong Candidate

Academic Foundation

Co-Curricular Experiences

Personal Attributes

Letters of Recommendation

Demonstrate your passions
Curricular Requirements
Program requirements online at each school’s website

- Some Compilations Exist:
  - Medical School Admissions Requirements (MSAR)
  - TMDSAS Website – Texas Only
  - ADEA Official Guide to Dental Schools
  - Pharmcas, VMCAS, SOPHAS, CASPA, PTCAS, etc
# Prerequisite Course Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Required</th>
<th>Recommended</th>
<th>Hours</th>
<th>Required Lab course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>●</td>
<td></td>
<td>6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Chemistry</td>
<td>●</td>
<td></td>
<td>6</td>
<td>□</td>
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<tr>
<td>Organic Chemistry</td>
<td>●</td>
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<td>6</td>
<td>□</td>
<td>2</td>
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<tr>
<td>Biology*</td>
<td>●</td>
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<td>6*</td>
<td>□</td>
<td>2</td>
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<tr>
<td>Biochemistry*</td>
<td>●</td>
<td>●</td>
<td>3</td>
<td></td>
<td></td>
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<tr>
<td>Physics</td>
<td>●</td>
<td></td>
<td>6</td>
<td>□</td>
<td>2</td>
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<tr>
<td>Mathematics*</td>
<td>●</td>
<td></td>
<td>3-4</td>
<td></td>
<td></td>
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<tr>
<td>Statistics*</td>
<td>●</td>
<td>●</td>
<td>3</td>
<td></td>
<td></td>
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<tr>
<td>Humanities/Social Sci (hours=n)</td>
<td>●</td>
<td>●</td>
<td>12&lt;n</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*MOST TEXAS MEDICAL SCHOOLS REQUIRE ADDITIONAL UPPER LEVEL BIOLOGY COURSEWORK (300- & 400-LEVEL COURSE OFFERINGS)*

The specific requirements for each medical school can be found in the yearly publication from the Association of American Medical Colleges, *Medical School Admission Requirements (MSAR)*, which can be purchased from the AAMC website: [WWW.AAMC.ORG](http://WWW.AAMC.ORG). Likewise, the American Dental Education Association publishes the *Official Guide to Dental Schools*, which can be purchased from the ADEA website: [WWW.ADEA.ORG](http://WWW.ADEA.ORG).

For specific requirements to other programs (Veterinary Medicine, Pharmacy, Optometry, etc.), please contact the OAA. Most Texas Medical Schools require additional upper-level biology coursework (300- & 400-level course offerings). Dental schools require additional coursework in microbiology. BIOC 424 will satisfy this requirement.
Grades, AP Testing, and Scheduling

**Grades**
- Must pass with a C or higher
- Cannot P/F required pre-requisites for medical or dental

**AP**
- Must be on college transcript
- Recommend upper level courses
- Repeat to prepare for entrance exams
- Repeat to earn strong GPA/prepare for higher level courses

**Summer**
- Prefer at home institution
- 4 year university preferred
- No pre-requisites outside of the US
Summer Activities

- Research and Clinical Programs
- Study Abroad
- Fellowships
- Volunteering

Apply to programs winter break/early spring
## Exam Overview

<table>
<thead>
<tr>
<th>Section</th>
<th># of Questions</th>
<th>Time Allotted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Examinee Agreement</td>
<td></td>
<td>8 minutes</td>
</tr>
<tr>
<td>Tutorial (optional)</td>
<td></td>
<td>10 minutes</td>
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<tr>
<td>Chemical and Physical Foundations of Biological Systems</td>
<td>59</td>
<td>95 minutes</td>
</tr>
<tr>
<td>Break (optional)</td>
<td></td>
<td>10 minutes</td>
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<tr>
<td>Critical Analysis and Reasoning Skills</td>
<td>53</td>
<td>90 minutes</td>
</tr>
<tr>
<td>Mid-Exam Break (optional)</td>
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<td>30 minutes</td>
</tr>
<tr>
<td>Biological and Biochemical Foundations of Living Systems</td>
<td>59</td>
<td>95 minutes</td>
</tr>
<tr>
<td>Break (optional)</td>
<td></td>
<td>10 minutes</td>
</tr>
<tr>
<td>Psychological, Social, and Biological Foundations of Behavior</td>
<td>59</td>
<td>95 minutes</td>
</tr>
<tr>
<td>Void Question</td>
<td></td>
<td>5 minutes</td>
</tr>
<tr>
<td>Satisfaction Survey (optional)</td>
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<td>5 minutes</td>
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<tr>
<td>Total Content Time</td>
<td></td>
<td>6 hours</td>
</tr>
<tr>
<td>Total “Seated” Time*</td>
<td></td>
<td>Approx. 7 hours</td>
</tr>
</tbody>
</table>

*Total seated time does not include check-in time on arrival at the test center.*
MCAT Scoring

MCAT2015 has four test sections:

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

**MCAT2015 Total Score**

- With centers at 125, section scores range from 118 to 132.
- The section scores sum to the total score.
- With its center at 500, the total score ranges from 472 to 528.
4.5 Hours
Offered Year Round
Registration: ADA Website
Scoring 1-30 (national average 17)
MCAT and DAT Resources

**MCAT**

- Typical courses: Princeton Review, Kaplan, etc.
- Study and Practice Resources
  - Official Guide to the MCAT
  - MCAT full-length sample tests online
  - Khan Academy MCAT Video Collection
  - Psychology/Sociology Textbook Resource
  - Biochemistry Textbook Resource

**DAT**

- ADA offers a full length test online
- Practice DAT test can be purchased for $37
“The good physician treats the disease; the great physician treats the patient who has the disease”
- William Osler
Community Service

RICE DOERR
INSTITUTE FOR NEW LEADERS

CENTER FOR CIVIC LEADERSHIP
RICE UNIVERSITY

houston foodbank
Filling pantries. Filling lives.

PAIR
PARTNERSHIP FOR ADVANCEMENT & IMMERSION OF REFUGEES

Habitat for Humanity

Big Brothers Big Sisters
CO-CURRICULAR ACTIVITIES

Get involved with things you ENJOY!

- Community involvement
- Tutoring
- Cultural Activities
- College Government
- Athletics/IM sports
- O-Week

Communication * Leadership * Teamwork
“TRAVEL AND CHANGE OF PLACE IMPART NEW VIGOR TO THE MIND”
-SENECA
Rice Pre-Medical Society

1st General Body Meeting: Wednesday, 9.13, 6:30 p.m. Sewall 301
Rice Pre-Dental Society

1st General Body Meeting: Wednesday, 9.13, 6 p.m. Lovett PDR
Research Enhances Application Provides understanding of Research Process

Not Required – Unless MD/PHD

* Attend Research Fair
* Join Bio-Sciences Opportunities – OWL-SPACE
* Major-Related Research
* Attend CCD Career Expo
* Email Professor or PI in the Texas Medical Center

Research
MD/PHD Programs

- 7-8 years
- 2-3 years research experience
- Publishing increases competitiveness
- Understand the difference b/w MD, PHD, MD/PHD
- Must have strong PASSION
Letters of Evaluation

Get to know your professors – EARLY!
Ask well in advance

Consider this ....

1 science or engineering professor
1 major professor
1 character
1 research (if applicable)
Application Process
Overview
Different from your high school experience

Collaborate with the OAA
- Open File Information Sessions
- Health Professions Advising Committee Letter
- Informational Interviews
- Personal Statement and CV Resources
- Mock Interviews
Personal Statement
Organized, Thoughtful and Impactful

Personal and career goals
Healthcare philosophy
Motivation for the Health Profession
Character
Ambition

*Start early *Seek help *Keep current
Personal Statement Review

WORKSHOPS

Presentation Skills

2nd floor of Fondren Library
Interviews
Begin in the fall after you apply

MY WEAKNESSES?
I CARE TOO MUCH AND TRY TOO HARD.

Preparation
• Research the Schools
• Know your WHY
• Practice
• The Medical school Interview
  - by Dr. Desai and Dr. Katta
• MMI by Dr. Desai
• Show Energy and Passion
• Smile!

Mock Interviews
• Sponsored by RPMS, OAA, CWOVC and CCD
• Alumni MD’S and Senior Interviewers
• Remove nerves and work out kinks

Be the BEST Version of YOU
Student Handbook and Honor Code

Rice students agree to behave in ways that are responsible, respectful and adhere to the policies.

Medical and dental school expect good judgment, honesty and integrity.

Infractions MUST be reported – best to avoid them!

Take responsibility for mistakes and LEARN from lapse in judgement.

Meet with an advisor to discuss how to present yourself honestly and appropriately.

“Do What is RIGHT
Not What is EASY”
<table>
<thead>
<tr>
<th>Calendar Year</th>
<th>Mean Grade Point Average</th>
<th>Rice Mean MCAT (current)</th>
<th>Rice Mean MCAT (old)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>3.77</td>
<td>515</td>
<td>34</td>
</tr>
</tbody>
</table>
Where Do Rice Grads Go?

Matriculants by State

- 69% (Other)
- 13% (TX)
- 6% (PA, NY, NJ, MA)
- 2% (IL, OH, MO, TN)
- 10% (MD, NC, Washington DC)

Highest acceptance rate = Public schools in your home state
## Application Fees

<table>
<thead>
<tr>
<th>AMCAS</th>
<th>TMDSAS</th>
<th>AACOMAS</th>
<th>AADSAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>$160 – First school</td>
<td>$150 Flat Fee</td>
<td>$195 – First School</td>
<td>$245 – First school</td>
</tr>
<tr>
<td>$39 – Each additional school</td>
<td></td>
<td>$45 – Each additional school</td>
<td>$98 – Each additional school</td>
</tr>
<tr>
<td>Secondary apps: varied fee costs</td>
<td>Secondary Apps: varied fee costs</td>
<td>Secondary Apps: varied fee costs</td>
<td>Secondary Apps: varied fee costs</td>
</tr>
</tbody>
</table>
OF COURSE IT'S HARD. IT'S SUPPOSED TO BE HARD. IF IT WAS EASY, EVERYONE WOULD DO IT. HARD IS WHAT MAKES IT GREAT.
Second Year Timeline

{Continue to focus on your coursework and get to know your professors}

**Fall**

- OAA Website and online Resources
- Declare major if ready
- Explore Study Abroad
- Get involved in some type of clinical experience
- Attend Rice Career Expo
- Identify summer program/job opportunities
- Attend health-related events, lectures, and opportunities

**Spring**

- Declare a major and seek advising
- Check admission requirements
- Begin preparation for standardized tests
- Apply for summer programs
- Continue involvement: service, clinical and research
- Attend health-related events, lectures and opportunities
Growing # of Rice Students

Mature with life experience

Travel, work, clinical, research, service, graduate school

Gap Year(s)
Post Baccalaureate Programs

Career Changer

Academic Enhancer

https://students-residents.aamc.org/postbacc/
OAA Resources

• OFFICE OF ACADEMIC ADVISING
  • AADV@RICE.EDU
  • OAA.RICE.EDU
  • 713-348-4060

@RICEACADEMICS
RICE UNIVERSITY ACADEMIC ADVISING
@RICEACADEMICS
Instagram
Questions?