08.29.18
HEALTH PROFESSIONS SOPHOMORE SESSION
OVERVIEW

- STRONG CANDIDATE
- APPLICATION PROCESS
- RICE APPLICANT INFORMATION
THE STRONG CANDIDATE

ACADEMIC FOUNDATION

CO-CURRICULAR EXPERIENCES

PERSONAL ATTRIBUTES

LETTERS OF EVALUATION
CURRICULAR REQUIREMENTS

- PROGRAM REQUIREMENTS ONLINE AT EACH SCHOOL'S WEBSITE
- MEDICAL SCHOOL ADMISSIONS REQUIREMENTS (MSAR)
- TEXAS MEDICAL AND DENTAL SCHOOL APPLICATION SERVICE (TMDSAS) WEBSITE
- ADEA OFFICIAL GUIDE TO DENTAL SCHOOLS
- APPLICATION SERVICES - PHARMCAS, VMCAS, SOPHMAS, CASPA, PTCAS
# 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>
<td>2</td>
</tr>
<tr>
<td>Organic Chemistry</td>
<td>•</td>
<td></td>
<td>6</td>
<td>•</td>
<td>2</td>
</tr>
<tr>
<td>Biology(^2,3)</td>
<td>•</td>
<td></td>
<td>6</td>
<td>•</td>
<td>2</td>
</tr>
<tr>
<td>Biochemistry(^4)</td>
<td>•</td>
<td>•</td>
<td>3</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(^4)</td>
<td>•</td>
<td>•</td>
<td>3</td>
<td></td>
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<tr>
<td>Psychology(^5)</td>
<td>•</td>
<td></td>
<td>3</td>
<td></td>
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<tr>
<td>Sociology(^5)</td>
<td>•</td>
<td></td>
<td>3</td>
<td></td>
<td></td>
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<tr>
<td>Humanities/Social Sciences (hours=n)</td>
<td>•</td>
<td></td>
<td>12&lt;n</td>
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</tr>
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</table>

Specific course requirements can be found in the Medical School Admission Requirement (MSAR). For dental, review the official guide to dental schools.

For allied health requirements, please contact the OAA.
**Choosing a Major**

- **What interests you?**
- **Requirements can be incorporated in any major.**
- **Major does not +/- admission chances.**

**Admission Chances:****
- **ENG/NSCI:** 70%
- **HUMA/SS:** 30%
**Grades, AP Tests & Scheduling**

- **Grades**
  - Do not take prerequisites pass/fail
  - Must earn minimum "C" grade

- **AP Credit**
  - AP credit must be on your transcript
  - Recommend upper level courses
  - Prefer courses at home institution
  - 4 year university preferred
  - May repeat to prepare for entrance exams

- **Summer**
  - No prereqs outside of the US
Summer Activities

- Study Abroad
- Fellowships
- Research & Clinical Program
- Volunteering

Apply to Summer Programs Winter Break/Early Spring

Summer Activities
## MCAT

### Exam Overview

<table>
<thead>
<tr>
<th>Section</th>
<th># of Questions</th>
<th>Time Allotted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Test-Day Certification</td>
<td></td>
<td>4 minutes</td>
</tr>
<tr>
<td>Tutorial (optional)</td>
<td></td>
<td>10 minutes</td>
</tr>
<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>
</tr>
<tr>
<td>Critical Analysis and Reasoning Skills</td>
<td>53</td>
<td>90 minutes</td>
</tr>
<tr>
<td>Mid-Exam Break (optional)</td>
<td></td>
<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>3 minutes</td>
</tr>
<tr>
<td>Satisfaction Survey</td>
<td></td>
<td>5 minutes</td>
</tr>
<tr>
<td><strong>Total Content Time</strong></td>
<td></td>
<td>6 hours</td>
</tr>
<tr>
<td><strong>Total “Seated” Time</strong></td>
<td></td>
<td>Approx. 7 hours</td>
</tr>
</tbody>
</table>

*Total seated time does not include check-in time upon 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.
Dental Admissions Test (DAT)
MCAT & DAT RESOURCES

**MCAT**
- KAPLAN OR PRINCETON REVIEW
- OFFICIAL GUIDE TO THE MCAT
- FULL LENGTH PRACTICE TESTS ONLINE
- KHAN ACADEMY VIDEO COLLECTION
- PSYC/SOC TEXTBOOK RESOURCE
- BIOCHEM TEXTBOOK RESOURCE

**DAT**
- ADA OFFERS A FULL LENGTH TEST ONLINE
- PRACTICE DAT CAN BE PURCHASED ONLINE
CLINICAL EXPERIENCES

COMMUNITY SERVICE & LEADERSHIP

CO-CURRICULAR ACTIVITIES

PERSONAL/UNIQUE INTERESTS

RESEARCH
CLINICAL EXPERIENCES

SHADOWING
SMALL CLINICS
LARGE HOSPITALS
NSCI 399

VOLUNTEERING
HOSPITALS
CLINICS

REMS
RICE EMERGENCY
MEDICAL SERVICES
COMMUNITY SERVICE & LEADERSHIP

houston foodbank
Filling pantries. Filling lives.
CO-CURRICULAR ACTIVITIES

GET INVOLVED WITH THINGS YOU ENJOY

- COMMUNITY INVOLVEMENT
- TUTORING
- CULTURAL ACTIVITIES
- COLLEGE GOVERNMENT
- ATHLETICS/IM SPORTS
- O-WEEK
Watch out for early deadlines.

Click to check early deadlines for spring 2019.

Rice Study Abroad offers exciting opportunities for academic enrichment abroad. Through studying abroad, we hope to help you gain a totally new perspective, greatly enhancing your life and shaping who you will become.

STUDY ABROAD
ABROAD.RICE.EDU
RESEARCH

- NOT REQUIRED UNLESS MD/PHD
- PROVIDES UNDERSTANDING OF RESEARCH PROCESS
- ENHANCES APPLICATION

- ATTEND RESEARCH FAIR
- JOIN BIOSCIENCES OWLSPACE
- MAJOR-RELATED RESEARCH
- ATTEND CCD CAREER EXPO
- EMAIL PROFESSOR OR PI IN MEDICAL CENTER
MD/PHD PROGRAMS

- 7-8 YEARS
- 2-3 YEARS OF RESEARCH EXPERIENCE
- UNDERSTAND THE DIFFERENCE - MD, PHD AND MD/PHD
- MUST HAVE STRONG PASSION
LETTERS OF EVALUATION

- 1 SCIENCE OR ENGINEERING PROFESSOR
- 1 MAJOR PROFESSOR
- 1 CHARACTER REFERENCE
- 1 RESEARCH (IF APPLICABLE)

GET TO KNOW YOUR PROFESSORS EARLY!
HEALTH PROFESSIONS ADVISING COMMITTEE (HPAC) LETTER - OPEN FILE PROCESS

- **OPEN FILE SESSION**: Held in November
- **HPAC LETTER**: Accompanies your application to medical/dental school
- **MEET WITH AN ADVISOR**: Review your materials
- **RESOURCES**: Application resources

This process starts during the junior year or after depending on when you want to apply.
STUDENT CODE OF CONDUCT AND HONOR CODE

RICE STUDENTS AGREE TO BEHAVE IN WAYS THAT ARE RESPONSIBLE, RESPECTFUL & ADHERE TO THE POLICIES

PROFESSIONAL SCHOOLS EXPECT GOOD JUDGMENT, HONESTY & INTEGRITY

INFRINGEMENTS 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
PERSONAL STATEMENT

REFLECT ON YOUR

- PERSONAL/CAREER GOALS
- HEALTHCARE PHILOSOPHY
- MOTIVATION FOR HEALTHCARE
- CHARACTER
- AMBITION

TIPS

- START EARLY
- SEEK HELP
- VISIT THE CENTER FOR WRITTEN, ORAL AND VISUAL COMMUNICATION
APPLICATION FEES

AMCAS
$160 FIRST SCHOOL
$39 EACH ADDITIONAL SCHOOL
SECONDARY APPS VARY

TMDSAS
$150 FLAT FEE

AACOMAS
$195 FIRST SCHOOL
$45 EACH ADDITIONAL SCHOOL SECONDARY APPS VARY

AADSAS
$245 FIRST SCHOOL
$98 EACH ADDITIONAL SCHOOL SECONDARY APPS VARY
### Grades and Standardized Test Scores

**Mean Cumulative Grade Point Average and MCAT Score**  
Rice Medical School Applicants (2010-2017)

<table>
<thead>
<tr>
<th>Calendar Year</th>
<th>Rice Mean GPA</th>
<th>Rice Mean MCAT Score</th>
<th>Nat’l Mean MCAT Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>3.71</td>
<td>33</td>
<td>28</td>
</tr>
<tr>
<td>2011</td>
<td>3.70</td>
<td>33</td>
<td>28</td>
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<tr>
<td>2012</td>
<td>3.71</td>
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<tr>
<td>2013</td>
<td>3.65</td>
<td>31</td>
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<tr>
<td>2014</td>
<td>3.70</td>
<td>33</td>
<td>28</td>
</tr>
<tr>
<td>2016</td>
<td>3.71</td>
<td>509</td>
<td>501</td>
</tr>
<tr>
<td>2017</td>
<td>3.75</td>
<td>513</td>
<td>508</td>
</tr>
</tbody>
</table>

In the past 12 years, 87% of Rice undergrads first-time medical school applicants using the OAA services have been accepted to at least one medical school, where as the national acceptance rate is about 41%. Even when including all alumni (including senior who take a "gap year", the Rice acceptance rate is more than double the national average.
WHERE SHOULD I APPLY

- Public Schools in Your Home State: 69%
- Northeast: 12%
- South: 7%
- Midwest: 6%
- West: 6%

HIGHEST ACCEPTANCE RATE = PUBLIC SCHOOLS IN YOUR HOME STATE
INTERVIEWS
BEGIN IN THE FALL AFTER YOU APPLY

PREPARATION

- RESEARCH THE SCHOOLS
- KNOW YOUR WHY
- PRACTICE
- READ "THE MEDICAL SCHOOL INTERVIEW" BY DR. SAMIR DESAI
- READ "MMI" BY DR. DESAI
- SHOW ENERGY AND PASSION
- SMILE

MOCK INTERVIEWS

- SPONSORED BY RPMS, OAA, CWVOVC AND CCD
- ALUMNI MDS AND SENIOR INTERVIEWERS
- REMOVES NERVES AND WORK OUT KINKS
GAP YEAR(S)

MATURE WITH LIFE EXPERIENCE

GROWING # OF RICE STUDENTS

TRAVEL, WORK, CLINICAL EXPERIENCE, RESEARCH, GRADUATE SCHOOL

24
POST-BACCALAUREATE PROGRAMS

PROGRAMS DESIGNED FOR

CAREER CHANGERS

ACADEMIC ENHANCERS

VISIT STUDENTS-RESIDENTS.AAMC.ORG/POSTBACC
OAA WEBSITE
OAA.RICE.EDU/PRE-HEALTH-PROFESSIONS

PRE-MEDICAL/ PRE-DENTAL GUIDE

AP CREDIT CHART

ALLIED HEALTH GUIDE

ONLINE RESOURCES

RESEARCH OPPORTUNITIES

LIST OF RICE HEALTH-RELATED STUDENT GROUPS
SECOND YEAR TIMELINE

FALL
- Visit OAA website and resources
- Declare major if ready
- Gain clinical experience
- Identify summer opportunities

SPRING
- Declare major and seek advice
- Review admissions requirements for schools
- Begin reviewing test prep opportunities
- Apply for summer programs
- Continue involvement
- Attend health professions fair
QUESTIONS?