08.28.19
HEALTH PROFESSIONS SOPHOMORE SESSION
FARNSWORTH PAVILION, RMC
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, SOPHAS, 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>
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<tbody>
<tr>
<td>English</td>
<td>•</td>
<td></td>
<td>6</td>
<td></td>
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</tr>
<tr>
<td>General Chemistry</td>
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<td>6</td>
<td>•</td>
<td>2</td>
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<td>Organic Chemistry</td>
<td>•</td>
<td></td>
<td>6</td>
<td>•</td>
<td>2</td>
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<tr>
<td>Biology2,3</td>
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<td>6</td>
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<tr>
<td>Biochemistry4</td>
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<td>3</td>
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<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>
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<td>3-4</td>
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<td>Statistics4</td>
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<td>•</td>
<td>3</td>
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<tr>
<td>Psychology5</td>
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<td>Sociology5</td>
<td>•</td>
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<td>3</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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</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 see allied health guide on our website.
CHOOSING A MAJOR

WHAT INTERESTS YOU?

REQUIREMENTS CAN BE INCORPORATED IN ANY MAJOR

MAJOR DOES NOT +/- ADMISSION CHANCES

HUMA/SS 30%

ENGI/NSCI 70%
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

SUMMER
- MAY REPEAT TO PREPARE FOR ENTRANCE EXAMS
- NO PREREQS OUTSIDE OF THE US
SUMMER ACTIVITIES
# MCAT

## Exam Overview

<table>
<thead>
<tr>
<th>Section</th>
<th># of Questions</th>
<th>Time Allotted</th>
</tr>
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<tbody>
<tr>
<td>Examinee Agreement</td>
<td></td>
<td>8 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>
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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><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>
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</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.
Dental Admissions Test (DAT)

4.5 Hours

Offered Year Round

Register on ADA Website

Score 1-30 (Nat'l Avg is 17)
# MCAT & DAT Resources

## DAT
- ADA offers a full length test online
- Practice DAT can be purchased online

## 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
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.

PAIR
PARTNERSHIP FOR THE ADVANCEMENT & IMMERSION OF REFUGEES

Student Organizations

CENTER FOR CIVIC LEADERSHIP
RICE UNIVERSITY
CO-CURRICULAR ACTIVITIES

GET INVOLVED WITH THINGS YOU ENJOY

- COMMUNITY INVOLVEMENT
- TUTORING
- CULTURAL ACTIVITIES
- COLLEGE GOVERNMENT
- ATHLETICS/IM SPORTS
- O-WEEK
STUDY ABROAD

ABROAD.RICE.EDU
RESEARCH

- 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
APPLICATION FEES

AMCAS
$170 FIRST SCHOOL
$40 EACH ADDITIONAL SCHOOL
SECONDARY APPS VARY

TMDSAS
$185 FLAT FEE

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

AADSAS
$245 FIRST SCHOOL
$102 EACH ADDITIONAL SCHOOL
SECONDARY APPS VARY
PERSONAL STATEMENT

REFLECT ON YOUR

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

TIPS

- START EARLY
- SEEK HELP
- VISIT THE CENTER FOR ACADEMIC AND PROFESSIONAL COMMUNICATION
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

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
# Grades and Standardized Test Scores

## Mean Cumulative Grade Point Average and MCAT Score

Rice Applicants Admitted to Medical School (2016-2018)

<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>2016</td>
<td>3.71</td>
<td>509</td>
<td>501</td>
</tr>
<tr>
<td>2017</td>
<td>3.75</td>
<td>514</td>
<td>508</td>
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<tr>
<td>2018</td>
<td>3.79</td>
<td>515</td>
<td>511</td>
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</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 40%. 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

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, CAPC 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 HTTPS://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
A TEXAS-SPECIFIC PROGRAM CREATED BY THE TEXAS LEGISLATURE TO SUPPORT AND ENCOURAGE HIGHLY QUALIFIED, ECONOMICALLY DISADVANTAGED STUDENTS

- REVIEW INFORMATION ON THE RICE JAMP WEBPAGE BEFORE BEGINNING THE APPLICATION PROCESS DURING SOPHOMORE YEAR

- STUDENTS SHOULD CONTACT CHRISTINE MARTINEZ, RICE'S JAMP COORDINATOR
• **FlexMed** allows college sophomores in any major to apply for early assurance of acceptance to Icahn School of Medicine at Mount Sinai.

• Review Icahn website for more information.

• Applications open in August of sophomore year.
WANT TO SUBSCRIBE TO THE HEALTH PROFESSIONS NEWSLETTER? EMAIL HPA@RICE.EDU WITH YOUR NAME, EMAIL AND GRADUATION DATE
RPMS
UPCOMING MEETING

RICE PRE-MEDICAL SOCIETY

WEDNESDAY, AUGUST 28
7:30 PM
GRAND HALL
FOLLOWING THIS MEETING
QUESTIONS?