

**08.28.19**

**HEALTH  
PROFESSIONS  
SOPHOMORE  
SESSION**

FARNSWORTH PAVILION, RMC



**ALIYA BHIMANI**  
DIRECTOR



**CHRISTINE MARTINEZ**  
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**MARCOS CANALES**  
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**TAMARA COBB**  
ASSISTANT DIRECTOR



**JOHN FIERST**  
ASSISTANT DIRECTOR



**AURORA ZARATE**  
DEPT COORDINATOR

**MEET THE TEAM**



## OVERVIEW

- STRONG CANDIDATE
- APPLICATION PROCESS
- RICE APPLICANT INFORMATION

# THE STRONG CANDIDATE



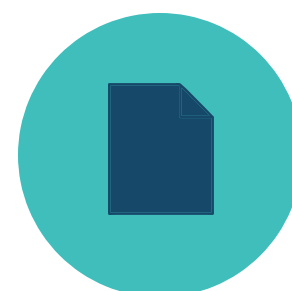
ACADEMIC  
FOUNDATION



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

	Course	Required	Recommended	Hours	Required Lab Course	Hours
	English	•		6		
	General Chemistry	•		6	•	2
	Organic Chemistry	•		6	•	2
	Biology <sup>2,3</sup>	•		6	•	2
	Biochemistry <sup>4</sup>	•	•	3		
	Physics	•		6	•	2
	Mathematics	•		3-4		
	Statistics <sup>4</sup>	•	•	3		
	Psychology <sup>5</sup>		•	3		
	Sociology <sup>5</sup>		•	3		
	Humanities/Social Sciences (hours= <i>n</i> )		•	12< <i>n</i>		

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

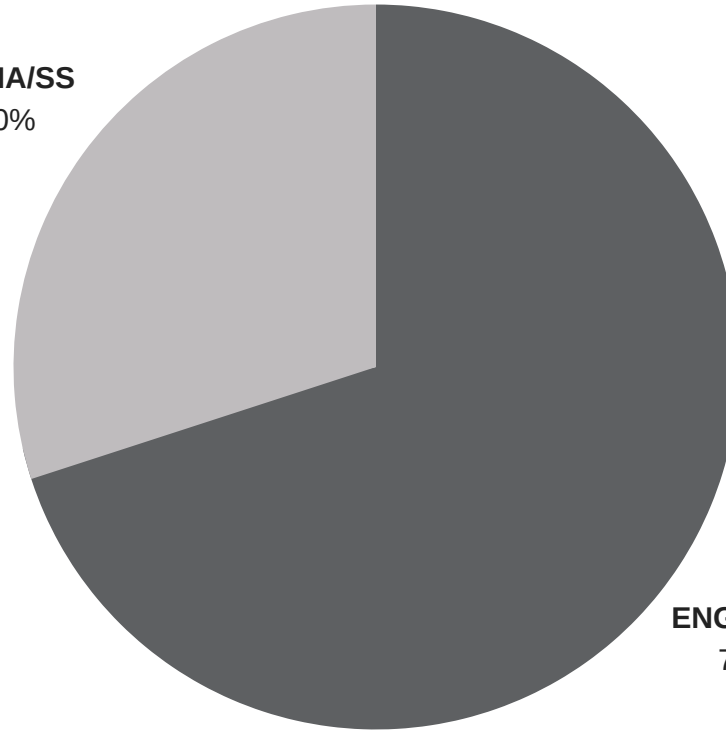
## CHOOSING A MAJOR

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

MAY REPEAT  
TO PREPARE  
FOR  
ENTRANCE  
EXAMS

## SUMMER

PREFER  
COURSES AT  
HOME  
INSTITUTION

4 YEAR  
UNIVERSITY  
PREFERRED

NO PREREQS  
OUTSIDE  
OF THE US

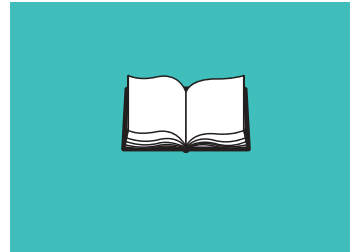




RESEARCH &  
CLINICAL  
PROGRAM



STUDY  
ABROAD



FELLOWSHIPS



VOLUNTEERING

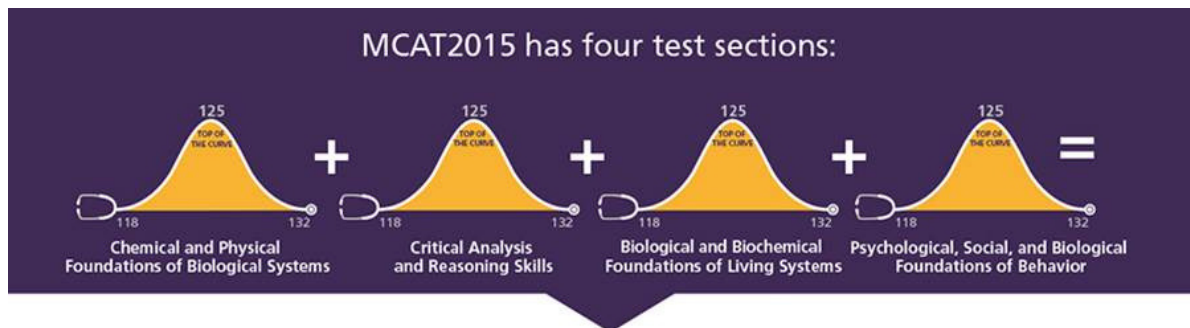
APPLY TO SUMMER PROGRAMS  
WINTER BREAK/EARLY SPRING

**SUMMER ACTIVITIES**

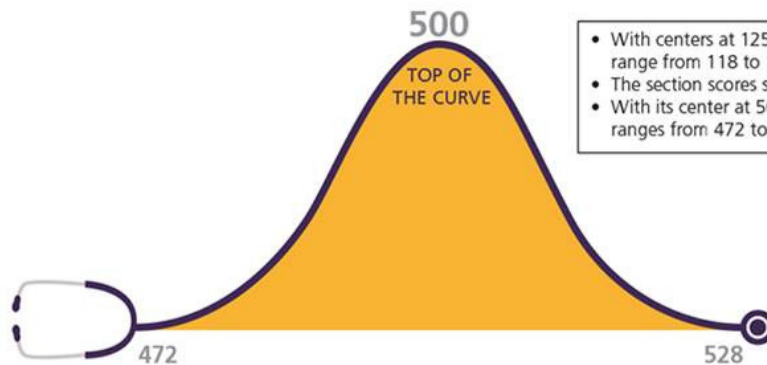
# MCAT

Exam Overview		
Section	# of Questions	Time Allotted
Examinee Agreement		8 minutes
Tutorial (optional)		10 minutes
Chemical and Physical Foundations of Biological Systems	59	95 minutes
Break (optional)		10 minutes
Critical Analysis and Reasoning Skills	53	90 minutes
Mid-Exam Break (optional)		30 minutes
Biological and Biochemical Foundations of Living Systems	59	95 minutes
Break (optional)		10 minutes
Psychological, Social, and Biological Foundations of Behavior	59	95 minutes
Void Question		5 minutes
Satisfaction Survey (optional)		5 minutes
Total Content Time		6 hours   15 minutes
<b>Total "Seated" Time*</b>		<b>Approx. 7 hours   33 minutes</b>
<i>*Total seated time does not include check-in time on arrival at the test center.</i>		

# MCAT SCORING



## 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

REGISTER ON  
ADA WEBSITE

SCORE 1-30  
(NAT'L AVG IS  
17)

## **DENTAL ADMISSIONS TEST (DAT)**



# 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

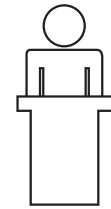
**PAIR** PARTNERSHIP FOR THE ADVANCEMENT & IMMERSION OF REFUGEES

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



**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

# 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



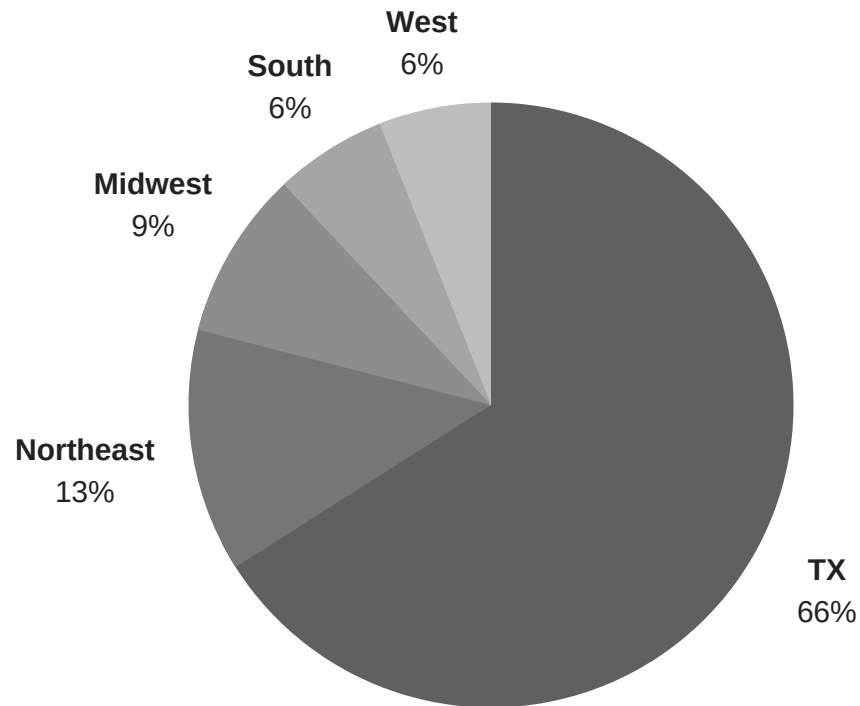
# GRADES AND STANDARDIZED TEST SCORES

MEAN CUMULATIVE GRADE POINT AVERAGE AND MCAT SCORE  
RICE APPLICANTS ADMITTED TO MEDICAL SCHOOL (2016-2018)

CALENDAR YEAR	RICE MEAN GPA	RICE MEAN MCAT SCORE	NAT'L MEAN MCAT SCORE
2016	3.71	509	501
2017	3.75	514	508
2018	3.79	515	511

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

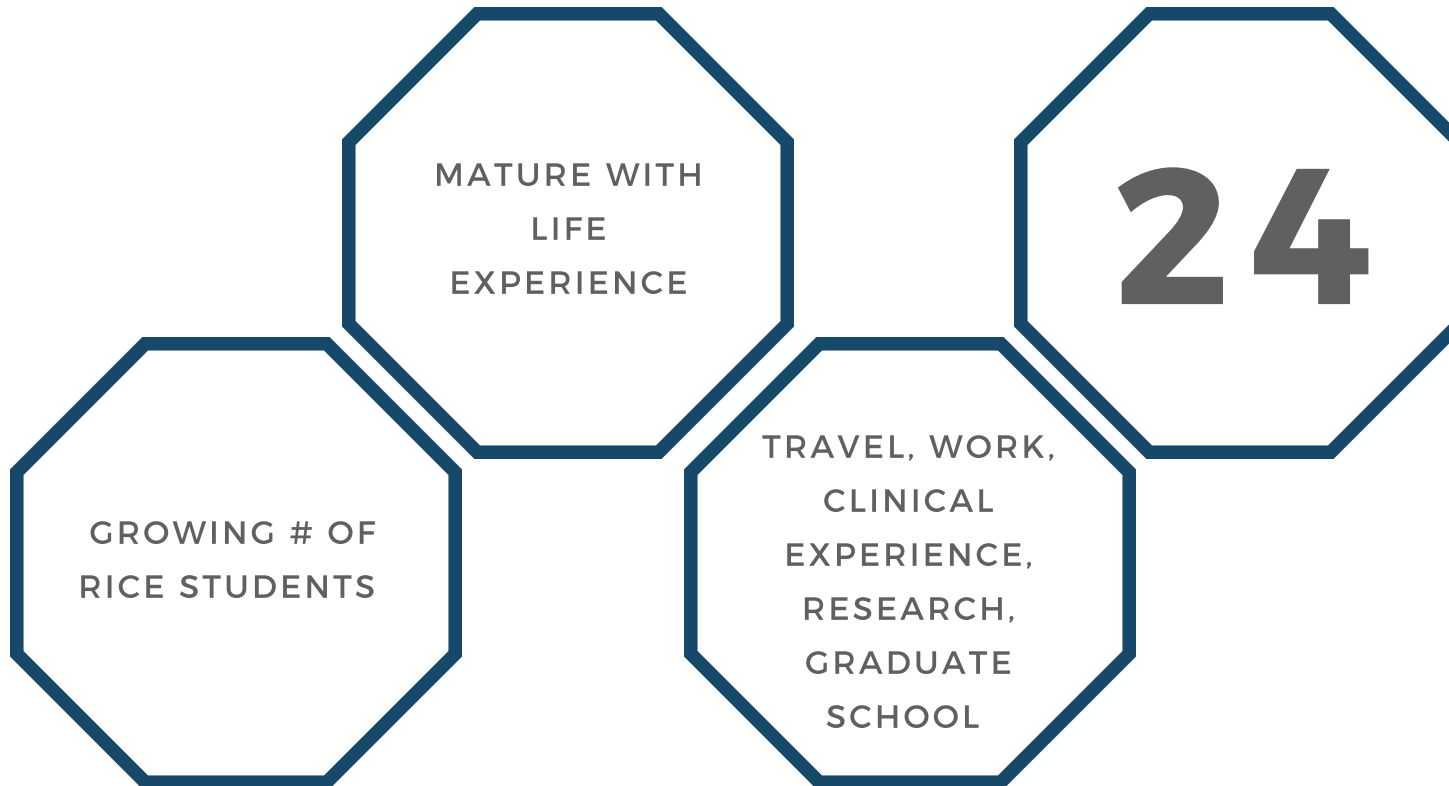
## PREPARATION

- 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)

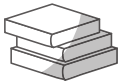


# POST-BACCALAUREATE PROGRAMS

PROGRAMS DESIGNED FOR



CAREER CHANGERS



ACADEMIC ENHANCERS

VISIT [HTTPS://STUDENTS-RESIDENTS.AAMC.ORG/POSTBACC](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 OPENS IN AUGUST OF SOPHOMORE YEAR



OAA.RICE.EDU



713.348.4060



HPA@RICE.EDU



FACEBOOK.COM/RICEACADEMICADVISING



TWITTER.COM/RICEACADEMICS



INSTAGRAM.COM/RICEACADEMICS

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?