



Supporting Pre-Health Students

Office of Pre-Health Advising
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The Future of Medicine

“No longer is it humanly possible to memorize every fact relevant to the practice of medicine. What is more important for physicians of the future is an ability to think critically and to have the necessary reasoning skills to know where to seek answers and how to solve problems in the clinical environment.”

- Darrell G. Kirch, M.D., AAMC President and CEO

<https://www.aamc.org/about/leadership/kirch-word-from-president/276772/word.html>

AAMC Core Competencies



- **Interpersonal**

- Service Orientation
- Social Skills
- Cultural Competence
- Teamwork
- Oral Communication

- **Intrapersonal**

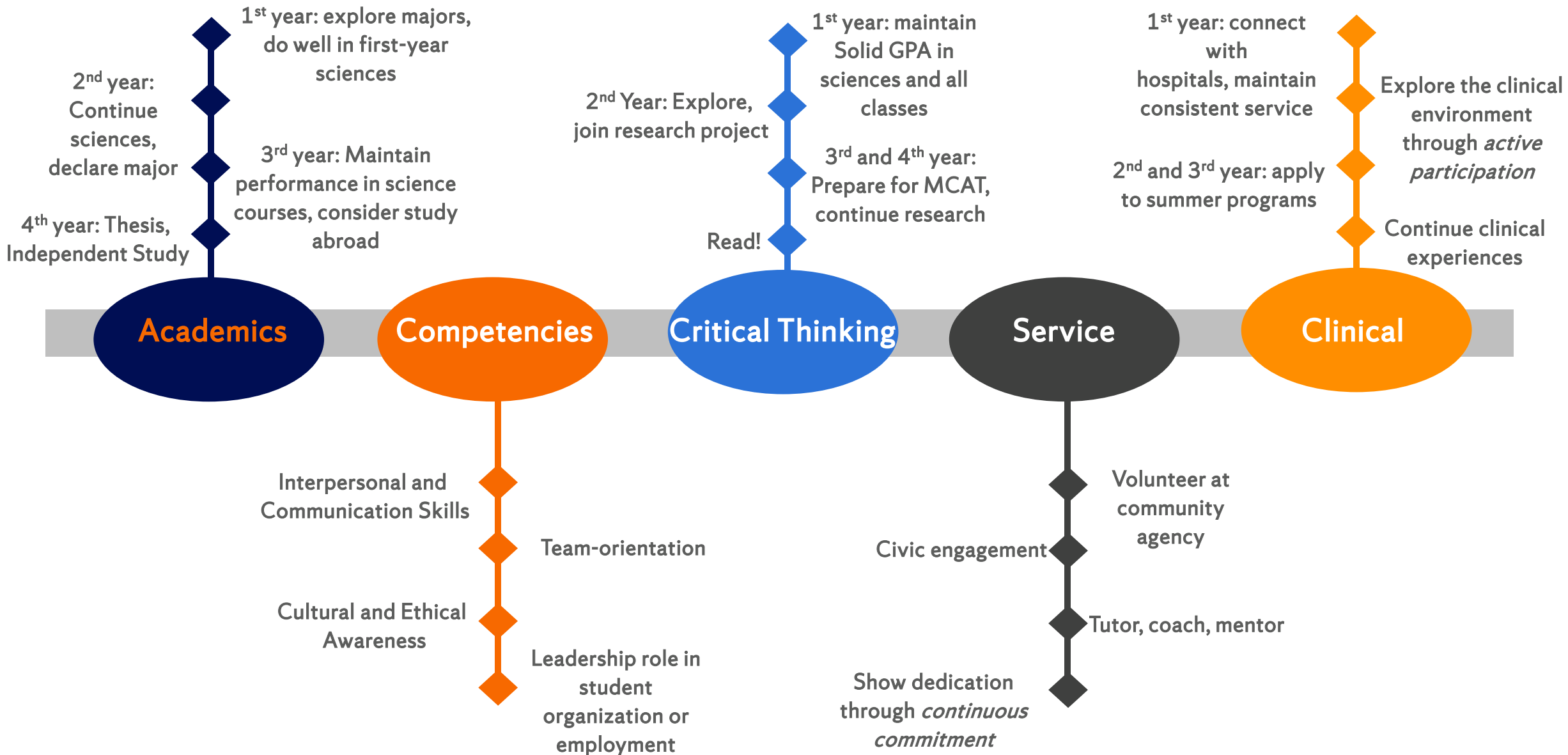
- Ethical Responsibility to Self and Others
- Reliability and Dependability
- Resilience and Adaptability
- Capacity for Improvement

- **Thinking and Reasoning**

- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Written Communication

- **Science**

- Living Systems
- Human Behavior



Application Assessment

Academic background and excellence

Comprehension and application of the natural sciences

Critical thinking, analytical, and reasoning skills

Enable you to be a life-long learner of medicine

Motivation and self-awareness

Why do you want to become a doctor/dentist/healthcare professional?

What drives you?

How have you become familiar with the field of medicine?

Does your application demonstrate your readiness for medical school?

Qualities and behaviors that predict success in clinical skills and patient management

Demonstrated by:

GPA and MCAT/DAT/etc.

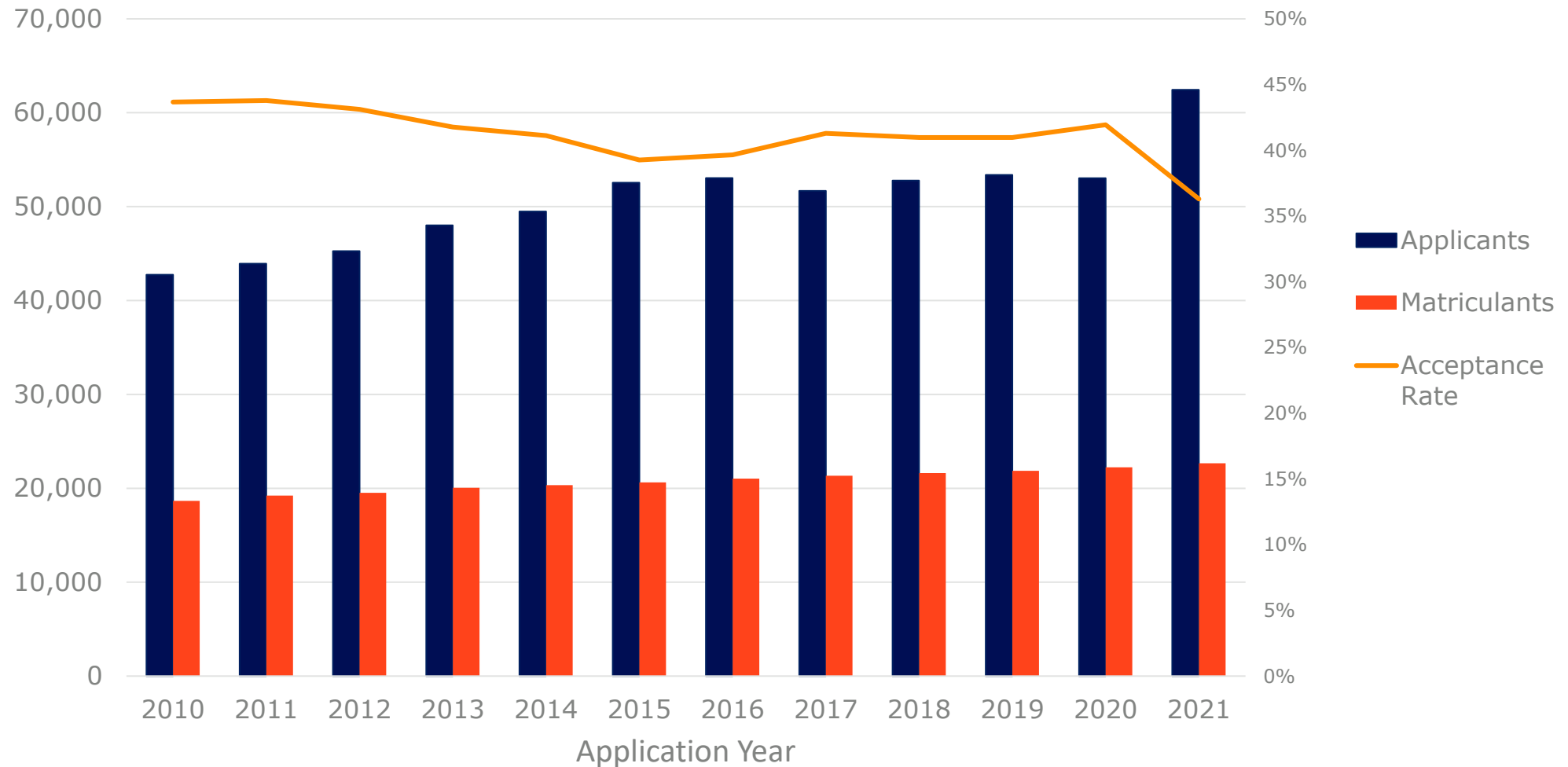
Research, experience,
writing in application

Clinical exposure,
experience, writing in
application

Maturity, interpersonal
communication skills

Medical School Acceptance Data

- Overall acceptance rate 35%, ~27% of applicants have applied previously (allopathic schools only)



GPA Data

	Mean GPA		Mean BCPM GPA		Mean MCAT	
	Applied	Matriculated	Applied	Matriculated	Applied	Matriculated
2018/2019	3.56	3.71	3.45	3.64	504.7	510.4
2019/2020	3.57	3.72	3.47	3.65	505.6	511.2
2020/2021	3.58	3.73	3.48	3.66	506.1	511.5
2021/2022	3.59	3.74	3.48	3.67	505.9	511.9

- Students from Syracuse University who applied for 2022 matriculation and were **accepted** to MD programs had an average **GPA of 3.74 (cumulative)**, **3.67 (BPCM)** and **MCAT score of 512 (MD only)**.
- Students from Syracuse University who applied for 2021 matriculation and were accepted to DO programs had an average **GPA of 3.70 (cumulative)**, **3.63 (BPCM)**, and **MCAT score of 506**.
- [aamc.org/data-reports/students-residents/interactive-data/2019-facts-applicants-and-matriculants-data](https://www.aamc.org/data-reports/students-residents/interactive-data/2019-facts-applicants-and-matriculants-data)

Focus on Courses and GPA

Successful applicants have (AMCAS) GPAs in the 3.6-4.0 range.

Students from Syracuse University who applied for 2020 matriculation and were **accepted** to MD program had an average **GPA of 3.81 (cumulative), 3.76 (BPCM)** and **MCAT score of 509 (MD only)**

Pre-Requisite Courses (medical schools)

Chemistry (4 semesters, including organic)

Biology (2 or more, semesters)

Physics (2 semesters)

Writing-intensive courses

Math (Statistics, maybe Calculus)

Biochemistry

Courses in psychology and sociology are recommended for the MCAT.

Dental - add Microbiology

PA - Anatomy & Physiology (two semesters)

Electives - YOUR CHANCE TO EXPLORE!

Building a Schedule

When you begin the process of building your Fall 2023 course schedule you will be asked if you are interested in “Pre-Health”.

Typical Pre-Health Courses (First Semester)

- General Biology and Lab (BIO 121/122) - 4 credits
- General Chemistry and Lab (CHE 106/107) - 4 credits
- Calculus I (Mat 285/295) - 3 credits for Biology/Chemistry majors
- Writing 105 - 3 credits
- Seminar - 1 credit

This schedule works well for those who are Biology majors but may not work for other majors.

If you are pre-health but would also like to take other courses your first semester or feel that this schedule may be too demanding, we encourage you to indicate this and to reach out to your advisor.

Building a Schedule

What about AP credit and/or transfer credits?

- Medical/dental schools either don't accept or don't recommend (strongly) using AP credits toward pre-requisite coursework.
- Exception
 - Medical/dental schools don't *explicitly* require general biology but rather require at least one year of biology with lab.
 - If you are intending a biology major, you could use your AP credits toward introductory Biology because you will be taking MANY Biology courses in the future.
- We recommend that all students take General Chemistry versus using AP credit. Transfer credits from 4-year institutions that has been deemed equivalent to CHE 106/7 and CHE 116/7 is acceptable.

Life Experiences

Medically-related experiences

Demonstrate your desire to learn and understand the daily life of a doctor
The practice of medicine in health-care settings

Service to others

Medicine is, ultimately, a service profession
Demonstrate your abilities to empathize with and show compassion for people
Demonstrate the ability to relate to people from diverse backgrounds/cultures

Extracurricular experiences should include “meaningful experiences”

In-depth
Service-oriented
Demonstrate your leadership abilities
Demonstrate your ability to work with and communicate effectively with others

Consistent commitment

First year of College

- Check course prerequisites.
- Focus on coursework.
- Seek out on-campus resources

- Develop relationships with faculty and other mentors.
- Setup summer opportunities

Summer

Volunteer at a facility, conduct research and/or serve the community.

Second year of College

- Continue to focus on coursework.
- Continue to develop relationships with faculty, community members, and staff.

- Meet with pre-health advisors.
- Seek out leadership opportunities.
- Seek out research opportunities.

Summer

Volunteer at a facility, conduct research and/or serve the community.

Third year of College

- Continue to focus on coursework.
- Identify sources of letters of recommendation.
- Prepare to take the MCAT.

- Attend Pre-Health Evaluation Committee orientation and complete all requirements.
- **Prepare personal statement.**

- Complete the AMCAS application.
- Continue summer experiences.

- Complete secondary applications.

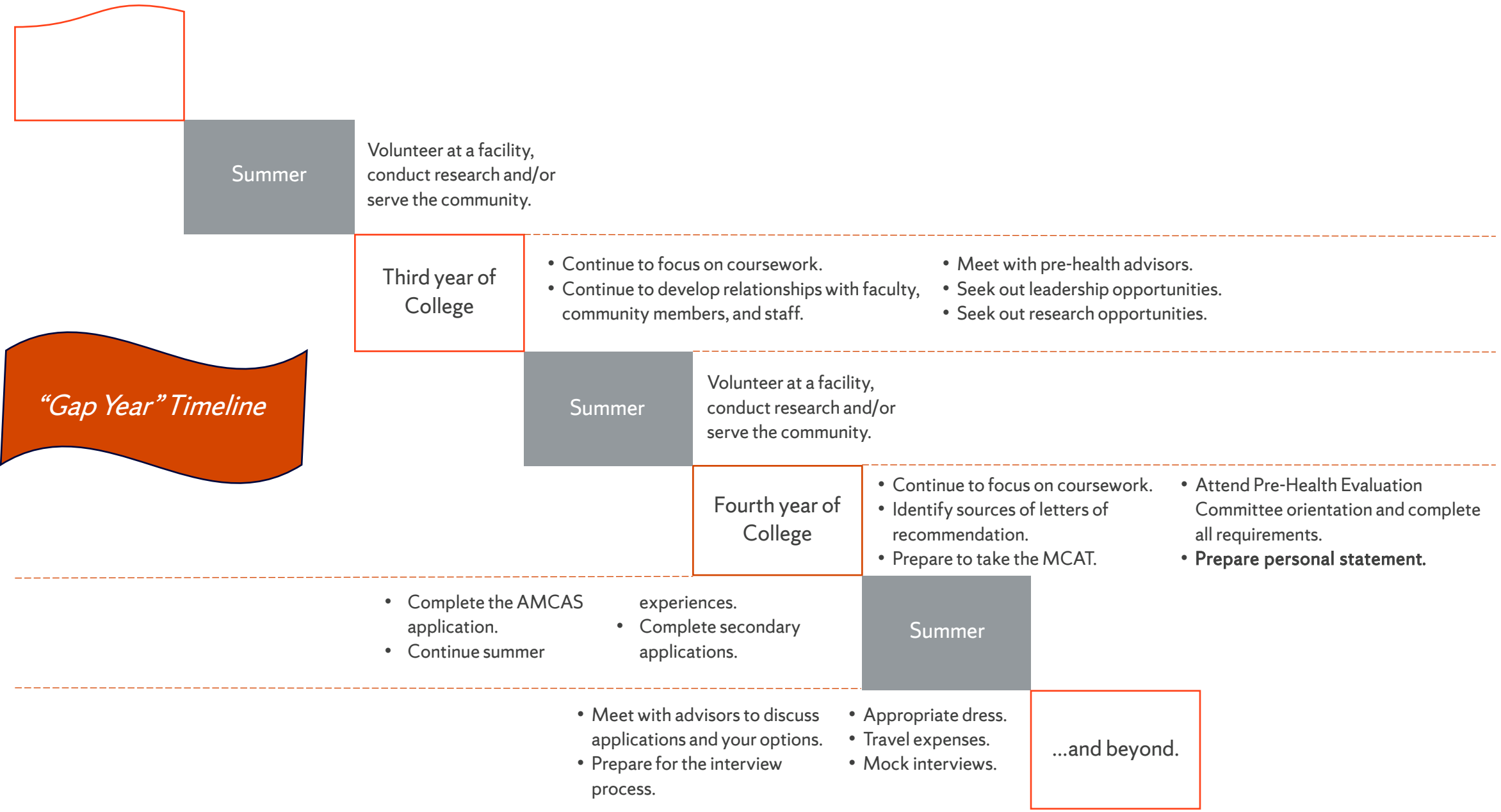
Summer

- Meet with advisors to discuss applications and your options.
- Prepare for the interview process.

- Appropriate dress.
- Travel expenses.
- Mock interviews.

Fourth year of College

“Traditional” Timeline



Use Your Resources

Office of Pre-Health Advising Website

Medical School Admission Requirements (MSAR)

Online database

Websites of individual medical schools

Check early and often!

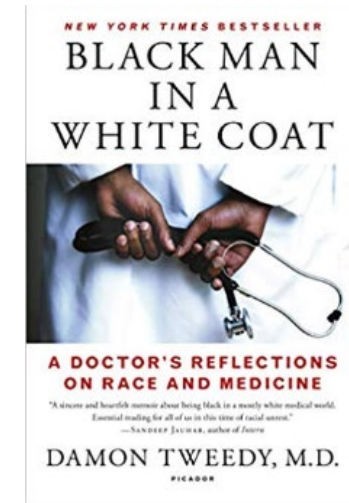
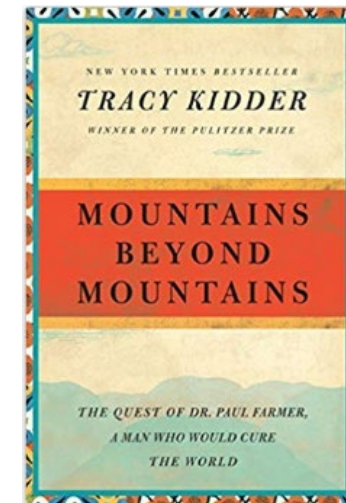
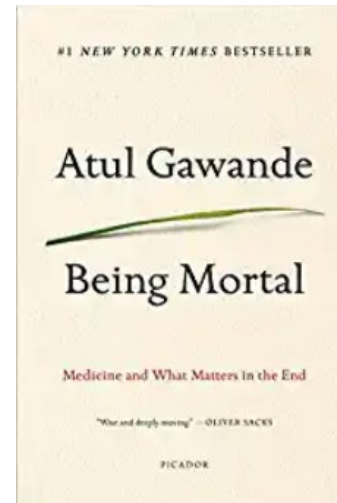
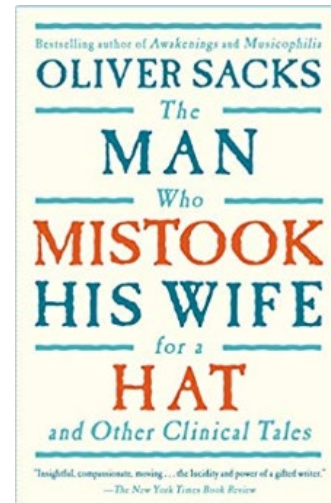
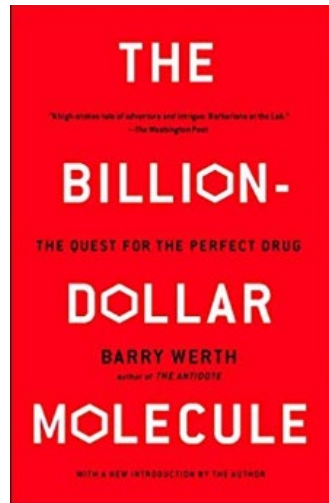
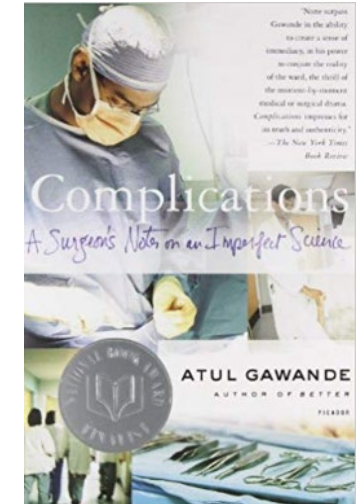
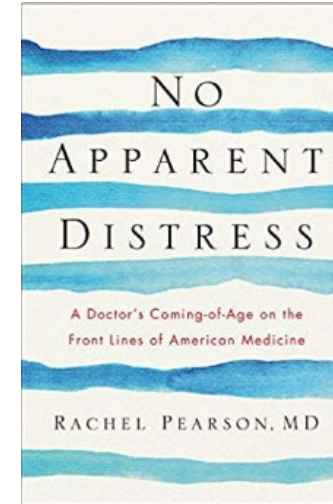
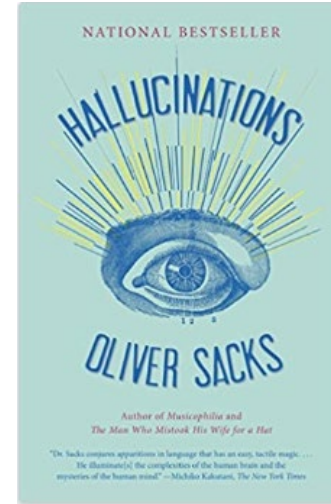
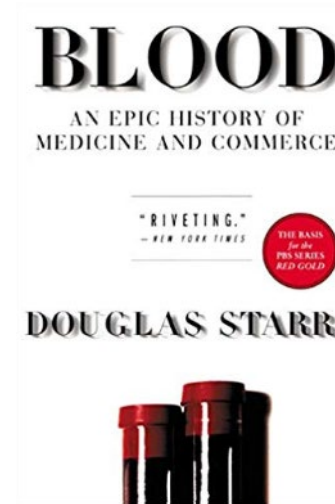
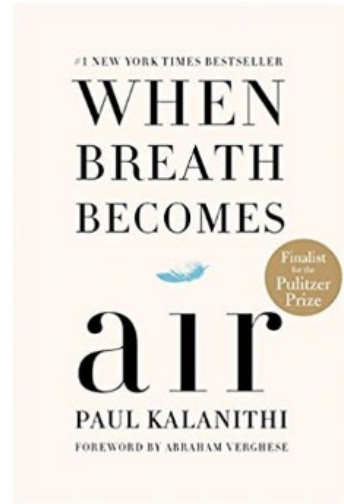
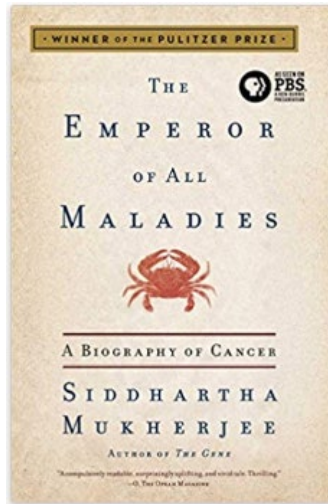
Association of American Medical Colleges (AAMC.org)

Association of American Veterinary Medical Colleges (AAVMC.org)

American Dental Education Association (ADEA.org)

Newspapers/magazines/journals/blogs

Good Reads



Questions?

“Things work out best for those who make the best of how things work out.”

John Wooden