Premedical Programs
American University
What professions? What services?

- Medical (MD or DO)
- Dental
- Veterinary
- Pharmacy
- Physician assistant
- Nursing
- Nurse practitioner
- Physical therapy
- Optometry
- Occupational therapy

- Class advising
- Clinical experience
- Research experience
- MCAT/DAT/GRE preparation
- Questions regarding applications
- Personal statement workshops
- Interview workshops
- Letters of recommendation
What are medical schools looking for?

AAMC Competencies

• Interpersonal competencies
  – Service orientation
  – Social skills
  – Cultural competence
  – Team work
  – Oral communication

• Intrapersonal competencies
  – Ethical responsibility to self and others
  – Reliability and dependability
  – Resilience and adaptability
  – Capacity for improvement

• Thinking and reasoning competencies
  – Critical thinking
  – Quantitative reasoning
  – Scientific inquiry
  – Written communication

• Science competencies
  – Living systems
  – Human behavior
How do you demonstrate competency?

• Clinical experience
  – How do you know that you want to be a __________?
  – Examples:
    • Volunteer in hospital
    • Work in doctor’s office
    • Volunteer as EMT
    • Work as medical scribe
    • Clinical research at Children’s National Medical Center, NIH, etc.
    • Shadow a physician/health professional
  – Stories/specific examples are important
Thinking/Reasoning

• Research
  – Any field, doesn’t have to be science!
  – Health professionals are researchers
  – “life-long learners”

• How??
  – Talk to your professors, ask to participate in their research
  – NIH, FDA, NIST, EPA, Children’s, etc.
Interpersonal

• Volunteer (service orientation)
  – Doing what??
• Anything!!!!!

• Suggestions:
  – Check with Career Center, Center for Community Engagement and Service
Interpersonal/Intrapersonal

• AU Pre-Medical and Pre-Dental Society
  aupremdsociety@gmail.com

• Phi Delta Epsilon
  Swathi Nuli: auphide@gmail.com
Science Competencies: What major?
What classes should I take?

• Medical school
  – Gen Bio I/II
  – Gen Chem I/II
  – Org Chem I/II
  – Physics I/II
  – Biochem
  – Soc/Psyc/Stats

• Dental/Pharmacy/Podiatry
  – Gen Bio I/II
  – Gen Chem I/II
  – Org Chem I/II
  – Physics I/II

• Veterinary school
  – Gen Bio I/II
  – Gen Chem I/II
  – Org Chem I/II
  – Physics I/II
  – Biochem
  – Other classes

• Physician Assistant, Nursing, Physical Therapy
  – Gen Bio I/II
  – Gen Chem I/II
  – Human A&P I/II
  – Psyc
  – Other classes
When should I apply?

• After you’ve completed required courses
• After taking required exam (MCAT, DAT, OAT, GRE)
• No sooner than “junior” year
What is the application process like?

• Depends 😊
• Premed, predental
  – Begin in November
    • Descriptive resume, autobiography, personal statement, four letters of recommendation, mock interviews, committee letter
  – Take MCAT April, May, June
  – Apply in June (AMCAS, AACOMAS, AADSAS)
  – Secondary applications
  – Interview September – March
  – Accepted Oct 15 – July
  – Matriculate in August
Preparing for Medical School

• Freshmen
  – Get comfortable on campus
  – Get good grades!!
  – Maybe volunteer experience

• Summer
  – Begin clinical experience or volunteer
Preparing for Medical School

• Sophomores
  – Clinical experience in DC
  – Consider beginning research experience
  – Consider requesting a letter of evaluation from faculty member

• In-depth experience in either clinical or research, on or off campus
Preparing for Medical School

• Juniors
  – Fall
    • Continue clinical/research/volunteer work
    • If planning to apply in the spring
      – Attend meeting in November
      – Determine faculty mentor, ask them
      – Begin working on file over winter break
  – Spring
    • Continue clinical/research/volunteer work
      – Complete application file (descriptive resume, autobiography, personal statement, mock interviews)
      – Request letters of evaluation
      – Prepare for MCAT
      – Take MCAT
      – Apply in JUNE!!!!!!!!!!
Preparing for Medical School

• Seniors
  – If have not applied, as previous slide
  – If applied
    • Interviews
    • Determine where you want to go
    • Celebrate 😊
Preparing for Medical School

• Post-Baccalaureate students
  – As sophomores or juniors
Please register!!!