How to Create Your List of Schools

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Cornell Career Services
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Goals and Considerations

- **Goals**
  - Gain admission to medical school
  - Identify schools where you have likelihood of being admitted

- **Considerations**
  - Your state of residence
  - Your competitiveness
  - The school’s competitiveness, reputation, and rank
  - The school’s curriculum and program
Consideration

Your State of Residence

• In general, your best chance of acceptance is at state-supported institutions in your state of residence
  – Nationally, 61.3% of 2014 matriculants attended in-state medical schools

• Private schools in your state or region

• “National” schools

• What if there are no medical schools in your home state?
Regional Agreement Programs

- **DIMER** - Delaware Institute for Medical Education and Research
  - Delaware residents are guaranteed:
    - 20 spots at Sidney Kimmel Medical College at Thomas Jefferson University
    - 5 spots at Philadelphia College of Osteopathic Medicine (PCOM)
    - [http://dhss.delaware.gov/dhss/dhcc/dimer.html](http://dhss.delaware.gov/dhss/dhcc/dimer.html)

- **FAME** - Finance Authority of Maine Medical Education Program
  - Maine residents are guaranteed:
    - 20 spots at Dartmouth, Vermont and UNECOM
    - [http://www.famemaine.com/files/Pages/education/students_and_families/Medical_Education.aspx](http://www.famemaine.com/files/Pages/education/students_and_families/Medical_Education.aspx)
Regional Agreement Programs

  - Considered in-state for University of Washington School of Medicine
  - Complete first year of medical school in home state
  - [http://www.uwmedicine.org/education/wwami/](http://www.uwmedicine.org/education/wwami/)

- WICHE – Western Interstate Commission for Higher Education
  - Professional Student Exchange Program (PSEP) – DDS, MD, DO, PharmD, OT, PT, PA, DVM, etc.
  - [http://www.wiche.edu/psep](http://www.wiche.edu/psep)
Your Competitiveness

- **Six Factors**
  - Academic record
    - The comfortable applicant
      - BCPM and CUM GPA ≥ 3.4
  - The application itself
  - Standardized test score
    - MCAT 32 or better (no section score less than 10)
  - Letter of evaluation and letters of recommendation
    - HCEC Letter Packet
  - Life experiences
  - The interview
The School’s Competitiveness, Reputation, Rank

- Data Reported in MSAR
  - Class Profile
    - Median BCPM and Cum GPA and “spread” (10th-90th percentile)
    - Median overall MCAT score and “spread” (10th-90th percentile)
      - Section scores
    - Number of applicants per interviewee (in-state and out-of-state)
    - Number of applicants per matriculant

SUNY Upstate

See MSAR entry…

- Ranking information (focus on quartile, not absolute position)
## Selected Top 25 Medical Schools

<table>
<thead>
<tr>
<th>School</th>
<th>Median GPA (BCPM, CUM)</th>
<th>Median MCAT</th>
<th>Applicants/ Matriculant</th>
<th>In-state interviewees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harvard</td>
<td>3.9, 3.9</td>
<td>37</td>
<td>42.7</td>
<td>8.4%</td>
</tr>
<tr>
<td>UCSF</td>
<td>3.9, 3.9</td>
<td>36</td>
<td>44.6</td>
<td>69.4%</td>
</tr>
<tr>
<td>Penn</td>
<td>3.9, 3.9</td>
<td>38</td>
<td>34.2</td>
<td>10.9%</td>
</tr>
<tr>
<td>Yale</td>
<td>3.9, 3.9</td>
<td>37</td>
<td>52.7</td>
<td>6.5%</td>
</tr>
<tr>
<td>Columbia</td>
<td>3.8, 3.8</td>
<td>36</td>
<td>46.3</td>
<td>14.6%</td>
</tr>
<tr>
<td>Pritzker</td>
<td>3.9, 3.9</td>
<td>37</td>
<td>64.4</td>
<td>11.4%</td>
</tr>
<tr>
<td>NYU</td>
<td>3.9, 3.9</td>
<td>36</td>
<td>55.6</td>
<td>20.5%</td>
</tr>
<tr>
<td>Weill Cornell</td>
<td>3.9, 3.9</td>
<td>36</td>
<td>62.4</td>
<td>19.6%</td>
</tr>
<tr>
<td>Icahn Mt. Sinai</td>
<td>3.9, 3.9</td>
<td>37</td>
<td>48.2</td>
<td>19.7%</td>
</tr>
<tr>
<td>Case Western</td>
<td>3.8, 3.8</td>
<td>36</td>
<td>30.2</td>
<td>16.5%</td>
</tr>
<tr>
<td>School</td>
<td>Median GPA (BCPM, CUM)</td>
<td>Median MCAT</td>
<td>Applicants/ Matriculant</td>
<td>In-state interviewees</td>
</tr>
<tr>
<td>--------------</td>
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<td>-------------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>MSU</td>
<td>3.6, 3.7</td>
<td>30</td>
<td>31.8</td>
<td>74.7%</td>
</tr>
<tr>
<td>UNM</td>
<td>3.6, 3.7</td>
<td>28</td>
<td>11.1</td>
<td>91.5%</td>
</tr>
<tr>
<td>WVU</td>
<td>3.8, 3.8</td>
<td>29</td>
<td>28.0</td>
<td>15.2%</td>
</tr>
<tr>
<td>Drexel</td>
<td>3.6, 3.7</td>
<td>31</td>
<td>52.1</td>
<td>28.3%</td>
</tr>
<tr>
<td>USF</td>
<td>3.7, 3.7</td>
<td>31</td>
<td>21.4</td>
<td>73.8%</td>
</tr>
<tr>
<td>U. Tennessee</td>
<td>3.6, 3.7</td>
<td>31</td>
<td>98</td>
<td>86.4%</td>
</tr>
<tr>
<td>Creighton</td>
<td>3.8, 3.8</td>
<td>31</td>
<td>44.8</td>
<td>7.0%</td>
</tr>
<tr>
<td>Rutgers</td>
<td>3.7, 3.7</td>
<td>32</td>
<td>25.1</td>
<td>89.9%</td>
</tr>
<tr>
<td>Georgia Regents</td>
<td>3.7, 3.8</td>
<td>32</td>
<td>11.7</td>
<td>77.8%</td>
</tr>
<tr>
<td>U. Missouri</td>
<td>3.8, 3.8</td>
<td>32</td>
<td>15.5</td>
<td>70.9%</td>
</tr>
</tbody>
</table>
## Other Schools of Interest to Cornell Students

<table>
<thead>
<tr>
<th>School</th>
<th>Median GPA (BCPM, CUM)</th>
<th>Median MCAT</th>
<th>Applicants/ Matriculant</th>
<th>In-state interviewees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUNY Upstate</td>
<td>3.7, 3.8</td>
<td>33</td>
<td>29.2</td>
<td>81.2%</td>
</tr>
<tr>
<td>SUNY Downstate</td>
<td>3.7, 3.8</td>
<td>33</td>
<td>2807</td>
<td>63.5%</td>
</tr>
<tr>
<td>Tufts</td>
<td>3.7, 3.7</td>
<td>34</td>
<td>50.2</td>
<td>19.8%</td>
</tr>
<tr>
<td>Albert Einstein</td>
<td>3.8, 3.8</td>
<td>33</td>
<td>46.0</td>
<td>31.1%</td>
</tr>
<tr>
<td>Stony Brook</td>
<td>3.8, 3.8</td>
<td>34</td>
<td>41.9</td>
<td>70.4%</td>
</tr>
<tr>
<td>SUNY Buffalo</td>
<td>3.8, 3.8</td>
<td>32</td>
<td>28.0</td>
<td>64.8%</td>
</tr>
<tr>
<td>George Washington</td>
<td>3.7, 3.7</td>
<td>31</td>
<td>77.3</td>
<td>0%*</td>
</tr>
</tbody>
</table>
The School’s Curriculum, Program, and Fit

- Philosophy, values, mission
- Special features or programs
  - 2nd year clerkships, 3-years total (Duke)
  - Three-year pathway (NYU)
- Modes of instruction
  - Problem-based Learning (University of Rochester, Northwestern)
- Grading system
- Location
- Class composition
- Family (or other) connections
What about DO Programs?

- National Mean UG GPA (2011-2014) ~ 3.4
- National Mean MCAT (2011-2014) ~ 26

- NYIT-COM
  - Mean CUM GPA - 3.6
  - Mean MCAT – 28
  - In-state matriculants – 80% of 2014 class

- PCOM
  - Mean CUM GPA – 3.45, BPCM GPA – 3.38
  - Mean MCAT - 27
How Many?

- National average ≈ 14 AMCAS schools
- Cornell average ≈ 20 AMCAS schools
- Start with a list of no more than 30 schools
  - Pare down

- Practical Limitations
  - Limited chances of admission at some medical schools
  - Time for secondary applications and travel for interviews is extensive
  - Cost of applications, secondary applications, and travel
  - Cost of attending medical school
How Many?

- National average ≈ 14 AMCAS schools
- Cornell average ≈ 20 AMCAS schools

- Of Cornell students who matriculated into medical school, 69% received 1-2 offers of acceptance (3+ offers is a more uncommon situation)
<table>
<thead>
<tr>
<th>School</th>
<th>Median BCPM, Cum</th>
<th>MCAT</th>
<th>In-State (% in-state interviewees)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weill Cornell</td>
<td>3.9, 3.9</td>
<td>36</td>
<td>Yes* (19.6%)</td>
</tr>
<tr>
<td>URMC</td>
<td>3.7, 3.8</td>
<td>34</td>
<td>Yes (33.2%)*</td>
</tr>
<tr>
<td>NYU</td>
<td>3.9, 3.9</td>
<td>36</td>
<td>Yes* (20.6%)</td>
</tr>
<tr>
<td>Duke</td>
<td>3.9, 3.9</td>
<td>36</td>
<td>No* (10.0%)</td>
</tr>
<tr>
<td>SUNY Upstate</td>
<td>3.7, 3.8</td>
<td>33</td>
<td>Yes (81.2%)</td>
</tr>
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<td>SUNY Downstate</td>
<td>3.7, 3.8</td>
<td>33</td>
<td>Yes (63.5%)</td>
</tr>
<tr>
<td>Stony Brook</td>
<td>3.8, 3.8</td>
<td>34</td>
<td>Yes (70.4%)</td>
</tr>
<tr>
<td>SUNY Buffalo</td>
<td>3.8, 3.8</td>
<td>32</td>
<td>Yes (64.8%)</td>
</tr>
<tr>
<td>Albany</td>
<td>3.6, 3.6</td>
<td>32</td>
<td>Yes* (23.3%)</td>
</tr>
<tr>
<td>Hofstra</td>
<td>3.6, 3.7</td>
<td>33</td>
<td>Yes (47.5%)</td>
</tr>
<tr>
<td>MSU</td>
<td>3.6, 3.7</td>
<td>30</td>
<td>No* (74.7%)</td>
</tr>
<tr>
<td>Cooper (Rowan)</td>
<td>3.5, 3.6</td>
<td>31</td>
<td>No (59.3%)</td>
</tr>
<tr>
<td>Commonwealth</td>
<td>3.6, 3.7</td>
<td>30</td>
<td>No (52.5%)</td>
</tr>
<tr>
<td>Quinnipiac</td>
<td>3.5, 3.6</td>
<td>30</td>
<td>No (16.4%)</td>
</tr>
</tbody>
</table>
In-State Preference?

- Albany Medical College
  - 12.5% of in-state applicants were interviewed (23.3% of interviewees)
  - 9.9% of out-of-state applicants were interviewed (76.7% of interviewees)
  - 19.6% of in-state interviewees matriculated
  - 12.4% of out-of-state interviewees matriculated

See MSAR entry…
Reach, Comfort, Safety

- MSAR Example – Quinnipiac
  
  See MSAR entry…

- MSAR Example – Duke
  
  See MSAR entry…
Print Resources

- ADEA Official Guide to Dental Schools
- Admission Requirements to Canadian Faculties of Medicine
- Medical School Admission Requirements
- Osteopathy & Podiatry Notebook
- Professional School Surveys Notebook
- The Complete Guide to the MD/PhD Degree
Web Resources

- Individual Schools’ Websites
- aamc.org
- MDapplicants.com
- The Princeton Review Advanced Med School Search
- US News & World Report
- AdviseStream School Selector
- Osteopathic Medical College Information Book
  - AACOMAS Four Year Applicant Profile
People Resources

- Health Careers Advisors
  - 103 Barnes Hall
  - HCAN members
- Faculty Advisor
- Students/recent graduates in medical school
- Other students
- Doctors/dentists
Upcoming Programs of Interest

- **Health Careers Summer Activities**
  - Thursday, April 16, 4:30 p.m., 142 Goldwin Smith Hall

- **Writing Personal Statements for Applications**
  - Thursday, April 23, 4:30 p.m., 122 Rockefeller

- **Interviewing: Traditional and MMI**
  - Thursday, April 30, 4:30 p.m., 253 Mallot

- **Completing AMCAS and Other Applications**
  - Wednesday, May 6, 4:30 p.m., 115 Rockefeller

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Questions?

*Plans are worthless, but planning is everything.* – Dwight D. Eisenhower