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# Applying to Medical School: Are You Ready Now?

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Cornell Career Services  
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## Success Factors

- Timing of application
  - Application components
- Readiness for holistic review
  - Quantitative and qualitative factors
  - Core competencies

*“An ounce of prevention is worth a pound of cure.”*

*Benjamin Franklin*



## Success Factors: Timing

- Timing of application
  - As early as possible
  - Must complete all portions in a timely fashion
    - Standardized tests
    - Primary application
    - Secondary application(s)
- Timing of application must allow fulfillment of schools' holistic admissions standards
  - Applicant readiness suggests whether an application is appropriate
  - Your application needs to demonstrate your readiness



## Timing of the Application Components

- MCAT or DAT
  - January MCAT scores available mid-February
  - MCAT2015 – April and May
    - Scores *will* take longer than the usual 30-35 days
    - From AAMC, “MCAT scores from the April and May 2015 administrations *will* be reported to examinees prior to the date when AMCAS first sends applications to medical schools for the 2016 application cycle.”
    - Preliminary estimates of percentile rankings will be provided two to three weeks after testing to aid application decisions.
  - DAT scores officially reported 3-4 weeks after test date



## Success Factors: Readiness for Holistic Review

- Quantitative Readiness
  - Academic
    - Cornell GPA (overall and BCMP)
      - Transcript should not contain any “incomplete” courses
    - Standardized test scores (MCAT or DAT)
- Qualitative Readiness
  - Applicant’s writing and interpersonal communication
    - Personal statements
    - Interview skills
  - Letters of support from supportive recommenders and evaluation services



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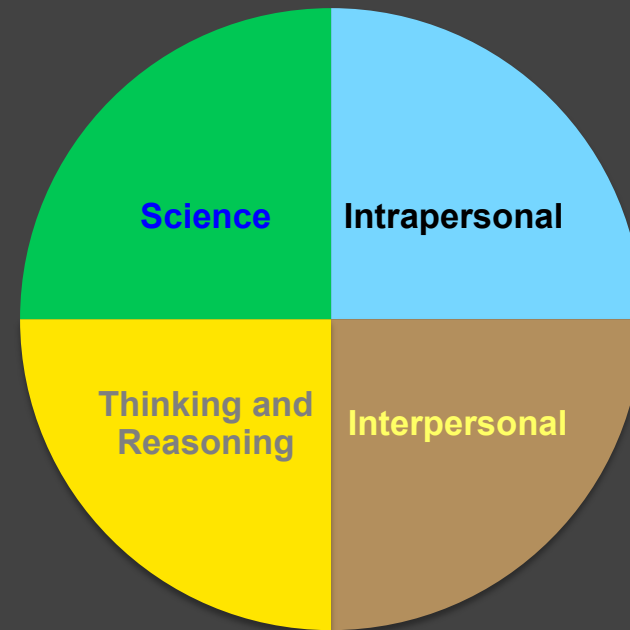
## Success Factors: Readiness for Holistic Review

- Non-Academic Readiness
  - Service to others
  - Exposure/experience in the world of clinical healthcare
  - Ability to communicate well interpersonally



## 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

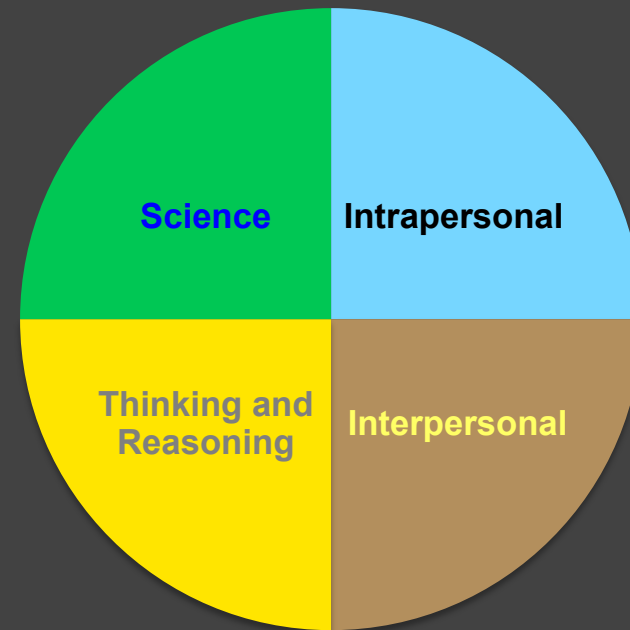


An observable behavior that combines knowledge, skills, values, and attitudes related to a specific activity.



## Core Competencies

- **Thinking and Reasoning**
  - Critical Thinking
  - Quantitative Reasoning
  - Scientific Inquiry
  - Written Communication
- **Science**
  - Living Systems
  - Human Behavior



An observable behavior that combines knowledge, skills, values, and attitudes related to a specific activity.





## The Well Prepared Applicant

- “Comfort level”
  - Science GPA above 3.4 MCAT score above 32; no individual score below 9
    - Check with advisor on exceptions
- Primary application complete within a few weeks of earliest submission date and secondary applications within two weeks of receipt
- Application to at least 10 schools with matriculated applicant GPA/MCAT score means equivalent to one’s own, and about 15-20 schools total



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# Medical School Admissions Requirements (MSAR)

Albany, New York · Private Institution



First Year Class/Total Enrollment: 131 / 557

Tuition and Fees Resident/Non-resident: \$54,909 / \$54,909

Primary Application: AMCAS, Latest Application Filing Date: November 1, 2014

Additional Programs:

MCAT® Range, 10th-90th Percentile:

GPA Range, 10th-90th Percentile:



Favorite



Compare

Notes

## Albert Einstein College of Medicine of Yeshiva University

Bronx, New York · Private Institution



First Year Class/Total Enrollment: 183 / 787

Tuition and Fees Resident/Non-resident: \$46,838 / \$46,838

Primary Application: AMCAS, Latest Application Filing Date: October 15, 2014

Additional Programs:

MCAT® Range, 10th-90th Percentile:

GPA Range, 10th-90th Percentile:

<https://services.aamc.org/30/msar/home>



## The Well Prepared Applicant

- Produces compelling personal written reflections on individual journey leading to application
- Presents references in a timely way from individuals who can speak confidently and intelligently to personal competencies
- Stays in good standing with HCEC (if using) and adheres to its timeline



## Challenges to Readiness

- Overall Cornell GPA below 3.3
- MCAT below 30 (check with advisor for DAT and GRE targets)
- No standardized test score available at time of application
- Little, if any, clinical and/or service experience
- Institutional action in academic year preceding the current application cycle
- Incomplete grades on the transcript
- Single-semester GPA below 3.0 within two semesters of current application cycle



## The Gap or Bridge Year

- Increasingly common for medical school candidates to take time after college before applying
  - to take a break
  - to allow more time for application process
  - to address readiness factors
- 66% of the 2014 Weill Cornell Medical College first-year class took (at least one) gap year
  - Average age of 2014 entering class – 23.9 years
  - Statistics are similar at other medical schools



## The Gap or Bridge Year

- Factors to consider
  - Academic
    - GPA can reflect coursework from Senior year if an application is delayed
    - More options for MCAT timing (be fully prepared to take the exam ONCE)
    - More time to develop relationships for LoRs
- How to strengthen your application during a gap year
  - Clinical exposure
  - Research
  - Professional opportunities
- For more information attend the briefing *“Increasing Your Chances of Admission with a Gap Year”*
  - Tuesday, December 2<sup>nd</sup> at 5pm (122 Rockefeller)



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

*John Wooden*

**Questions?**