Increasing Your Chances of Admission to Medical School with a Gap Year

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Cornell Career Services
December 3, 2013
Why a Gap Year?

• Improve your credentials
  – Gain additional experience
  – Improve grades (senior year or through post-bac program)
  – Fill in any “gaps”

• Take a break: live a dream

• Give yourself more time to manage the medical school application process

• Confirm your interest
Why Not a Gap Year?

- Readiness now to go on to medical school
- Uncertainty about being able to find the ideal experience
- Concern about how it will look to medical schools
- Parental (or other external) pressure to proceed directly into medical school
Success Factors for Admission

• Academic Credentials
  – Cornell GPA (overall and BCMP)
  – Standardized test scores (MCAT or DAT)

• Non-Academic Experiences
  – Service to others
  – Exposure/experience in the world of clinical healthcare
  – Ability to communicate well interpersonally
  – Interactions with others different from yourself
Core Competencies for Entering Medical Students

aamc.org/initiatives/admissionsinitiative/competencies
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
Core Competencies

• Thinking and Reasoning
  – Critical Thinking
  – Quantitative Reasoning
  – Scientific Inquiry
  – Written Communication

• Science
  – Living Systems
  – Human Behavior
Self Reflection

- Consider your readiness (review slides from 11/20/13 program, available on the CCS Media Site)
- Identify any gaps
- Explore options
- Make a plan
Resources for Planning a Gap Year

• Rita Townend-Boratav (103 Barnes Hall; rct5)
• CCS Library: career.cornell.edu/career/resources/
  – “Gap year” key-word search returns 147 resources (books, websites, etc.) across Career Services offices, mostly in 103 Barnes or G55 Goldwin Smith
• Link Library: career.cornell.edu/resources/links.cfm
  – Gap or “Bridge” Year
  – Health Careers
Questions?