

# PRIMES

Monthly Newsletter

In partnership with



## WORKING FROM HOME PRODUCTIVELY

The effects of COVID-19 have rippled worldwide and we at PRIMES can imagine that most of you are nervous for what will come next. By providing support for one another, we will emerge from this challenge stronger as we take advantage of opportunities that this new learning environment and source of community need affords us. The PRIMES Leadership Team is dedicated to helping ALL of you navigate your pre-med journey.

As of April 7th, most colleges and universities have moved their curricula to virtual platforms. For some of you, this change may have had a positive impact. Maybe being surrounded by family and working in a familiar environment is conducive to your

learning. For others, this change may be presenting new challenges.

Whatever the situation may be, take advantage of the opportunities presented by having a little more spare time on your hands and a different learning environment.

The first essential task is remaining productive while learning away from school. Here are some suggestions:

- 1. Designate a space in your home for work**  
Let's be honest - working in bed is not the best way to be productive
- 2. Try to stay as close to your at-school schedule as possible**  
Wake up when you normally would and get ready the way you normally would if attending regular class
- 3. Set boundaries with people in your home**  
If your roommate or sibling chats you up every time you sit

down to work, you'll never get anything done! Consider putting a sign on the door to let everyone know your "work hours"

## THE CORE 15

Have you taken a look at the AAMC's 15 Core competencies? Divided into 4 broad categories – Interpersonal, Intrapersonal, Thinking and Reasoning, and Science – the core competencies serve as a tool for how medical schools evaluate your application. They provide a basic framework for the skills and knowledge you should be learning from your life experiences and activities. To better explain the competencies and give real-life examples, the AAMC created the resource, *Anatomy of an Applicant*, which you can access here: <https://students-residents.aamc.org/applying-medical-school/preparing-med-school/anatomy-applicant/>



4. **Plan out your day ahead of time**

Committing to an agenda well in advance will set you up for success and save planning time in the upcoming days

5. **Get Up and Get Out**

A little fresh air never hurts! Consider taking a walk around your block...all while maintaining a safe distance from others, that is. Or, maybe playing some music while decluttering your home will do the trick. Whatever it is, taking breaks are important to recharge for the next day

The second essential component is taking advantage of ways to achieve your goals with respect to increasing your preparedness for medical school application. These types of challenging times often offer unique ways to get involved with community service, take much needed time for test prep, and work on challenging aspects of applications such as writing. The applicability of the below suggestions will vary based on what year you are in college.

1. Take this time to **organize a timeline for yourself** with respect to the application process to include MCATs, important upcoming exams, and application steps. Ensure that you are on track and reach out to us or resources at school via email to help get you up to speed in any areas you find you may be behind or needing resources
2. If you are coming up to application within this or next year, use this time to **draft your personal statement** and application essays so that you have time for counselors and mentors to review and edit with you.
3. Use this time to **catch up on PRIMES modules** to ensure that you are maximizing your interface with your mentor and staying on track with respect to all aspects of preparedness.
4. There are opportunities to **volunteer** in safe ways. For example, organizing online donations to those in need in your community; organizing food deliveries for elderly community members; cooking for elderly community members; you can continue to brainstorm and search the web for creative and safe ways to contribute. These types of demonstrations of initiative carry a lot of weight in applying for medical school as they show compassion and motivation.

Staying productive doesn't have to be so hard during this time. Remember to visit [cdc.gov](https://www.cdc.gov) for more coronavirus updates and be safe everyone.

# NYC: STOP THE SPREAD OF CORONAVIRUS!

New Yorkers working together can slow the spread of Coronavirus (COVID-19) in New York City.



**PROTECT YOURSELF AND OTHERS**



**STAY HOME IF SICK**



**PROTECT THE MOST VULNERABLE**



**REDUCE OVERCROWDING**

## APPLY FOR THE FAP

Preparing for medical school can be costly but it doesn't have to be. The AAMC's Fee Assistance Program (FAP) can not only grant you access to

their MCAT practice bundle (e.g., question packs, full lengths, etc.), it can also cut the cost of the test itself, among many other benefits. So what do you have to do?

**Step 1:** Go to this link to see if you qualify:  
<https://students-residents.aamc.org/applying-medical-school/article/eligibility/>

**Step 2:** Have yours as well as your parents' financial documents (e.g., Form 1040) on hand

**Step 3:** Apply!

## CONSULT THE MSAR

Thinking about what schools to apply to? Want to know where your stats lie among the matriculants to a particular school? Consult the MSAR page! The MSAR is an online database that allows you to compare information, like median MCAT score and demographics on first-year students, across U.S. and Canadian medical schools. If you qualify for the FAP, then this is a free service; if not, then you can purchase access to the site for \$28.00. To learn more on how to use and access this site, go to: <https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/medical-school-admission-requirements/>

So you've been called to interview for an internship but are unsure of how to prepare for it. What should you wear? How should you carry yourself? Unit 3 is filled with lots of tips and tricks on how to handle the interviewing process, so check it out if you need some help.

Interested in conducting scientific research? If so, are you thinking basic science or clinical? To know the difference between the two, refer back to Objective 4.1 in Unit 4!

## PARTICIPATE IN SHPEP

The Summer Health Professions Education Program (SHPEP) is a summer program that provides college freshmen and sophomores the opportunity to explore health professions in an innovative way. If this sounds like something that you'd be interested in, then you

should apply. The best part? It's **\*\*free\*\***! All student

housing costs, meals and travel to and from the program site are covered. Students also receive a \$600 stipend for completing the program. To learn more, visit:

<http://www.shpep.org/>

You can find even more summer enrichment

opportunities through this link

from the AAMC: <http://services.aamc.org/summerprograms>

## TO POST-BAC OR NOT TO POST-BAC

Many students complete a post-baccalaureate program after graduation to support their transition to professional school; even more students do it as a way to increase their GPA and show the admissions committee that they can handle the academic rigor of medical school. How do you know whether a post-bacc program is right for you? The AAMC answers questions like these, as well as provides a database for finding post-bacc programs, on this site:

<https://students-residents.aamc.org/postbacc/>

## DIVERSITY IN MEDICINE SCHOLARSHIP

If you are a current or former Associated Medical Schools of New York (AMSNY) Post-Bac student, then you may be eligible for their Diversity in Medicine scholarship! In exchange for this scholarship, which covers tuition and fees of up to \$42,000 for an academic year, a student commits to working in an underserved area in New York after residency. For more information on how to become involved with AMSNY as well as the additional requirements to qualify, you can follow this link:

<https://amsny.org/initiatives/diversity-in-medicine/diversity-programs/diversity-in-medicine-scholarship/>

# A Pre-Med Student's Steps to Medical School



This infographic represents a basic timeline and steps toward medical school. Your advisor and AAMC resources can help guide you on your individual timeline and steps.

[aamc.org/students](http://aamc.org/students)

# MCAT MASTERY

## IMPORTANT RESOURCES FOR ACING THIS EXAM

Thinking about studying for the MCAT? Well, there are a couple of things that you should know before you start!

Buying a set of books from one MCAT prep company can be a good way to save money while building your knowledge of the concepts tested on the MCAT. However, different companies cater to different learning styles and needs, so it is good to know which set may be right for you. The three most popular companies are the **Princeton Review**, **Examcrackers** and **Kaplan**.

**Princeton Review:** This set is good for nontraditional applicants and students who may have struggled in their science prerequisites.

**THE AVERAGE STUDENT SPENDS BETWEEN 200-300 HOURS STUDYING FOR THE MCAT.**

Designed to read like a textbook, PR breaks down each and every concept. However, a commonly noted con is that it may delve too deep into what is required for you to know for the test.  
<https://www.princetonreview.com/medical/mcat-test-prep>

## APPLICATION TIMELINE

**EARLY MAY: AMCAS APPLICATION OPENS** (IN OTHER WORDS, THE PRIMARY APPLICATION YOU NEED TO FILL OUT FOR MEDICAL SCHOOLS)

FOR A DETAILED OUTLINE ON HOW TO FILL OUT EACH SECTION OF THE AMCAS, VISIT: [HTTPS://STUDENTS-RESIDENTS.AAMC.ORG/APPLYING-MEDICAL-SCHOOL/APPLYING-MEDICAL-SCHOOL-AMCAS/HOW-APPLY-MED-SCHOOL-AMCAS/](https://students-residents.aamc.org/applying-medical-school/applying-medical-school-amcas/how-apply-med-school-amcas/)

**LAST WEEK IN MAY / EARLY JUNE: 1ST DAY TO SUBMIT YOUR AMCAS APPLICATION** (SUBMITTING EARLY IS A BIG ADVANTAGE BUT NOT AT THE EXPENSE OF A POORLY WRITTEN PRIMARY APPLICATION!)

**JULY: SECONDARIES SEASON** (SUBMITTING THE PRIMARY APPLICATION IS NOT ENOUGH; MOST SCHOOLS REQUIRE YOU TO WRITE ESSAYS SEPARATE FROM THE PERSONAL STATEMENT IN ORDER FOR YOUR APPLICATION TO BE CONSIDERED COMPLETE)

**POST-APPLICATION SUBMISSION: THE WAITING GAME** (AFTER YOUR APPLICATION HAS BEEN MARKED COMPLETE, YOUR WORK IS DONE UNTIL IT'S TIME FOR INTERVIEWS)

**Examcrackers:** The most concise out of the 3 sets, EK is known to provide the bare bones of what you need to know for the MCAT. Because of this, it is thought to be really good for those who have a strong foundation in the sciences. However, due to its colorful animations and heavy emphasis on experimental analysis, many students tend to benefit from this resource.  
<https://examcrackers.com/>

**Kaplan:** A leader in test prep of all sorts, Kaplan tends to be the go-to for students studying for the MCAT. Carefully explaining the basics without bogging down the reader with so many details, it tends to be a highly coveted resource; however, depending on your needs and level at which you begin studying, it may not suit you the best.  
<https://www.kaptest.com/study/mcat/mcat-study-guide-and-schedule-3-months/>

**Other important resources:**

**UWorld:** Known to be a great resource for the USMLE Step exams (over 90% of medical students choose this company to prepare for them), UWorld recently made the jump into the MCAT realm with their expansive question bank. With almost 2,000 questions, detailed explanations for each one, and performance tracking, it is quickly becoming a popular resource for students wishing to perform very well on the test. <https://www.uworld.com/collegeprep/mcat/mcat.aspx>

**Khan Academy:** Did you know that the AAMC endorses using Khan Academy, a **\*\*free\*\*** resource, as a learning tool for the MCAT? Complete with 1,100 videos and 3,000 review questions on all 4 sections of the exam, Khan Academy is a good resource for becoming comfortable with the material tested on the MCAT, especially for those visual learners. You can access the entire collection here:  
<https://www.khanacademy.org/test-prep/mcat>

It is very possible that you may come into contact with someone who has an unconscious bias during the interviewing process. Although this can be hard to recognize, make sure to stun your interviewer with interesting facts about yourself! Unsure of what I mean? Refer back to Objective 3.1 in Unit 3 for some ideas.

**Anki:** Anki is another **\*\*free\*\*** resource; you can think of it like electronic flashcards, except that it relies on an algorithm to show you the next card based on the level of priority that you assign to each card. It tends to be a great resource for remembering formulas, metabolic pathways, etc. To learn how to use Anki, you can watch this tutorial:

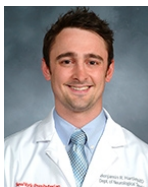
## MENTORING IN MEDICINE (MIM)

TAKE ADVANTAGE OF WHAT THIS ORGANIZATION HAS TO OFFER!

<https://www.youtube.com/watch?v=7K2StK7e3ww>

Have you heard about our partners, Mentoring in Medicine (MIM)? Designed to equip disadvantaged students with the tools they need to successfully apply to medical school, MIM hosts a myriad of programs for students of all levels to participate in. One of the most popular options is the Medical Pathway Program (MPP); more than 38% of students who applied to this program were accepted to medical school. To learn more about MIM and their program offerings, you can visit: <http://medicalmentor.org/>

For more information, you may contact [primesmentorship@gmail.com](mailto:primesmentorship@gmail.com) or reach out to:



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Medicine, like most things, requires teamwork. It's important to know your limitations and when to ask for help. To refresh yourself on the values and beliefs that make a good physician, revisit Objective 2.12 in Unit 2.

### JUNE 5

Gold Zone deadline\*: May 7  
Silver Zone deadline\*\*: May 21  
Bronze Zone deadline\*\*\*: May 28

### JUNE 19

Gold Zone deadline\*: May 21  
Silver Zone deadline\*\*: June 4  
Bronze Zone deadline\*\*\*: June 11

### JUNE 20

Gold Zone deadline\*: May 22  
Silver Zone deadline\*\*: June 5  
Bronze Zone deadline\*\*\*: June 12

### JUNE 27

Gold Zone deadline\*: May 29  
Silver Zone deadline\*\*: June 12  
Bronze Zone deadline\*\*\*: June 19

\*Gold: last date to reschedule at the lower rate

\*\*Silver: last date to reschedule an exam

\*\*\*Bronze: last date to cancel an exam

To learn more, visit:

<https://students-residents.aamc.org/applying-medical-school/article/mcat-testing-calendar-score-release-dates/>



## GET INSPIRED!

No two medical applicants are the same, and neither are their stories. Whether you've wanted to become a physician for a long time or decided to pursue medicine in the past semester, the AAMC has a website geared towards equipping you with all that you need to become a competitive applicant. Called *Aspiring Docs*, this resource tells you how to acquire medical experience before you apply to medical school as well as what medical admissions officers look for in an application. To learn more, visit:

<https://students-residents.aamc.org/choosing-medical-career/medical-careers/aspiring-docs/>