

PRIMES

Monthly Newsletter

In partnership with



APPLYING FOR SUMMER PROGRAMS

Although the semester has just begun, it's time to start thinking about the summer. Here are some great opportunities that you can get started on:

1. Summer Undergraduate Mentorship Program (SUMP)

This program by the Hispanic Center of Excellence (HCOE) at the Albert Einstein College of Medicine gives underrepresented and/or economically disadvantaged students in-depth exposure into the medical profession through shadowing a physician mentor and partaking in hands-on workshops. The deadline to apply is **March 2nd, 2020** but applications are reviewed on a rolling basis so get a head start on it now! To learn more, visit: <http://www.einstein.yu.edu/centers/hispanic-centers-of-excellence-opportunities.aspx>

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/>

<http://www.einstein.yu.edu/centers/hispanic-centers-of-excellence-opportunities.aspx>

2. Northeast Regional Alliance (NERA) MedPrep HCOP Academy Program

This program for college freshmen and sophomores partners with 3 medical schools in the area to prepare students with the skills and competencies they need in order to be competitive applicants to medical school. Not only will this program assist students with MCAT prep, it will also provide academic counseling, among many other resources. You can assess your eligibility and learn more on how the program is organized by going to this website: <http://www.neramedprep.org/home.html>. Applications must be received by **March 1st, 2020** and are reviewed on a rolling basis.

3. Exploring Health Careers Program

Those who attend a public university in NY may be interested in this program offered by SUNY Downstate which exposes students to a myriad of career opportunities in the healthcare field. Program highlights include presentations from the College of Medicine and School of Public Health. To find out whether your school qualifies, visit: https://sls.downstate.edu/diversity_education/diversity/pipeline_programs.html. Deadline is **March 2nd, 2020**.



Students who participate in any one of the above programs are awarded a stipend. So what more are you waiting for? You, too, can make it into medical school and the earlier you can start, the better.

CLICK "YES" TO MED-MAR!

The Medical Minority Applicant Registry (Med-MAR) is a service specifically designed with you in mind. Electing to participate in the Med-MAR allows admissions officers concerned with increasing diversity at their medical school to be made aware of your biological background and MCAT scores. You can learn more on how to participate here: <https://students-residents.aamc.org/choosing-medical-career/article/medical-minority-applicant-registry-med-mar/>

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 always been a bad test taker, even when you know the material very well. Tests are commonly used to assess content mastery in college, medical school and beyond, so learning how to be a good test-taker is important. If you're having any trouble, refer back to Objective 2.14 in Unit 2 for strategies to tackle this obstacle.

Looking for more summer opportunities that may better fit your interests and lifestyle? Refer back to Objective 2.10 in Unit 2 in order to access them.

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

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>

There is an abundance of resources out there to help you academically. The key is knowing how to tap into them. Resources like PubMed, EndNote and Anki are great examples. Never heard of these before? Take a look at Objective 2.9 in Unit 2 to learn more.

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 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.

APRIL 4

Gold Zone deadline*: March 6

Silver Zone deadline**: March 20

Bronze Zone deadline***: March 27

APRIL 24

Gold Zone deadline*: March 26

Silver Zone deadline**: April 9

Bronze Zone deadline***: April 16

APRIL 25

Gold Zone deadline*: March 27

Silver Zone deadline**: April 10

Bronze Zone deadline***: April 17

*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/>