

College of Human Medicine

Premedical Handbook and Self-Assessment Guide

MICHIGAN STATE
UNIVERSITY

COMPETENCE

HONESTY

COMPASSION

RESPECT FOR OTHERS

PROFESSIONAL RESPONSIBILITY

SOCIAL RESPONSIBILITY

The Mission of the College of Human Medicine

The Mission of the College of Human Medicine at Michigan State University is to educate and develop exemplary physicians, create and disseminate new knowledge, and provide service to the people of the State through education, research, clinical and outreach programs which are:

- Integrated with and responsive to communities, and their systems of health care;
- Focused on meeting the primary health care needs of patients, families and communities;
- Considerate of the dignity, diversity, needs and values of individual patients; and
- Responsive to the unmet needs of medically underserved populations.

**College of Human Medicine
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MSU is an affirmative-action, equal-opportunity institution.

Dear Premedical Student:

The **Premedical Handbook and Self-Assessment Guide** reflects the insights of premedical advisors, successful medical students, medical school faculty, and Committee on Admissions members. Designed to organize your planning and preparation for medical school, it contains information and advice that the College of Human Medicine associates with a successful medical school application.

As you identify yourself as a possible future physician, you enter an exciting and busy time. Along with all the other joys and demands of life, it is a time to:

- challenge your talent and satisfaction in working with the sciences;
- tap into your abilities and energy as you put altruism into action;
- test your tolerance of an intellectually and physically rigorous lifestyle;
- explore your communication skills and leadership potential;
- engage in realistic self-appraisal and self-improvement efforts.

Doing so will help confirm your career direction as you prepare for the profession.

The **Premedical Handbook** section outlines the foundation for successful preparation. While following this guide, along with your premedical advisor's advice, will assist you in becoming a well-rounded applicant, remember that it does not assure medical school admission. Be sure to reflect on your goals and abilities as you proceed, and consider alternatives as appropriate.

The **Self-Assessment Guide** section will help you assess your experiences and personal development. Ideally, you will begin your self-assessment early in your college experience to guide and record your preparation. The recorded information will be useful as you prepare your AMCAS Application, respond to secondary applications, and prepare for interviews. Please do not assume that the order in which topics appear reflects an order of importance.

We encourage you to apply to the College of Human Medicine if our mission is consistent with your career goals, and our curriculum is consistent with your learning style. Please visit www.chm.msu.edu/chmhome/admissions/index.htm to learn more about us.

Best wishes for your success.



Christine Shafer, M.D.
Assistant Dean for Admissions



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Premedical Handbook

Medical School Application General Recommendations

- Review the sections of your Self-Assessment Guide located at the end of this guide, and work hard to develop strategies to override any deficiencies you find prior to application. If you are not initially admitted, reassess and correct your deficiencies if you intend to reapply.
- Obtain a copy of the AAMC's *Medical School Admissions Requirements* online at http://services.aamc.org/AAMC_store/catalog.cfm to learn more about the medical schools you intend to apply to, including important deadlines.
- Submit your AMCAS Application on June 1 of the year before you plan to enter medical school, or as soon as possible after that date. Reasons to delay submitting the application may include waiting for summer grades or including a significant new experience.
- Develop a career contingency plan for your future in case medical school is not a realistic goal for you at this time.
- Refer to the sections of your Self-Assessment Guide that list all your activities (medical/clinical, community service, group/leadership, research, and employment) since high school. Be sure these activities are incorporated into your application.
- Refer to the sections of your Self-Assessment Guide that list all the insights you gained through your experiences. Use these to enrich your personal statement and secondary application essays.
- Take special care with your written applications (AMCAS and secondary); make sure there are no careless errors. Use a proofreader in addition to spell check.
- Write your own responses on the AMCAS personal statement, and on secondary applications. Do not permit proofreaders to alter the content of your statements.
- If you are a science major, be sure you have taken enriching courses in the arts, humanities, and social sciences.

- If you are a nonscience major, be sure that you have acquired science knowledge that will support success in the rigorous, fast-paced science curriculum of medical school. Required premedical science courses make you eligible to enroll, but may not be sufficient preparation.
- Be thoughtful about medical ethics and moral problems in medicine. Take a medical ethics course if possible, or read a medical ethics textbook.
- Be familiar with health care reform and issues health care professionals confront. If possible, take a sociology of health care systems course, a medical economics course, or read about these topics.
- Be aware of current topics in the news regarding medical research.

High school students interested in health careers are invited to apply to Michigan State University. Michigan State University is an internationally renowned land grant institution committed to excellence in teaching, research, and community outreach. Academic and premedical advisors will assist you in developing an academic schedule to meet premedical requirements. Premedical groups, service organizations, and the MSU Service-Learning Center will assist you in your nonacademic preparation. For a tour of MSU, call the MSU Office of Admissions at (517) 355-8332. To obtain a MSU online undergraduate application, visit their website at <http://admissions.msu.edu>. To learn more about premedical education and advising, call the MSU College of Natural Science at (517) 355-4470 or visit their website at www.ns.msu.edu.

Each year, 10 outstanding Michigan State University entering freshmen are selected as *College of Human Medicine Medical Scholars*. CHM recognizes exceptional high school achievement and early dedication to medicine by offering conditional College of Human Medicine admission to each Medical Scholar. Medical Scholars fulfill the medical school admission requirements through Michigan State University's nationally respected premedical program. Since Medical Scholars can plan on attending the College of Human Medicine, they can more fully engage in enriching and challenging undergraduate experiences and devote more time on community service, research, and medical/clinical activities. View the *College of Human Medicine Medical Scholars* program brochure and application online at www.chm.msu.edu/chmhome/admissions/medschol.htm.

Advice for High School Students

Advice for High School Students

Continued

RECOMMENDATIONS

- Enhance your college prep courses with physics, advanced sciences, four years of mathematics, speech or debate, psychology or sociology, and computer studies. CHM will recognize AP credit to meet premedical course requirements only if this credit is posted on your official college transcript. You may be asked to demonstrate additional laboratory work at the college level.
- Foster professional development and maturity through volunteer work, employment in a medically relevant area, and community service. These activities will help focus your commitment to integrity, excellence, self-respect, respect for others who are different from you, and developing compassionate relationships.
- Investigate college and university websites, request college and university catalogs, and visit those institutions that interest you. A list of Michigan college and university home pages can be viewed at www.macrao.org. When applying to colleges/universities, consider what you can afford, where you feel at home, and which schools offer excellent premedical preparation. As true with many medical schools, CHM does not prefer one major over another. Select the major that best links your academic interests and your academic talents. Your academic advisor will be able to help you with this important decision.
- Learn more about the *Medical Scholars Program* at CHM. Apply by November 1 of your senior year of high school if you can picture yourself in this program.

Advice for Postbaccalaureate and Nontraditional Students

Nontraditional medical students are those who have completed a baccalaureate program (BA, BS or equivalent) from an accredited college or university. Some nontraditional applicants may have earned advanced degrees and pursued a variety of medical or non-medical careers. Nontraditional students should review the suggestions offered to traditional applicants, including the sections on professional development and investigation of medical schools. Your time frame will be different, but the recommendations are the same.

All students must complete the premedical requirements. These courses may have been taken at any time during your post-high school education. They may be taken at an accredited community college, accredited junior college, or within a traditional college or university that is accredited. Courses completed at a community or junior college must be acceptable to an accredited traditional college or university as transfer credit. To verify if a particular

course is accepted at MSU, visit MSU's transfer admission website at www.admissions.msu.edu/transfer.asp and view the ACTS IV Credit Equivalency Guide.

Nontraditional students who were not science majors, or who have taken science courses more than three years prior to the beginning of medical school, will benefit from taking additional upper-level science courses such as biochemistry, genetics, or physiology. If your undergraduate science GPA is a weakness of your application, complete additional science course work through a postbaccalaureate or graduate program. Complete at least 16 additional undergraduate or graduate science semester credits by the time you submit your AMCAS Application.

A premedical or academic advisor at your local college or university can assist you in planning the timing of your course work and in choosing when to take the MCAT. You will want to have material fresh in your mind for the MCAT. This can be accomplished through recent courses and/or thoughtful, intense review. Consider using the MCAT preparatory materials (Solutions Booklet and Practice Tests). They are available online at http://pnet400.aamc.org/AAMC_store/catalog.cfm.

MCAT scores are important as a uniform measure of all applicants. They may predict how well applicants may perform in certain medical school courses and on the required medical board examination series for licensure. Your scores on the MCAT represent only one important component of your medical school application.

Ideally, the MCAT should be taken in April of the year you plan to apply to the College of Human Medicine. You may take the MCAT in August if you feel you are not prepared in April. If your MCAT scores are lower than you hoped for, discover the cause of your low scores before you retake the MCAT. Strive for scores at or above the national mean of accepted applicants: Verbal Reasoning = 9.6; Physical Science = 10; Writing Sample = P; Biological Science = 10.3.

MCAT registration is done online at www.aamc.org/students/mcat/start.htm. The MCAT is administered at a variety of testing centers throughout the United States, Canada, Guam, Puerto Rico, and the Virgin Islands. The MCAT Program Office will inform you of testing locations, MCAT fees and fee waivers, MCAT registration deadline dates, and MCAT test dates. The timing of application and admissions cycles is such that the latest you may take the MCAT is the August approximately one year prior to when you hope to enter medical school. The College of Human Medicine will accept only MCAT scores that are no older than three years old (i.e., 2001 scores for 2004 application cycle).

Medical College Admission Test (MCAT)

Medical College Admission Test (MCAT)

Continued

RECOMMENDATIONS

- Prepare NOW!! There is no substitute for long-term preparation for the MCAT. It begins with your first college course. Attend every class; take good notes and review them thoughtfully. Understand the material, do all your assignments, and attend office hours. Get excited about learning!
- Pay special attention to the basic science concepts that unite the sciences. Begin to see science as an integrated whole, rather than separate and distinct content areas.
- Take advantage of office hours or make appointments with your science professors to discuss the unity of the biological and physical sciences. Become able to discuss science and science concepts.
- Take courses that will develop your critical reading and writing skills. If these are weaker areas for you, get additional help now!
- Use the AAMC MCAT Practice Tests. They are available online at http://pnet400.aamc.org/AAMC_store/catalog.cfm or at college bookstores.
- Use the AAMC materials or your choice of MCAT guidebooks in conjunction with your basic science courses. Using the guidebooks and practice tests as you complete course work may enhance both your learning and test taking abilities. This may help you earn higher grades while you prepare long-term for the MCAT.
- One full year before you take the MCAT, prepare a calendar to guide your final preparation. A sample plan may include two months review of each of the following courses: biology, general chemistry, organic chemistry, and physics. Begin the review with the course that was most difficult, or was taken the longest ago. Progress a course at a time, finishing with the course that was least difficult, or taken most recently. Spend some extra time studying biochemistry, genetics, and physiology. Reserve at least a month before the MCAT for a comprehensive review.
- Take a mock MCAT. MSU students may call the College of Natural Science at (517) 355-4470 to request a premed tracking code in order to receive a February mock MCAT notice by email.

The AMCAS Application provides an opportunity to write a personal statement, list and describe activities, and report a disadvantaged background when applicable. Visit www.aamc.org/students/amcas/start.htm to carefully complete the electronic AMCAS Application, as directed. Submit your AMCAS Application on June 1, or as soon after this date as possible. If you anticipate that you will have excellent summer grades to improve your application, submit your application soon after those grades become available on an official transcript. Transcripts for all academic work must be sent to AMCAS as directed. AMCAS will automatically forward a copy of your application and your released MCAT scores to CHM.

Upon receipt of your AMCAS Application, the College of Human Medicine will request a **nonrefundable** application processing fee. If AMCAS grants you a fee waiver, then CHM will automatically waive its application processing fee. **ALL** applicants to CHM pay this application processing fee, unless granted a fee waiver. **Payment of this fee does not guarantee you will receive a Secondary Application.**

CHM does not send a Secondary Application to every applicant. However, if you are awarded a Secondary Application, there is no additional Secondary Application fee assessed.

All students admitted to the College of Human Medicine must successfully complete premedical requirements prior to beginning medical school. The courses listed in this guide are minimum requirements. The College recommends taking courses beyond the standard premedical requirements, including biochemistry, genetics, neuroscience, embryology, statistics, physiology, and cellular/molecular biology. Applicants are also encouraged to enroll in courses that promote understanding of the arts, humanities, ethics, social sciences, and cultural differences.

The CHM Committee on Admissions reviews applicants' science and nonscience grades with attention to difficulty of course work, number of credits attempted and completed each semester, trend in grades, and overall averages. Your grades represent only one important component of your medical school application.

Any college major is acceptable. You are encouraged to pick one that will be stimulating and personally satisfying. Premedical requirements may be within your major, taken as electives, or added to your course of study. As you study, remember that the national mean grade point averages for applicants accepted to medical school are 3.6 for science courses, 3.7 for nonscience courses, and a 3.6 overall grade point average.

American Medical College Application Service (AMCAS) Application

Academic Preparation

Academic Preparation

Continued

RECOMMENDATIONS

- **Undergraduate:** To have an optimal academic experience it is essential that you select the best possible academic major. Since CHM does not prefer one major over another, you are free to select the major that best links your academic interests and your academic talents. Your academic advisor will be able to help you with this important decision.

You will need to stay academically focused to do your best in your course work. Attend class regularly. Take advantage of office hours and tutorial sessions. Discover how you learn and remember.

In addition to your course work, be sure to consider the following suggestions:

1. Meet with your academic advisor on a regular basis;
 2. Become computer literate. Basic competency includes word processing skills, communicating by email, and navigating the Internet;
 3. Explore research opportunities. Seek an understanding of basic research methodology. Become involved in a research setting or project when possible.
- **Postbaccalaureate Program:** It is always important to develop a contingency plan for your future in case you are not accepted to medical school. This is especially important for applicants whose grades are at the lower range. If your undergraduate GPA is a weakness of your application, that contingency plan should include additional academic course work, usually through a postbaccalaureate program:
 1. Complete at least 16 additional undergraduate science semester credits between the time you graduate from college and the time you reapply to CHM.
 2. Do your best to achieve grades in the range of 3.5-4.0 in all of your science courses.
 3. Recommended courses: Enroll in the premedical science course requirements. If you recently have taken the premedical science courses and have done well in them, consider taking additional undergraduate science courses such as anatomy, biochemistry, cellular and molecular biology, embryology, genetics, neuroscience, microbiology, physiology, or statistics.
 4. To the greatest extent possible, make sure the courses are interesting or meaningful to you and/or will be helpful in following through with your contingency plan.

- **Graduate Program:** Many physicians also have an advanced science degree, a business degree, or an advanced degree in public health, epidemiology, or medical ethics. Select the advanced degree program for which you have talent and research interest. An advanced degree may open an alternate career path or make you a more highly sought-after physician. **It is important to time your medical school application so you will be admitted only after you have completed the requirements for your advanced degree program.** Deferred matriculation may be available for accepted applicants. Please discuss your plans with your advisors.

1. Do your best to achieve grades in the range of 3.5-4.0 in all of your graduate courses.
2. Remember that many graduate degree programs require the Graduate Record Examination (GRE). The GRE is administered electronically throughout the year. The group exams are given in April, October and December, the year preceding the fall you plan to enter graduate school. For more information, visit the GRE website at www.gre.org.
3. Graduate school application deadlines vary, but applying early is essential if you hope to secure a graduate assistantship.
4. Investigate other universities and medical centers to discover programs that interest you.

Required premedical courses may be taken at a U.S. or Canadian accredited community college, junior college, or traditional college or university. Courses completed at a community or junior college must be accepted at an accredited traditional college or university as transfer credit. To verify if a particular course is accepted at MSU, visit MSU's transfer admission website at www.admissions.msu.edu/transfer.asp and view the ACTS IV Credit Equivalency Guide. CHM will recognize AP credit to meet premedical course requirements only if this credit is posted on your official college transcript. You may be asked to demonstrate additional laboratory work at the college level. Your premedical or academic advisor can assist you in planning the timing of your course work and in choosing when to take the MCAT.

Required Premedical Courses

Required Premedical Courses

Continued

Premedical Course Requirements are minimums and must be fulfilled prior to enrollment at CHM. The requirements are:

1. Completion of the baccalaureate degree: B.A., B.S., or equivalent.
2. Completion of eight semester credits (minimum) or 12 term credits in each of the following areas, with no final grade less than a 2.0:
 - General Biology Sequence, including at least one laboratory;
 - General/Inorganic Chemistry Sequence, including at least one laboratory;
 - Organic Chemistry Sequence, including at least one laboratory;
 - General Physics Sequence, including at least one laboratory;
 - Writing or Composition, may include "Writing in the Major" classes;
 - Humanities/Social Science Courses such as anthropology, cultural studies, economics, ethics, philosophy, psychology, and sociology.
3. Mathematics through college algebra or statistics and probability (requirement waived with Advanced Placement [AP] credit for Calculus 1, or freshman mathematics placement above college algebra).
4. Completion of one upper-level (junior- or senior-level) biological science course from the following: biochemistry, cell biology, molecular biology, embryology, genetics, microbiology, neuroscience, physiology.

Medical/Clinical Experiences

It is important that your goal to become a physician is based upon experience. Long-term, in-depth, medical/clinical work or volunteer experiences will help you understand yourself and the medical profession while you are in service to others.

RECOMMENDATIONS

- If you are a Michigan State University student, visit the MSU Service-Learning Center website www.servicelearning.msu.edu or call (517) 353-4400. This office may be able to help you identify medical/clinical volunteer experiences in the Lansing area.
- Train and serve as a Hospice volunteer (see the Yellow Pages).
- Contact volunteer coordinators at your local American Red Cross, hospitals, geriatric centers, or clinics.
- Secure a position providing home health care services.

- Work as a Certified Nurse’s Assistant (CNA), an EMT, or at a camp for disabled or chronically ill children.
- Secure a physician mentor. Contact your physician, or physicians who practice in the medical career areas that interest you most.
- Write an “Insight Journal” about the insights you have gained from your medical/clinical experiences.

Physicians serve people from a variety of economic and educational backgrounds, and from a variety of cultural and ethnic backgrounds. Become more culturally competent while offering your time and talents to others.

RECOMMENDATIONS

- If you are a Michigan State University student, visit the MSU Service-Learning Center website www.servicelearning.msu.edu or call (517) 353-4400. This office may be able to help you identify community service experiences in the Lansing area.
- Contact organizations providing service and become an active participant. Consider the American Red Cross, Chamber of Commerce, Habitat for Humanity, community recreational facilities, faith-based organizations, homeless shelters, food banks, domestic assault centers, public schools, etc.
- Contact the Resource Center for Persons with Disabilities (or equivalent) at your college.
- Contact the community organizers of Special Olympics or Big Brothers/Big Sisters.
- Volunteer at a summer camp for disabled or chronically ill children.
- Participate in Alternative Spring Break.
- Consider Peace Corps or AmeriCorps service.

RECOMMENDATIONS

Become involved only in activities in which you are interested, and then become a contributing member. Eventually assume leadership roles in some of your activities and organizations. Leadership can be demonstrated through formal positions in organizations such as your premedical society, cultural or religious groups, or a cooperative living setting. Informal leadership is also recognized. Reliable participation and thoughtful contribution to the community in positions such as a Big Brother/Sister or a tutor is also valued.

Community Service Experiences

Group and Leadership Experiences

Group and Leadership Experiences

Continued

Leadership skills can be developed and recognized on the job as a shift leader or in a management position. Pay careful attention to your role in each setting. Are you able to accept the responsibilities of a leadership position and inspire the support of your colleagues? Are you also able to serve as an enthusiastic, cooperative team member for another leader? What are your teaching and learning roles within each setting? What are you giving and gaining from your associations with other group members? How is what you are learning relevant to working in teams as a physician?

Research Experiences

RECOMMENDATIONS

Spend time thinking about the topics or courses in which you are most excited and curious. Seriously consider becoming involved in research. Remember, research is not limited to science and medicine. There are multiple research opportunities in nonscience areas. Speak to your professors and advisors about research. Contact the academic department(s) you are most interested in and explore their websites. Make a list of professors with active research projects. Carefully read about their research studies. Decide on the two or three studies in which you are most interested, and make appointments to talk with these research study directors. Provide them with a copy of your résumé and a letter stating your interest in their project. Undergraduate students who have proven their talents, dependability, and interest in a research project by volunteering may eventually be paid for their work in research settings.

Personal Qualities/ Professional Behavior Development

The College of Human Medicine strives to admit applicants who will become ethical physicians. The Committee on Admissions carefully evaluates applicants for their commitment to standards that are associated with exemplary professional behavior. Think about the behaviors expected of professionals and speak to your mentors about these expectations. Examine your current behavior in light of these expectations.

RECOMMENDATIONS

- Seek enriching and challenging life experiences.
- Perform ongoing self-reflection to learn from your experiences as you develop.
- Take a medical ethics course, if possible, or read a medical ethics textbook.

Letters of Evaluation

Letters of evaluation from individuals who know you well assist the CHM Committee on Admissions in developing an overall portrait of you as an applicant to the medical school. CHM requires a minimum of three letters, though as many as five letters are accepted. Letters should come from a variety

of individuals who have known you in different settings. Letters must be written on letterhead stationery, or provided with detailed contact information for the author. They should be written by professionals who know you well and can attest to your abilities. At least one letter should be from a professor who can evaluate your science reasoning and performance. One letter should address your interpersonal experience and behavior. If your college writes a *committee letter*, please ask the committee to send the College of Human Medicine the letters from each of your faculty evaluators, if available.

RECOMMENDATIONS

- Contact only individuals who know you well. Consider securing letters from professors, physicians, research supervisors, employers, professional coworkers, and volunteer supervisors.
- When you have identified an individual you feel could write an excellent letter of evaluation for you, meet with him or her immediately, even if you are a freshman. Let him or her know when you will apply to medical school. Ask them to be candid in letting you know if there is something you may have overlooked that might make them hesitant in giving you their unreserved support. If they are satisfied that you have adequately prepared yourself, thank them for their willingness to write a letter. If your evaluators indicate areas that need improvement, develop a plan to meet their expectations, and then keep them updated on your progress toward meeting those expectations. Ask for suggestions on how you can stay in touch with them in the meantime to update them on your progress toward becoming a qualified medical school applicant. Make a follow-up appointment to meet with your evaluators a few months before you apply to medical school.
- Be prepared to provide your evaluators with your résumé, and a letter that states your career goals and other relevant information that does not appear on your résumé. Their personal experience with you, rather than an assessment of these materials, will be most meaningful. However, many evaluators will wish to be refreshed on your credentials and background.
- Letters written by a graduate assistant or teaching assistant should be co-signed by the professor.
- Ideally, letters should be dated within one year of your application.

Earning a medical degree is a financial struggle for most students. Students who are familiar with the offerings and services of the MSU Health Professions Financial Aid Office will be in the best position to meet their financial responsibilities at CHM. View their website at www.finaid.msu.edu/med/default.asp.

Financial Aid Information

Financial Aid Information

Continued

RECOMMENDATIONS

- For additional information and an outlined medical student budget, view the CHM financial aid information online at www.chm.msu.edu/chmhome/admissions/finaid.htm.
- Apply for financial aid as soon after January 1 as possible by completing the Free Application for Federal Student Aid (FAFSA). Pick up your FAFSA at any College or University Financial Aid Office or apply online at www.fafsa.ed.gov.

CHM's Review Process

THE COLLEGE OF HUMAN MEDICINE SECONDARY APPLICATION

After receiving the application processing fee (or waiver) the College of Human Medicine will review your AMCAS Application, grades, and MCAT scores. If the Committee on Admissions then wishes to learn more about you and your potential to become an excellent physician, you will receive the College of Human Medicine Secondary Application.* The Secondary Application may be awarded within two or three weeks or anytime thereafter until mid-January. Upon receipt of a Secondary Application, you will receive information on how to access the Secondary Application website, along with a unique password. This password will also let you check the status of your application throughout the application process.

The Secondary Application requires you to write three essays. If you apply to the Rural Physician Program (RPP), you will submit two additional essays. *Please be aware that applying to the RPP does not give an applicant any advantage in the application process. Only after being admitted through the regular admission process will admission to the RPP be considered.* You can learn more about the RPP online at www.chm.msu.edu/chmhome/admissions/rpp.htm.

At this stage in the admissions process, your Secondary Application responses will be evaluated without reference to your grades or MCAT scores. This evaluation takes an average of six to eight weeks to complete.*

When a Secondary Application is awarded, we will also request letters of evaluation from at least three, but no more than five, professional individuals who know you well. Your evaluated Secondary Application will not be reviewed for an interview decision until your letters of evaluation are received. We will notify you by email if your letters of evaluation are not received within 30 days of receipt of your Secondary Application.

INTERVIEW DAY

The Committee on Admissions will review your AMCAS Application, grades, MCAT scores, letters of evaluation, and responses to the Secondary Application.

If the Committee wishes to learn more about you and your potential to become an excellent physician, you will be invited to Interview Day.*

During Interview Day, you will learn about the CHM mission, curriculum, extracurricular activities, academic and student support services, and other opportunities. A CHM student will conduct a tour of the local medical school facilities. Following lunch, you will have two 30-minute interviews. CHM interviews are designed to create a non-threatening environment for you to respond to questions and present yourself in an optimal manner. Interview Day concludes with an informal Social Hour hosted by CHM students.

FINAL DECISION

Following your interview, your entire application will be reviewed by the Committee on Admissions. The Committee strives to admit well-qualified applicants who best fit the CHM mission, and who demonstrate a high probability of being successful within the curriculum.

The Committee on Admissions will inform you that you have been accepted to the entering class, placed on the alternate list to be reconsidered at a later date, or denied admission for the coming year.*

If you are an applicant from a disadvantaged background, your application may be forwarded to the Advanced Baccalaureate Learning Experience (ABLE) selection committee. Information about this program can be viewed online at www.chm.msu.edu/chmhome/admissions/able.htm.

Alternates may be reviewed multiple times and offered admission at any time up until the beginning of orientation (late August). Alternates may send a letter or email expressing continued interest in CHM. Alternates may also augment their file with an update of grades, activities, or an additional letter of recommendation showing attributes that may not be described in the letters currently on file.

Applicants who have been unsuccessful at all medical schools, and intend to apply to CHM again, should be ready to discuss each aspect of the Self-Assessment Guide if an advising appointment is requested. Unsuccessful applicants are encouraged to review the Self-Assessment Guide and initiate improvement strategies immediately.

If you are accepted to CHM and have paid your advanced enrollment deposit, you must contact the Admissions Office in writing (mail, fax, or email) should you decide to withdraw your application from the College of Human Medicine. The deposit is refundable until May 15. As a courtesy to other applicants, please notify CHM as soon as possible if you decide to withdraw.

**** Please note that your application may be held for further consideration at any stage of the process.***



Self-Assessment Guide

The Self-Assessment Guide will help you assess your experiences and personal development. Ideally, you will begin your Self-Assessment Guide early in your college experience to guide and record your preparation. The recorded information will be useful as you prepare your AMCAS Application, respond to Secondary Applications, prepare for interviews, and consider reapplication, if necessary. Where appropriate, insert a number from the rating scale in the space prior to each comment.

Rating Scale: 0 = Can't Rate
 1 = Not Satisfied
 2 = Somewhat Satisfied
 3 = Satisfied
 4 = Very Satisfied

Date: _____

Name: _____ E-mail _____

ACADEMIC PREPARATION

- _____ I am satisfied that my grades are at or above the national mean of accepted medical students (Science GPA = 3.6, Non-Science GPA = 3.7, Overall GPA = 3.6).
- _____ I am satisfied that my science courses have prepared me for the rigorous medical school science curriculum.
- _____ I am consistently making improvements in my critical reading and writing skills.
- _____ I am satisfied that my nonscience courses have improved my communication skills and have given me a broader understanding of diverse individuals and groups.

What insights have you gained from review of your academic preparation?

What is your plan to improve or maintain your readiness to be successful within the rigorous medical school curriculum?

What are your contingency plans should you not be accepted to medical school?

Self-Assessment

Continued

MCAT PERFORMANCE

My ACT Score _____ My SAT Score _____

_____ I am satisfied with myself as a competent standardized test taker.

If you do not see yourself as a competent test taker, what do you think is/are the cause(s)?

Reading Comprehension

Reading Speed

Vision Problems

Fatigue

Language Problems

Test Taking Anxiety

Learning Problems

Problem Solving/Reasoning Problems

Easily Distracted/Concentration

Unfamiliar with Multiple Choice Tests

Unfamiliar with Essay Examinations

Other _____

_____ I am satisfied with the way my course work is preparing me for the MCAT.

My additional preparation for the MCAT includes the following methods:

1. _____

2. _____

3. _____

4. _____

_____ I am satisfied with the way I am preparing for the MCAT.

_____ I am satisfied that I can earn MCAT scores that are consistent with the national mean scores of accepted applicants (VR = 9.6, PS = 10, WS = P, BS = 10.3).

What insights have you gained from review of your MCAT preparation?

What is your plan to perform well on the MCAT? If you listed causes that may be preventing you from living up to your potential on standardized tests, be sure your plan includes a strategy to address them.

MEDICAL/CLINICAL EXPERIENCES

- I am satisfied that my medical/clinical experiences clearly reinforced my motivation for a career in medicine.
- I am satisfied that I understand the demands of a career in medicine.
- I am satisfied that I have the interest and ability to meet these demands.

I have reviewed CHM's technical standards document online at www.chm.msu.edu/chmhome/admissions/techstandards.htm and I meet each of the standards.

Yes No

Self-Assessment

Continued

What insights have you gained from your medical/clinical experiences?

What is your plan to continue to explore your goal to become a physician through medical/clinical work or volunteer experiences?

COMMUNITY SERVICE EXPERIENCES

_____ I am satisfied that my community volunteer or work experiences have put me more in touch with diverse groups of people.

_____ I am satisfied that I have a growing understanding of individuals who are different from me.

_____ I am satisfied that my community service or work experiences have reinforced my motivation to “give something back” to my community.

What insights have you gained from your community service experience?

What is your plan to continue to gain experience that demonstrates your understanding of the diverse patient population, your growing cultural competency, and your commitment to ongoing involvement in the community?

GROUP AND LEADERSHIP EXPERIENCES

- _____ I am satisfied that my leadership experiences demonstrate my ability to lead or mentor less experienced, disadvantaged, or younger individuals.

- _____ I am satisfied that my group experiences demonstrate my ability to be a good team member and team builder.

What insights have you gained from your experience?

What is your plan to continue to develop your group and leadership skills?

Self-Assessment

Continued

RESEARCH EXPERIENCES

- _____ I am satisfied that my research experiences expanded my understanding of scientific method.
- _____ I am satisfied that my research experiences supported my interest in research and my knowledge of its relevance to medicine.
- _____ I am satisfied that I can describe my role in the research projects in which I have participated.
- _____ I am satisfied that I can describe and discuss the research projects in which have participated.

What insights have you gained from your research experiences?

What is your plan to continue to gain valuable research experience?

PERSONAL QUALITIES/PROFESSIONAL BEHAVIOR DEVELOPMENT

- _____ I am satisfied that I understand the concept of professional behavior.
- _____ I am satisfied with my personal growth and development.
- _____ I am satisfied that my maturity is evident.

_____ I am satisfied that I am living my life in a way that develops and demonstrates the exemplary behavior I expect from a physician.

_____ I am satisfied that I am a worthy mentor and role model for individuals who are younger or less experienced than I.

What are your strongest personal attributes?

What personal attributes have you identified for development?

What insights have you gained as you consider professional behavior?

What is your plan to understand and develop professional behaviors and maturity?

Self-Assessment

Continued

LETTERS OF EVALUATION

What is your plan to secure meaningful letters of evaluation?

Who will write your letters of evaluation (minimum of 3 letters)?

1.

2.

3.

4.

5.

MEDICAL SCHOOL APPLICATION

What is your plan to continue to improve your general application for medical school?

What are the three things you hope the College of Human Medicine Committee on Admissions members will remember about you when they make their final decision on your application?

1.

2.

3.

MEDICAL/CLINICAL EXPERIENCES

Personal Record of Experiences

	Name of Organization	Dates	Hours/Week
A.	Supervisor:		
	Experience Description:		
B.	Supervisor:		
	Experience Description:		
C.	Supervisor:		
	Experience Description:		
D.	Supervisor:		
	Experience Description:		
E.	Supervisor:		
	Experience Description:		

COMMUNITY SERVICE EXPERIENCES

	Name of Organization	Dates	Hours/Week
A.	Supervisor: Experience Description:		
B.	Supervisor: Experience Description:		
C.	Supervisor: Experience Description:		
D.	Supervisor: Experience Description:		
E.	Supervisor: Experience Description:		

GROUP AND LEADERSHIP EXPERIENCES

Personal Record of Experiences

	Name of Organization	Dates	Hours/Week
A.	Supervisor: Experience Description:		
B.	Supervisor: Experience Description:		
C.	Supervisor: Experience Description:		
D.	Supervisor: Experience Description:		
E.	Supervisor: Experience Description:		

RESEARCH EXPERIENCES

	Name of Organization	Dates	Hours/Week
A.	Supervisor: Experience Description:		
B.	Supervisor: Experience Description:		
C.	Supervisor: Experience Description:		
D.	Supervisor: Experience Description:		
E.	Supervisor: Experience Description:		

EMPLOYMENT SINCE HIGH SCHOOL

Personal Record of Experiences

	Name of Organization	Dates	Hours/Week
A.	Supervisor: Experience Description:		
B.	Supervisor: Experience Description:		
C.	Supervisor: Experience Description:		
D.	Supervisor: Experience Description:		
E.	Supervisor: Experience Description:		

Sample Time Line for Premedical Preparation

	FALL	SPRING	SUMMER
Year 1	Chemistry w/Lab Biology w/Lab English Community Service Meet with Advisor	Chemistry Biology w/Lab Social Science/Humanities Community Service Alternative Spring Break Meet with Advisor	Summer Job Shadow Physician Community Service
Year 2	Organic Chemistry Social Science/ Humanities Medical/Clinical Experiences Meet with Advisor	Organic Chemistry w/Lab English Medical/Clinical Experiences Alternative Spring Break Explore Research Options Meet with Advisor	Summer Job or International Experience
Year 3	Physics w/Lab Biochemistry Medical Ethics Research Experiences Medical/Clinical Experiences Review career direction and alternatives Meet with Advisor	Physics/ Physiology Research Experiences Medical/Clinical Experiences April MCAT Appt. for Ltrs. Of Eval. Meet with Advisor Prepare AMCAS Application due June 1	Summer Job or International Experience AMCAS Application due June 1 Consider August MCAT
Year 4	Upper Level Science Course Balance and prioritize Research, Community Service, and Medical/Clinical Experiences Secondary Applications Interviews Review contingency plan	Upper Level Science Course Balance and prioritize Research, Community Service, and Medical/Clinical Experiences Apply for Financial Aid (Jan. 1) Graduate	

COMPETENCE
HONESTY
COMPASSION
RESPECT FOR OTHERS
PROFESSIONAL RESPONSIBILITY
SOCIAL RESPONSIBILITY

MICHIGAN STATE
UNIVERSITY



COLLEGE OF HUMAN MEDICINE