

Bates Medical Studies Committee



**Junior/Senior Pre-Health Packet**

# Thinking About Medical or Dental School

Helpful Hints for Junior/Senior Students Interested in Health Care  
(From the Bates Medical Studies Committee)

# Bates

## Did You Know

The Bates College Medical Studies program advises Bates students and alumni who are applying to med school or other programs in the health professions. The information below applies mainly to students interested in becoming a doctor or dentist and who would like to have a Medical Studies Committee Letter of evaluation. The Medical Studies Committee will interview you and then write a composite letter of evaluation which will be submitted along with your other letters of recommendation.

- **You will be applying to medical or dental school 1 ½ years before you actually begin.** These schools have rolling admissions which means they will fill their classes as they receive applications from qualified applicants. Therefore, when the application cycles open up at the beginning of **June** it is to your advantage to apply **ASAP!**
- You will be applying to the allopathic medical schools through the American Medical College Application Service: [www.amc.org/students/amcas](http://www.amc.org/students/amcas). For osteopathic schools, apply through the American Association of Colleges of Osteopathic Medicine Application Service: [www.aacom.org](http://www.aacom.org). For dental school you will be applying through the associated ADEA American Dental Schools Application Service: [www.adea.org](http://www.adea.org).
- For your information: the average **GPA of Bates' applicants** accepted into medical school is around 3.6.
- If you are planning on **studying abroad** your junior year, remember the time-line for the committee interviews; **committee interviews only occur during March/April and are typically done in person.** It may be possible to make special arrangements to do your interview via Skype or Zoom. You may want to go abroad during the fall semester if you plan to interview the following spring.
- If you are planning to attend medical school **directly after Bates**, you will begin the process in December of your junior year.
- If you are planning to **take a year or more off** between Bates and medical school, then you will be applying your senior year or later.
- You can still apply as an alum and go through the Bates Medical Studies Committee at **ANY** time. As an alum you can turn to the Bates advisors and make appointments to speak with them, either in-person or on the phone.
- You can find much of the information you need about applying to medical school through this link: [bates.edu/purposeful-work](http://bates.edu/purposeful-work), click *Graduate & Professional School*, then click on *Health Professions*

## Questions?

Call the Bates Center for Purposeful Work at 207-786-6232 to schedule an appointment with one of our pre-health advisors.

**Pre-Health Advisors:** Lee Abrahamsen – Medical Studies Chair and Associate Professor of Biology and Biochemistry and Karen Daigler – Director of Graduate and Professional School Advising

# 2018-19 Medical Studies Committee Requirements and Timeline

(From the Bates Medical Studies Committee)

# Bates

## Requirements and Timeline

The Bates College Medical Studies Committee's main goal is to support alumni and students' interested in applying to medical or dental school. To interview with the committee and receive a composite committee evaluation, students must follow these guidelines.

All forms can be found here: <https://www.bates.edu/purposeful-work/application-process/>

Submit documents to James Smith

By email: [jsmith6@bates.edu](mailto:jsmith6@bates.edu), by fax: 207.786.6126 or by mail: 146 Wood Street, Lewiston, ME 04240

1. **January 1<sup>st</sup> - Registration Packet, Release Forms, and Photo** - This packet includes a registration form, the open file request form, and the committee letter release form. Please submit a passport-type photo. *Note: This will start your medical studies file at the Bates Center for Purposeful Work.*
2. **January 15<sup>th</sup> - Self-Assessment** – Please fill out and submit the Pre-Med Self-Assessment guide.
3. **January 15<sup>th</sup> - Resume** - Resume guides are available online through the Bates Center for Purposeful Work. Please have Karen Daigler critique your resume.
4. **February 1<sup>st</sup> - Personal Statement** - If you are a current student, plan to attend the personal statement workshop/s held in December. If you would like feedback, please schedule an appointment with a writing specialist in Coram library (2<sup>nd</sup> floor), and/or ask a prehealth advisor.

*Note: For the AMCAS applications, the personal statement can be a maximum of 5300 characters including spaces. AACOMAS allows a maximum of 4500. AADSAS is a 1 page personal essay. Please provide the Bates Medical Studies Committee with a personal statement that is approximately this length and close to a final draft. This is one of the most important parts of your application and should be done in a series of ever improving drafts. DON'T wait until the last minute.*

5. **February 1<sup>st</sup> - Transcript** - Obtain an unofficial transcript from the Registrar's Office or Garnet Gateway. (Also include transcripts from all post high school courses including summer courses at other colleges).
6. **February 15<sup>th</sup> - Schedule Mock Interview**- All current students must schedule a mock interview. Alumni may schedule a phone mock interview if desired. To schedule, please call the Bates Center for Purposeful Work at (207)786-6232.
7. **February 28<sup>th</sup> - References** - References take time to be completed, so ask early and provide a copy of the Bates reference writers guide so that your references are submitted properly.
  - You should have at least 3 references: Two academic and at least 1 of the 2 academic references should be from a science faculty member
  - All references are **required** to be on **letterhead, signed, and dated**.
  - You will need one **Reference Release Form** per letter. You will need to sign each form and provide it to the writer so that they can submit a copy of it with your letter.
  - Your references and release forms should be submitted **directly** to James Smith.
8. **Medical Studies Committee Interview**- Interviews will be conducted between **March 4 and April 12**. In February, James Smith will provide you with a list of interview dates that are available for you to choose from. *Note: you may only sign up for an interview if your file is complete.*

**Note: Deadlines are firm. If you do not meet all deadlines we may not be able to write you a Committee Letter.**

# Pre-Health Professions Advising

Timeline for Juniors/Seniors/Alumni applying to Medical or Dental School  
(From the Bates Medical Studies Committee)

# Bates

## Timeline

Personal Statement Workshops <sup>(#1)</sup>	TBD
Registration Packet and Photo	DUE January 1 <sup>st</sup>
Self-Assessment Guide and Resume	DUE January 15 <sup>th</sup>
Personal Statement <sup>(#1)</sup> and Unofficial Transcript	DUE February 1 <sup>st</sup>
References (generally 3-4, two academic, at least one from a science professor)	DUE February 28 <sup>th</sup>
Mock Interview (for students) <sup>(#2)</sup>	February 1 <sup>st</sup> - March 16 <sup>th</sup>
Committee Interview	March 4 <sup>th</sup> – April 12 <sup>th</sup>
AMCAS/AACOMAS Applications	June ( <b>SUBMIT ASAP!</b> )

\* *Note: Deadlines pertain ONLY to students and alums requesting a Committee Interview and Committee Letter. Generally, this includes applicants to allopathic and osteopathic medical schools, and some dental schools.*

**(#1) Personal Statement:** For AMCAS applications, the personal statement can be a maximum of 5300 characters including spaces. AACOMAS allows a maximum of 4500. AADSAS is a 1 page personal essay. Please provide the Bates Medical Studies Committee with a personal statement that is approximately this length and close to a final draft. This is one of the most important parts of your application and should be done in a series of ever improving drafts. DON'T wait until the last minute. If on campus, please plan to attend a personal statement workshop and consult with either a writing specialist or a pre health adviser to have your personal statement reviewed.

**(#2) Mock interview** can be scheduled with Karen Daigler at the Bates Center for Purposeful Work by calling (207) 786-6232. If interested, alumni can schedule a phone mock interview.

## Health Profession Advising

Helpful Hints for Junior/Senior Students Interested in Health Care  
(From the Medical Studies Committee)

# Bates

### Medical Studies Committee

**Lee Abrahamsen, Ph.D.**

**Associate Professor of Biology & Biological Chemistry**

**Chair of Medical Studies Committee**

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## Postbaccalaureate

Helpful Hints for Students Interested in Health Care  
(From the Bates Medical Studies Committee)

# Bates

### Postbaccalaureate Premedical Programs

A number of schools offer postbaccalaureate premedical programs to assist individuals who are interested in pursuing a medical career after they have completed a Bachelor's degree.

The purposes of the post bac programs vary.

- Some are designed for people wishing to change careers; these individuals have not yet completed the science courses required for applying to medical school.
- Other programs are designed for people who wish to enhance their existing academic record; these students have completed the courses they need, but need to improve their GPA to increase the competitiveness of their med school application.
- Still other programs are specifically designed to assist people from groups who are currently underrepresented in medicine or from economically disadvantaged backgrounds.
- Finally, sometimes it may be best to undertake a “special master’s program” to enhance an applicant’s chance of admission.

For further information including articles on which post bac program might be best for you, please go to: [aamc.org/students/aspiring/experience/](http://aamc.org/students/aspiring/experience/). There is also a searchable database on the AAMC website: <https://students-residents.aamc.org/financial-aid/article/postbaccalaureate-premedical-programs/>.

\*Much of the information above is from the AAMC post bac website.

### Questions?

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**Pre-Health Advisors:** Lee Abrahamsen – Medical Studies Chair and Associate Professor of Biology and Biochemistry, and Karen Daigler – Director of Graduate and Professional School Advising

## Bates College Pre-Medical Studies: **Self-Assessment Guide**

Medical schools are looking for students who have good grades and MCAT scores, and who have also demonstrated that they are competent in the following areas:

- Service orientation
- Social and interpersonal skills
- Cultural competence
- Team work
- Oral communication
- Integrity and ethics
- Reliability and dependability
- Resilience and adaptability
- Capacity for improvement

To help you prepare your strongest application, please complete this and meet with a prehealth advisor to discuss it. This Guide will help you evaluate your experiences and personal development as you prepare to apply to medical school. The information will be useful as you prepare your AMCAS Application, complete secondary applications, prepare for interviews, and consider reapplication, if necessary. Use the scale provided to rate each assessment statement below.

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

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### **Academic Preparation (Use Rating Scale)**

- \_\_\_ I am confident that my grades are at or above the national mean of accepted medical students (Science GPA = 3.5, Non-science GPA = 3.7, Overall GPA = 3.6).
- \_\_\_ I am confident that my performance in science courses has prepared me for the rigorous medical school curriculum.
- \_\_\_ I am consistently making improvements in my critical reading and writing skills.
- \_\_\_ I am confident that my non-science courses have improved my communication skills and 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?

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### **MCAT Performance (Use Rating Scale)**

- \_\_\_ My ACT Score \_\_\_ My SAT Score \_\_\_ My past MCAT score (if applicable)
- \_\_\_ I am confident with the way my course work is preparing me for the MCAT.
- \_\_\_ I am satisfied with my competency when taking standardized tests.
- \_\_\_ 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 = 9.9 PS = 10.4, WS = Q, BS = 10.8).

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

## Bates College Pre-Medical Studies: **Self-Assessment Guide**

If you do not feel you are competent taking standardized tests, what do you think is/are the cause(s)? (Check all that apply)

- Reading Comprehension*                       *Problem Solving/Reasoning Problems*     *Language Problems*  
 *Learning Problems*                       *Easily Distracted/ Concentration*                       *Fatigue*  
 *Reading Speed*                       *Unfamiliar with Essay Examinations*                       *Test Taking Anxiety*

My additional preparation for the MCAT includes the following methods:

- 1.
- 2.

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

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### **Medical/Clinical Experiences (Use Rating Scale)**

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

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?

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### **Community Service Experiences (Use Rating Scale)**

- I am confident that my community volunteer or work experiences have put me more in touch with diverse groups of people and have reinforced my motivation to “give something back” to my community.  
 I am confident that I have a growing understanding of individuals who are different from me.

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?



# Bates College Pre-Medical Studies: **Self-Assessment Guide**

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## **Group and Leadership Experiences (Use Rating Scale)**

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

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## **Research Experiences (Use Rating Scale)**

- I am confident that my research experiences expanded my understanding of scientific method.
- I am confident that I can describe my role in the research projects in which I have participated.
- I am consistently making improvements in my critical reading and writing skills.
- I am confident that I can describe and discuss the research projects in which I have participated.

What insights have you gained from your research experiences?

What is your plan to continue to gain research experience?

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## **Personal Qualities/Professional Behavior Development (Use Rating Scale)**

- I am confident that I understand the concept of professional behavior.
- I am confident with my personal growth and development.
- I am confident that my maturity is evident.
- I am confident that I am living my life in a way that develops and demonstrates the exemplary behavior I expect from a physician.
- I am confident 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?

# Bates College Pre-Medical Studies: **Self-Assessment Guide**

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

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## **Letters of Evaluation**

What is your plan to secure meaningful letters of evaluation?

Who will write your letters of evaluation (minimum of 3, maximum of 5)?

- 1.
- 2.
- 3.
- 4.
- 5.

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## **Medical School Application**

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

What are the three things you hope medical school admissions committee members will remember about you when they make their final decision on your application?

- 1.
- 2.
- 3.

How will you convey these things to the Committee?

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## **Resume/Personal Record of Experiences**

What do you want to consider including in your Personal Statement?

Your Resume should include:

- Education
- Medical/Clinical Experiences
- Community Service Experiences
- Group and Leadership Experiences
- Research Experience
- Employment since High School

Please see Bates Center for Purposeful Work resume guide for more information, available online or in the office:

<https://www.bates.edu/purposeful-work/prepare/how-to-guides-2/>

## *Ten Good Reasons to Consider a Glide or Gap Year For Pre-Medical Students*

1. **You'll have more time to study for the MCAT if you haven't taken it yet.** MD/DO applicants: to be as early as possible in this application cycle (which, gives you a better shot at getting into schools), you should be focusing on MCAT no later than early May if you want your scores before you submit your AMCAS or AACOMAS applications, or May/June if you are comfortable submitting AMCAS or AACOMAS before you have scores. If you wait to apply, you could spend all summer studying for the MCAT, and still have time to retake it if necessary before applying.
2. **You can use next year to solidify your GPA.** Your academic metrics almost always improve in your senior year if you're a junior because you have more control over the courses you take and you're more acclimated to the college environment. If you're a senior whose GPA is not competitive at schools of interest, Bates pre-health advisors can discuss various options to improve your GPA before applying.
3. **You might secure stronger letters of recommendation.** Again, if you're a junior, your classes are likely to get smaller next year, and you'll have more opportunity to forge relationships with your faculty, especially your thesis adviser. You'll also have this summer to work on garnering a letter from a supervisor or volunteer coordinator in a summer activity. If you're a senior, going on to post-bac class work could give you more chances to get to know faculty, or if you go on to work, you could have an excellent professional reference.
4. **You can get your finances in order.** Health professions school is expensive, as is the process of applying. Taking time away from school means that you may have to start repaying any student loans, but working full-time should allow you to make payments on loans (to defray some debt load) while also saving some money to put toward applications and future expenses. If you have poor credit, rebuilding your credit record may also pay off when taking out professional school loans.
5. **You'll have more time to focus on the preparations required to apply.** You have essays to write, letters of rec to gather, MCAT to study for, schools to research, as well as the rest of real life and figuring out what to do this summer. If you can't spend the time you need on application prep now (and secondary essay writing this summer), it might be better to start getting organized this year, but focus on applying next year.
6. **"Everyone else is doing it."** Only about 1/5 of Bates applicants currently planning to apply will matriculate right after graduation – the rest are taking time off. Every alum with whom we have talked about taking time off has benefited from it. They have all found something productive to do in their "glide years," and may be more attractive to admissions committees because of this new experience as well as the maturity gained from being in the 'real world' for a while.
7. **You can gain more experience and practice articulating your career interests, on paper and aloud.** You can participate in activities that allow you to serve the community and to build the skills you need to be a health professional, so you can convince schools that you have a realistic understanding of what you're about to undertake. The more time you spend in these settings, the better you'll be when interviews come, and the easier it will be to focus on applications, since you'll have a more solid goal to work toward. If you need more experiences to back up your "gut feeling" that you "must" be a doctor or dentist or vet, take the time to find those experiences. If you're having trouble writing your essay, or practicing interview answers, you may just need more time and experiences.
8. **It can be hard for a junior to compete favorably with alums and post bacs who have rich life experience, and with seniors who have their complete academic history...graduation honors, senior thesis, etc.** Admissions committees have acknowledged that younger applicants often "suffer by comparison" to the older, more experienced applicant (the average age of successful applicants to US MD programs at anticipated matriculation is 24).
9. **Life is short!** Once you get to medical school, it becomes more difficult to take time off – you're more likely to have financial concerns, family concerns, and a professional schedule that will keep you from, say, traveling to Africa for six months, or learning to skydive, or pursuing independent research, or going to culinary school. There are many fellowships, research opportunities, community service experience, etc. that you can look into, which will enhance your application.
10. **Your brain could use the break.** Bates academics are rigorous. You may just want to take a break from academics after 18 years of school, so that you can return renewed for the rigor of health professions school course work. Health professions school (and the support your alma mater provides in working with you to get there) will still be there for you if you go and do these things and return to the application process later.

## INTERNSHIPS/FELLOWSHIPS/GRANTS for Students Interested in Healthcare \*

Americorps: <http://www.nationalservice.gov/programs/amicorps>

Community Health Corps: <https://www.nationalservice.gov/tags-tags/community-healthcorps>

Doctors Without Borders: <http://www.doctorswithoutborders.org/work-us/work-office/office-internships>

Global Health Corps: <http://ghcorps.org/>

Health Corps: <http://healthcorps.org/>

Institute for Health Metrics and Evaluation (IHME): <http://www.healthdata.org/post-bachelor-fellowship>

Idealist: <http://www.idealist.org/>

Institute for Justice and Democracy in Haiti: <http://www.ijdh.org/take-action/volunteer/>

National Health Corps: <http://www.nationalhealthcorps.org/>

Pathways: <https://www.usajobs.gov/Help/working-in-government/unique-hiring-paths/students/>

Peace Corps: <http://www.peacecorps.gov/>

Peer Health Exchange: <http://www.peerhealthexchange.org/>

Princeton in Africa: <http://www.princetoninafrica.org/>

Princeton in Asia: <http://piaweb.princeton.edu/>

Princeton in Latin America: <http://www.princeton.edu/~pila/>

US Aid: <http://www.usaid.gov/work-usaid/careers/student-internships>

Association of Public Health Laboratories Emerging Infectious Disease Program:

<http://www.aphl.org/mycareer/fellowships/eid/pages/default.aspx>

CDC PHAP Prog: [http://www.cdc.gov/phap/become\\_associate/opportunity.html](http://www.cdc.gov/phap/become_associate/opportunity.html)

Center for Disease Control (CDC): <http://www.cdc.gov/fellowships/>

Families USA Villers Internship: <http://familiesusa.org/about/careers>

Families USA Wellstone Fellowship: None available for 2017

Emerson National Hunger Fellowship: <http://www.hungercenter.org/fellowships/emerson/>

Fulbright-Fogarty Awards in Public Health: <https://www.fic.nih.gov/Programs/Pages/fulbright-fellowships.aspx>

Harry S. Truman Scholarship Foundation: <http://www.truman.gov/>

National Biosafety and Biocontainment Program (NBBTP): <http://www.nbbtp.org/>

NIH Post Bac IRTA Program: [https://www.training.nih.gov/programs/postbac\\_irta](https://www.training.nih.gov/programs/postbac_irta)

NIH Technical IRTA Program (NIRTA): [https://www.training.nih.gov/programs/tech\\_irta](https://www.training.nih.gov/programs/tech_irta)

The Samuel Huntington Public Service Award: <https://www.nationalgridus.com/Our-Company/Community-Presence/The-Samuel-Huntington-Public-Service-Award>

Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Prevention:

<http://www.seiservices.com/SAMHSA/csap/preventionfellowship/>

Summer Programs outside the NIH: [https://www.training.nih.gov/summer\\_programs\\_outside\\_the\\_nih](https://www.training.nih.gov/summer_programs_outside_the_nih)

UNICEF: <http://www.unicefusa.org/about/people/unicef-jobs-and-careers/unicef-fellowships>

### **BATES RELATED**

Fellowships in which you apply through Bates: <http://www.bates.edu/fellowships/the-fellowships/>

### **GENERAL DATABASES/ADDITIONAL RESOURCES**

Columbia's database of fellowships: <http://ogp.columbia.edu/fellowships>

MSU Grants for Individuals: <http://staff.lib.msu.edu/harris23/grants/3subject.htm>

### **ABROAD INFORMATION: DATABASES and SELECT PROGRAMS**

**Guidelines for Premedical and Medical Students Providing Patient Care During Clinical Experiences Abroad:** this important document reviews what to keep in mind in while exploring volunteer programs abroad. Association of American Medical Colleges (AAMC).

<https://www.aamc.org/download/181690/data/guidelinesforstudentsprovidingpatientcare.pdf>

[Foundation for Advancement of International Medical Education and Research \(FAIMER\)](#): list of programs and fellowships.

[Idealist.org](#): searchable database of volunteer opportunities worldwide; also has organization directory

<http://volunteerinternational.org/>: searchable database of opportunities; information about volunteering abroad.

[Child Family Health International](#): 20+ community health project programs in seven countries

[Himalayan Health Exchange](#): expeditions to provide care to underserved populations in remote areas of Indo-Tibetan Borderlands

[International Service Learning](#): offers volunteer opportunities in many countries, providing medical care to those who would otherwise be unable to receive treatment

[Maximo Nivel](#): volunteer in Latin America while building your proficiency in the Spanish language

[Projects Abroad: sends 10,000 people per year overseas to participate in a variety of service projects and internships](#)

<http://www.uniteforsight.org/> :offers four program divisions to provide support to eye clinics worldwide

<http://www.somoshermanos.org/>: this program entails a mix of one-on-one language instruction, community volunteering, cultural activities and lectures, and a visit to El Salvador and Mexico

*\*This list is not inclusive*