Pre-Med 101

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Braeden Beaumont
Kevin Janz
Aneet Bains
UBC: 4 Locations, 1 Application

FACULTY OF MEDICINE
UBC Vancouver
192 Seats
UBC Okanagan
32 Seats
University of Northern BC

32 Seats
University of Victoria

32 Seats
Application Process/Timeline

Registration opens - June 1st

Early Deadline - Mid-August

Final Deadline – Mid-September

Fee = $107

Describe activities, volunteering, employment, etc.

***NOTE: Volunteer hours only count until June 1st of the year you are applying!

Submit grades and MCAT scores

Official documents
Time and Money

Tuition = $16,100/yr

x 4 years = $64,400

4 year program, + 2-7 years

~3 month summer break
Be Unique!

Get your pre-req’s, but do what you are passionate about!

You can have a degree in any area, might as well be one you enjoy!

- Biology
- Kinesiology
- Business
- Music, etc.
"The Big 3"

1) Non-Academic Evaluation

2) Academic Evaluation

3) MCAT
1) Non-Academic Qualifications (NAQ)
Important Qualities

- Motivation
- Social concern
- Responsibility
- Creativity
- Scientific and intellectual curiosity
- Attitude toward learning
- Maturity
- Integrity
- Realistic Self-appraisal
- Well Roundedness
- Empathy
UBC’s 5 Non-Academic Categories

1) Leadership
2) Service Ethic
3) Capacity to Work With Others
4) Diversity of Experiences
5) High Performance in an Area of Human Endeavour

“The non-academic section of the application is given significant weight in our evaluation.”
NAQ #1 Leadership

The capability or ability to lead, a person who commands, guides or inspires others. Qualities include, but are not limited to initiative, motivation of others, providing vision and implementation.
NAQ #2 Service Ethic

Time for the benefit or welfare of others.

Consideration will be given to:
- length of time
- overall continuous service ethic
- level of involvement, roles and responsibilities
- activities considered outside an applicant’s “comfort zone”
- demonstrated preparation for a career in medicine.

“It is essential for a doctor to possess altruistic characteristics.”
NAQ #3 Capacity to Work With Others

Ability to work with groups

- customer service teams,
- diverse age groups,
- culture different from their own (immersion),
- socio-economic background other than their own,
- individuals with physical, emotional and psychological disabilities.
Active participation in events or activities, leads to the accumulation of knowledge and skills. These experiences can be attained through: travel, sports, research, culture, music/theatre/arts.
Occasionally, applicants have been or are involved in one or more activities at a level that exceeds what can be expected of a typical, average applicant. These individuals receive recognition by way of awards, citations, honours, etc, that are reserved for only the highest examples.
Volunteer Opportunities

- Abbotsford Community Services
- Abbotsford Food Bank
- Abbotsford Regional Hospital
- Arthritis Society
- BC Cancer Agency
- BC Mental Health & Addiction Services
- Big Brother, Big Sisters
- Canadian Cancer Society
- Canadian Mental Health Association
- Crisis Center
- Fraser Health Authority
- Fraser Valley Child Development Center
- Heart and Stroke Foundation of BC
- Immigrant Service Society of BC
- Learning Disabilities Association of BC
- Menno Place
- Multiple Sclerosis Society of Canada
- Tabour Home
Start at UFV!

Clubs:

- Aiding Communities
- Athletes in Action
- Bhangra Club
- CIVL Campus Radio
- Cascade News
- Chinese Culture Club
- International Development Student Club (IDSC)
- Japanese Culture Club
- Oxfam Campus Club
- South Asian Peer Network Association (SAPNA)
- Student Outdoor Life and Recreation (SOLAR)
- Students for Sustainability
- University Christian Ministries
- University Dance Club
- UFV Cheer Squad
- UFV Community Garden
Start at UFV

Associations:

- Biology and Chemistry Student Association
- Kinesiology Physiotherapy Student Association
- Physics Student Association
- Pre-Med Student Association
- And More.....
Start at UFV!

Leadership Opportunities:

- Student Life Ambassadors
- International Student Leaders
- Supported Learning Groups
- Positions on Student Union Society
- Positions on Board of Governors
- Positions on Senate
- Residence Assistant
- Leadership Institute
“But the person who scored well on the MCAT will not necessarily be the best doctor. These tests do not measure character, leadership, creativity, and perseverance.”
2) Academic Qualifications (AQ)
Minimum Academic Standing

• “BC applicants with an overall academic average of less than 75% and out-of-province applicants with an overall academic average of less than 80% (based on the adjusted academic average, if applicable) will not receive full file reviews and thus will not proceed further through the application process.”
Academic Requirements

Academic evaluation *typically* divided into three parts:

1) Overall GPA (or cGPA)
2) Last 60 credits (last 2 years)
3) Prerequisite GPA

4) Adjusted GPA

UBC has removed last 60 credits qualification and introduced the exclusion of your worst year *(up to 30 credits)*
## #1 Overall GPA

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>UBC Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>95</td>
</tr>
<tr>
<td>A</td>
<td>87</td>
</tr>
<tr>
<td>A-</td>
<td>82</td>
</tr>
<tr>
<td>B+</td>
<td>78</td>
</tr>
<tr>
<td>B</td>
<td>74</td>
</tr>
<tr>
<td>B-</td>
<td>70</td>
</tr>
<tr>
<td>C+</td>
<td>66</td>
</tr>
<tr>
<td>C</td>
<td>62</td>
</tr>
<tr>
<td>C-</td>
<td>58</td>
</tr>
</tbody>
</table>
#2 Adjusted GPA

- UBC removes your worst 30 credits from 1 academic year
  - September to August
  - Max 30 credits
  - No carry over to other years
- They will only remove credits if you are at a minimum of 90 credits upon application
#3 Prerequisite Evaluation

- How is the prerequisite average calculated?

  “The prerequisite GPA is calculated using the first successful attempt at completed prerequisite courses. A prerequisite course with a failed grade, however, will be averaged with the first successful attempt as part of the average.”
## Prerequisite Coursework (UBC Med)

<table>
<thead>
<tr>
<th>Subject</th>
<th>Courses</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Biology:</strong></td>
<td>BIO 111/112</td>
<td>- Introductory Biology I &amp; II</td>
</tr>
<tr>
<td></td>
<td>BIO 201/202</td>
<td>- Cell Biology I &amp; II</td>
</tr>
<tr>
<td></td>
<td>BIO 320</td>
<td>- Biochemistry</td>
</tr>
<tr>
<td><strong>Chemistry:</strong></td>
<td>CHEM 113/114</td>
<td>- Introductory Chemistry I &amp; II</td>
</tr>
<tr>
<td></td>
<td>CHEM 213/214</td>
<td>- Organic Chemistry I &amp; II</td>
</tr>
<tr>
<td><strong>English:</strong></td>
<td>ENG 105</td>
<td>- Introduction to Prose</td>
</tr>
<tr>
<td></td>
<td>ENG 120-170</td>
<td>- One additional 1st year course</td>
</tr>
</tbody>
</table>
Evaluation Criteria:

With UBC admissions process as example:

- Adjusted GPA OR
- Overall GPA
- Non-academic Experience

Pre-requisite GPA
- MCAT Scores
- Interview Performance
- Reference Letters

Pre-Interview CUTOFF /100

AQ Score /50
NAQ Score /50
## OVERALL PREMEDICAL AVERAGES OF THE ENTERING CLASS 2012

<table>
<thead>
<tr>
<th>Percentage</th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100%</td>
<td>18 (7%)</td>
<td>28 (11%)</td>
<td>36 (13%)</td>
</tr>
<tr>
<td>85-89.99%</td>
<td>88 (34%)</td>
<td>102 (40%)</td>
<td>122 (42%)</td>
</tr>
<tr>
<td>80-84.99%</td>
<td>117 (46%)</td>
<td>103 (40%)</td>
<td>107 (37%)</td>
</tr>
<tr>
<td>75-79.99%</td>
<td>31 (12%)</td>
<td>21 (8%)</td>
<td>19 (7%)</td>
</tr>
<tr>
<td>70-74.99%</td>
<td>2 (1%)</td>
<td>2 (1%)</td>
<td>4 (1%)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Prerequisite</th>
<th>83.20%</th>
<th>83.58%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td>84.98%</td>
<td>85.40%</td>
</tr>
</tbody>
</table>
Admission Rates

For BC Residents,

\[
\frac{259}{1304} = 19.9\%
\]

or 1 in 5
Do I Need a Biology Degree?!?

- Short answer: No.
- Long answer: No.

- UBC gives no preference to any applicant from any particular degree program.

- Pursue a degree which you enjoy and are passionate about! Math, Music, Kinesiology, Chemistry, English....or even Biology.

- But, be sure to get your prerequisites...
3) MCAT
What is the MCAT?

“The Medical College Admission Test”

“A standardized, multiple-choice examination designed to assess problem solving, critical thinking, and knowledge of science concepts of the study of medicine.”

-www.aamc.org
Sections of the MCAT

1) **Physical Sciences** – 52 Questions in 70 min
   50% Physics (Physics 101/111 and 105/112)
   50% General Chemistry (Chem 113 and 114)

2) **Verbal Reasoning** – 40 Questions in 60 min
   English...kind of

3) **Writing Sample** – 2 Essays in 60 min
   English (English 105)

4) **Biological Sciences** – 52 Questions in 70 min
   25% Organic Chemistry (Chemistry 213 and 214)
   75% Biology (Biology 111, 112, 201, 202, 320)
   -Physiology (KPE 170, 270, 370)
Changes Being Made to the MCAT

2013 and 2014

1) Physical Sciences

2) Verbal Reasoning

3) Biological Sciences

4) Trial Section
   - Psychology, Sociology, Biochemistry
   - 45 min time period
   - Compensated for participation
   - Scores not reported

*Admissions officers will continue to receive Writing Sample scores from exams taken in 2012 and prior.
Changes Being Made to the MCAT

2015

1) Biological and Biochemical Foundations of Living Systems

2) Chemical and Physical Foundations of Biological Systems

3) Psychological, Social and Biological Foundations of Behaviour

Course Requirements: Introductory Biology, General Chemistry, Introductory Physics, Organic Chemistry, 1 semester each of Biochemistry, Sociology, and Psychology.

4) Analysis and Reasoning Skills
   - No Specific Topic
   - Must read passages and answer questions
   - May come across topics such as social sciences and humanities (i.e., Ethics and cross-cultural studies)
MCAT Exam Scoring

- Each MC section is scored out of 15
- Raw scores are converted to the MCAT scale determined by the level of difficulty of test questions
- NO PENALTY FOR GUESSING!
### Entrance Statistics

The University of British Columbia - Faculty of Medicine
Statistical Data on Admissions - 2011

#### Table 9
**MEAN MCAT SCORES OF THE ENTERING CLASS**

<table>
<thead>
<tr>
<th>SUBJECT</th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Verbal Reasoning</td>
<td>9.68</td>
<td>9.78</td>
<td>9.75</td>
</tr>
<tr>
<td>Physical Sciences</td>
<td>10.71</td>
<td>10.79</td>
<td>11.2</td>
</tr>
<tr>
<td>Writing Skills</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
</tr>
<tr>
<td>Biological Sciences</td>
<td>11.42</td>
<td>11.27</td>
<td>11.55</td>
</tr>
<tr>
<td>Average MCAT</td>
<td>10.60</td>
<td>10.61</td>
<td>10.83</td>
</tr>
</tbody>
</table>

#### Table 10
**MEAN MCAT SCORES OF REFUSED APPLICANTS**

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Verbal Reasoning</td>
<td>8.89</td>
<td>8.71</td>
<td>9.31</td>
</tr>
<tr>
<td>Physical Sciences</td>
<td>9.94</td>
<td>9.90</td>
<td>10.16</td>
</tr>
<tr>
<td>Writing Skills</td>
<td>P</td>
<td>P</td>
<td>P</td>
</tr>
<tr>
<td>Biological Sciences</td>
<td>10.59</td>
<td>10.45</td>
<td>10.75</td>
</tr>
<tr>
<td>Average MCAT</td>
<td>9.81P</td>
<td>9.69P</td>
<td>10.07P</td>
</tr>
</tbody>
</table>
Studying Techniques

• On your own

• With a Third-party company
  ▪ In home
  ▪ Online
  ▪ In class
  ▪ ex) Kaplan
Where to Get Information

www.aamc.org
UBC Is Great! But What Else Is There???

Canadian Medical Schools
US/Caribbean Medical Schools
Australia Medical Schools
Ireland Medical Schools
Canadian Medical Schools

- 14 other Canadian Medical Schools
- Stay in Canada, get “first dibs” on residency locations
- Be sure to look at requirements!!!!
  - Full time studies?
  - MCAT? Scores?
  - Degree? Honors?
  - Summer Courses?
  - Physics
US Equivalency

- US Medical Schools

-Caribbean Medical Schools
  *Rolling Admissions*
  - 2 years in Caribbean
  - 2 years in US partnered university

-Must write USMLE

-Can also write Canadian MCCEE

-Expensive!
We Are Looking For Executives!