



# PREPARING FOR MEDICALSCHOOL

A Guide for Rural High School Students

Distributed Learning & Rural  
Initiatives Undergraduate Medical  
Education Cumming School of  
Medicine University of Calgary

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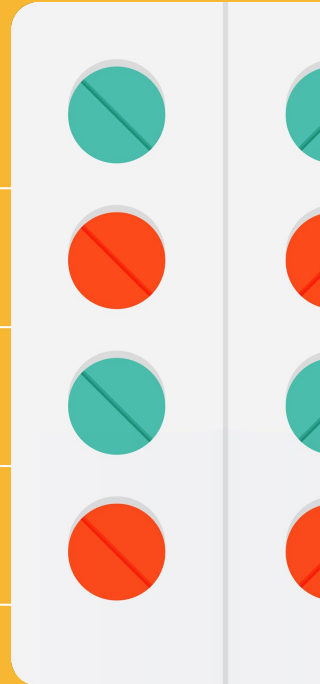
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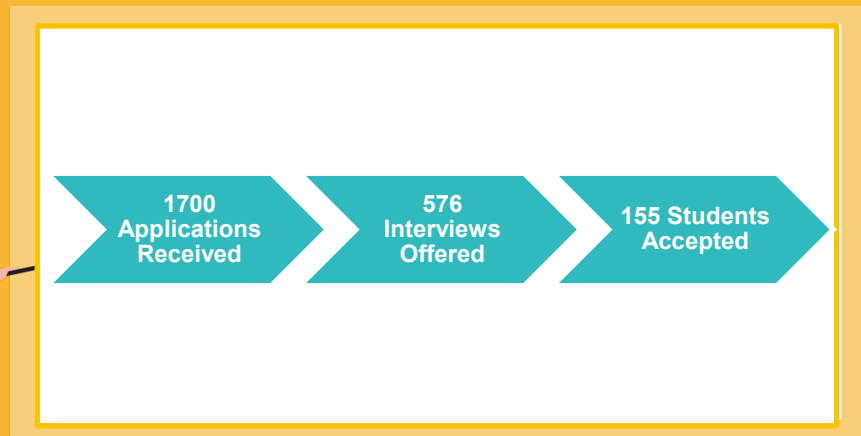
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# Getting In: Who Gets Accepted at the Cumming School of Medicine?

It's a competitive business getting into the Cumming School of Medicine.

In the 2020 application cycle, we received over 1700 applications and we only took in 155 new students.



# Getting In: Who's Accepted?



	Class of 2018	Class of 2019	Class of 2020	Class of 2021	Class of 2022
Males %	36	55	58	57	36
Females %	64	45	42	43	64
Average Age	24.6	25.8	25.1	24.25	24.35
Average Overall Undergraduate GPA	3.72	3.82	3.78	3.83	3.85
% Without an Undergraduate Degree	5.4	5.7	7.6	8.4	7.8
% With a Graduate Degree	22.8	22	22	22	23.9

## Who Are Our Students?

Our applicants come from a variety of educational backgrounds. Some enter with only a few years of post-secondary education, while others are coming in with PhD's or have decided to change careers!

# Getting In: Diversity of Applicants



## Who Are Our Students?

The Cumming School of Medicine is committed to broadening participation in medicine from individuals of traditionally underrepresented backgrounds. We encourage students to apply no matter what their heritage and encourage you to highlight your background on your application.

## Black Applicant Admissions Process (BAAP)

This is a program setup to create opportunities for applicants to self identify their black ancestry on the application to medical school. The goal of this program is to limit disadvantages applicants may face during the application process.

## Canadian Indigenous Applicant Process

There is currently a tremendous need for Indigenous physicians in Canada. To encourage Indigenous students to apply, the Cumming School of Medicine has made modifications to the application process for Indigenous applicants. In addition to these modifications, Indigenous applicants will be invited to include in their application a personal statement regarding their connection to the Indigenous community.

Before you Apply, here are a few basics you should know about:

- ❑ You must be a Canadian Citizen/ Permanent Resident/Refugee Status in Canada (We do not accept International Students)
  - Alberta Residents (like you!) require a minimum GPA of 3.2
  - Non Alberta Residents require a minimum GPA of 3.8
- ❑ MCAT
  - You must have written the Medical College Admission Test (MCAT) by the end of August of your application year.
- ❑ Academic Years
  - By application you must have completed at least 2 full-time years of University education ( a total of 24 credits from September to April).
- ❑ References
  - You must submit 3 references along with your application (so it's important to keep relationships in mind in the next few years!)

## Getting In: The Basics of Applying

# The Rural Connection

The Cumming School of Medicine has a strong interest in encouraging students coming from rural backgrounds and who may have an interest in pursuing rural medicine.

The Department of Distributed Learning & Rural Initiatives works to secure your rural experience by ensuring all Undergraduate medical learners at CSM can participate in **5-8 weeks of curriculum in rural communities**.

Students can also look into participating in a clerkship program (called UCLIC) which provides a focus on training in rural generalism.



# 2018-2019 Academic Year

Undergraduate Medical  
Education Outside of the  
Calgary Region

562 Rural Learners

4007.8 Total Weeks in Rural Sites

50 Rural Undergraduate Communities





# The Rural Connection: Pathways to Medicine Program

The Pathways to Medicine Program is a scholarship program designed for high school students with an explicit interest in pursuing a career in medicine. The program aims to support access to medical school for under represented populations, including: students from rural communities, students with indigenous ancestry, and students from low socio-economic backgrounds.

## Up to 5 Students will Receive

- Tuition & Fees: \$5,000/year for 4 years
  - Relocation Allowance
  - Summer Internship (3<sup>d</sup> year)
- Access to formal clinical shadowing experiences within the Cumming School of Medicine while an undergraduate
  - Access to a sponsored MCAT preparatory course
  - Assistance from program staff to secure external tuition support
- Involvement in an enrichment program throughout undergraduate studies

For full details about eligibility,

please [click here](#)



# How to Get There: Degree Options

Pick something you love!

From English to Biochemistry and many more, we accept students from a variety of different programs. But be sure to pick something that may provide you with an alternative career path.



# How to Get There: Course Recommendations

When attempting to choose specific pre-medical courses, you **may** wish to consider the following advice. Keep in mind that this will not necessarily increase your odds, but if you're unsure of what your plan is, here is a bit of guidance:

## 1. Choose courses that will familiarize you with the foundational medical sciences

- Introductory Biology
- Inorganic Chemistry
- Organic Chemistry
- Introductory Physics
- Anatomy
- Biochemistry
- Genetics
- Molecular Biology
- Physiology
- Pharmacology



## 2. Choose courses in social & behavioural sciences that will assist you in understanding patients lived experiences

- Sociology
- Psychology
- Anthropology
- Indigenous Studies
- Philosophy and Ethics
- Women's and Gender Studies
- Literature



## 3. Choose courses that will assist you in developing specific skills required by physicians

- Statistics
- Population Health Studies
- Scientific Writing and Foundations of Scientific Inquiry



# HOW TO GET THERE: EXPERIENCES

## WORK EXPERIENCE

Your application will include a section about work history. Every experience, big or small should be included. All of it is valuable!

From flipping burgers to graduate research, all of it should be included, because all of it matters.

## YOUR TOP 10

Your application will include a section with the top 10 experiences that define you.

This can include **ANYTHING!** From your time on the hockey team, work experience or maybe your rural roots...

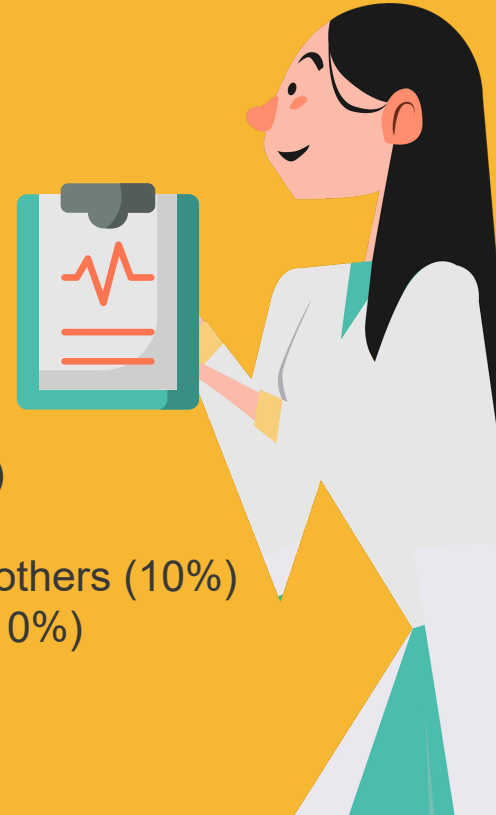
# What do we look at in the file review

## COGNITIVE


- GPA (20%)
- MCAT CARS (10%)
- Global assessment of academic merit (10%)
- Intell . curiosity, scholarly activity, research (10%)

## NON-COGNITIVE

- Evidence of communication skills (10%)
- Evidence of excellent interpersonal skills and collaboration (10%)
- Evidence of maturity, insight, and resilience (10%)
- Evidence of commitment to communities/ advocacy on behalf of others (10%)
- Evidence of organizational, management, and leadership skills (10%)



# Our Alternative Admissions Process

- Strong connection to Aboriginal Community
  - Traditionally under-represented groups (recent immigrants, refugees, remote / rural, low income)
  - Future clinician scientists
  - Proven exceptional leaders
  - Proven exceptional commitment to betterment of society.
  - Applicants who identify as Black or have a strong connection to the Black Community
- 

# THANKS!



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