



Pre-Med Planning for your JHU Student

**Office of Pre-Professional Programs & Advising
in partnership with the
Office of Parent and Family Relations Blue Jay Family Webinar series**

December 2021

This program is being recorded.

Welcome!

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Class of 2022

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Class of 2022



Pre-Professional Advising– Services

Office serves students and alumni of Krieger and Whiting:

- Although most of our pre-health students are pre-med, we also serve students with interests in other health fields.
- Also advise pre-law students.

We support three (3) key aspects of your student's journey:

1. Academic planning, academic success skills, and completing requirements
 - Pre-Health 101
 - Appointments: 30-min, 1:1, Zoom or in-person
 - Drop-in hours
 - Emails
2. Pursuit of relevant extra-curricular activities
3. Coaching and guidance throughout the application process

Fall 2021 Programming

- Western Michigan University Homer Stryker MD School of Medicine
 - Boston University School of Medicine
 - Vanderbilt University School of Medicine
 - Rush Medical College
 - Tulane University School of Medicine
 - Northwestern University Feinberg School of Medicine
 - University of Massachusetts Chan Medical School
 - Brown University, Warren Alpert Medical School, MS Medical Sciences
 - Current med students/alumni panel
 - Ins and Outs of Applying
 - MD-PhD workshops
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- Med school visits already planned for next semester: Hopkins, Yale, Emory
New York Medical College, Stanford

Pre-Medical Student Considerations

- Applicants to medical school **must** have medically-related experiences **and** community service.
- Medical schools value quality and commitment over quantity when it comes to volunteer, clinical, and research experiences.
- First-year students, in particular, need to be careful to not get over-involved outside of the classroom.
- Medical schools value breadth when looking at a student's academic background.
- Students should apply to medical school when they are at their strongest. This may mean a gap/bridge year is appropriate.

Anatomy of a Successful Student

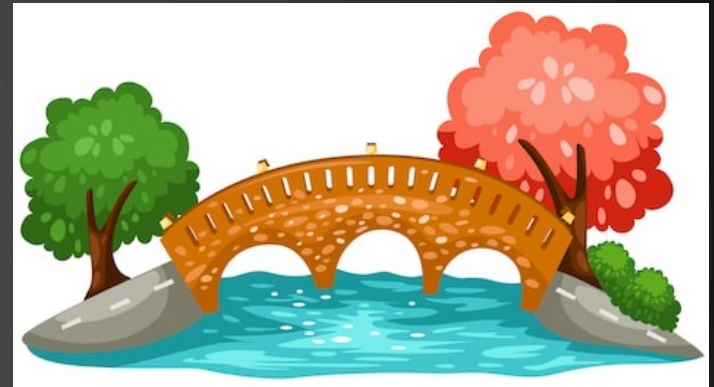
- Academic Achievement
- Research Experience
- Clinical Experience—mandatory; beyond shadowing
- Community Service
- Additional Experiences
- Letters of Recommendation
- Also—aamc.org Core Competencies
 - Leadership
 - Professionalism

How to Support Your Student

- Acknowledge there are multiple paths to the same goal.
- Understand that students successfully overcome struggles and may reach career goals at different points in their lives.
- Support their search for academic and co-curricular activities.
- Encourage your student to build relationships with faculty, to take advantage of campus resources, and to pursue their genuine interests.
- Be open to the idea of one or more “gap/bridge” years. (next slide)

Considerations for a Bridge Year

- Four full years to: raise GPA, prepare for MCAT, obtain meaningful experiences, improve application
- Popular bridge year ideas include:
 - Research
 - Graduate school
 - Paid public service
 - Clinical work, i.e., medical scribe
 - National fellowship, i.e., Fulbright
 - Corporate job—if choosing this option, continue clinical volunteering on the side
 - Post-bac record enhancer
- More than 80% of our applicants take at least one bridge year.
- Average age of a first year medical student is 24.



Our “Top 10” List for Pre-Health Students

10. Build relationships with your professors.
9. Follow your academic interests.
8. Serve the community.
7. Engage in clinical experiences—work with patients.
6. Utilize resources both on and off campus.
5. Take the time necessary to become a strong applicant.
4. Journal your experiences; reflect on *why* you’re doing what you’re doing.
3. Enjoy the undergraduate experience.
2. Don’t give up your hobbies.
1. Be diligent, but don't forget to cherish and spend time with and appreciate those around you.

Hopkins Pre-Med Fun Facts!

- EY2020 Hopkins data:
 - 3.76 median cumulative GPA for accepted applicants.
 - 3.72 median BCPM GPA for accepted applicants.
 - Percent accepted per GPA bins:

Latest Cycle Acceptance Rates by Science (BCPM) GPA

	Application Cycle 2020		
BCPM GPA Bins	Number of ASEN UG Applicants	Accepted (at least 1 school)	Percent Accepted*
3.8+	140	114	81%
3.5-3.79	157	108	69%
3.2-3.49	81	43	53%
3.0-3.19	21	9	43%
<3.0	40	11	28%
Total	441	285	65%

Acceptance rates correlate with Science (BCPM) GPAs.

- How many Hopkins applicants matriculate to the JHU SoM?
 - ✓ 2016 = 13 applicants matriculated to the SoM
 - ✓ 2017 = 8 applicants matriculated to the SoM
 - ✓ 2018 = 17 applicants matriculated to the SoM
 - ✓ 2019 = 17 applicants matriculated to the SoM
 - ✓ 2020 = 12 applicants matriculated to the SoM
 - ✓ Acceptances ranged from 19 – 24 applicants; SoM class size = 120

RESOURCES

JHU Office of Pre-Professional Programs and Advising: <https://studentaffairs.jhu.edu/preprofadvising/>

Association of American Medical Colleges: <https://students-residents.aamc.org/>

American Association of Colleges of Osteopathic Medicine: <https://choosedo.org/>

American Dental Education Association: <https://www.adea.org/aadsas/>

Texas Medical and Dental Schools Application Services: <https://www.tmdsas.com/PLAN/index.html>

QUESTIONS?

