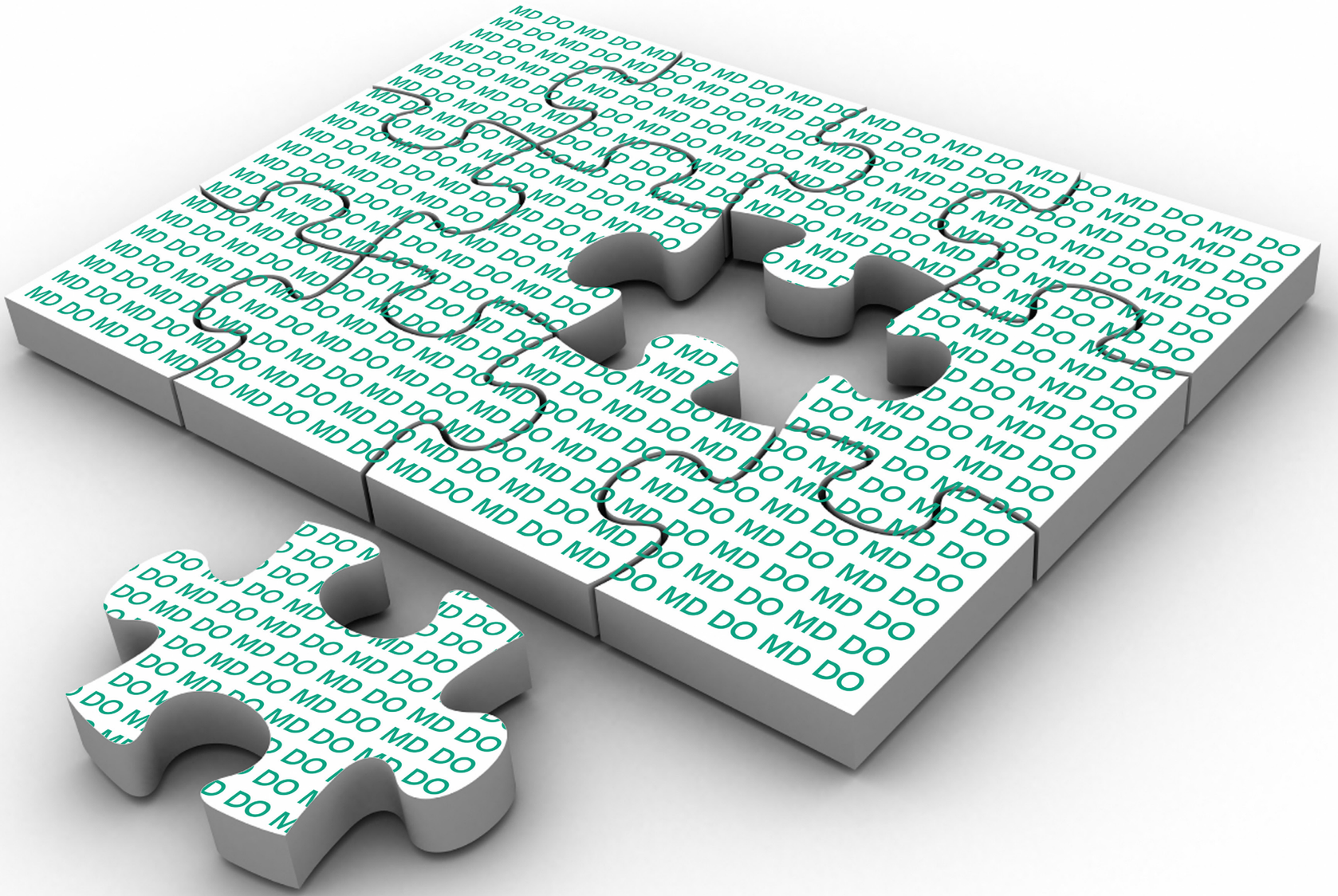
5 Ways to Make Med Schools Love You

♥♥♥♥♥

Presented by **Linda Abraham** for **Next Step Test Prep**


MD DO

YOU!

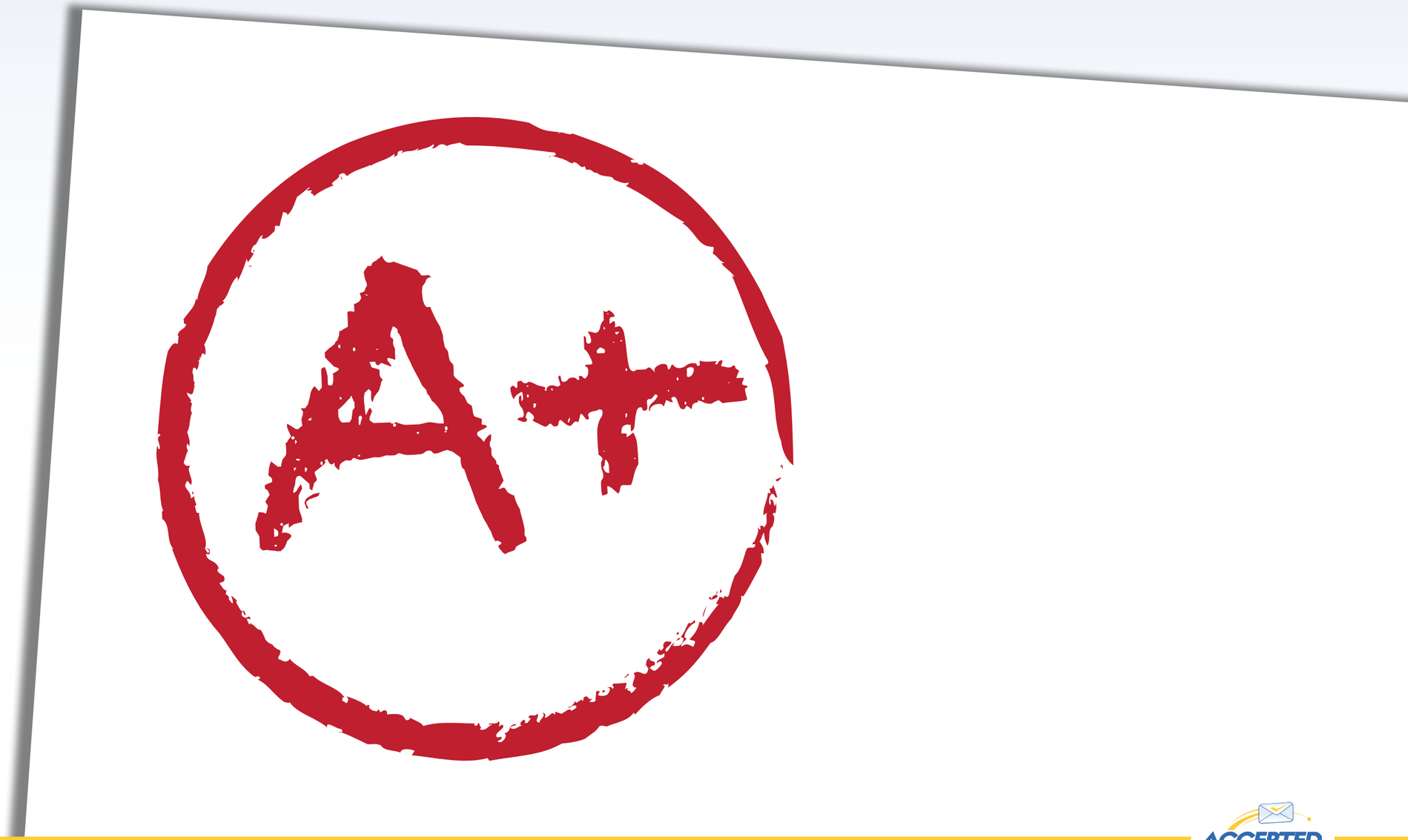
1

Show you can do the work.

♥♥♥♥♥

MCAT
GPA
Clinical Experience
Community Service
Postbac Programs or other degrees

Take a look at your grades...

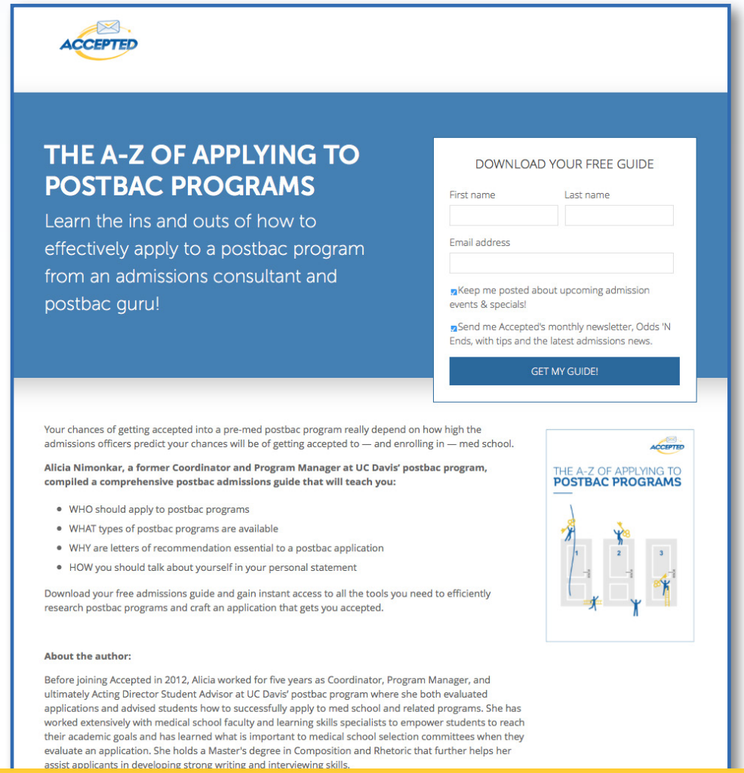


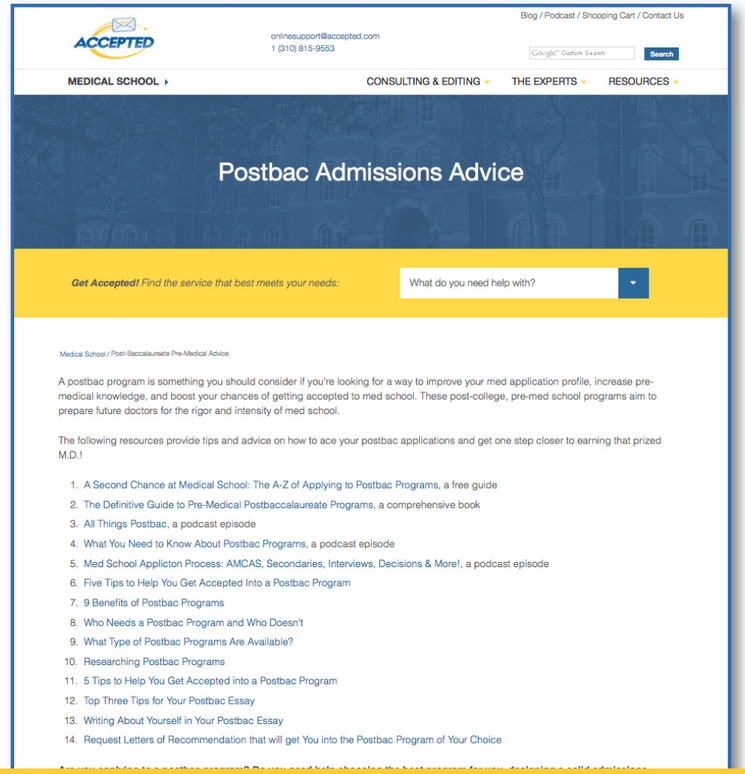
Average GPA: 3.8

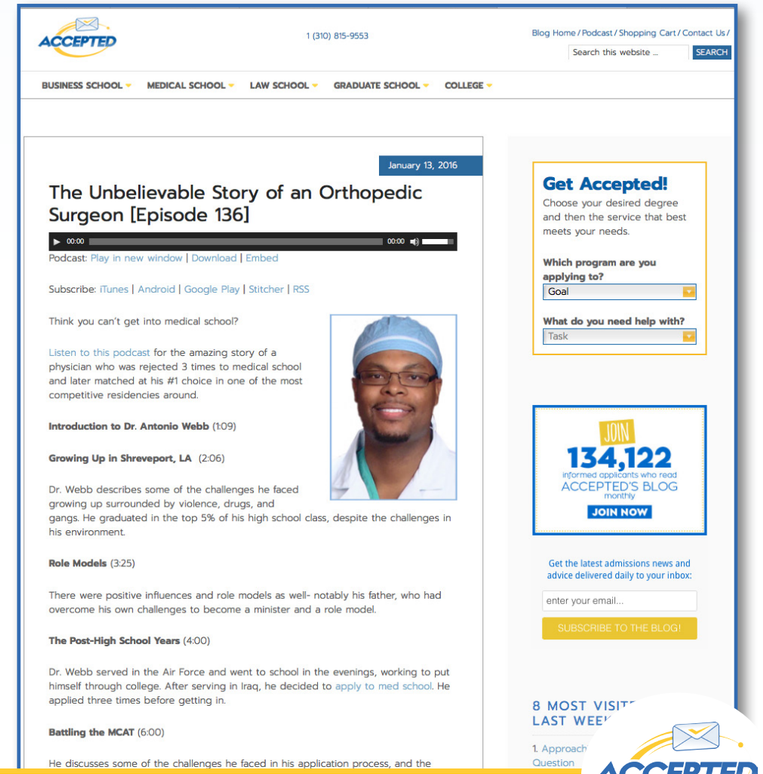
Your GPA: 3.5

Additional Resources

- **The A-Z of Applying to Postbac Programs** at reports.accepted.com/post-bac-programs
- **Postbac Admissions 101** at www.accepted.com/medical/post-bac
- **The Unbelievable Story of an Orthopedic Surgeon** at blog.accepted.com/2016/01/13/the-unbelievable-story-of-an-orthopedic-surgeon/







508

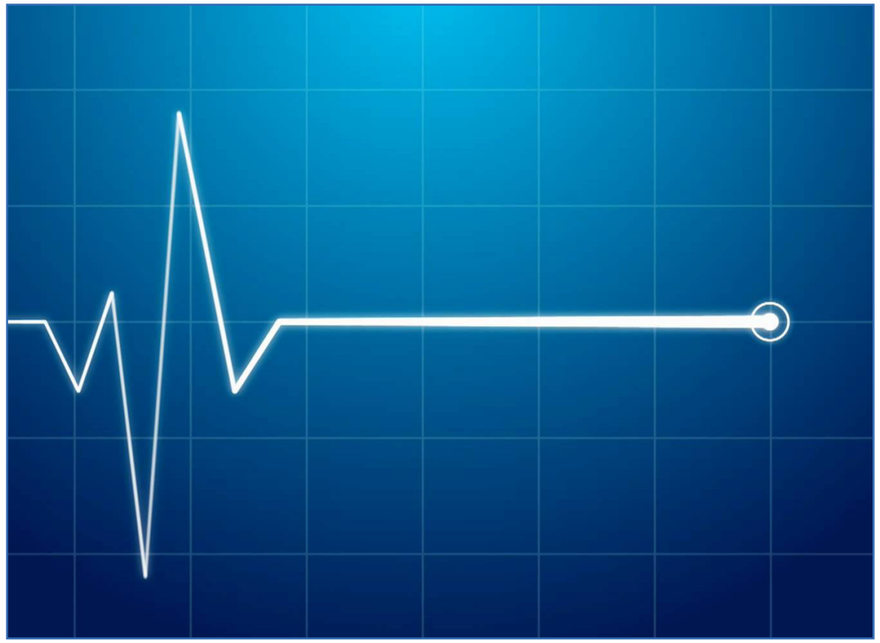
Is Retaking the MCAT a Good Idea?

blog.accepted.com/2015/12/06/mcat-retake/

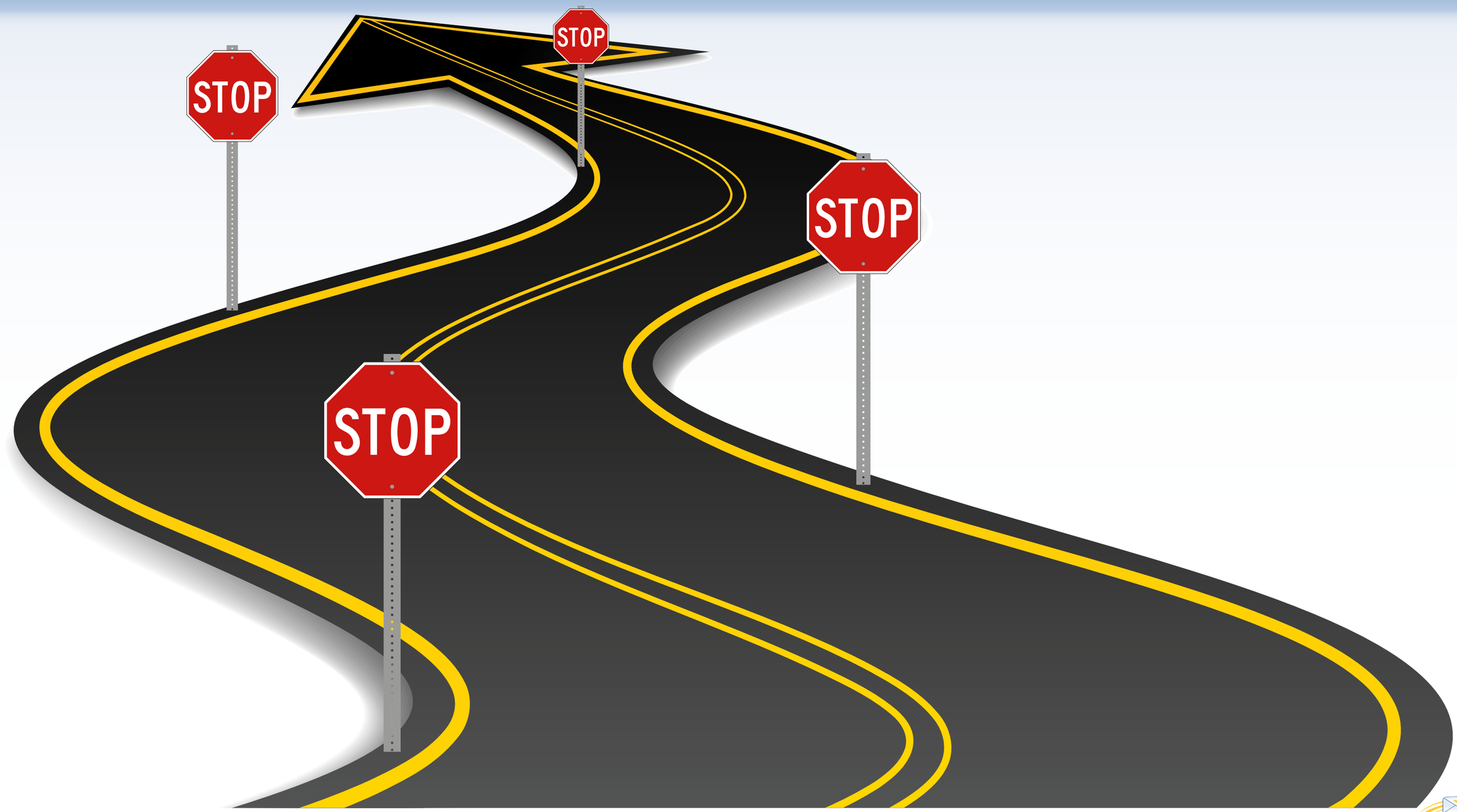
2

Realistic view of medicine.

♥♥♥♥♥



MEDICAL SCHOOL



ACCEPTED

3

Show that you share school's values and mission.

♥♥♥♥♥

MedhounD

About Schools Specialties Compare Schools Create Account Log In

Match Data Delivered

Compare medical schools by their residency placement data

Get Started

Learn More

Stay in the loop.

E-mail address...

Subscribe

What we do

We gather all of the residency match lists we can get our data-huntin' paws on.

ACCEPTED

	Medical School	Acceptance Rate
1.	Mayo Medical School	1.8%
2.	Florida State University	2.4%
3.	Stanford University	2.6%
4.	George Washington University	2.7%
5.	Brown University (Alpert)	2.8%
6.	Georgetown University	2.8%
7.	University of California— Davis	2.8%
8.	Wake Forest University	2.9%
9.	University of California—Los Angeles (Geffen)	3.1%
10.	University of California—San Diego	3.4%
11.	University of Arizona	3.5%
12.	University of Washington	3.6%
13.	Duke University	3.6%
14.	Drexel University	3.6%

4

Demonstrate that you will be able to contribute.

♥♥♥♥♥

Community Service

Habitat for Humanity®

MAKE-A-WISH®

BILL & MELINDA GATES foundation

American Red Cross

TEACHFORAMERICA

United Way™

RONALD MCDONALD HOUSE CHARITIES®

Kids Kicking Cancer

Your NameHere

Personal Data

Place and Date of Birth:	Someplace, Italy | dd Month 1912
Address:	CV Inn 15, 20301, Milano, Italy
Phone:	+39 123 456789
email:	name.surname@gmail.com

Work Experience

Current – Jan 2009 | Trader at Eni s.p.a., Milan
Physical Natural Gas Trading
Provided analysis of spreads, in particular time and location spreads, with emphasis on trading opportunities on the curve, also taking into account the availability of storage facilities. Became familiar with logistic implications of physical gas trading and developed knowledge of continental virtual hubs for gas exchange.

Jul-Oct 2008 | 1st year Analyst at Lehman Brothers, London
Commodities Structured Trading
Developed spreadsheets for risk analysis on exotic derivatives on a wide array of commodities (gas, oils, precious and *base metals*), managed blotter and secondary trades on structured notes, liaised with Middle Office, Sales and Structuring for bookkeeping

Summer 2007 | Summer Intern at Lehman Brothers, *Capital Markets*
Received pre-placed offer from the Exotics Trading Desk as a result of very positive review. Rated "*truly distinctive*" for Analytical Skills and Teamwork.

Education

July 2008 | Master of Science in Finance, Bocconi University, Milan
110/110 *summa cum laude* | Major: Quantitative Finance
Thesis: "Sublinear and Locally Sublinear Prices" | Advisor: Prof. Erio Castagnoli
GPA: 28.61/30 | Detailed List of Exams

July 2006 | Undergraduate Degree in Law and Business Administration
110/110 *summa cum laude*, Bocconi University, Milan
Thesis: "Portfolio Strategies with Target Prices" | Advisor: Stefano Bonini
GPA: 29.83/30 | Detailed List of Exams

Fall 2005 | Exchange Semester at University of Southern California, Los Angeles
GPA: 3.875/4 | Detailed List of Exams

July 2003 | Liceo Classico "E. Duni", Matera | Final Grade: 100/100

Scholarships and Certificates

Sept. 2006 | Scholarship for graduate students with an outstanding curriculum (€30,000)
June 2006 | GMAT©: 730 (Q:50;V:39) 96th percentile; AWA: 6.0/6.0 (89th percentile)

Languages

Italian:	Mothertongue
English:	Fluent
French:	Basic Knowledge

Typeset by Alessandro Plasmati with XeTeX, August 30, 2007

ACCEPTED

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12.	University of Washington	3.6%
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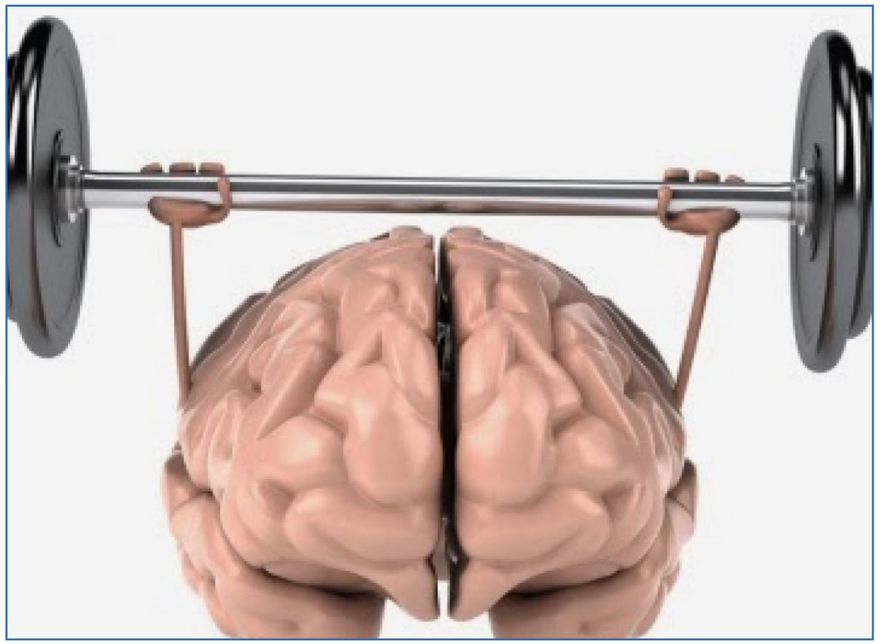
14.	Drexel University	3.6%

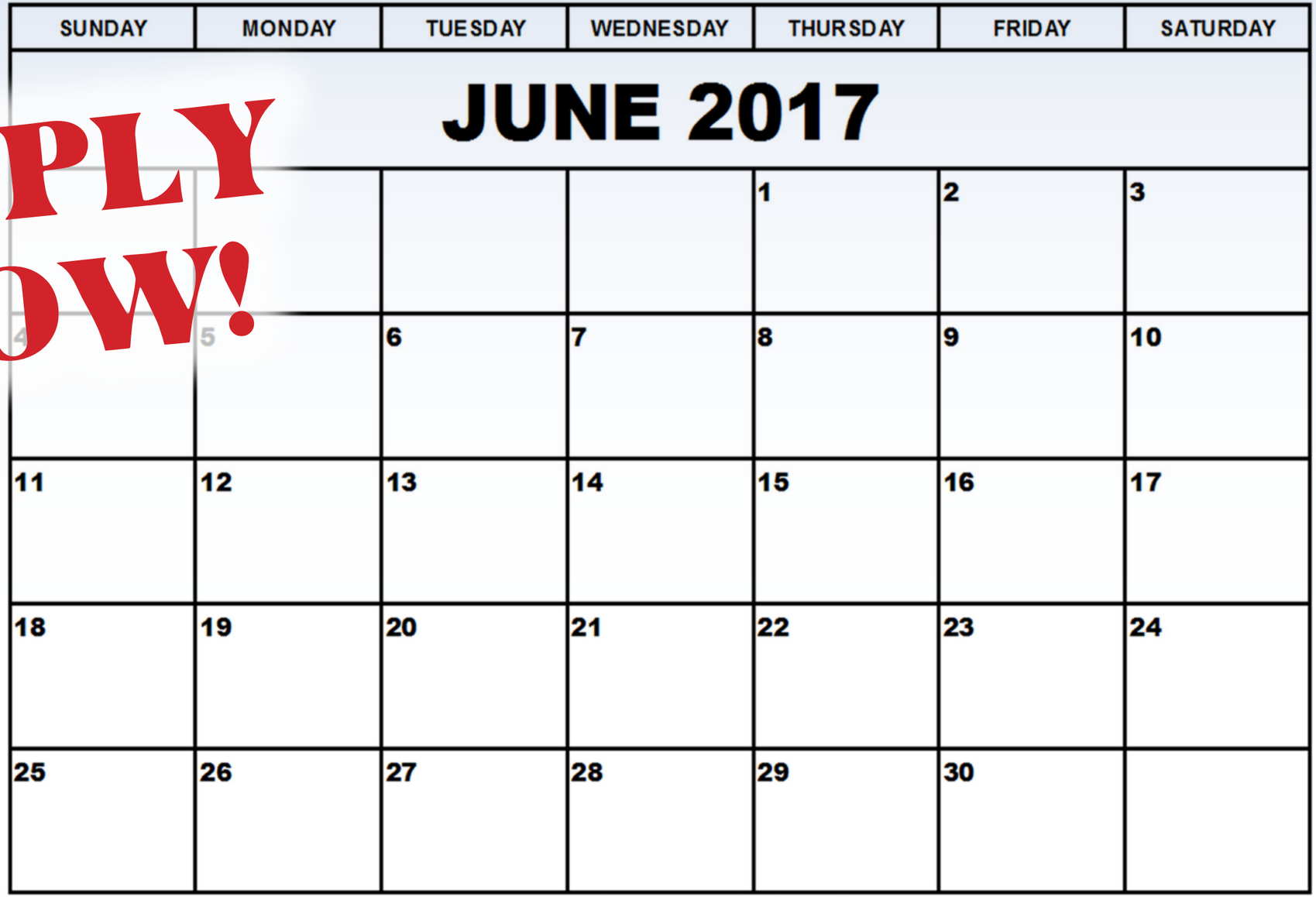
5

Reveal the personality traits that med schools value.

♥♥♥♥♥

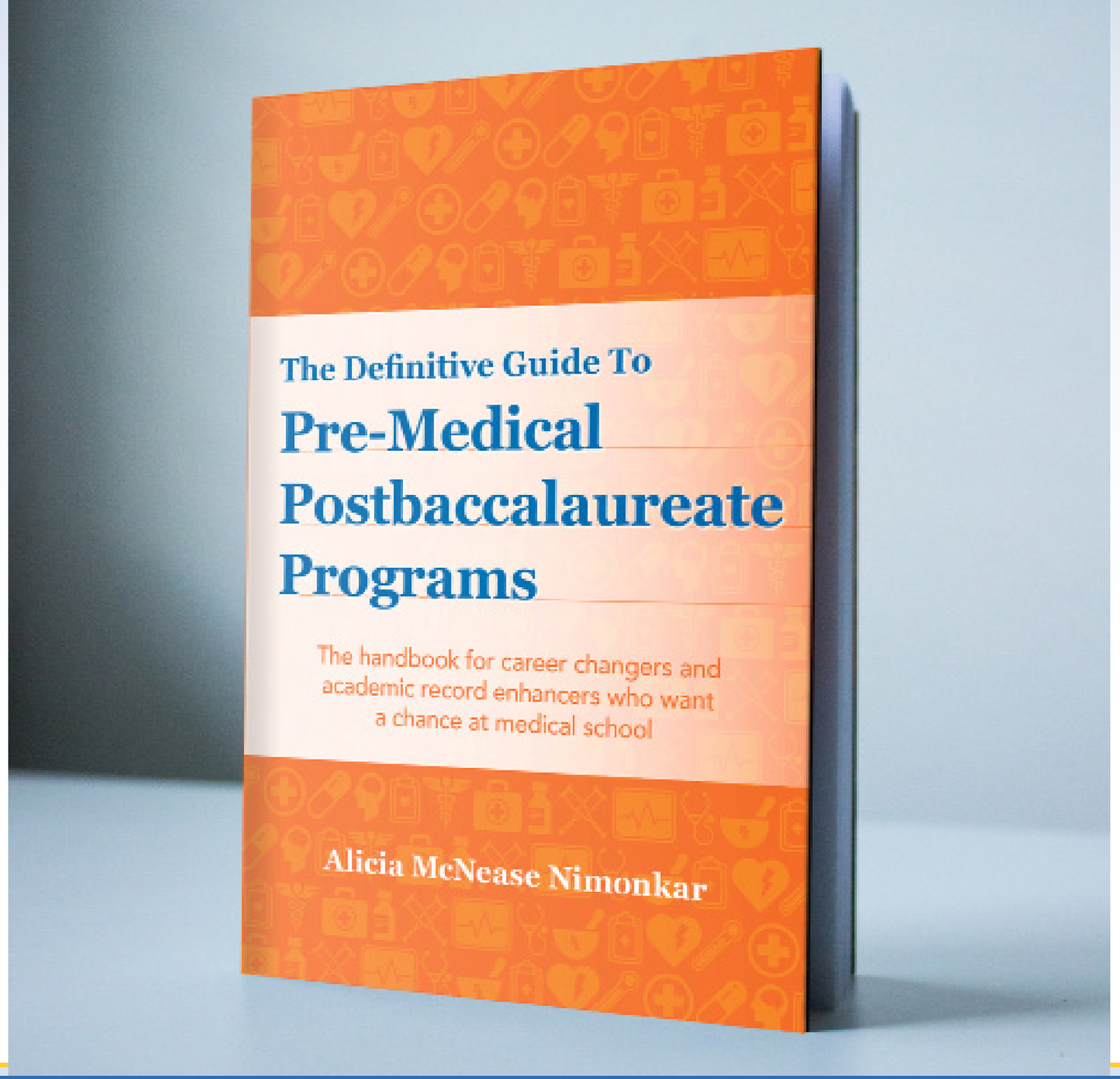


APPLY NOW!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 2017						
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

ACCEPTED


The Definitive Guide To
Pre-Medical Postbaccalaureate Programs
The handbook for career changers and academic record enhancers who want a chance at medical school
Alicia McNease Nimonkar

1. **Academic track record showing you can do the work.**
2. Have clinical experience and direction within medicine.
3. Show that you share school's values and its mission.
4. Demonstrate that you will be able to contribute.
5. Reveal valued traits.

1. Academic track record showing you can do the work.
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4. Demonstrate that you will be able to contribute.
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4. **Demonstrate that you will be able to contribute.**
5. Reveal valued traits.

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2. Have clinical experience and direction within medicine.
3. Show that you share school's values and its mission.
4. Demonstrate that you will be able to contribute.
5. **Reveal valued traits.**

1. Academic track record showing you can do the work.
2. Have clinical experience and direction within medicine.
3. Show that you share school's values and its mission.
4. Demonstrate that you will be able to contribute.
5. Reveal valued traits.

YOU!

OUR CLIENTS SAY...

Hello Cydney, Wow! I am so impressed. You are a GENIUS! I can't believe how well you managed to cut my essay in half without compromising my tone or eliminating the little stories! Thank you, thank you, thank you. I could not have done it without you. There are 17 more hours left till the application is due, and I am not stressed at all because I know I have you by my side with this essay!

I have been loving my help so far. My consultant [Dr. Herman Gordon] has been very helpful and knowledgeable.

OUR CLIENTS SAY...

In writing my personal statement I was having difficulty wrapping all of my experiences into one concise theme, and upon talking to Jessica for the first time, I was instantly relieved. Not only that, the response time was so quick! With her help I was able to finish my essay so much faster than I had anticipated. THANK YOU, once again Jessica!

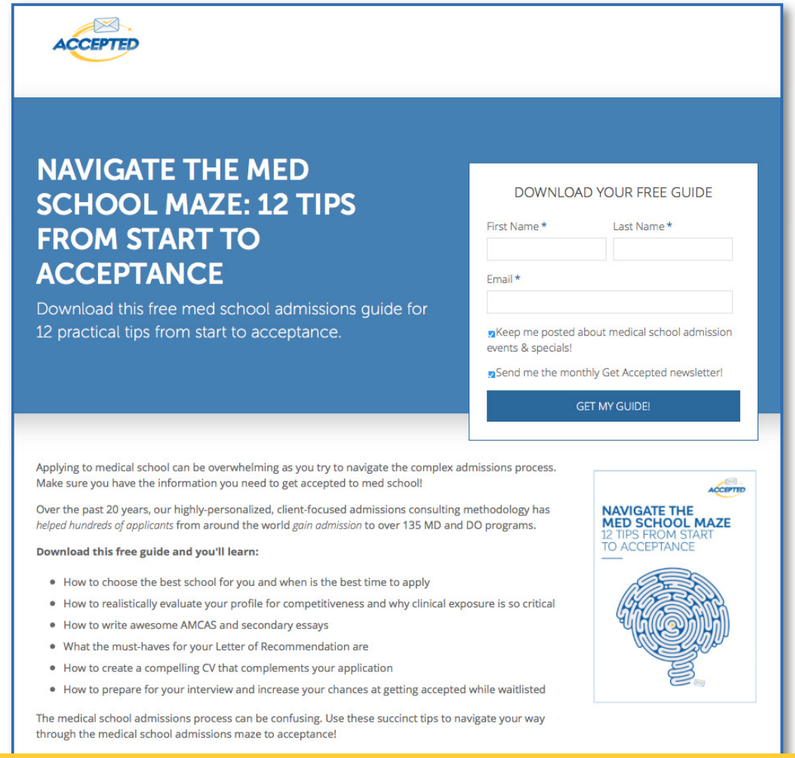
I am so excited and relieved to have been accepted to a California school! I really appreciate all of Sheryl's help and input on my application. I felt much more confident in my personal statement after working with her.
Thank you again!

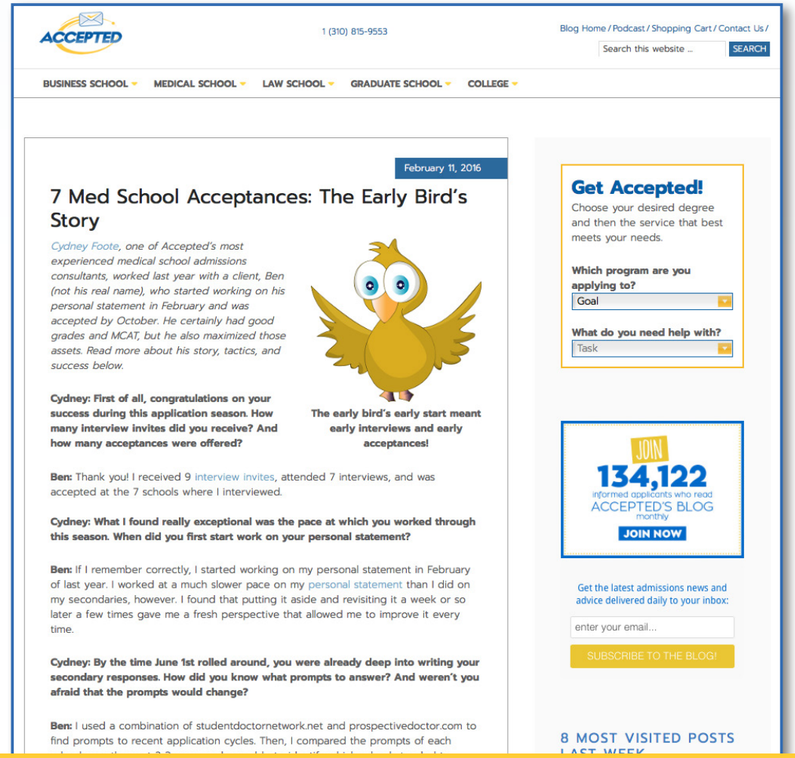
www.accepted.com/medical/services/amcas-secondary-phd-package

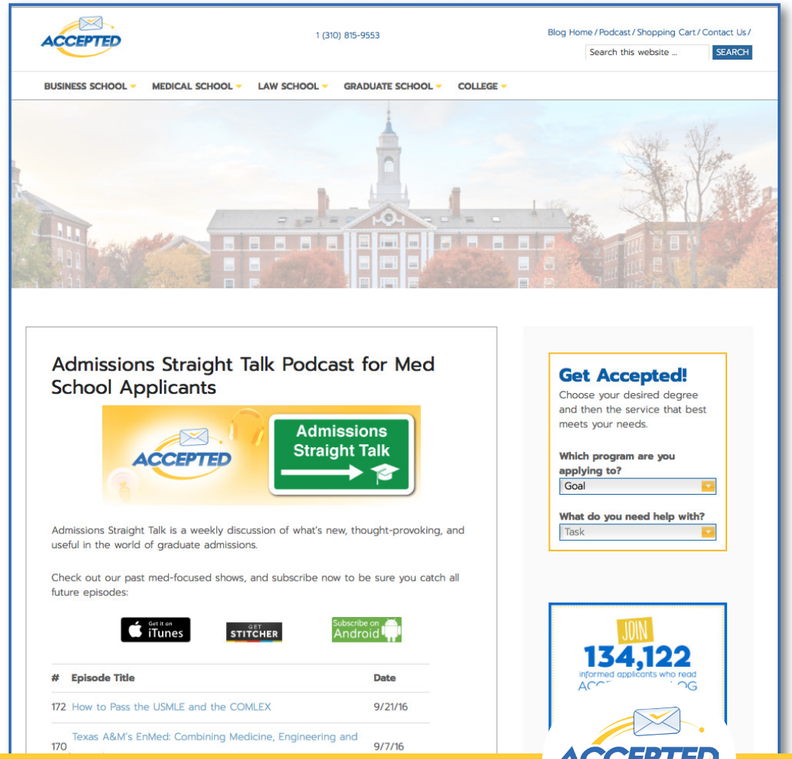
FLASH SALE **$300 off** non-rush primary package
purchase ***TODAY***, November 15, 2016.
Coupon code **PRIMARY300**

Additional Services & Resources

- **Navigate the Med School Maze** at reports.accepted.com/medical/get-in-to-medical-school
- **7 Med School Acceptances: The Early Bird's Story** at accepted.com/med-early-bird
- **Admissions Straight Talk Podcast** at blog.accepted.com/listen-med/



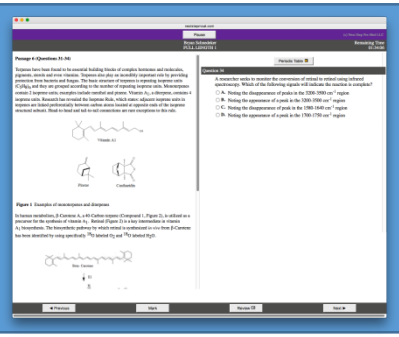




Over 50,000 students have used our MCAT resources for the revised MCAT.

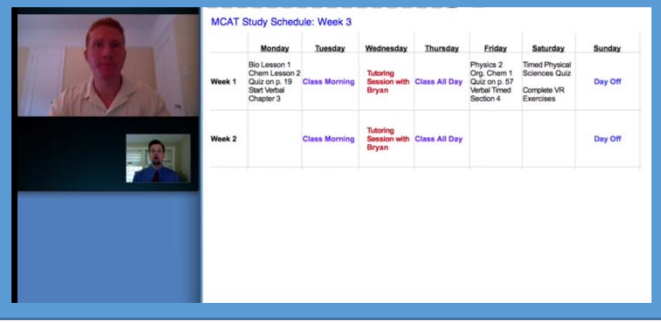
How can we help you?

No matter your path, we got you…



Self-Study

MCAT Class



Private MCAT Tutoring

MCAT Online Class

100 + hours of teaching

Small group office hours

11 MCAT Books

12 Full Length MCAT Exams

Quiz Bank

10,000+ practice items

Custom Study Planning Tool

Instructor Guarantee

Score Guarantee

Custom study plan to show you your path

GENERATE YOUR CUSTOM STUDY PLAN

1 Select your start date

08/10/2016

2 Select your exam date

10/31/2016

3 How will you be preparing for the MCAT?

On the side (5-20 hrs/week) | Part-Time (20-40 hrs/week) | Full-Time (40+ hrs/week)

4 Select the MCAT science subject about which you are most worried

Biology | Biochem | General Chemistry | Organic Chemistry | Physics | Psy/Soc

YOUR CUSTOM STUDY PLAN

Edit Dates

Jump to a month: Aug Sep Oct

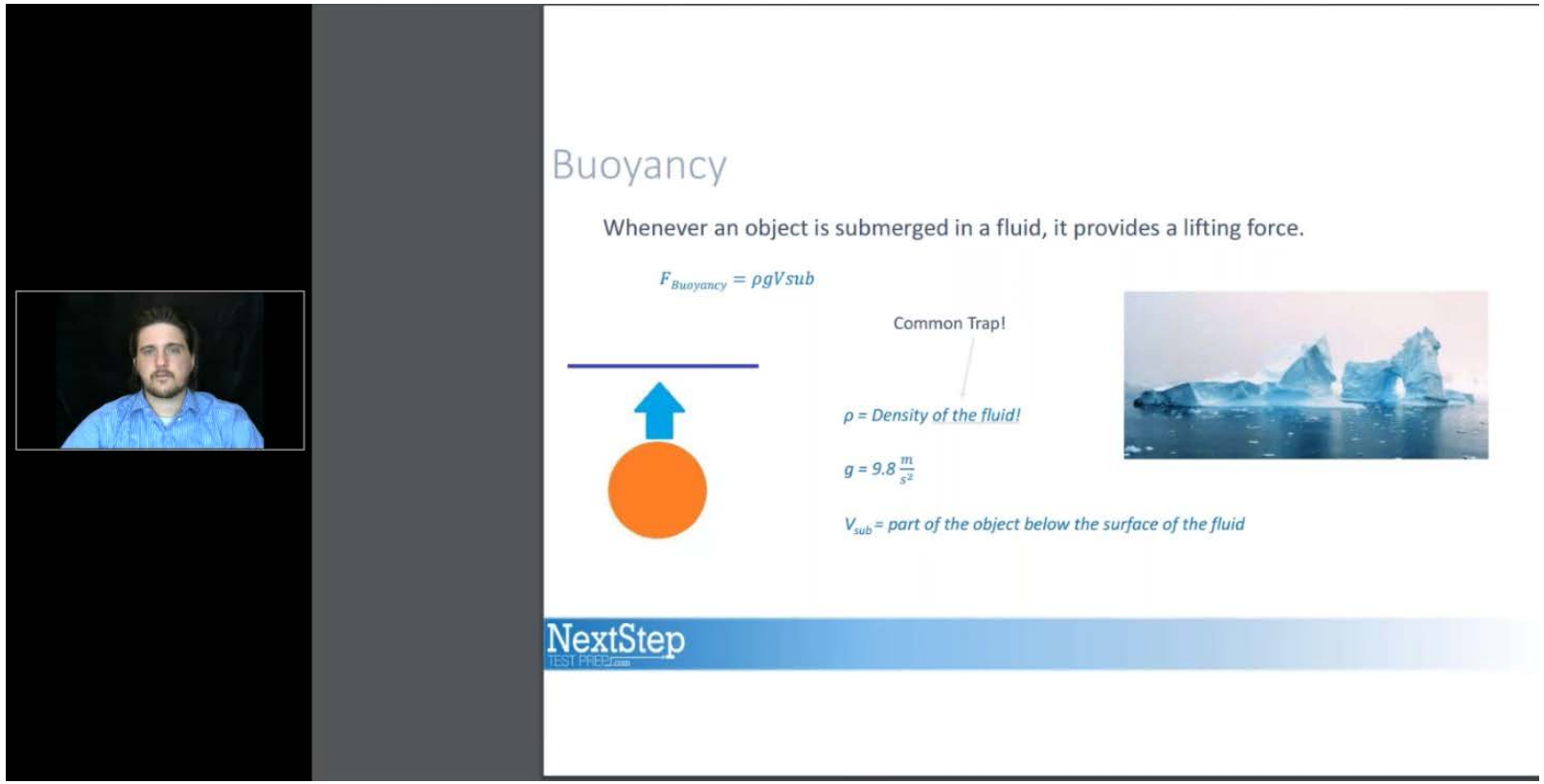
August 2016

SUN	MON	TUE	WED	THU	FRI	SAT
			10 DAY 1 REQUIRED ~~Watch Orientation Video~~ ~~Take Science Content Diagnostic~~ OPTIONAL	11 **DAY 2** **REQUIRED** Take Diagnostic Test **OPTIONAL** • Complete 2 CARS passages • Watch 3 Bio/Biochem Content Review Videos • Office Hours	12 Catch Up Day	13 DAY 3 REQUIRED ~~Lesson 1~~ OPTIONAL • Complete 30 questions from Biology Qbank
14 DAY 4 REQUIRED • Read CARS SP Chapters 1-3 • Complete practice passages for CARS SP Chapters 1-3 OPTIONAL • Complete 2 CARS passages • Watch 2 Bio/Biochem Content Review Videos • Office Hours	15 Catch Up Day	16 DAY 5 REQUIRED ~~Lesson 2~~ OPTIONAL • Complete 30 questions from Biology Qbank • Watch 2 Psych/Soc Content Review Videos • Office Hours	17 DAY 6 REQUIRED • Read CARS SP Chapter 4 • Read Physics/Math CR Section 1 • Complete Math Assessment from Physics/Math CR Section 5 OPTIONAL • Complete 2 CARS passages • Complete 20 questions from Biochem Qbank	18 Catch Up Day	19 DAY 7 REQUIRED • Read Chem/Orgo CR Sections 1 and 2 • Read Chem/Phys SP Ch 1 and 2 OPTIONAL • Complete 2 CARS passages • Watch 2 Physics Content Review Videos	20 DAY 8 REQUIRED ~~Lesson 3~~ OPTIONAL • Complete 2 CARS passages • Complete 30 questions from Chemistry Qbank

To be the best, work with the best

- Bryan: 15 years MCAT teaching experience
- Anthony: MD/PhD; 12 years MCAT experience
- Clara: 526 MCAT, 5 years experience
- Phil: 5 years experience; 98% score
- Andrew: U Chicago PhD, 523 MCAT

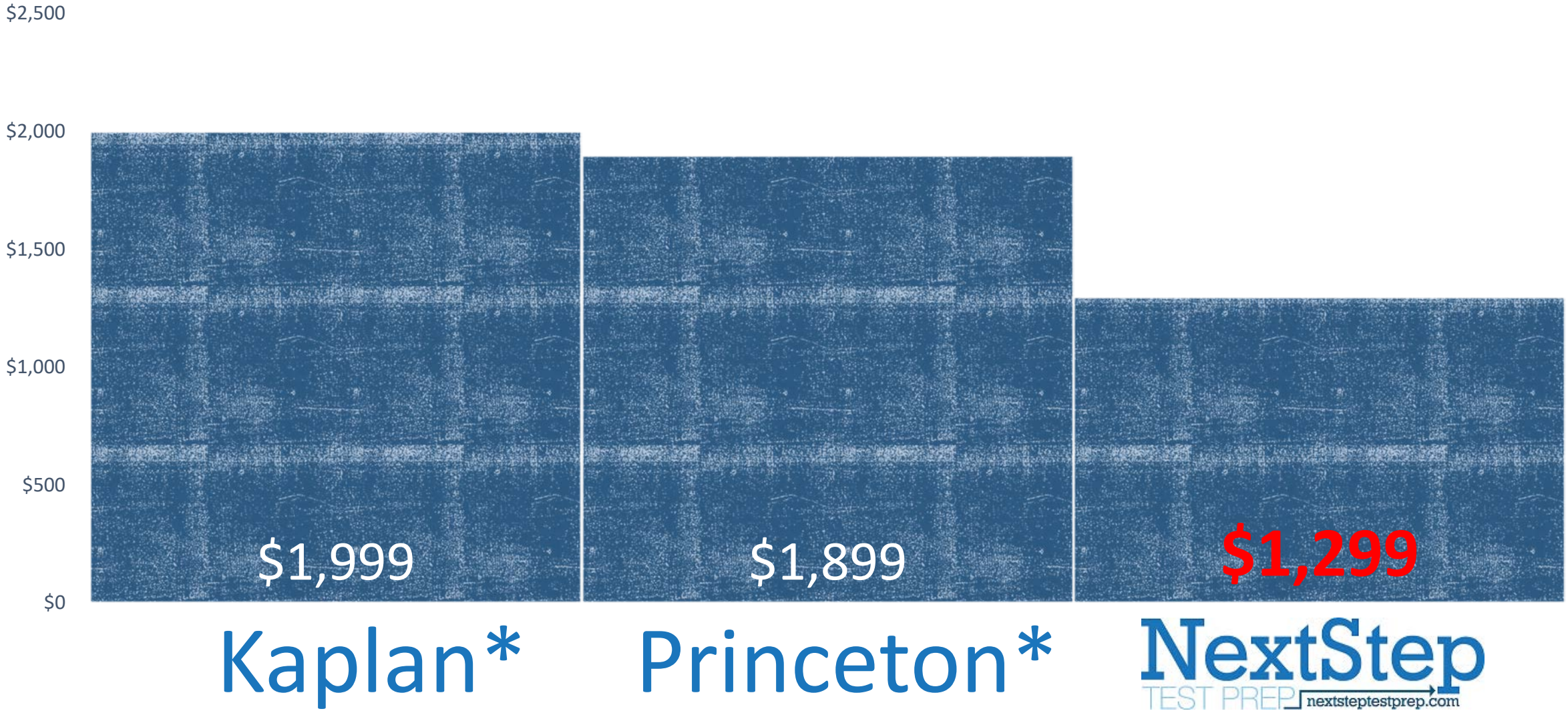
Welcome to Office Hours



- 10+ hours per week
- Guided content and strategy review
- Test review
- Open Q&A

Public Office Hours November 29th @ 7:30pm ET

Best of all…. a value that can't be beat



*Competitor pricing taken from corporate website on date of publication; may not be up to date.

Class Beta Test Results

- 27 student cohort to help us test and improve the course, as well as track impact on score improvement
  - Students then followed up with official AAMC score reports

- Students who did 4+ practice exams (5 were required homework), and watched 18+ of the lesson videos (20 were required homework) saw an average score increase of 10.25 points

- Largest increases were 21 points from a 495 diagnostic to a 516 and a 498 to a 519

Self-Study?

- 10 Full-Length MCAT practice exams in AAMC-like format
- 1,000 MCAT Question Bank covering all areas of MCAT science
- 108 Verbal and MCAT QBook (plus full line of MCAT Prepbooks)

Realistic MCAT Testing Platform

nextstepmcat.com

Pause

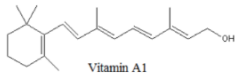
(c) Next Step Pre-Med LLC

Bryan Schnedeker
FULL LENGTH 1

Remaining Time
01:34:06

Passage 6 (Questions 31-34)

Terpenes have been found to be essential building blocks of complex hormones and molecules, pigments, sterols and even vitamins. Terpenes also play an incredibly important role by providing protection from bacteria and fungus. The basic structure of terpenes is repeating isoprene units $(C_5H_8)_n$ and they are grouped according to the number of repeating isoprene units. Monoterpenes contain 2 isoprene units; examples include menthol and pinene. Vitamin A_1, a diterpene, contains 4 isoprene units. Research has revealed the Isoprene Rule, which states: adjacent isoprene units in terpenes are linked preferentially between carbon atoms located at opposite ends of the isoprene structural subunit. Head-to-head and tail-to-tail connections are rare exceptions to this rule.



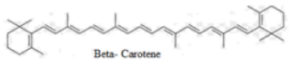
Vitamin A1

Pinene

Cantharidin

Figure 1 Examples of monoterpenes and diterpenes

In human metabolism, β-Carotene A, a 40-Carbon terpene (Compound 1, Figure 2), is utilized as a precursor for the synthesis of vitamin A_1. Retinal (Figure 2) is a key intermediate in vitamin A_1 biosynthesis. The biosynthetic pathway by which retinal is synthesized *in vivo* from β-Carotene has been identified by using specifically ^{18}O labeled O_2 and ^{18}O labeled H_2O.



Beta- Carotene

E1

Periodic Table

Question 34

A researcher seeks to monitor the conversion of retinal to retinol using infrared spectroscopy. Which of the following signals will indicate the reaction is complete?

- **A.** Noting the disappearance of peaks in the 3200-3500 cm^{-1} region
- **B.** Noting the appearance of a peak in the 3200-3500 cm^{-1} region
- **C.** Noting the disappearance of peak in the 1580-1640 cm^{-1} region
- **D.** Noting the appearance of a peak in the 1700-1750 cm^{-1} region

◄ Previous | Mark | Review | Next ►

nextstepmcat.com

Close and Return

(c) Next Step Pre-Med LLC

Bryan Schnedeker
FULL LENGTH 1

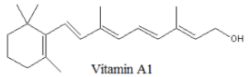
Passage 6 (Questions 31-34)

Terpenes have been found to be essential building blocks of complex hormones and molecules, pigments, sterols and even vitamins. Terpenes also play an incredibly important role by providing protection from bacteria and fungus. The basic structure of terpenes is repeating isoprene units $(C_5H_8)_n$ and they are grouped according to the number of repeating isoprene units.Monoterpenes contain 2 isoprene units; examples include menthol and pinene. Vitamin A_1, a diterpene, contains 4 isoprene units. Research has revealed the Isoprene Rule, which states: adjacent isoprene units in terpenes are linked preferentially between carbon atoms located at opposite ends of the isoprene structural subunit. Head-to-head and tail-to-tail connections are rare exceptions to this rule.

Key terms: terpenes, isoprene unit formula, mono/di terpene, isoprene rule

Contrast: the favored isoprene links are head-to-tail, though exceptions do occur

Cause and effect: repeated isoprene units can combine to form several biologically important molecules



Vitamin A1

Pinene

Cantharidin

Figure 1 Examples of monoterpenes and diterpenes

Figure 1 shows us that the various terpene molecules made up of repeating isoprene units

In human metabolism, β-Carotene A, a 40-Carbon terpene (Compound 1, Figure 2), is utilized as a precursor for the synthesis of vitamin A_1. Retinal (Figure 2) is a key intermediate in vitamin A_1 biosynthesis. The biosynthetic pathway by which retinal is synthesized *in vivo* from β-Carotene has been identified by using specifically ^{18}O labeled O_2 and ^{18}O labeled H_2O.

Periodic Table

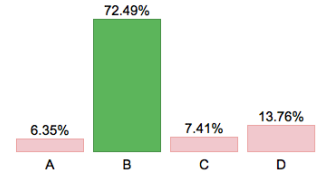
Question 34

A researcher seeks to monitor the conversion of retinal to retinol using infrared spectroscopy. Which of the following signals will indicate the reaction is complete?

- **A.** Noting the disappearance of peaks in the 3200-3500 cm^{-1} region
- **B.** Noting the appearance of a peak in the 3200-3500 cm^{-1} region
- **C.** Noting the disappearance of peak in the 1580-1640 cm^{-1} region
- **D.** Noting the appearance of a peak in the 1700-1750 cm^{-1} region

72.49% of students answered this question correctly.

Your answer was incorrect



Answer Explanation:

- Difficulty: 2 Medium
- Reasoning Skill: 2 Scientific Reasoning and Problem Solving
- Concept Category: 4D Light and Sound

B is correct. Retinol differs from retinal in that it contains -OH groups, but does not contain a carboxyl group (C=O). The carbonyl stretching frequency falls in the region 1700-1750 cm^{-1}, whereas the O-H stretching frequency is expected to fall in the region 3200-3500 cm^{-1}.

A: This would indicate a lack of OH groups, which is a characteristic of retinal, not retinol.

C: This peak is indicative of C=C groups, which both molecules have and cannot be used to determine when retinal has been converted.

◄◄ Previous Passage | ◄ Previous | Next Section ►►► | Next ► | Next Passage ►►

NextStep TEST PREP.com

Comprehensive Reporting and Analytics

Scaled Scores

Section	Scaled Score	Percentile
Chemical an Systems		
Critical Analy		
Biological an Systems		
Psychologica Behavior		
Total		

SULTS

Results by Reasoning Skills

Concept Category	Total Correct	Correct Percentage
1 Knowledge of Scientific Concepts and Principles	49	71.01% (49/69)
2 Scientific Reasoning and Problem Solving	39	68.42% (39/57)
3 Reasoning About the Design and Execution of Research	23	69.7% (23/33)
4 Data-based and Statistical Reasoning	10	55.56% (10/18)
5 Foundations of Comprehension	12	75% (12/16)
6 Reasoning within the Text	14	60.87% (14/23)
7 Reasoning Beyond the Text	9	64.29% (9/14)

Results by Section

Chemical

Correct:

Critical Ar

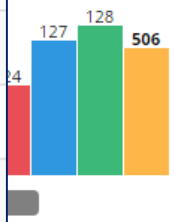
Correct:

Biological

Correct:

Psycholog

Correct:



Results by Concept Category

Concept Category	Total Correct	Correct Percentage
1A Amino Acids and Proteins	4	57.14% (4/7)
1B Molecular Genetics	9	81.82% (9/11)
1C Classical Genetics	9	69.23% (9/13)
1D Metabolism	3	37.5% (3/8)
2A Cell Biology	1	100% (1/1)
2B Microbiology	4	80% (4/5)
2C Reproduction	3	60% (3/5)
3A Nerve and Endocrine	4	50% (4/8)
3B Organ Systems	1	100% (1/1)
4A Kinematics and Force	5	50% (5/10)

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Resources from Next Step Test Prep

Our Tutoring: http://nextsteptestprep.com/mcat/

Our Class: http://nextsteptestprep.com/mcat/mcat-class/

Free MCAT Exam: http://nextsteptestprep.com/freemcat/

Our MCAT Books: http://nextsteptestprep.com/mcat-book-store/

Our Premed Webinars (public office hours): http://nextsteptestprep.com/premed-webinars/

Resources from Accepted.com

Resource	URL
The A-Z of Applying to Postbac Programs	http://reports.accepted.com/post-bac-programs
Postbac Admissions 101	http://www.accepted.com/medical/post-bac
The Unbelievable Story of an Orthopedic Surgeon	http://blog.accepted.com/the-unbelievable-story-of-an-orthopedic-surgeon/
Is Retaking the MCAT a Good Idea?	http://blog.accepted.com/2015/12/06/mcat-retake/
Accepted: Explore our Med Services	http://www.accepted.com/medical/services/amcas-secondary-phd-package
Navigate the Med School Maze	http://reports.accepted.com/medical/get-in-to-medical-school
7 Med School Acceptances: The Early Bird's Story	http://blog.accepted.com/7-med-school-acceptances-the-early-birds-story/
Admissions Straight Talk Podcast	http://blog.accepted.com/listen-med/