



Muslim Medical Association of Canada



Medical School Admission: A Practical Guide

2020 Edition

وَمَنْ أَحْيَاهَا فَكَأَنَّمَا أَحْيَا النَّاسَ جَمِيعًا

And whoever saves [a life], it is as if he has saved all
of humanity [5:32]



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INTRODUCTION

Disclaimer: The following document is meant to serve as a guide for students hoping to enter medical school. Although we have tried to create a comprehensive guide containing admission requirements, this document is not official and is not endorsed by any of the following medical schools, so it is important to conduct your own research. Further, this guide is meant specifically for Canadian students, so the requirements may not hold true for other countries. Lastly, keep in mind that advice provided by applicants are personal and are coming from their point of view, so they may not be the most representative views coming from their colleagues. All university logos, badges and emblems are copyrighted and belong to their respective universities.

All praise is due to Allah, the Creator, the Source of Guidance, and the Source of Knowledge. He is the one who brings the living from the dead and brings death to the living, and to Him is our return. May His blessings and peace be upon the best of human beings, the one endowed with the most wisdom and the best of character, our Prophet Muhammad ibn Abdullah sallallahu alaihi wa sallam.

The knowledge of medicine has impacted the human race in very profound ways over the previous century. It is the very reason why the world population has increased to the greatest heights ever recorded in human history!

In our religion, the pursuit of medicine is considered one of the noblest sciences:

1. The Prophet SAW himself medically treated others¹, requested treatment for himself², and also advocated it to the Bedouins amongst the sahaabah³. Imam Dhahabi (d.748h) declared, “Medical treatment is a sunnah because the Prophet SAW himself did it and ordered that it should be done”.
2. One of the goals of the Shari’ah of Islam, next to the preservation of deen, is the preservation of nafs, or life. So, imagine the reward a physician can get if they were to

give their patient another chance to use their health in the worship of Allah.

3. Imam Shafi’ee (d. 204h) was heard to have said, “I do not know of any knowledge, after the knowledge of halaal and haraam, nobler than medicine”⁴, and great scholars such as Al-Nawawi (d. 676h) and Al-Ghazaali (d. 505h) even considered the knowledge of medicine to be an obligation for the community, a fard kifaayah.
4. The Prophet SAW mentioned that the reward of visiting the sick is that 70 thousand angels pray for you. Though there is discussion on this hadith’s authenticity⁵, the reality is that treating a sick person is more noble than merely visiting them, so imagine the reward of that specific doctor!

What this means for you and me is that the study of medicine is a rewarding act of worship. Over the last two centuries and specifically with the creation of the Canadian Medical Association (CMA) in 1867, the field has evolved into a sophisticated profession, with Canadian students having the opportunity to learn evidence-based medicine from world-class universities. The expectations of applicants have also increased in the recent past, clearly indicating that a high academic performance alone is not sufficient to enter medical school in Canada.

The medical school application process may seem arbitrary and confusing to many students, and while there is certainly an element of uncertainty that influences the final outcome, the fact is that a systematic approach greatly increases the chances of success, bi’ithnillah. Such an approach requires an understanding of all the elements that make up an attractive candidate for medical schools; ultimately, one needs to stand out in a sea of similar applications.



We have developed this document as a resource for students interested in pursuing medicine. It is important to realize that this document alone will not replace the need to do independent research. There are numerous resources available, through the internet or various university-based groups. But for the sake of supplementing all of that information, and to provide some useful tips about specific medical schools, we have compiled this handout.

One note on managing priorities: right after the Prophet SAW spoke to the importance of medical treatment to the Bedouins, he was asked by them, "O Messenger of Allah, what is the best thing that a person may be given?" He replied "Good manners"⁶. Think to yourself: how will your talent, your leadership and your character benefit your brothers and sisters, and all of mankind? How will it make the world a better place? Develop a sincere intention before you decide on medicine, pray istikharah, and continuously reflect: why medicine?

References

1. Sahih Muslim, 2207. The prophet SAW had to re-sort cauterization for Ubayy ibn Ka'b on the day of Ahzaab, though he normally discouraged its use (Sahih Muslim 2205)
2. Sahih Muslim, 1202. The prophet SAW treated himself for decongestion
3. Ibn Maajah, Vol. 4, Book 31, Hadith 3436. Sahih
4. Al-Tibb min al-Kitaab wa'l-Sunnah – written by Abd al-Latif al-Baghdadi
5. Jami'at-Tirmidhi 969
6. Ibn Maajah, Vol. 4, Book 31, Hadith 3436. Sahih

What we hope to achieve with this document is being able to provide pre-med students an insight into the admissions and interview process. For this reason, we have created university profiles for just about each

medical school in Canada, from east coast to west coast!

The information is derived from a combination of OMSAS, as well as the specific schools themselves. It also includes information and advice from successful applicants to these schools.

Please ensure you supplement this document by reading the requirements for each school found on their websites.

Should you, or someone you know be able to provide additional information on any of the schools provided, or any school that is not presented in this section, please contact us. With your help and cooperation, we hope to continually update and present current information on an annual basis.

Sincerely,
MMAC University Representative Body

REMEMBER TO BE STRONG!

The whole process of entering medical school can be a test of your tawakkul, or dependency on Allah SWT. Do your ultimate best and leave the rest to Him. Be confident that He will do the best for you!

"The Messenger of Allah SAW) said: ... Strive for that which will benefit you, seek the help of Allah, and do not feel helpless. If anything befalls you, do not say, "if only I had done such and such" (things would have proceeded differently) rather say "Qaddara Allahu wa ma sha'a fa'ala (Allah has decreed and whatever he wills, He does)."

Sunan Ibn Majah
English reference: Vol. 1, Book 1,
Hadith 79
Arabic reference : Book 1, Hadith 83

MARKS, VOLUNTEERING AND RESEARCH

MARKS! MARKS! MARKS!

Medical schools care about marks – it’s no myth. Every school has their own criteria for calculating GPA. Some schools don’t even have a GPA, just a percent of average marks. The OMSAS (Ontario Medical School Application Service) has a list of all schools in Ontario and their grade conversions:

<https://www.ouac.on.ca/guide/omsas-conversion-table/>

Ultimately, it does not really matter which university you go to or what degree you complete – so long as you satisfy/exceed the grade requirements for each school. It is best to focus first and foremost on getting good marks THEN consider what degree you are getting.

Highschool

If you are in high school, it is important that you develop the study skills necessary to succeed in university.

Achieving the same, or better grades in university than you had in high school is VERY difficult (though nothing is impossible). So be diligent and work hard to get A’s in high school. If you’re having difficulty and need help, ask your teachers, elders or members of the community. There are always people with the know-how and experience to help you academically!

Does an aim of going into medical school mean that you only focus on courses like biology and chemistry? Not at all! You can do writer’s craft, computer science, or advanced French! What’s important, regardless of the courses you take, is that you establish work habits that will help you in university.

Graduate School

Medical schools view grad students differently than undergraduate students. They are more mature and often have more life experience. As a result, their GPA cut-offs are usually lower than those for undergraduate students. However, each school treats graduate students and their marks differently, so be informed and look up what each school looks for specifically!

BE UNIQUE

Everyone needs to sell themselves when it comes time to apply to medical school. You need to think about how you are unique and how you can contribute not only to the medical schools you are applying to, but also the medical profession as a whole. Sciences are a good way to start, but don’t limit yourself to this. Many people do sciences, so being a science student alone doesn’t necessarily set you apart from others. The best combination is finding two fields whereby you can maintain your science prerequisites, get good grades, and be diverse! So, what are some of the options available in doing this?

One of many examples would be in studying economics. Economics is becoming increasingly important in the healthcare sector, and physicians need to be aware of the costs related to their practice. Health economics is a booming field and few physicians have this combined knowledge base. A second example is the study of philosophy – bioethics is always a concern and is everchanging with our current technology and cloning. Anthropology is the study of civilizations and cultures. As you can see, everything can be used in the healthcare setting – you just need to think about what your interests are and how you can combine these interests with your core courses to sell yourself professionally.



DIVERSIFY YOURSELF

In addition to diversifying yourself academically, it's important that you maintain a balanced life and diversify yourself professionally as well. There are three main ways of doing so, and each is important in its own right. The key thing to remember is that without marks, these things mean very little.

Volunteering

Medicine is a profession founded on compassion, dedication and the giving of oneself. Medical schools want their students to exemplify these traits. The best way to do that is to give up your time and volunteer. Contact your local hospital, school, community centre and contribute to your community by volunteering!

Extra-curricular activities

Get involved in your school, sports and in student groups and governments! Obtain positions of leadership and develop these skills. Physicians act as leaders in the community and as such, medical schools seek the same in their applicants.

Research

There are two ways to go about finding research positions: cold canvassing or applying through formal programs.

Cold Canvassing

The trick to cold canvassing is do your research about the investigator's research. Your chances are higher with a few well written e-mails compared to many generic ones. Know what the lab/research team is interested in, what they have published and give some options as to where you can be of help.

Formal Research Programs

These typically run over the summer as paid or volunteer positions or during the year, through thesis projects or work-study programs.

Alberta/University of Calgary

- 1) Alberta Innovates Summer Research Studentships
<https://research.ucalgary.ca/students/alberta-innovates-summer-research-studentships>
- 2) Calgary Laboratory Services Summer Research Studentships
<https://www.calgarylabservices.com/education-research/laboratory-research/summer-studentships/cls-undergraduate.aspx>

Hamilton/McMaster

- 1) Undergraduate Student Research Awards
<https://experiential-ed.mcmaster.ca/students/grants-awards/undergraduate-student-research-awards>
- 2) McMaster Work Study – students must demonstrate financial need and only some positions are research-based
<https://registrar.mcmaster.ca/financial-aid/work-program/>

Manitoba/University of Manitoba

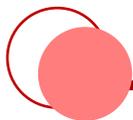
- 1) Undergraduate Research Opportunities
<http://www.sci.umanitoba.ca/undergraduate-students/undergraduate-research-opportunities/>

Montreal/McGill

- 1) Research Opportunities for Science Students
<https://www.mcgill.ca/caps/sci-prof>
- 2) Schull Yang International Experience Awards
<https://www.mcgill.ca/science/research/ours/schull-yang-awards>

Greater Toronto Area / UofT

- 1) Keenan Summer Research – paid/volunteer
<http://stmichaelshospitalresearch.ca/future-students-trainees/summer-student-krss-program/>
- 2) Sick Kids Summer Research Program
<http://www.sickkids.ca/Research/StudentandFellowResources/RTC/Training-Programs/Summer-Research-Program/>



- 3) Summer Undergraduate Research Program (SURP) at UofT
<https://ims.utoronto.ca/programs/summer-undergraduate/>
- 4) Summer Research program at Lunenfeld-Tanenbaum Research Institute (LTRI)
<http://research.lunenfeld.ca/rtc/DEFAULT.ASP?page=Summer%20Research%20Program>
Highschool research internships also available at LTRI (Mount Sinai Hospital)
<https://scihigh.ca/students/internships/>
- 5) Sunnybrook Research Institute Summer Student Research Program
<https://sunnybrook.ca/research/content/?page=sri-ed-summ-uni>
For high school students: Sunnybrook's Focused Ultrasound High School Summer Research Program
<https://sunnybrook.ca/research/content/?page=sri-ed-summ-ultra>

Kingston/Queen's

- 1) SWEP (Summer Work Experience Program)
<http://careers.queensu.ca/faculty-staff/hire-student/summer-work-experience-program-sweep>
- 2) Undergraduate Student Summer Research Fellowships
<http://www.queensu.ca/urs/undergraduate-student-summer-research-fellowships-ussrf>
- 3) Queen's Work Study –
<https://www.queensu.ca/studentawards/financial-aid/queens-financial-aid/work-study-program>

Location non-specific research awards

- 1) Hannah Summer Studentship – for project in medical history
<https://cshm-schm.ca/students-etudiants/undergraduate/>
- 2) NSERC Undergraduate Student Research Awards
http://www.nserc-crsng.gc.ca/index_eng.asp
- 3) Canadian Institute of Health Research (CIHR) Summer Studentships – check in Dec/Jan
<http://www.cihr-irsc.gc.ca/e/805.html>

UNIQUE PRE-MED PROGRAMS

Med-P

Med-P is a one-year preparatory program exclusively for immediate graduates of the Quebec Collegial (CEGEP) system applying to the 4 Quebec med schools. Students in Med-P take courses in molecular biology, physiology, cell biology and anatomy (For McGill students only: a choice of courses in Humanities and Social Sciences are offered with other McGill undergraduate students).

Requirements for McGill: After acceptance into the program, you are expected to maintain a GPA of 3.5 and no grade less than B in order to gain entry into the MD CM program at McGill. For competitive admission, it is important to maintain a good CRC (cote de redement collégial). The CRC is an R-score - a statistic that compares your academic standing with others. McGill states that accepted applicants generally have a CRC of 34 or higher. This fact does NOT exclude those with CRCs lower than 34 from applying and for acceptance. Every school has their own GPA to maintain.

For more info on UdeM's med-p year: <https://admission.umontreal.ca/programme-s/annee-preparatoire-au-doctorat-en-medecine/>

QuARMS

The Queen's University Accelerated Route to Medical School (QuARMS) Program offers ten high school students across Canada the opportunity to participate in an enhanced two-year undergrad that results in direct entry to the Queen's MD program. To be considered, students must be nominated by their high school for the chancellor scholarship. Students are not required to write an MCAT and must achieve a GPA of 3.5 during their undergrad to enter the MD program.

Read more:
<https://meds.queensu.ca/academics/quarms>

ADMISSIONS TESTS: MCAT and CASPer

MCAT

The Medical College Admission Test (MCAT) is a computer-based standardized exam used by all Ontario medical schools with the exception of the University of Ottawa and the Northern Ontario School of Medicine. The exam consists of four sections: Biological Sciences, Chemical and Physical Sciences, Verbal reasoning and an essay component.

Most students write this exam at the end of 2nd year, so that they may be eligible to apply in 3rd year of university. You can re-write the MCAT, but each school has its own system of looking at rewrites. Most schools will simply take the score from your most recent exam. There are a number of courses out there that will help prepare you for this exam. These courses are good for providing good study material for the MCAT but may not be so useful in their lessons. The key is to know what kind of learner you are and whether you'll benefit from in-class teaching or not, as well as having access to good study material.

To know more about some of these courses, see the following sites:

<http://www.princetonreview.com/medical/mcat-test-prep>

<http://www.kaptest.com/mcat/mcat-home>

Each year that you apply, you must contact American Association of Medical Colleges (AAMC) and request that scores be released to the specific schools (or OMSAS for Ontario). OMSAS does not keep scores on file from previous applications. The Ontario medical schools require full disclosure of all MCAT score results. Indicate your AAMC ID number (an eight-digit number assigned to you by AAMC) and your most recent test date. If you are writing for the first time in the summer before your application, you may not have received your AAMC ID number at the time of application. If this is the case, please ensure that you provide OMSAS with this number as soon as you receive it

Applicants who have written the summer before applying MCAT must wait until after their scores are made available before requesting their release to OMSAS. Applicants will not be penalized in the event that MCAT scores are released after the expected October release date; however, applicants must release their scores as soon as they are made available. The medical schools reserve the right to disqualify an applicant based on non-receipt of MCAT scores. For more about the MCAT: <https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/prepare-mcat-exam/>

Note: The medical schools are aware that you may not have received the results of the September writings of the MCAT prior to the October OMSAS application deadline. Fees will not be refunded for choices dropped because your MCAT results did not meet the school's eligibility requirements

CASPer

CASPer (Computer-Based Assessment for Sampling Personal Characteristics) is a 90-minute web-based situational judgement test (SJT) designed to assess personal and professional characteristics. The actual testing is 60 minutes long with 12 stations each lasting 5 minutes. There is an optional 15-minute break and exit interview. CASPer is an assessment of non-cognitive skills, such as professionalism, communication, ethics, empathy, and motivation. This is used to help medical schools assess applicants' personal and professional characteristics. Each section is graded by a different person. Raters are instructed to ignore spelling, grammar and syntax and focus on the content of the answer. The applicant is not informed of their CASPer results as they are sent to schools directly. CASPer is used by McMaster, the University of Ottawa, McGill, Dalhousie and the University of Alberta

More info: <https://takecasper.com/>

WRITING AN APPLICATION

So, you worked your way to a good GPA and your MCAT scores are great alhamdulillah! You've also worked on some valuable extracurricular activities over the years so you feel quite confident about it. Many applicants may incorrectly assume that there is nothing else stopping them from entering medical school. But keep in mind, execution may be just as important as preparation. Preparing for medical school through your GPA, MCAT and ECs is not enough. You must know how to present yourself.

This begins through the application system. It is important to take a look through all the separate application systems to get an idea of what is required. Do so at least two months before submission. And while you will find some will require essays, others just a CV or sketch, and others a summarized version of the sketch, it is important that you use your words succinctly and carefully to describe yourself. Let's see a case example.

Ali has worked at a food bank which he himself has created in response to needs in his community. He wants to describe his leadership and ongoing management of the food bank program. He has 200 characters (with spaces) to do so. In terms of a title and description, he starts off with:

Food bank supervisor: Volunteered at a mosque to first create a food bank, and then overlook the work done by volunteers. Volunteers hand over food to the needy of the community. This has helped the poor of the city. (194 characters)

Good thing: Ali got the main details of his founding and management included. Bad thing: very unclear. What work goes into a food bank? What do the volunteers do? Without these details, an admissions

supervisor won't be convinced of Ali's hard work. This is his second revision:

Food bank founder: Founded a food bank at the local mosque and currently managing volunteers who ration and hand out food packages to the needy. This has immensely helped the poor from the Kingston community. (189 characters)

You'll notice right away that the verbs are being used carefully. Choosing verbs carefully can really strengthen your description so it's important to use them to your advantage. At this point, there is still room for improvement and Ali has one more trick up his sleeve: the STAR method. It proceeds by listing the Situation, Task,

Manager of a local food bank: Addressed the ongoing hunger problem in Kingston by founding a food bank with the local mosque's help and leading a team of 7 to ration and serve food packs. The bank currently serves 200 recipients. (199 characters)

Action and Result to provide a formulated, clear description of the activity done. Here is Ali's third revision:

Address, found, lead, and serve: these are all action verbs that are being used meaningfully in the last example. The STAR sequence is also being used meaningfully as the action (leading a team of 7) and result (serving of food to 200 recipients) is more tangible and understandable. Through the careful use of verbs and the STAR technique, Ali just upped his application game. GG, Ali!

Useful links

- Action verbs - <http://career.opcd.wfu.edu/files/2011/05/Action-Verbs-forResumes.pdf>

- The STAR method - <http://www.depauw.edu/files/resources/starmethod.pdf>

OMSAS: DEADLINES AND APPLICATION COMPONENTS

OMSAS

For Ontario schools, all applications are made through OMSAS (Ontario Medical Schools Application Service). Some elements of the application are common to all schools and hence only one copy is required which is distributed by OMSAS to the respective schools. The following rough deadlines are based on information from the OMSAS 2018-2019 application booklet.

Dates/Deadlines

September

- Create an application
- Credit card is the only payment method available but if an application must pay by an alternative method, this is the deadline to pay for an application by cheque
- Requests for references should be sent to referees

October

- Deadline to submit an application **(no exceptions are made, this is a strict deadline)**
- Deadline for OMSAS to receive transcripts and academic documents
- Deadline for OMSAS to receive references
- Deadline for OMSAS to receive all payments

November

- Deadline for OMSAS to receive MCAT scores
Note: It takes 2 business days for OMSAS to receive MCAT scores after they are released, so requests should be made 2 days before the deadline

May

- First round of offers of admission are sent out

June

- Final transcripts must be received by OMSAS

Autobiographic Sketch

The Autobiographic Sketch is a comprehensive list of all the pertinent activities you have participated in since age 16 (this includes activities performed while in high school). Activities are organized into the following categories:

F: Formal education (name of institution, dates, program, degree);

E: Employment;

V: Volunteer Activities;

X: Extracurricular Activities;

A: Awards and Accomplishments;

R: Research; and

O: Other

Be sure to include experiences, both structured and non-structured, that demonstrate an ability to determine needs in one's community and a willingness to play a part in filling those needs. For instance, volunteer work is often perceived as only those activities that are coordinated by some organization. However, there are many forms of volunteer work. For instance, if you come from a farming community and you helped to run the farm of a neighbour for a period of time when your neighbour was sick, this would be considered volunteer activity. However, ensure that you have a contact for each of the activities that you list.

To help you provide full information in the autobiographic sketch, it is recommended that you:



- a) consider and record (separate from the application) ALL activities since age 16; and
- b) complete the application by arranging these activities into the categories listed above. Please provide the information in point form. Do not forward supplementary pages, letters of recommendation, curriculum vitae, etc. OMSAS collects this information on behalf of the medical schools. OMSAS (the online application) will arrange the sketch in the order required by the medical schools. Please contact the medical schools for further information regarding the contents of the autobiographic sketch.

Verifiers

If you are applying to the Northern Ontario School of Medicine, the University of Ottawa and/or the University of Toronto, provide contact information for someone who can verify your involvement for each activity mentioned in your Autobiographic Sketch. The verifier list should not contain the description of the activity. It should contain the person's title, first and last name, address, telephone number and any additional comments. To associate a verifier with an activity, cite a number (in brackets) beside each activity, then enter the contact information for the appropriate verifier beside the cited number on the verifiers list. You may use the same verifier for multiple activities. The medical schools reserve the right to confirm the information provided in these sections by consulting the individuals you have listed as verifiers.

References

Confidential Assessment Forms

OMSAS is prepared to receive Confidential Assessment Forms before your application. The Confidential Assessment Forms must be forwarded to your referees, who should, in turn, forward the completed forms directly to OMSAS. Referees should

attach a separate letter, printed on their usual stationery, elaborating on information provided on the assessment form.

The medical schools will not be able to give the applicant full consideration without this additional information. Assessments must be completed in confidence by the referee and should not be made available to the applicant.

Applicants are expected to choose appropriate referees to complete the Confidential Assessment Forms. Referees should have extensive personal knowledge of the applicant and be in a position to reasonably make statements concerning the applicant's character, personal qualities and academic capabilities. It is recognized that referees may not be in a position to evaluate all of the characteristics requested; however, applicants should ensure that, in choosing their three referees, the subject areas are covered. At least one referee should be a non-academic/character referee. OMSAS cannot advise you in selecting referees. Only three Confidential Assessment Forms may be used by each applicant. If OMSAS receives more than three assessments or additional letters of reference, they will not be forwarded to the medical schools. The submission of a University Pre-medical Advisory Report (provided by some schools in the United States) will be accepted but does not replace the use of the three Confidential Assessment Forms.

Confidential Assessment (Referee) Forms are printed from OMSAS before you "Submit" your application and before an OUAC/OMSAS Application Reference Number is assigned to you. Therefore, the pre-printed number on these forms will be your OMSAS account User ID (IT#) rather than your reference number. OMSAS will use the User-ID number to link the Assessment forms to your application.

Nida Taher
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Program Information

Length of Program: 4 years
2019/2020 *New Admissions Into Year One*: 80



2019/2020 First-year Tuition:	Canadian Residents:	\$10,250
	International Students:	\$30,000
	Compulsory Fees:	\$1,300

Important Dates/Deadlines (for entry August 2020)

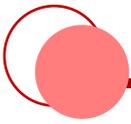
- July 3, 2019 – CaRMS Online Admission Application Service Opens
- September 7, 2019 – Last date to write the MCAT
- September 11, 2019 – Application deadline (**note: application will not be considered if documents are received at CaRMS after Sept 11**)
- October 10, 2019 – Deadline for applicants who wrote the MCAT after August 7 to release scores to Memorial University via CaRMS
- September 12 - October 15, 2019 – Admissions Committee reviews applications and offers interviews to successful applicants
- October 16-30, 2019 – Applicants who are not selected for an interview are informed
- November 2, 2019 – Interviews are conducted for invited applicants. AM and PM sessions. **Government issued photo ID required.**
- March 2020 – Notification of Newfoundland and Labrador competition
- April 2020 – Notification of New Brunswick and Prince Edward Island competitions
- May 2020 – Notification of the other Canadian Provinces and International Competitions
- May 2020 – August 2020 – Unsuccessful applicants may meet with Assistant Dean for Admissions or Admissions Officer to discuss reapplying

Selection Factors

- Of the 80 positions available for first-year:
 - 60 for residents of Newfoundland and Labrador (3 reserved for Aboriginal Students)
 - 10 for residents of New Brunswick
 - 4 for residents of Prince Edward Island
 - 6 for the rest of the provinces in Canada and Non-Canadian.

Academic Requirements

- A Bachelor's degree is required at the time of admission (with some exceptions made)
- Complete a minimum of 60-credit hours
- Note: Repeat courses are not recommended. If a student fails a course and successfully repeats it, both grades are considered



- 6 credit hours of English (translates to two English courses)
- MCAT: Required and recommended to be written in the past 5 years. No minimum score required.
 - Average MCAT Score in the past of 127/section
 - All MCAT
- GPA: No minimum GPA required.
 - Average GPA in the past of 3.7 (3.85 in 2017/2018)

Non-Academic Requirements

- Two reference letters, at least one academic reference is preferred
- Autobiographical sketch/essay. Three prompts:
 - Write an autobiographical sketch about who you are, how you spend your time and why. (3000 characters)
 - Why do you wish to become a physician? (1000 characters)
 - What do you expect from your day to day life as a physician? (1000 characters)
- Section on the application that asks about work experience and extracurricular activities
 - Examples: volunteer work, health-related activities, community involvement, sports activities, musical activities and any other activities/information that you find relevant/pertinent

What makes the school stand out? What type of applicants tend to do best?

- There is no real “type” of applicant for MUN. It honestly depends on the competition for that year. One year a 3.7 GPA could land you a spot at MUN, another year it may not even land you a spot on the wait list

Useful Links

- Application preparation page (with link to the application site):
<http://www.med.mun.ca/Admissions/Application-Preparation.aspx>
- Important dates: <http://www.med.mun.ca/Admissions/Important-Dates.aspx>
- Admission FAQs: <http://www.med.mun.ca/Admissions/FAQ-s.aspx>

Advice from Successful Applicants

- Your best chance of getting into MUN Med is if you are a Newfoundland resident. There is very tough competition to get a spot at MUN as an out-of-province or International student. However, I would recommend applying to MUN regardless of what province you are from. MUN picks its students based on the competition that year. So, if you didn't get an interview invite, or did not get accepted one year, do not hesitate from applying the next year! You never know which year will be your year!

Program Information



Length of Program: 4 years

2019/2020 *New Admissions Into Year One*: 109

2019/2020 First-year Tuition:	Canadian Residents:	\$21,408
	Visa Students:	\$32,391
	Compulsory Fees:	\$1,592

Campus Locations: Two campuses – St. John’s campus and Halifax campus

Important Dates/Deadlines (for entry August 2020)

- June 15 – Online application becomes available
- July 31 – Section 1 of online application is due (must be submitted before receiving Section 2)
- July 31 – Transcript Submission
- August 10 – Last date to write the MCAT for scores to be eligible for 2019-2020 cycle
- August 20th and 25th – CASPer test dates (must register online in advance)
- September 3 – Section 2 (Supplemental application and essay) due
- September 3 – Application processing fee must be paid (online, by phone or in person with a credit card)
- October – Interview invites are sent out
- March – Decision letters are distributed via email

Selection Factors

- Of the 109 positions available for first-year:
 - 99 for Maritime residents (Nova Scotia, New Brunswick, Prince Edward Island)
 - 9 for non-Maritime residents
 - 1 for an Aboriginal student
- International students are ineligible to apply (except those with supernumerary foreign contracts)
- Any Maritime resident that meets the minimum academic requirements (MCAT, GPA, CASPer) will be offered an interview

Academic Requirements

- A four-year degree in any discipline from any accredited university (candidates with three-year degrees are occasionally admitted but a four-year degree is preferred)
- MCAT: Required and recommended to be written in the past 4 years
 - Maritime residents: Min score of 499 required (and a minimum score of 124 in each section)
 - Non-maritime residents: Min score of 503 required (and a minimum score of 124 in each section)



- GPA
 - Maritime residents: Min GPA of 3.3/4.0 required
 - Non-maritime residents: Min GPA of 3.7/4.0 required
- CASPer is required (go to www.takeCASPer.com to sign up; you must have a Dalhousie banner ID to do so, which is assigned once you have submitted section 1 of the application)
- No prerequisite courses; full-course load of five full classes (30 credit hours) in each of the two most senior years of your undergraduate degree (this requirement is exempt in exceptional circumstances)

Non-Academic Requirements

- Supplemental information form describing extracurricular activities
- 1500-word Personal essay

What makes the school standout? What type of applicants tend to do best?

- Early clinical exposure in rural and urban settings
- Faculty members and residents from Dalhousie play a key role in providing patient care
- Research in Medicine project ensures students get early exposure to research
- Applicants that typically get in are from the Maritimes. Furthermore, applicants with connections to the Maritimes are more likely to be given interviews. 30% of admission is based on the supplemental essay; therefore focus on articulating why you are well suited for medicine and your connection to the Maritimes. Once interviews are given, your entry will be mainly a result of your performance during the MMIs because 40% of your entry will be based on this.

Useful Links

- Application Preparation Tips prepared by Dalhousie:
<https://cdn.dal.ca/content/dam/dalhousie/pdf/faculty/medicine/departments/core-units/admissions/Tips%20for%20applying.pdf>
- More about admissions: <https://medicine.dal.ca/departments/core-units/admissions/about.html>

Advice from Successful Applicants

- Get to know what the Maritimes has to offer so that you can incorporate this into your answers. As well, read up on some of the unique components of the program at Dalhousie (e.g. rural week, RIM)
- Make sure you get plenty of practise before going through the MMIs. They are the heaviest component of your application and there are plenty of free resources out there!
- Make sure that your personal statement is genuine and gives a sense of who you are as a person. You want to make sure that it is coherent, and that it flows well. Get your statement reviewed by many people who you trust that will give critical feedback.

Nour Meryem Seulami
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Program Information (MD-CM program)



Length of Program: 4 years (5 for Med-P)

2019/2020 *New Admissions Into Year One*: 179 (71 Med-P)

2019/2020 First-year Tuition:	Quebec Residents:	\$7,780.38
	Non- Quebec Residents:	\$19,112.19
	Visa Students:	\$45,834.88

Campus Location: Montreal, Quebec (integrated clerkship option in Gatineau for Year 3, in French)

Important Dates/Deadlines

- For university applicants:
 - November 1st before **9pm** – Application deadline (**for entry August 2020**)
- For immediate graduates of the Quebec Collegial (CEGEP) system
 - March 1st – Application deadline for the Med-P program (**for entry August 2021**)

Selection Factors

University Applicants

- Of the 179 positions available for first-year:
 - 2 for visa students
 - 10 for Canadian citizens/permanent residents residing outside of Quebec
 - Up to 2 positions for the joint Medicine and Oral and Maxillofacial Surgery (MD-OMFS) program
 - Remaining 165 positions for Quebec residents
 - An additional 4 positions available for First Nations and Inuit applicants who are residents of Quebec (max quota distributed among four Quebec faculties of medicine)

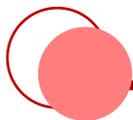
CEGEP Applicants

- 71 positions were available in 2018 for immediate graduates of the Quebec Collegial (CEGEP) system that have completed a DEC in science

Academic Requirements

University Applicants

- A four-year bachelor degree (120 credits) is required at time of admission OR a 90-credit program from a Quebec university where the applicant obtained a diploma of college studies (DEC) in a pre-university program
- MCAT: Required from all applicants who hold undergraduate degrees from non-Canadian universities
 - Overall scores in 80th percentile or greater are considered competitive



- GPA
 - Cumulative grade point average (CGPA) of at least 3.5 on a 4.0 scale is considered to be within the competitive range.
 - Average in 2017/2018 was 3.73 and average CGPA invited to interview was 3.89
- Courses
 - Two options to fulfill the science pre-requisite requirements
 - OPTION A: 7 introductory basic science courses (min 21 hours) with labs
 - 2 Biology courses
 - 2 Introductory chemistry courses
 - 1 Introductory organic chemistry courses
 - 2 Introductory physics courses
 - Option B: 4 Recommended University-Level Sciences (This is for students who have completed courses in Option A but wish to improve their GPA)
 - Mammalian physiology
 - Organic chemistry
 - Molecular biology
 - Cell biology and metabolism
 - One semester with laboratory work in organic chemistry
 - Courses in physiology, biochemistry, cellular and molecular biology are *recommended* but not required.
 - Pass/fail grades are not acceptable
 - Note: 8 year expiry date of pre-requisite science courses has been removed
 - Prerequisite courses in progress must be completed and grades submitted by January 15.

CEGEP Applicants

- The DEC must be completed in 3 years or less and the student must have enrolled in a minimum of 6 courses (13.33 credits) per semester (except those in a Sport-études program).
- Possible programs:
 - Science;
 - Combined science program (200.11, 200.12, 200.13, 200.15, 200.16);
 - Science + International Baccalaureate (200.10);
 - Arts & Science (700.A0).
- The following courses need to be successfully completed:
 - Biology: NYA (00UK), General Biology II (00XU);
 - Chemistry: NYA (00UL), NYB (00UM), Organic Chemistry I (00XV);
 - Mathematics: NYA (00UN), NYB (00UP);
 - Physics: NYA (00UR), NYB (00US), NYC (00UT).
 - There are requirement exceptions for students in programs such as *Sciences, Lettres et Arts (700.A0)*, and *IB-DEC (200.10)*. Please visit McGill's website with the requirements for further information:



<https://mcgill.ca/medadmissions/applying/requirements-edu/med-p-requirements>

Non-Academic Requirements

- Structured curriculum vitae (template provided on the McGill website)
- All applicants to the Faculty of Medicine's MDCM and Med-P programs are required to complete an online assessment (CASPer) test prior to their application deadline. Completion of CASPer is mandatory in order to maintain admission eligibility.
 - Visit McGill's website to find the date of the last possible CASPer test date accepted before the application deadline.
 - The CASPer test is an individual online test that assesses for non-academic competencies and interpersonal characteristics such as professionalism, communication, collaboration, ethics and empathy.
 - The test is comprised of 12 video or text-based scenarios. Following each scenario, you are asked to answer a set of 3 probing questions within a total of 5 minutes; each response is graded by a different rater.
 - Visit McGill's website for more information on the CASPer test:
<https://mcgill.ca/medadmissions/applying/elements/casper>

What makes the school stand out? What type of applicants tend to do best?

- McGill is Canada's first medical school with an exceptional reputation internationally. There are a number of renowned physicians that will be teaching you everything from anatomy to clinical medicine. A number of research opportunities exists for students in every discipline imaginable. McGill has many extracurricular activities including a strong global health and global surgery program for those interested in international health.
- Compared to other medical universities in the same province, McGill is the only with an anatomy prosection program. It is a great opportunity for students to learn anatomy, especially the musculo-skeletal aspect of the body.
- McGill wants candidates that not only excel academically but that also are very well rounded with a strong passion for the field of medicine. Historically, applicants that wrote an honest and genuine essay of the reasons they are interested in medicine used to be successful. Their experiences in their essay demonstrated their passion for serving others and their devotion to being a future physician. Now, the essay has been replaced with the CASPer test mentioned in the above section. The same qualities are tested, but there is less time to go through each thought. Regardless, it could be useful to look at the CANMED roles to get an idea of what generally medical schools are looking for.
- For the CV, McGill tends to favour research experience, even though it is not required. They also like students that have been involved in projects for some time, as it demonstrates dedication. These projects can range from starting your own volunteering initiative to being involved in a sport team for consecutive years.
- The people who test well on the CASPer have two things in common. First, they are able to type fast, as it can be difficult to answer thoughtfully each of the 3 questions per scenario in less than 5 minutes. Second, they have thought of in advance of personal experiences that have helped them become a better candidate today. Whether it is how you handled a bad customer at work or how you resolved a conflict with a friend/coworker, keeping these memories fresh on your mind can help you answer each question faster.

Informations sur le programme

Durée des études: 5 ans (y compris l'année préparatoire) ou 4 ans

2019/2020 Étudiants *admis à la première année*: 295

2019/2020 Droits de scolarité (1 ^{er} année):	Résidents du Québec:	\$3,601
	Résidents non-Québécois:	\$11,193
	Droits obligatoires:	\$1,165
	Étudiants internationaux :	\$27,548

Sites: Deux sites – Montréal et Mauricie

Dates importantes

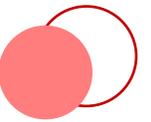
- 1er novembre – Ouverture des candidatures en ligne
- 1er janvier - Date limite de candidature pour les candidats hors Québec
- 15 janvier – Date limite de candidature pour les candidats qui ont fait des études universitaires
- 1er mars - Date limite de candidature pour les candidats avec un diplôme de cégep
- Fin avril - Entrevues MMI pour les résidents du Québec
- Début juin - Entrevues pour les DIM
- Mi-mai - Offres d'admission
- Fin août - Les cours commencent

Données de sélection

- Voici les données concernant l'admission en 2018/2019
 - 281 résidents québécois
 - 3 résidents québécois ayant complété un doctorat de médecine à l'extérieur du Canada ou des États-Unis (IMG)
 - 3 résidents du Nouveau-Brunswick
 - 2 étudiants internationales
 - 2 résidents canadiens non-Québécois
- Admissions additionnelles
 - Jusqu'à 4 positions additionnelles pour les résidents québécois autochtones ou inuits
 - 2 positions additionnelles pour les forces canadiennes
- Tous les candidats doivent présenter une demande d'admission pour l'année préparatoire du programme MD et c'est le comité d'admissions qui décide si le candidat se qualifie pour l'année préparatoire ou s'il débute le programme MD directement

Les exigences académiques

- Les pondérations
 - Première étape: Cote R – 100 % (présélection)
 - Deuxième étape : Cote R : 40 % MEM : 50 % TECT : 10 % (Nouveauté)



- Pour être considéré à l'année préparatoire (qui est nécessaire pour tous les étudiants du cégeps, les étudiants internationale ou les étudiants universitaires ayant complétés des études qui ne sont pas équivalent à l'année préparatoire)
 - Deux ans d'études collégiales en sciences, arts et littérature ou en sciences de la nature avec les cours suivants
 - OOXU (Biologie)
 - OOXC (Chimie)
 - OU
 - Ayant complété d'autres études collégiales ou universitaires avec les cours suivants
 - Biologie 301 et 401 et 2 autres cours de biologie humaine
 - Chimie 101, 201 and 202
 - Mathématiques 103 and 203
 - Physiques 101, 201 and 301
- Pour être considéré au programme MD de 4 ans
 - Le candidat doit détenir un baccalauréat obtenu au Québec dans un programme considérés équivalent à l'année préparatoire
- GPA/CRU
 - Le GPA/CRU calculés par l'UDEM est variable puisque c'est selon le nombre de crédits universitaire et l'indice de force du programme d'étude
- Le test d'évaluation des compétences transversales (TECT/CASPer) est requis

Critères non-académiques

- Les entrevues MEM sont gérées conjointement par les trois facultés de médecine francophones du Québec (Université Laval, Université de Montréal et Université de Sherbrooke), par l'intermédiaire du comité central de gestion des MEMFI (mini-entrevues francophones intégrées). Ainsi, si votre candidature est retenue lors de cette étape de sélection par au moins une de ces universités, vous serez invité aux MEM.

Qu'est-ce qui distingue le programme?

- L'approche APP (apprentissage par problèmes)
 - Cours en petits groupes avec un tuteur durant les deux années de la préclinique (Deux fois par semaine)
- Séances cliniques en milieu hospitalier (Une fois par semaine)
- Séances de simulation

Quels types de candidats ont des meilleures chances d'être acceptés?

- Ce sont les candidats avec un bon dossier académique et qui performant bien lors des entrevues qui sont acceptés. Il n'y a pas de CV ou de lettre personnelle à soumettre.
- Selon le cheminement
 - **Avec l'année préparatoire :**
 - Ce sont les étudiants provenant du cégep surtout et ceux ayant complété des études universitaires non connexes qui sont privilégiés.
 - Il y a des places très limités pour les étudiants en cours de baccalauréat.



- **Première année :**
 - Les étudiants ayant complété l'année préparatoire à l'Udem sont admis automatiquement.
 - Les étudiants ayant complété des études universitaires connexes sont éligibles.

Liens utiles:

- https://www.cegep-lanaudiere.qc.ca/sites/default/files/terrebonne/preparation_pour_ladmission_en_medecine.pdf

Avis de candidats retenus

- J'aime le fait que les cours se font par bloc dans le contexte des APPs. Cela te permet de réfléchir, émettre des hypothèses, demander des questions et d'apprendre des autres dans des petits groupes. De plus, les APPs me poussait à me préparer et à étudier pour les séances. Ainsi, je prenais moins de retard et j'apprenais une quantité raisonnable à chaque fois.
- Le fait d'aller dans les milieux hospitaliers de façon hebdomadaire me permettait de pratiquer en petit groupe dans un contexte moins stressant et de mettre en pratique ce que j'avais appris sur des vrais patients avec la supervision d'un tuteur.

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Program Information

Length of Program: 4 years

2019/2020 *New Admissions Into Year One*: 166

2019/2020 First-year Tuition:	Canadian Residents:	\$26,685.10
	Ancillary Fees:	\$1,223.28

Important Dates/Deadlines (for entry August 2020)

- Refer to OMSAS deadlines earlier in this document

Selection Factors

- Of the 166 positions for first year:
 - Up to 7 positions available to Indigenous students
 - Up to 4 positions to students in the MD/PhD program
 - Additional 8 positions available through the Consortium national health training
 - 2 above-quota positions available through Military Medical Training Program
- Foreign students are ineligible to apply

Academic Requirements

- Three years full-time university studies leading to a Bachelor's degree is required
- MCAT is not required
- CASPer is required
- Weighted GPA (wGPA)
 - wGPA calculates three most recent years of full-time undergraduate studies with most recent year being weighed more heavily
 - Min wGPA of 3.5 on 4.0 scale
 - wGPA in 2017/2018 was 3.94
- Pre-requisite courses (a minimum grade of B is required in all prerequisite courses)
 - One full year course in general biology (with lab)
 - One full year course in humanities/social science
 - Two full year courses in the any of the following: chemistries-general chemistry (with lab), organic chemistry (with lab) and/or biochemistry (with/without lab)

Non-Academic Requirements

- Detailed autobiographical sketch: only your **top three** items in each category will be considered and these must be activities partaken during your **post-secondary years**

What makes the school stand out? What type of applicants tend to do best?

- uOttawa is a great medical school that focuses on a combination of both didactic and small group learning (CBL). Typically, applicants with a high wGPA and well-rounded ABS tend to get interviews, and from there it is an even playing field. Also, applicants that



treat the interview as a conversation tend to do better (this only happens through practice). Practice, practice, and practice is the best way to ensure a successful interview.

Useful Links

- More about admissions: <https://med.uottawa.ca/undergraduate/admissions>

Advice from Successful Applicants (From previous year)

- The very first screen at Ottawa before anything else is looked at is ‘excellence of marks’, and excellence is subjective based on the wGPA of all applicants. Put simply albeit bluntly, your GPA has to be better than most other applicants to even have your application opened by the admissions committee.
- The ABS comes into play if you successfully meet the wGPA cut-off. It is important to be able to describe experiences in volunteering, extracurricular, employment, research. Remember, since Ottawa only looks at the top three in each category, I would advise that you focus on having quality and breadth of experience rather than quantity. At the same time, don’t forget (as many tend to do) that the ABS has six specific sections. If you spent your undergraduate years doing research as the stereotypical medical student is ‘expected’ to do, you would have five blank categories. The point is, develop yourself and participate in a variety of things, without overextending yourself and not really doing anything meaningful! Although this advice is shared with Ottawa’s requirements in mind, I’m sure it will be helpful no matter where you apply. Valuable experiences, rather than just resume/ABS fillers, will also make interviews much easier and more authentic.
- However, the importance of the ABS in the application process may change given that Ottawa will now require the completion of CASPer as well. It is hard to say how this will be incorporated in to the admissions process; given its history of consistent use at McMaster, I presume that CASPer will become a core aspect of application screening in Ottawa. With regards to preparing for CASPer – do prepare, despite what the official guides might tell you. Understand that CASPer is trying to assess your maturity, and how sophisticated your reasoning is in 60 seconds. Granted, these characteristics are hard to develop for the purposes of writing a test. However, you can keep certain things in mind that will provide good frames of reference when answering questions or pondering a dilemma. First, look up and understand Kohlberg’s stages of moral development on Wikipedia – your answers should reflect a thinking process that ascribes to universal ethical principles. Second, have a basic understanding of the principles medical ethics, although this will be of more use during the interview process. Read Canada’s own literary classic and national treasure (at least when it comes to applying for med school in Canada) “Doing Right” by Dr. Hebert. Finally, keep in mind that spelling and vocabulary don’t matter as long as you are comprehensible, and don’t accidentally swear at the evaluator. And on the day of the exam, make sure you have a very reliable connection that will allow all the videos to play.

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Program Information

Length of Program: 4 years

2019/2020 *New Admissions Into Year One*: 100



2019/2020 First-year Tuition:	Canadian Residents:	\$25,053.75
	International Students:	\$80,000.00
	Student Activity Fees:	\$1,650.00 (w/ opt-out options)

Important Dates/Deadlines (for entry August 2020)

- Refer to OMSAS deadlines earlier in this document

Selection Factors

- Of the 100 positions for first year
 - Up to 10 positions are reserved for students in the QuARMS program
 - Up to 4 positions available to Aboriginal students
- Additional positions
 - Up to 5 additional positions for international students
 - Up to 5 additional positions for Department of National Defence applicants

Academic Requirements

- A minimum of three years full-time university are required
- GPA
 - Applicants assessed based on a cumulative converted GPA of all years of undergraduate study, including summer and supplemental courses
 - For students who do not meet the GPA requirement, the most recent two full-time years of complete undergraduate studies will be considered
 - GPA cut-offs fluctuate annually and are not released
 - Past minimum grade point average levels, GPA is not considered in the admission process
 - MCAT is required and must have been written in the past five years
 - MCAT cut-offs are not announced
 - Beyond meeting the MCAT cut-off, students are not
 - CASPer is not required

Non-Academic Requirements

- Autobiographical sketch and 3 reference letters required
- Queen's Medicine asks applicants to emphasize experiences that include "particular interest in advisory work, community work, fine arts, health care, employment, literature, organization, teaching and travel."

What makes the school stand out? What type of applicants tend to do best?



- Queen's has a beautiful campus situated by the water, with state-of-the-art teaching facilities. The school is located near downtown and is very walkable.
- One of the highlights of Queen's Medicine is the small faculty to student ratio. For instance, there is a current ratio of 2 students to 1 faculty member in the second year clinical skills course. With a class size of 100 students, you also get to know your class members and work with them in many different groups.
- The Queen's admission process does not rely heavily on marks and MCAT scores – thus diversified experiences and strong reference letters are important

Useful Links

- More about admissions: <https://meds.queensu.ca/academics/undergraduate/prospective-students/academic-requirements>

Advice from Successful Applicants

- Not specific to Queen's, take part in activities that you are interested in, that offer you different experiences and that you can genuinely speak about. Gain a variety of experiences (e.g. research, sports, arts, travel, etc.) according to your interest and abilities and train yourself to learn from them and make the most of each one.
- Practice MMI cases to get used to the format and become comfortable and confident speaking for several minutes, but do not expect cases to be similar on the day of your interview. Become comfortable responding to the unexpected.
- Use the two minutes that you have to read the prompt wisely. Use this time to gather and organize your thoughts.
- Practice alone, with peers, as well as with faculty and other physicians if you get the opportunity: different people will be able to offer different perspectives. Record your responses when practicing so that you can review them and critique your approach. Encourage those giving you feedback to provide constructive and concrete feedback so that you can improve in practical ways. Don't be discouraged the first time you practice! The key is to practice, practice, practice!
- Keep up to date on current events in health care and beyond; try to familiarize yourself with issues in the field and be able to talk about them.
- Attend seminars, lectures and community talks on various topics to enrich your background and use this as an opportunity to talk with field experts who can give you insight and broaden your perspectives.
- Seek assistance from your university's career centre - they often have excellent tips and can assist you in preparing your essays and practicing for your interview.

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Program Information

Length of Program: 4 years
2019/2020 *New Admissions Into Year One*: 259



2019/2020 First-year Tuition:	Domestic Students:	\$25,660.00
	International Students:	\$78,670.00
	Incidental Fees:	\$1,751.90

Campuses: Two campuses – St. George campus in downtown, Toronto and Mississauga Campus in Mississauga

Important Dates/Deadlines (for entry August 2020)

- Refer to OMSAS deadlines earlier in this document

Selection Factors

- Of the 259 positions
 - 250 at St. George Campus; 54 at Mississauga Campus
 - At the St. George Campus, students will be assigned to one of three academy sites: FitzGerald, Peters-Boyd and Wightman-Berris Academies
- Grad students may be assessed in a separate process; they must submit an Academic CV showing research productivity as well as an additional reference letter from their supervisor evaluating their performance and stating expected date of degree completion
 - Grad students may be considered with a lower than minimum GPA required

Academic Requirements

- A minimum of three years full-time university (equivalent of 15 full-course-equivalents) are required
- Min GPA of 3.6 required (average accepted GPA is ~3.95)
 - GPA is weighted if you have a full course load; if applying after completing third year, lowest three grades overall are dropped from GPA calculation; if applying after completing fourth year, lowest 4 grades overall
- MCAT required and must be written within five years of application deadline
 - Only the most recent MCAT is considered
 - Minimum score of 125 in each section is required
- Pre-requisite courses
 - Two-full course equivalents in life sciences
 - One full-course equivalent in social science or humanities or language



Non-Academic Requirements

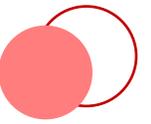
- Three letters of reference
- Four short essay questions (~250 words each)
- Three autobiographical sketches where you explain and expand on the extracurriculars listed in your application

What makes the school stand out?

- Anatomy labs: U of T has retained its proud tradition of full cadaver dissections for learning anatomy. This is the best way to learn anatomy, especially if you are interested in surgery - you get to see, feel, and explore the human body. Perhaps more importantly, it is a unique opportunity to take care of your “first patient”. These are people who donate their body to people they will never know (you) - and so are likely the most vulnerable person who has ever put themselves in your care. It is an honor to have this responsibility and a humbling learning experience.
- Different styles of teaching: U of T is shedding its reputation as a traditionally didactic school by diversifying into other modes of learning, guided by extensive feedback from current students. We have lectures, case-based learning, online self-learning modules, anatomy labs, and workshops to enhance our learning. The pre-clerkship curriculum and assessment methods have been re-designed and underwent a drastic change starting in 2016.
- Opportunities for research: U of T is a leading hub of research in Canada and worldwide (the University Health Network is Canada’s top research hospital). Students are surrounded by researchers and are free to set up research opportunities as and when they wish - researchers are often happy to incorporate medical students into their teams. There are also formalized programs for research, through the CREMS program (Comprehensive Research Experience for Medical Students). You can do summer CREMS (lasting 1 summer), longitudinal CREMS (lasting the first two years including both summers), or international CREMS (1 summer overseas). Students are also free to setup their own research opportunities in areas of their interest.
- Hospitals: U of T is affiliated with several hospitals in Toronto, some of which are the biggest in the country, including Toronto General Hospital, St. Michael’s, Sunnybrook, SickKids, Princess Margaret, etc. You will be exposed to clinical cases, diagnoses, and research that might be rare elsewhere in the country, reflective of a large and diverse patient population. Your years of training in clinical medicine are exactly when you want this kind of exposure!
- The city: Toronto is one of the best cities in the world to live in. It’s culturally diverse, energetic, and a really fun place to spend four years. It has everything from tall skyscrapers to beautiful parks and endless entertainment and food options.

What type of applicants tend to do best?

- A high GPA and involvement in the community or in extracurricular activities is a must. Here is a link showing the average GPA of incoming classes: <http://applymd.utoronto.ca/admission-stats> (keeping in mind that this reflects wGPA). The MCAT has historically been used as a flag.
- Your volunteer and extracurricular experiences help to show the type of person you are, what skills you have, your growth over the years, what you have learned, and how you have contributed to your community. Frame your experiences in the ABS, essays, and interviews in this manner - focus on how your experiences helped you grow and become the person that you are today. Highlight the unique qualities and traits you’ve developed through your life experiences that you bring to the faculty, and to medicine.



Useful Links

- Admissions website: <http://applymd.utoronto.ca/>
- Application Guide Webcast: an excellent resource which outlines what UofT is looking for at each stage of the application process
https://www.kaltura.com/index.php/extwidget/preview/partner_id/1499521/uiconf_id/16244741/entry_id/1_iiyz5lm2/embed/auto?&flashvars%5BstreamerType%5D=auto

Advice from Successful Applicants

- Once you've been offered an interview – throw out any doubts about where you stand compared to others. It carries no value and will not help you
- Toronto does a holistic review of applicants – where the faculty is interested in not only your academic achievements, but also your life experiences. Own your identity and don't be shy from sharing unique lessons you have learned from your personal experiences. This can include lessons from grassroots community engagement, something you learned chasing a passion of yours, or from overcoming a struggle in your life
- Bottom line: be authentic. You get one chance to show who you are, and it's better to be yourself than to try and be someone you think they are looking for!
- Work hard in preparing for the interview – use all resources you have available on hand. Know your essays and your application. I personally believe the best interview prep is meaningful and deep reflection on your application, experiences that have helped you grow and mature, and practice articulating these things
- Reach out and prepare with medical students who have been through the interview recently
- At the end of the day, work hard and place your trust in Allah SWT!

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Program Information

Length of Program: 3 years

2019/2020 *New Admissions Into Year One*: 203 (Starting in 2019, first-year students will begin on August 12)

2019/2020 First-year Tuition:	Canadian Residents:	\$28,893.73
	International Students:	\$95,971.55

Campus Locations: Hamilton, Kitchener-Waterloo, Niagara

Important Dates/Deadlines (for entry August 2020)

- Refer to OMSAS deadlines earlier in this document

Selection Factors

- Of the 203 positions for first year
 - 147 positions in Hamilton campus; 28 positions in Waterloo Regional Campus and 28 positions in the Niagara Regional Campus
 - All applicants invited to the MMI will be asked to rank their site choices or indicate no preference
- Formulaic Approach to determine interview invitation:
 - 32% UG GPA, 32% MCAT CARS, 32% CASPer and up to 4% Grad Degree)
- For advancement to full file review/offer of admission
 - 70% MMI, 15% GPA, 15% MCAT CARS

Academic Requirements

- Three years full-time university studies (30 semester credits) is required, in any field.
- MCAT is required
 - Only the CARS (Critical Analysis and Reasoning Skills) score is required
 - Minimum of 123 on CARS required
- CASPer is required
- GPA
 - Minimum acceptable is 3.00 on a 4.00 OMSAS scale
 - Mean GPA accepted in 2018 was 3.84

Non-Academic Requirements

- 3 letters of reference are required (although reference letters are not included in the formulaic approach, it is hypothesized that they are used for flagging candidates rather than in support of a candidate's acceptance)



What makes the school stand out? What type of applicants tend to do best?

- McMaster has a relatively unstructured program built upon self-directed learning. Students are expected to be independent learners that will fulfill the objectives of the program without a great deal of oversight. This is a very efficient system for those that prefer studying alone without lectures and are comfortable seeking out educational opportunities for themselves. It is not a good system for those that prefer lectures and would like a structured guide for how their years in medical school will unfold. Many students dislike the lack of structure in the program, but it is also a great opportunity to become more self-reliant.
- It is difficult to say which applicants tend to do best because the class is so diverse. A large portion of the application process is devoted to CASPer and the MMI, so it is highly variable as to who will be accepted. All you can do is to work hard for the grades in school and to expose yourself to as wide a variety of life experiences as possible so that when you come into the CASPer and MMI, you can provide well balanced responses to difficult questions.

Useful Links

- More about admissions: <https://mdprogram.mcmaster.ca/>

Advice from Successful Applicants (From previous year)

- Relax. The application process can be very stressful, and that stress is counter-productive. The CASPer and MMI are dependent upon how well you communicate under pressure, so the best advice I can give is to keep yourself as calm as possible. This is easier said than done, but keep yourself from dwelling upon your application. Prepare as best you can, and once you have done your best, forget about the application. This will make your life much happier.
- Start your application early. You don't want to be scrambling in September to track down all your referees while balancing your workload. This will improve your application and decrease stress.
- The key to a good response on the CASPer or MMI is not in having the right answer; it is in having the right approach to answering a question. Whenever answering a question, think about all the different factors that come into play. How would you approach this problem from the level of the individual? What about from the broader societal level? What are the short-term and long-term factors to take into consideration? Any response to a question that provides a well-reasoned, balanced argument showcasing the many different sides to an argument will be a successful response.
- Remember that you are being judged by your future colleagues. We want to work with lively, humorous, kind people.

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Program Information

Length of Program: 4 years
2019/2020 *New Admissions Into Year One*: 171

2019/2020 First-year Tuition: Canadian Residents: \$25,456.42



Important Dates/Deadlines (for entry August 2020)

- Refer to OMSAS deadlines earlier in this document
- Interviews in March and April

Selection Factors

- Of the 171 positions in first-year
 - 133 positions are in London and 38 at the Windsor campus
 - Up to 5 positions available to Aboriginal students
 - Up to 3 positions for applicants in the MD/PhD stream
 - Up to 1 position available to applicants in the oral maxillofacial surgery program

Academic Requirements

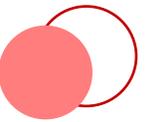
- Applicants must have completed or be in the final year of a program leading to a 4-year undergraduate degree at a recognized university and expect to have obtained their degree by the end of the academic year in which the application is made
- MCAT is required
 - MCAT cut offs based on applicant pool, psych not looked at (last year was 380 cutoff, the year before that was 383)
- CASPer is not required
- GPA: minimum acceptable GPA is 3.7 on a 4.0 scale in EACH of your best 2 years
- Must have at least 5 full courses in the year for it to count (aka 10 classes in a year, 6 must be at your year level)
- 1 (2 in a 10 class year) full pass/fail class is allowed in each year
- No prerequisite courses

Non-Academic Requirements

- Autobiographic sketch essays IS required (8 entries for 4 different categories, leadership, advocacy, diversity, and self-learning/ research)

What makes the school stand out? What type of applicants tend to do best?

- Western really does care about the student. A lot is invested by administration to ensure that students have the best medical undergraduate education and experience. The curriculum is moulded by student input so that future student are taught in a more understandable way.



- Western has a Windsor campus allowing students to choose where they would like to learn. Though the campuses are separate Western does a great job of making the students on each campus feel connected. During lectures London and Windsor students are video conferenced in.
- Western has many extracurricular programs such as Discovery Week. Students here get to shadow a family physician in different places in Southwestern Ontario. Furthermore Schulich has many different clubs that make one's medical school experience even more exciting.
- As long as you reach the minimum GPA and MCAT requirement for your application cycle you will be given an interview. The minimum MCAT score at Western was increased in the 2013-2014 cycle and has been the same since; however this does not mean that it will remain the same. The character sketch is not looked at by the admissions committee at WesternU. WesternU requires confidential assessment forms for admission.

Useful Links

- More about admissions:
https://www.schulich.uwo.ca/med_dent_admissions/medicine/index.html

Advice from Successful Applicants (From previous year)

- Western has some of the most unique admissions requirements of all schools, prioritizing a high GPA and a high MCAT during the application process while not considering the autobiographical sketch at all (though your extracurriculars will be used as a selling point during the interview; more on that later). Although Western only considers two best years of your GPA, you will need to make sure that 60% of your course load is from that year or higher (see above). There are several people who can get a high MCAT and meet the minimum GPA, but because their coursework doesn't accord to Western's requirements, they can't apply! Make sure you take account of this early on!
- Getting an interview is half the battle. If you meet the minimums you are part way there. The rest of the battle is the interview. Do many practice/mock interviews before your interview date. Make sure you do these mocks with people you are not comfortable with, this way it will feel more real. Furthermore, have a list of questions that you go through and answer them to yourself often. I made mind maps of classic medical school questions. They were valuable because I was able to draw on them for many different questions. I also had many different examples of things I've done to use for questions and I mentioned them when relevant. Don't use examples just to show off; they need to be relevant.

NORTHERN ONTARIO SCHOOL OF MEDICINE

To contact students currently at NOSM, email networking@muslimeds.ca

Program Information

Length of Program: 4 years

2019/2020 *New Admissions Into Year One*: 64 (36 Laurentian Campus
28 Lakehead Campus)

2019/2020 First-year Tuition:	Laurentian Campus:	\$24,380.34
	Lakehead Campus:	\$24,173.90



Campuses: Two – Laurentian and Lakehead

Important Dates/Deadlines (for entry August 2020)

- Refer to OMSAS deadlines earlier in this document
- December 1 – deadline for confidential assessment forms/references to be submitted
- Interviews in March and April
- Offers of admission sent via email on the second Tuesday of May (unsuccessful applicants also emailed on this date)

Selection Factors

- Applicants are assigned a context score based on how their profile matches the demographics of the population of Northern Ontario, which includes Indigenous/Francophone and Franco-Ontarian students. The algorithm for calculation of the context score is not disclosed but is based on the following:
 - Rural background (based on number of years lived in a rural community in Canada)
 - Northern background based on years lived in Northern Ontario or another Canadian northern region
 - Self-identified Francophone applicants or Indigenous applicants who apply through the NOSM Indigenous stream.

Academic Requirements

- A 4-year undergraduate degree from a recognized institution in any discipline. No preference given to a particular degree over another.
 - Mature applicants (>25) may apply with a 3-year degree
 - If transfer credits are applied to your degree, a minimum of 10 full course, or 20 half course credits is required
- Applicants with majors in science must complete at least 2 full course equivalents in arts, social sciences or humanities
- Applicants with majors in arts, social sciences or humanities, must complete 2 full course equivalents in science
- Minimum 3.0 GPA on a 4.0 scale



- Applicants who have a graduate degree will receive an additional 0.2 if they meet the minimum GPA after initial GPA calculation
- NOSM accepts students who completed their degrees on a full-time basis, part-time basis or a combination of both.
- MCAT is not required. CASPer is not required.

Non-Academic Requirements

- ABS is required and verifiers are required
- 4 supplementary essay questions
 - Please describe how you have developed resilience and coping mechanisms. How will you utilize these skills to support yourself during your medical training in making informed and rational decisions when faced with difficult circumstances?
 - Please describe an experience you have had interacting with individuals from backgrounds different from yours. How would this experience translate to working within a health care environment and/or with patients?
 - What types of feedback do you prefer to enhance your learning in and outside of academic environments? Why?
 - NOSM's Social Accountability mandate is to improve the health of the people and the communities of Northern Ontario. Describe how you plan to embody this mandate as a medical student and future physician, and how this has factored into your decision to apply to NOSM
- Context scores
- Three references are required
 - At least one reference has to be an academic reference
 - It is recommended that at least one is a member for the community or from a community organization

What makes the school stand out? What type of applicants tend to do best?

- The school has a heavy focus on rural medicine and just about all students admitted to the school come from rural backgrounds
- Very small class size (36/28)
- It is one of the few medical schools that was established specifically to tackle the physician distribution problem in Canada, with peer-reviewed articles showing the positive effect this has created in rural communities
- Across the region, NOSM learners (medical students, residents, and learners from other health disciplines such as rehabilitation sciences, dietetics, and physician assistants), are gaining relevant clinical experience under the guidance of health professionals in community hospitals, clinics, and family practices. The School brings together over 70 community partners, over 1000 clinical, human, and medical sciences stipendiary faculty, and more than 200 employees.

Useful Links

- More about admissions: <https://www.nosm.ca/education/md-program/admissions/admission-requirements/>

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Program Information

Length of Program: 4 years

2019/2020 *New Admissions Into Year One*: 110

2019/2020 First-year Tuition:	Canadian Residents:	\$9,360
	Compulsory Fees:	\$1,509

Important Dates/Deadlines

- Early September – Last eligible MCAT sitting
- October 1 – First deadline to submit completed application and application fee
- Mid – Late October – Last eligible CASPer sitting
- November 1 – Deadline for receipt of official transcripts, deadline for all remaining documentation including MCAT scores
- November 1 – Eligible Canadian Indigenous Applicant pool applicants will be notified to complete and return their autobiographical essay
- Early November – Deadline for Canadian Indigenous Applicant pool applicants to submit referee contact information with invitation to interview
- Mid November – Deadline to receive CASPer scores
- Early January – Offers of interview sent via e-mail
- Early January – Autobiographical essays due for applicants to Canadian Indigenous Applicant pool
- Early January – Deadline for Manitoba and Out of Province Pool applicants to submit referee contact information with invitation to interview
- Early February – Deadline for Referees of the Manitoba and Out of Province applicants to submit reference letters
- February and March – MMI interviews and Canadian Indigenous Applicant Panel Interviews
- Mid May – Decisions of admission will be posted
- June 30 – Deadline of submission of final official transcripts and other admission documentation

Selection Factors

- Approximately 95% of students selected are from Manitoba
- Applicants must be a Canadian citizen/permanent resident at time of application (international visa students not accepted)
- 4 streams of applicants
 - Manitoba Applicant Pool: Priority is given to residents of Manitoba who are Canadian citizens or permanent residents regardless of where they completed their undergraduate studies



- To be classified as a Manitoba applicant, you must have either graduated from a high school in Manitoba, completed a degree from a university in Manitoba, completed a minimum of two consecutive full time studies at a university in Manitoba while physically residing in Manitoba or been a resident in the Province of Manitoba for two years following high school graduation
- Applicants who are residents of the Territories are considered equivalent to a Manitoba resident
- Bilingual Stream
 - For native French speakers or those who completed either their secondary or post-secondary education in French
 - Must also meet the criteria for the Manitoba Applicant Pool
- Canadian Indigenous Applicant
 - For applicants from all provinces or territories with documentation to support their Indigenous ancestry (ex. Status or Treaty card, Metis membership card, Nunavut Trust Certificate card, roll number etc.)
- Out of Province Applicant Pool
 - 5% of the class will be out of province, recommended to not apply if your AGPA is lower than 3.94 or if your MCAT 2015 is lower than 515

Academic Requirements

- Applicants must have completed or be in the final year of a program leading to a 4-year undergraduate degree at a recognized university
- MCAT is required
 - For the old MCAT, the minimums required include 7 in VR, PS and BS and a minimum of M on the WS (if applicable). An operative MCAT score will be calculated using this information (see Applicant Information Bulletin from links below). The school discourages out-of-province applicants with an operative MCAT score of lower than 10.75 to apply.
 - For the new MCAT, numerical minimums have not been set, but it is required to score at the 50th percentile or greater in each of the four sections to be considered eligible.
- AGPA: Adjusted Grade Point Average of 3.30 or higher on a 4.5 scale calculated based on all courses taken at the undergraduate level including spring/summer courses and grades from courses that have been repeated. This also includes IB/AP courses and transcripts must be submitted for these courses.
 - Applicants can request for elimination of their first program of study if there is a five-year gap between last registration and the beginning of registration in their second program of study
- Biochemistry Requirement – only required for candidates who wrote the MCAT prior to March 2015
 - Minimum of 6 credit hours in Biochemistry with a minimum grade of C in all courses
- Humanities/Social Science Requirement – only required for candidates who wrote the MCAT prior to March 2015 to meet MCAT requirements



- 18 credit hours in humanities/social sciences
- CASPer is now required as of admissions for 2019 and onwards

Non-Academic Requirements

- Reference letters
- Other positive attributes that aid an applicant include rural attributes and advanced academic attributes. These two attributes are used, in addition to AGPA and MCAT, to determine whether an applicant will be provided an interview. Rural attributes are determined using three domains:
 - Rural “roots”
 - Rural work experience, and
 - Rural volunteer or leadership experience
- Advanced academic attributes include:
 - PhD Canadian
 - Peer-reviewed publications, and
 - Academic appointments in a research or professorial stream

What makes the school stand out? What type of applicants tend to do best?

- The School of Medicine at the University Of Manitoba is well known for its clinical skills and reasoning program. By the end of first year students have practiced all of the major physical exams on standardized patients. Second year is more focused on pathology and so in addition to the didactic and problem-based learning students apply some of their pathology knowledge and physical exam skills on patients in the teaching hospitals and clinics around the city. The faculty boasts having one of the most intense and well developed Clerkship Program in the country.
- Successful applicants are mature and well-rounded. A strong applicant is one who has a high GPA(above 4.1/4.5) and high MCAT. That being said more important than the high GPA and the MCAT is ones communication skills.
- There is a heavy basis on interest in rural and indigenous health. The application will only ask about whether or not applicants are from a rural area or have done volunteer and leadership work in rural parts of Canada.
- Finally, successful applicants are persistent and determined. Most applicants have applied two or three times and they have worked on growing and developing with every application round. Beautiful patience.

Useful Links

- Applicant Info Bulletin: https://umanitoba.ca/student/admissions/media/medicine_bulletin.pdf
- Dates/deadlines: http://umanitoba.ca/faculties/health_sciences/medicine/admissions/8820.html

To contact students currently at the University of Saskatchewan, email networking@muslimmeds.ca

Program Information



Length of Program: 4 years

2019/2020 *New Admissions Into Year One*: 100

2019/2020 First-year Tuition:	Canadian Residents:	\$17,998
	Quebec Residents:	\$17,998
	Compulsory Fees:	\$947

Campuses: Saskatoon (main campus) and Regina (satellite site at the Regina General Hospital)

Important Dates/Deadlines (for entry August 2020)

- October 1 at 4:00 pm: Application deadline (Late submissions not accepted)
- October 15 – 25: MCAT scores must be released ONLY within this time frame (must re-release if you released before October 15)
- November 1 – Deadline to submit DSAAP supplemental questionnaire and required documentation
- Early February: Interview offers sent out
- March 20-21: MMI Interviews
- Mid-May: Decisions sent out

Selection Factors

- Of the 100 positions in first year
 - 95 for Saskatchewan resident applicants
 - 10 for self-identified Aboriginal applicants
 - 6 for Saskatchewan residents eligible to be considered through the Diversity and Social Accountability Admissions Program (DSAAP)
 - 5 for out-of-province resident applicants
- Applicants must be a Canadian citizen or Permanent Resident

Academic Requirements

- MCAT
 - Only most recent MCAT considered and must be written prior to October 1
 - MCAT scores are reviewed annually and then a minimum overall MCAT score is set for the current cycle. In the 2018-2019 admission cycle, the Committee removed applicants if their total MCAT score was less than the 24th percentile
 - In 2018-2019, the Admission Committee also set the following cut-offs for the different categories of the MCAT: BBFL >29; CARS >23; CPBS >12; PSBB >19
- 4-year baccalaureate degree awarded prior to entering medicine. Applicants can apply in their final year of their 4-year program or after completing it.
 - Saskatchewan Residents: Minimum acceptable university academic average (UAA) is 75%



- Out-of-Province Residents: Minimum acceptable UAA is 85%
- No pre-requisite courses
 - Up to 24 credit units of pass/fail grading is allowed
- CASPer not required

Non-Academic Requirements

- Proof of Residency (for Saskatchewan resident applicants)
 - A Saskatchewan resident is someone who has physically resided in Saskatchewan for the three years preceding August 1 of the year they seek admission
- Diverse and Social Accountability Admissions Program (DSAAP) questionnaire
 - Based on responses, applicants who are unsuccessful in receiving a regular seat could be considered for a DSAAP seat
- The names of three references who have supervise you either as a research supervisor, employer or in a volunteer role (references are used to rule out red-flagged applicants and are not ranked competitively)

Useful Links

- Application guide: <https://admissions.usask.ca/documents/medicine-application-guide.pdf>

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UNIVERSITY OF
CALGARY

Program Information

Length of Program: 3 years

2019/2020 *New Admissions Into Year One*: 157

2019/2020 First-year Tuition:	Canadian Residents:	\$15,012
	Fees:	\$1,724
	Foreign-students:	\$131,329

Important Dates/Deadlines (for entry August 2020)

- July 1: New Application cycle opens
- August 25: Last eligible MCAT sitting date
- October 1st: Deadline to release MCAT scores, submit on-line application and submit transcripts to the University of Calgary
 - MCAT scores must be released online through AAMC, will not happen automatically
- Early February: MMI interview invitations sent out
- Early and Mid March: Interviews take place
- Early May: Admission decisions sent to all applicants via e-mail
- Late May: Deadline to respond to initial offers of admission. First waitlist offers sent out
- June 15: Final transcripts must be received

Selection Factors

- 85% of first-year positions in 2018/2019 were filled by residents of Alberta

Academic Requirements

- Two years of full-time university/college are required
- GPA requirements
 - Residents of Alberta: 3.2 on 4.0 scale
 - Residents outside Alberta: 3.8 on 4.0 scale
- MCAT is required
 - Non-Albertan applicants must have a minimum CARS score of 128 to be eligible to apply
- No pre-requisite courses

Non-Academic Requirements

- Names and contact information of three referees
- Employment History
- Publications (including oral and poster presentations so long as the abstract has been published in conference proceedings)
- Awards



- Top 10 experiences required
 - Applicants are given the opportunity to identify up to 10 activities or experiences they feel are sufficiently important as to define them as an individual

What makes the school stand out? What type of applicants tend to do best?

- This is a 3-year accelerated MD program. Therefore, it's a little bit faster paced and you don't get as long of a break as compared to the other schools. Application scoring is based on 20% calculated GPA, 10% MCAT, 10% Global/ Subjective Assessment, and 60% Non-Cognitive Attributes (Top 10 experiences). Therefore, if you don't necessarily possess a high GPA (>3.8), you can still be a very competitive applicant at UofC based on your Top 10 experiences. Final ranking is 50% Pre-MMI and 50% MMI scores. Average age of successful applicants is 26, and a significant number of applicants have graduate and other professional degrees.

Useful Links

- University of Calgary Admission site: <https://ucan.ucalgary.ca/Security/Login.aspx?ReturnUrl=%2fdefault.aspx>
- The University of Calgary has produced their own comprehensive guide: https://www.ucalgary.ca/mdprogram/files/mdprogram/applicant-manual-2018-2019-final_june21.pdf
- University of Calgary MD Program Blog: <http://mdadmissions.ucalgaryblogs.ca/>

Advice from Successful Applicants

- The presentation of CanMed roles in your experiences can make you stand out as a very strong candidate. These include communication skills, interpersonal skills and collaboration, maturity and insight, commitment to communities and advocacy on behalf of others, intellectual curiosity and research, and management and leadership skills. The top 10 experiences can include absolutely any activity if you find that it is significant for you. This is an excellent school for non-traditional applicants, and those with strong co-curricular records. There are no specific activities like research, international volunteering trips, sports involvement, or regular club involvements that are better than the other. It essentially comes to down to what you extracted from the experience: how it has allowed you to mature, what insight it has brought you towards the issue, how it has enhanced/helped avail your CanMed competencies, and how it will allow you to serve as a better physician.

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Program Information

Length of Program: 4 years
2019/2020 *New Admissions Into Year One*: 162

2019/2020 First-year Tuition:	Canadian Residents:	\$12,044.16
	Fees:	\$951

Important Dates/Deadlines (for entry August 2020)

- July 2: New Application cycle opens
- August 31: Last MCAT testing date
- October 1: Deadline for online application. Deadline for ALL document submission: 2 electronic reference letters, MCAT results, transcripts
- February 1: Updated transcripts must be received
- Early-Mid February: Interview invitations sent to UAlberta email accounts
- March 14-15: Interview weekend
- Early May: Notifications of Admission Decisions sent to UAlberta email accounts
- June 15: Deadline for final transcripts and proof of degree conferment

Selection Factors

- Of the 162 positions for first year
 - 5 positions reserved for Indigenous applicants
 - 10 positions available to rural applicants
 - At least 85% of year one positions are filled by residents of Alberta

Academic Requirements

- Must be registered in a baccalaureate degree program and obtain their degree prior to admission or have already completed their degree
- GPA requirements
 - Residents of Alberta: 3.3 on 4.0 scale
 - Residents outside Alberta: 3.5 on 4.0 scale
- MCAT is required
 - Albertan applicants: Minimum score of 124 in each category
 - Non-Albertan applicants must have a minimum CARS score of 128 and 124 in the other three categories
- No pre-requisite courses
- Graduate students are eligible to receive additional points toward their rank score
 - For those completing a Masters by coursework, a letter from your faculty confirming completion of coursework and approval for graduation is required
- CASPer is required



Non-Academic Requirements

- Personal activities section – A minimum of 1 and a maximum of 4 entries per subsection and you must provide contact information for someone who can confirm the details you have provided
 - Employment
 - Leadership Roles
 - Volunteer Work
 - Life Experiences and Achievements
 - Personal Highlights
- Two referees that will complete their reference letters in the form of standardized questions

What makes the school stand out? What type of applicants tend to do best?

- School is very responsive to the social issues of the local community and does a great job of incorporating these issues into the curriculum (refugee health, indigenous health, LGBTQ issues).

Useful Links

- University of Alberta Admission site:
<https://www.ualberta.ca/medicine/programs/md/applying/non-academic-requirements>

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Program Information

Length of Program: 4 years

2019/2020 *New Admissions Into Year One*: 288

2019/2020 First-year Tuition:	Canadian Residents:	\$18,472.69
	Mandatory Fees:	\$2,382.13

Important Dates/Deadlines (for entry August 2020)

- Mid June – Online application (OAS) opens
- August 1, noon – Early application deadline (including online application, application fees, all transcripts and proof of BC residency if required; does not include MCAT scores and WES evaluations)
- August 31, 2019 – latest accepted MCAT test date
- September 31, 2019 – Second and final deadline for submission of applications
- October 1, 2019 by 4pm – deadline for UBC to receive your MCAT scores (no exceptions made) and for receipt of WES or ICES evaluation
- Early December – Interview invitations will be sent to applicants via OAS
- Mid December – Deadline to book an interview
- Feb 1-2 and 8-9, 2020 – MMIs held at UBC campus
- Mid February – Supplemental application deadline (three reference letters, site preferences and graduate students must confirm that they will complete their graduate program by July 30, 2020)
- April 30, 2020 – All applicants must complete the minimum 90 credits and prerequisite course requirements
- May 2020 – Notification of admission decisions via OAS
- June 29, 2020 – Final transcript due
- July 30, 2020 – Graduate students must provide proof of completion of their program
- August 17, 2020 – Classes begin for class of 2024

Selection Factors

- Of the 288 positions in first-year
 - 192 at Vancouver Fraser Medical Program; 32 at the Island Medical Program (in Victoria); 32 at the Northern Medical Program (in Prince George); 32 at the Southern Medical Program (in Kelowna)
- A Rural/Remote Suitability tool is used to assign students to the Northern Medical Program, up to 10 seats at the Southern Medical Program and up to 2 seats at the Island Medical Program
- International students are not accepted
- Two rounds of deadlines – does not impact admission but allows you to choose your interview date a day earlier if you applied by the early deadline



- UBC provides students with their applicant scores. In the event that you are not accepted, you are able to use this score to learn where your shortcomings are and adjust yourself accordingly the next time you apply
- Selection for an interview is based on the sum of your AQ Score (your GPA) and your NAQ Score (your non-academic score). If you meet the cut off, you will receive an interview. Post-interview, your application is looked at in a “holistic” manner, and your AQ, NAQ, MCAT, interview, and references are all things that will be looked at.

Academic Requirements

- Minimum of 90 university transferable credits by time of entry is required (equivalent to 3 years of full-time undergraduate studies)
 - Applicants are not required to be full-time students but are asked to provide information about part-time terms on the application
- GPA (worth 50% of pre-interview score)
 - Min 75% for in-province students and 85% for out-of-province students
 - All courses between September 1st – August 31st of the previous year are used for the GPA calculation, including night classes and summer classes.
- MCAT is required
 - Minimum score of 124 in each section required
 - A higher score is better. The average recently has been around 514 for accepted students.
- CASPer is not required
- Prerequisite courses
 - Six credits of English are required
 - Prerequisite courses in sciences are no longer required. However, biology, biochemistry, chemistry and organic chemistry are strongly encouraged

Non-Academic Requirements (worth 50% of pre-interview score)

- Similar to the autobiographic sketch, students list all their activities on their OAS.
- On the volunteer section of the application there are multiple subsections that can be filled. This includes:
 - **3 entries for “Leadership”**
 - As stated on the UBC website: “Leadership is defined as the capacity 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, personal and professional development, and decision making.”
 - **3 entries for “Service Ethics”**
 - As stated on the UBC website: “These experiences exhibit involvement in activities that demonstrate participation for the benefit or welfare of others. Consideration is given not only to the length of time devoted to a particular activity, but also the overall continuity of commitment over time, level of involvement, types of roles and responsibilities held, whether activities are considered outside an applicant’s “comfort zone”, and demonstrated preparedness for a career in medicine...”



- **5 entries for “Capacity to Work with Others”**
 - As stated on the UBC website: “This category recognizes applicants’ abilities to work with groups which take them beyond their peers, friends, school and co-workers. Consideration is given to an applicant’s experience and knowledge gained from working with groups and individuals including, but not limited to, customer service teams, diverse age groups, cultures different from one’s own (immersion), socio-economic backgrounds other than one’s own, individuals with physical, cognitive or developmental disabilities, sexual orientation, etc.”
- **12 entries for “Diversity of Experience”**
 - As stated on the UBC website: “Active participation in events or activities leads to the accumulation of knowledge and skills. These experiences can be attained through, but are not limited to: travel, sports, cultural events, music/theatre/arts, etc. We recognize that hours for activities that fall into this category can often be hard to calculate. For total hours, please use a conservative estimate of the time you spent on the activity over the period listed.”
- **3 Possible entries for “High Performance”**
 - Occasionally, applicants have been or are involved in one or more activities at a level that exceeds what can be expected of a typical applicant. These individuals receive recognition in a provincial, national or international arena by way of an award, honour, ranking etc. If you have attained a high level of performance in an activity or received an exceptional level of recognition, please provide the details. You can list up to 3 entries in this section.

What makes the school stand out? What type of applicants tend to do best?

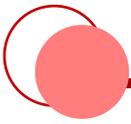
- 50% of your application score prior to the interview is based on your non-academic activities. That is a huge percentage, and it highlights the kind of well-rounded individual that UBC admissions staff is looking to have in their school. UBC is looking for students who are leaders in their communities, who take initiative and do meaningful activities that they participate in for a long period of time, and who are unique in their passions (are not cookie cutter applicants).
- Obviously if you are from BC, that’ll significantly help. ~90-95% of the class comes from this province.

Useful Links

- BC Admissions site: <https://mdprogram.med.ubc.ca/admissions/welcome-message/>
- Sample MMI questions: <http://my.science.ubc.ca/files/2014/01/Sample-Questions-2013-2014.pdf>

Advice from Successful Applicants

- Be honest and genuine in your application. It is not good to exaggerate any claims you make in your non-academic activities. Be clear and clarify any ambiguity that may arise in the way you have worded your role or time spent in a particular activity (there is extra space for this).



- DO THINGS THAT MATTER TO YOU!!! If you love swimming, create and lead a swimming club and do it with a passion. If you love Magic: The Gathering, develop a tournament and turn it into a fundraiser or something along those lines. Do things you care about, and use your passions to make an impact on the community. At best, you'll have fun in your undergrad while adding an activity on your application. At worst, it won't hinder you, but at least you would have had fun during undergrad!
- Make sure to start early. In the early years of your undergrad (or even high school) begin to volunteer in multiple organizations. Also start research work early if possible. Speak with one of your professors about joining their lab. Many times, they would be more than happy to have extra students help in the lab, and it is a great way to begin research.
- Although non-academics is 50% of the application for UBC, it is critical to have a competitive GPA. Volunteering and improving your NAQ score is something that is relatively manageable. However, trying to improve your GPA once you have a few bad grades can be an uphill battle. As such, I would suggest prioritizing your academic work, as it will also make you competitive across the country. UBC also takes off your lowest year of grades once you have a certain number of credits, so this is also something to take note of.
- Spend time writing your NAQ entries. There is very limited space so make sure you are able to make all of your key points. There should be an emphasis on what you actually did in each role and try to be specific.
- Work very hard to get a high MCAT score. The MCAT is used post-interview by UBC, and can really help make you a competitive applicant. Specifically, many schools are very interested in your CARS score. In fact, certain schools only really look at your CARS score so make sure this is one of your priorities when studying.
- UBC requires 3 letters of reference once you get an interview. Make sure that throughout undergrad and through volunteering that you build some strong connections. You are required to have at least 1 academic reference, so spend time to talk with some professors that you get along with. Strong letters of reference can be valuable and so it is important to choose them carefully.