



University of California  
San Francisco

School of  
Medicine

Medical Student  
Education

# Osher Mini Medical School

## How Do I Become A Doctor, Anyway?

Lee Jones, M.D. Associate Dean for Students

10/16/2017

# PRE-MED

- Before medical school, students complete **rigorous prerequisite courses** in biology, physics, English, and chemistry and take the Medical College Admission Test® (MCAT®).
- Many admissions officers use **holistic review, balancing applicants' experiences, attributes, and academics** to gauge how they might contribute as medical students and physicians.

# Medical School (4+ Years)

- Coursework—through **classroom, clinical, and community experiences**—covers **science, problem-solving and communication skills, prevention and care, and professionalism and medical ethics.**
- Schools regularly update curricula to include innovations in **health care and science, new health issues, population health, and emerging technologies.**
- Faculty on the cutting edge of **education, research, and clinical care [Service]** ensure training stays current.

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# The Match

- In their final year of medical school, students **choose a specialty** on the basis of personal interests, clinical experiences, and other factors and apply to residency programs.
- Most students are matched through the National Resident Matching Program (**NRMP**).
- On “**Match Day**” in March, students learn where they will complete their residency training.

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# Residency → Fellowship

- **Supervised, hands-on training that must be completed to be licensed and board certified** and to practice independently.
- Train as part of a patient care team alongside other health practitioners.
- Exposed to a variety of care settings, including community clinics; diverse patients and cases; and cutting-edge research and care.
- After completing their residencies, some residents choose to undertake a **fellowship**, which adds one to three years of study in a subspecialty area.

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# “Real Life”

- Physicians must **obtain licensure in the state in which they will practice** their chosen specialties.
- **Twenty-four specialty boards** establish criteria that physicians must meet to be certified.
- The rapid pace of change in medicine makes continuing medical education programs essential.
- Specialty boards require **recertification on a regular basis**, a process called maintenance of certification.

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# UCSF

- "At UCSF, our mission is **to advance health worldwide**, and we are attracting some of the nation's best and brightest students to help us achieve that goal. One of the reasons our students come to UCSF is to work in a **culture of discovery and innovation**. They work closely with a wonderful community of faculty and help them **solve important problems in healthcare today**, in areas such as molecular medicine, clinical and translational research, medical education scholarship, and optimizing clinical care delivery."

Catherine Lucey, MD, Vice Dean for  
Education

# Admissions

## Undergraduate Majors

We welcome applicants **who have pursued a wide range of undergraduate disciplines**. Students who elected to **major in the humanities and social sciences** are also expected to **complete the required science courses**. This does not mean that we encourage students to pursue a smattering of knowledge in a great many subjects. Rather, we believe that you gain the richest, most satisfying intellectual experience from the **in-depth study of a subject that captures your passion**.

# Admissions

## Academic Performance

- **Academic excellence** is one of several ways students may demonstrate a high degree of motivation and capability for the medical profession. At UCSF, academic performance is evaluated in the **context of other factors, such as the difficulty of the course of study selected, the number of units attempted, and an individual's background.** Although applicants who have a grade-point average (GPA) below 3.20 generally are not considered favorably for admission, **applicants who have nontraditional backgrounds should not be discouraged.** In addition, students should not select courses only for the purpose of raising their GPA

# Admissions

- We **strongly recommend** that premedical students pursue a four-year undergraduate curriculum and **obtain a baccalaureate degree before entering medical school.**

## Required Courses

General Chemistry, one year with laboratory

Organic Chemistry, minimum of two quarters

Physics, one year with laboratory

General Biology, one year with laboratory, including the study of vertebrate zoology

# Technical Standards

# Technical (Non-Academic) Standards)

- Observation
- Communication
- Motor Function

# Technical (Non-Academic) Standards)

- Intellectual –Conceptual Abilities
- Integrative and Quantitative Abilities
- Behavioral and Social Attributes
- Ethical and Legal Standards

# Admissions

## Selection Factors

- Selection is based on an appraisal of those **intellectual and personal characteristics** that the admissions committee regards as desirable for prospective medical students and physicians. Both **cognitive (primarily academic) and non-cognitive factors**, such as **the applicant's statement and extracurricular activities** play an important part in the selection process. Based on the evaluation of these factors, a **limited number of applicants (500) are selected for interview.**

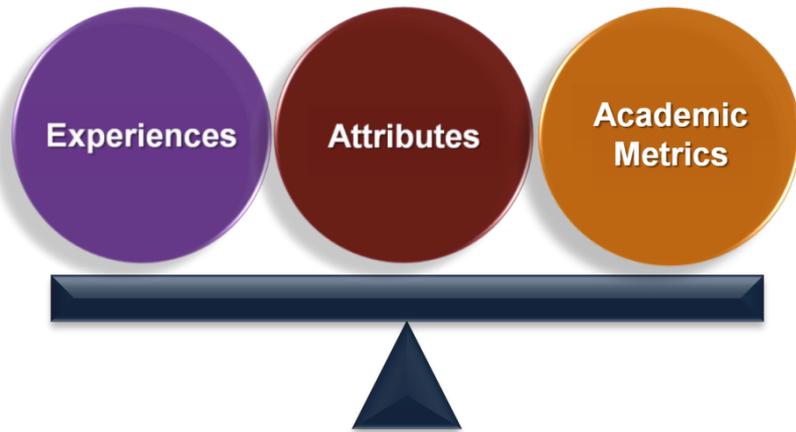
# Student Achievement of Multiple Goals

Self-directed, life long learners capable of...

- Monitoring own performance
- Identifying and addressing gaps in knowledge
- Problem solving
- Generating and examining research questions
- Reviewing and synthesizing scientific literature
- Applying knowledge to practice
- Critical self-reflection

# Holistic Review

## A Core Tenet

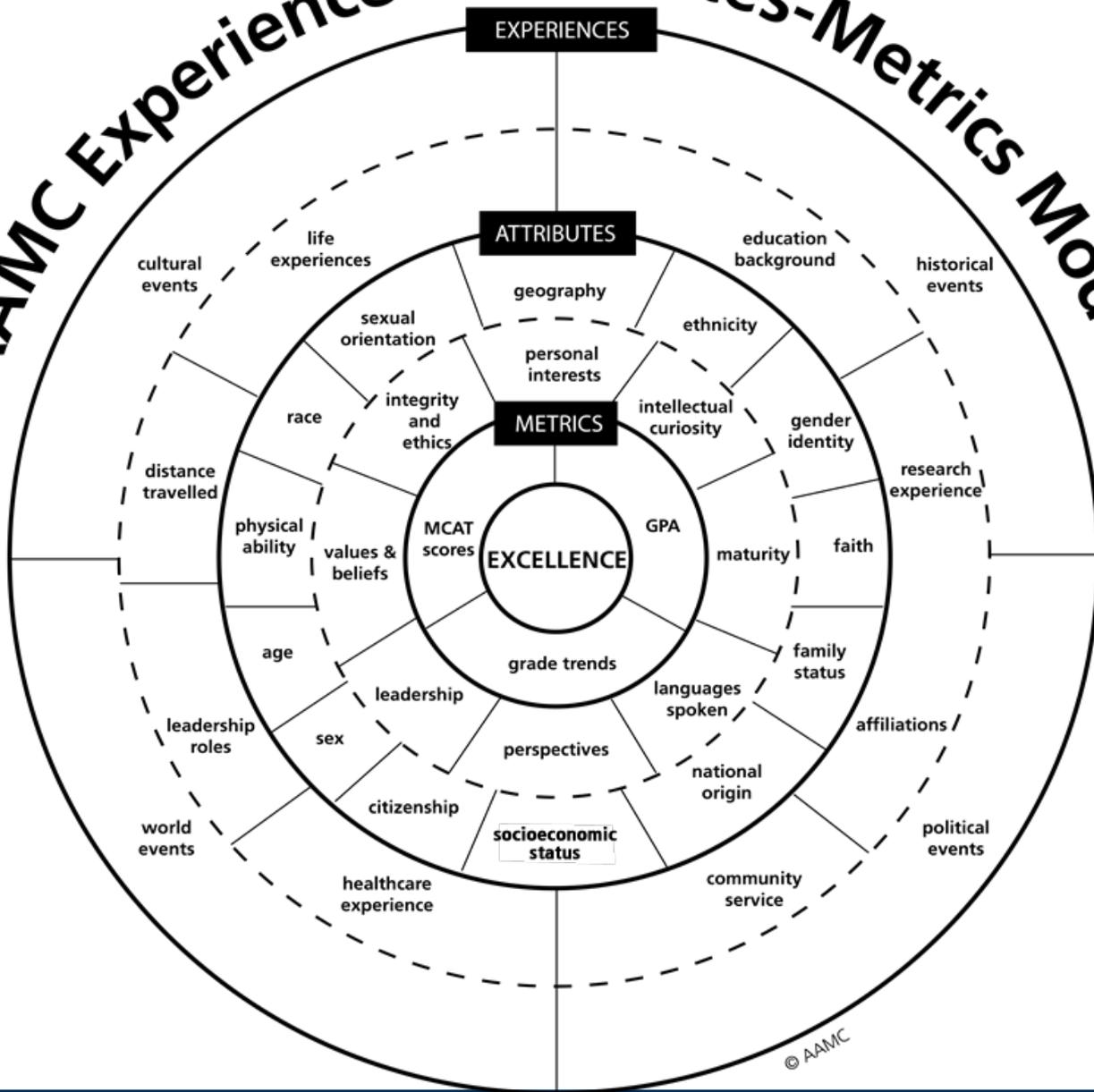


Individualized consideration is given to how each applicant may contribute to

- teaching and learning and
- practice of medicine

while weighing and balancing the range of criteria needed in a class to achieve the outcomes desired by the school.

# AAMC Experiences-Attributes-Metrics Model



# Admissions Process/Stats

- **STEP 1: AMCAS Application (8,000)**
- **STEP 2: Secondary Application (5,000 – 60%)**
- **STEP 3: Interview (500 – 6%)**
- **STEP 4: Acceptance (app. 200 total Offers – 3%)**
- **STEP 5: Waitlist (app. 150 – 2%)**
- **STEP 6: Matriculating class (150 – 2%)**

<b>Year</b>	<b>Student Services Fees &amp; Tuition</b>	<b>Books &amp; Supplies</b>	<b>Cost of Living</b>	<b>School-Year Total</b>
Medicine 1 (10 months)	\$39,706	\$1,746	\$29,000	<b>\$71,157</b>
Medicine 2 (10 months)	\$39,670	\$1,647	\$29,000	<b>\$71,949</b>
Medicine 3 (12 months)	\$44,720	\$436	\$34,800	<b>\$82,552</b>
Medicine 4 (11 months)	\$44,720	\$624	\$31,900	<b>\$79,512</b>

**Non-resident supplemental tuition : \$12,245**

# Financial Facts

- **Class of 2016 average loans borrowed: \$139,457**
  - **Does not include undergrad / pre-med debt**
- **National Average: \$162,182**
- **Approximately 85% of our students receive financial aid (combination of loan and scholarship)**

# Medical School (4+ Years)

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Life for the  
next ? years

# Settling in to Medical School

- Don't over-commit
- Not a sprint
- Balance
- Re-energize
- Self-care
- Study
- Be yourself
- Rest!

\*Care Packages from home a real plus

# Timeline

## F1:

Orient / settle / pace yourself

LEARN!

Spring

Begin “last summer of your life” planning

Vacation

Research

Language

Clinical experience

Mixture

Summer

# Timeline

## F“1.5”:

Re – orient / re-settle / re-calibrate / pace yourself

Learn!

Keep going . . .

Clerkship rotation schedule

# Timeline

## F2:

Surgery

OB-GYN

Psychiatry

Pediatrics

Family Medicine

Internal Medicine

Neurology

Anesthesia

Electives

# Timeline

Fall:

Plan 4<sup>th</sup> year

Apply for away rotations

# Timeline

## Career Launch:

### Winter

USMLE Step 1

USMLE Step 2CK

USMLE Step 2CS

### Spring - Summer

Rotations

Career Choice

# Timeline

## Career Launch:

### Summer - Fall

#### Career Choice

ERAS Application (September 15<sup>th</sup>)

Dean's Letter

Personal Statement

Letters of recommendation

Interviews (October – January)

Rank List (February)

# Timeline

## Career Launch:

Match Day – March

Graduation – May

# Timeline

## Internship / Residency

3 – 9 years (June)

Board Certification

## Fellowship (optional)

## Practice, Attending, etc. (real life . . .)

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# The Specialty Rule

**3 – 2 – 1**

**3: April**

**2: May**

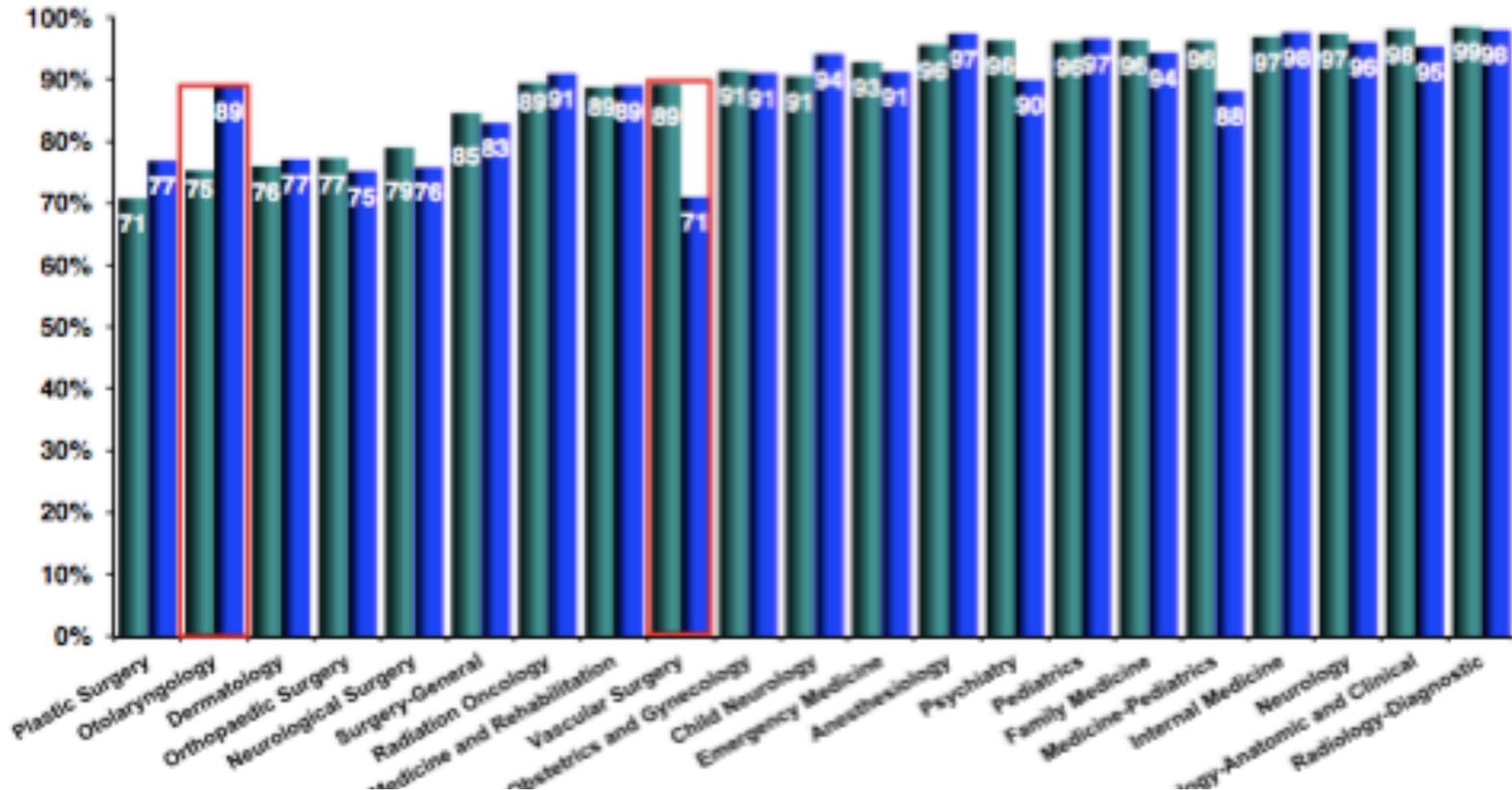
**1: June**

# A Word About Couples Matching



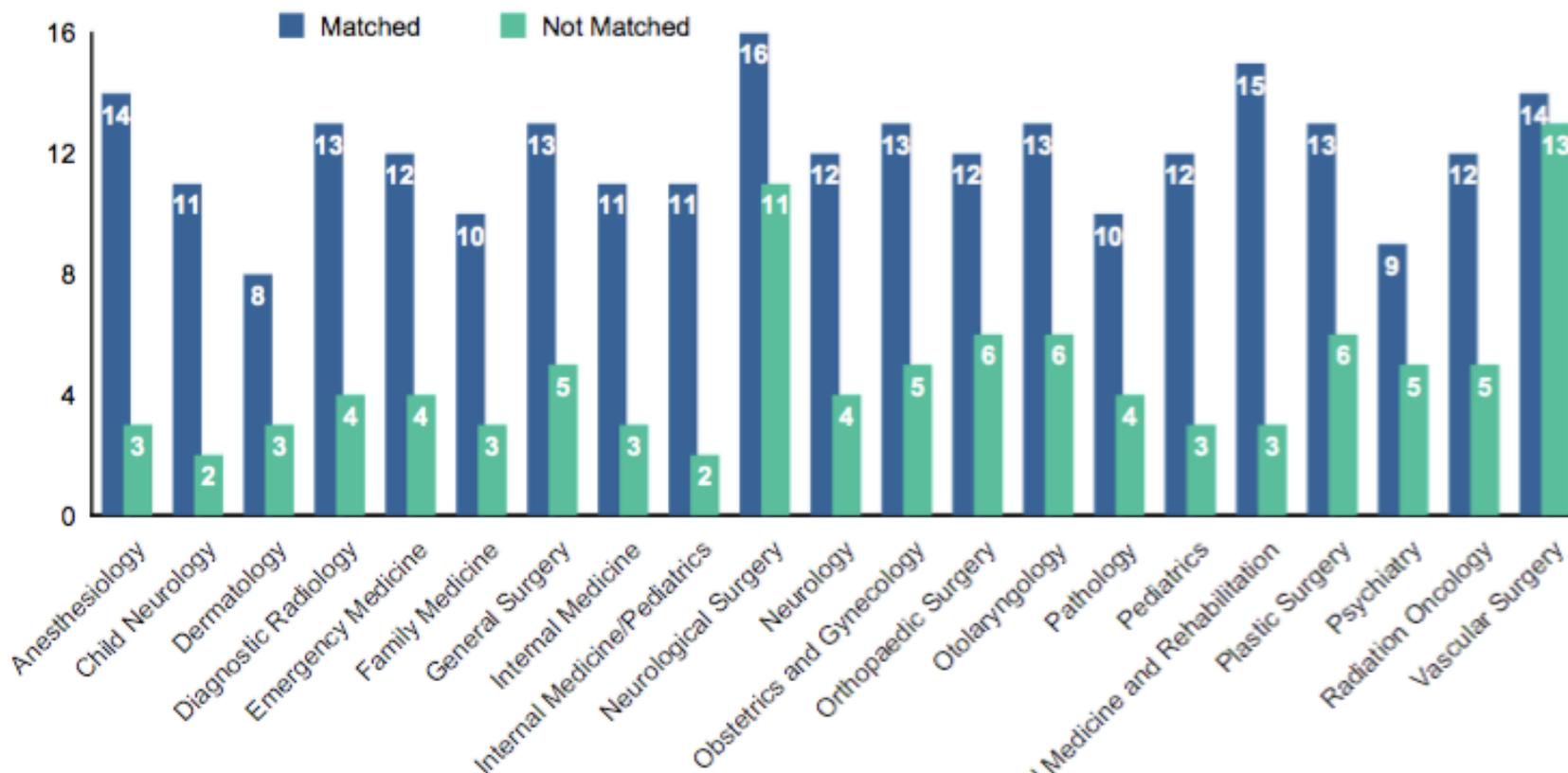
# Match Rates by Preferred Specialty

NRMP



# Median Contiguous Ranks U.S. Allopathic Seniors

NRMP



# Match

**152 2017 Graduates + 10 Previous Graduates**

- **~ 68% in California**
- **~ 36% UCSF**
- **~ 53% Primary Care**
  - **Family Medicine, Internal Medicine, Pediatrics**

# Residency Location

## Class of 2017

UCSF	55	<u>36%</u>
SF Bay Area	17	11%
N. California	8	5%
S. California (68%)	24	16%
(		
West (non-CA)	14	9%
Midwest	14	9%
Massachusetts	4	3%
New York	6	4%
Northeast (non-MA/NY)	5	3%
South	11	7%

# Match

- **Specialties:**
  - **Family & Community Medicine**
  - **Internal Medicine**
  - **Pediatrics**
  - **Emergency Medicine**

# Class of 2017

PRIMARY CARE SPECIALTIES		80 (53%)
Family Medicine		24
Internal Medicine		23
Internal Medicine-Peds		1
Internal Medicine –Primary Care		14
Pediatrics		18

NON-PRIMARY CARE SPECIALTIES				82 (54%)
Anesthesia	9	Ophthalmology		3
Child Neurology	2	Orthopaedic surgery		4
Dermatology	1	Otolaryngology		7
Emergency Med	15	Pathology		1
Neurology	7	Psychiatry		7
Neurological Surgery	1	Radiology-Diagnostic		4
Ob/gyn	8	Surgery		4
OMFS	3	Urology		1

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# Challenges

➤ Excitement

➤ Fears

➤ Unknowns

# Growth

➤ Knowledge

➤ Professional

➤ Personal

Thriving here . . .

# Support

- Student Experience Team
- Medical Student Well Being & Student Health
- Career Advising
- Learning Specialist
- Student Disability Services
- Campus Student Support Services
- Financial Aid
- Registrar

# Student Experience Team

BALANCE:  
SCHOOL / LIFE

# UCSF

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# Discussion & Questions



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