



Dear Friend and PreMedical Student,

Congratulations, you're now among the few, most serious premedical students on the planet! Welcome to this third edition E-Book that I wrote as a medical student and edited as a resident.

Everyone has free access to my [Speed Reading for Medical School 101](#) course. Lots of students are writing me to say how much time they are saving and that their confidence is going through the roof!

“I strive to provide the hospitality, insight, and study resources that will keep YOU among the most competitive medical school applicants in the world. I have provided the framework. It's up to you to provide the innovation, dedication, and family atmosphere found in the Medical Mastermind Community.”



I am blessed to live vicariously through so many enthusiastic premedical students everywhere. You guys have enriched my life and I'm indebted to you. If there is anything I can do for you, just ask through my [contact page](#).

Daniel M. Williams, MD (aka “Doctor Dan”)
Medical School Podcast
www.Medical-Mastermind-Community.com

P.S. After reading this book, take action! Download the [Quick-Start Checklist](#).





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Chapter 1

LEARNING THE GROUND RULES: An Orientation

Notice that we have included a chapter called Emotional Support and have put it before the details of medical school applications. In an effort to acknowledge the humanity behind the decision to peruse a career in medicine, I have purposefully addressed the potential medical school applicant as a whole person.

Our community opposes rubber stamp doctors that have lost their sense of humor. It is my mission that the process of medical education cultivates and encourages individualism regarding one's own sense of self.

Our Mastermind Groups approach Pre-Med students with dignity and respect. With the advantage of being recent or current Pre-Med students ourselves, we address you in a particular tone that fosters what we think are healthy attitudes that will help you stay sane and stay yourself no matter where you go to school.

The U.S. and Canadian medical schools have set minimum [entrance requirements](#) that are not all the same and are subject to change from year to year. For that reason, we do not wish to reproduce their requirements every year, but instead direct you to chapter 11 of this E-Book.

The American Association of Medical Colleges provides a hard copy book called the Medical School Admissions Requirements (MSAR) for \$33 including shipping. However about 90% of that information is available for FREE on the medical school web sites, nicely organized for you in this E-Book (See chapter 11).

Watch this [Getting Started video](#) for more information.





Chapter 2

EMOTIONAL SUPPORT: In Stressful Times

So, what is so emotionally challenging about getting into a career in medicine? Isn't this a bit "touchy-feely"? Well, most people interested in a career in medicine share at least one of the following characteristics:

- Type A personality
- A desire to help people
- Interest in science
- Interest in humanities
- Passion
- Competitiveness

If you can relate to any of these characteristics, then you are at an increased risk of running into challenges and upsets in your pursuit of a career in medicine. Why?

Here is a list of some common things likely to cause problems:

- Not getting the grade you want in an undergraduate class
- Not getting the MCAT score you want
- Not getting the interview you want
- Not getting into medical school the first or multiple times

Getting in to medical school is not easy for most of us. The competition at the undergraduate level, therefore, can be fierce and not very welcoming. Our community provides the encouraging atmosphere that typically isn't found until after acceptance into medical school.

We have faith in you and believe you will succeed if you'll dedicate yourself to learning how to [critique your study techniques](#) and surround yourself with [caring, supportive people to provide accountability](#).

We refuse to treat you as second class students and then put on a totally different face only after a piece of paper says you've been accepted. Here you will find a warm, insightful group of committed students that remember what it's like to be a Pre-Med student.

Clearly, we're here to walk through every step of your medical education journey and hope you'll do the same for those coming up behind you. So, as one member put it, "Say goodbye to the cut-throat Pre-Med environment!"





Here are a few related videos and articles:

- [The Pre-Med Syndrome](#)
- [Emotional and Spiritual Costs of a Medical Education](#)
- [Medication Audio Series: The Study Zone](#)
- [Understanding the overwhelm in medical school](#)
- [Getting used to the stresses](#)
- [The Spectrum of Fatigue](#)
- [Happiness in Medical Practice](#)





Chapter 3

ENTRANCE REQUIREMENTS: Where to find up-to-date information

As much as I have tried to avoid using boring lists, they simply cannot be avoided when discussing the subject of entrance requirements for medical school. Check them yourself directly through Chapter 11 of this E-Book.

Unfortunately, the list of undergraduate courses required varies among the schools themselves. We recommend that you obtain hard copies of the school catalogues from the institutions that interest you. The following are the general requirements that apply to virtually all medical schools and will help to guide your early preparation:

- 30 credit hours minimum (unwritten requirement for a bachelor's degree)
- 1 academic year of Physics
- 1 academic year of Biology
- 1 academic year of General Chemistry
- 1 academic year of Organic Chemistry
- 1 academic year of English

Additional courses that are sometimes required, but always helpful are computer science, biochemistry, genetics, and statistics. For the MCAT itself, advanced courses in literature interpretation and critical reading will help science major perform better in the Verbal Reasoning section.

Watch this video on the [Components of the Medical School Application](#) and how to [Organize All Your Experiences](#).





Chapter 4

DECIDING ON A CAREER: Is Medicine Right For Me?

When you account for the diversity of people entering into the medical profession, the reasons that they site for becoming interested vary widely. In addition, some have *always* known they wanted to do it, others aren't 100% certain, and others did it a little (or a lot) later in life.

Whatever your background, I support you!

Let me preface my remarks by saying that from now on you should **avoid career advice from anyone that has no experience with medical school.**

This includes family, friends, professors, and sometimes Pre-Med Advisors. What many notice is that people often project their own impression and reasons that they chickened out and didn't follow their dreams onto the enthusiastic Pre-Med student.

Word of advice: Ignore the crotchety old doctor that tells you not to do it because of the influence of insurance and governmental regulations of recent decades. Not that you would listen to them, but if you educate yourself on the market you're entering and still want to do it, you won't have to.

So consider your sources carefully! This is all the more reason to [plug into Medical Mastermind Community](#) and join one of our conference calls. Here is the [phone number](#).

Watch this video on [Premedical Decision Making](#) to learn more.





Chapter 5

GETTING ORGANIZED: A Top Priority

Getting into medical school is an involved process that requires some dedication, planning, and organization. For all of the components that you can control, getting organized is a relatively easy way to reduce your stress level when it comes time for interviews. Read this excerpt from one Pre-Med student's journal (not Dr. Dan's, one of his first coaching students).

“August 1st

The first interview of my career happens tomorrow morning. Today, I didn't even have time to be nervous because life in preparation for the interview has been incredibly hectic. Unfortunately, there wasn't even much time last night to assemble some materials for the interview.

The rude awakening of the alarm clock early this morning motivated me to use the time before work to collect my thoughts. Essentially, everything that I thought may be needed to prove my interest in the school was consolidated into an interview packet. In it, I put: pens, pencils, my business cards, five copies of my CV, two copies of my application, a notepad, two copies of my recommendation letters, and the interview packet the school had previously sent me.

I know, I know . . . it's probably over the top, but that feeling of preparedness definitely makes me feel more confident.”

Notice that he said it makes him “feel more confident. At this stage in the process, that is important. Actually using the documents on interview day is fairly rare, unless you are a published author.

It's up to you, but developing a portfolio of all of your credentials is a great way to have ready access to documents that you will definitely use to write your applications. In addition, this is a great way to keep track of all of the schools you're interested in, catalogues they have mailed you, and questions and notes you write about the program around interview time. It's really as simple as making a 3-ringed binder for your self with subdivisions for any topic you want. At the very least you can include documents that the above journal mentioned.

At this point, one of the most important questions you'll ask is about the timing of the application and starting medical school? The following is a general guide to help you in your planning and will have to be tailored to your individual circumstance. Because so much of the general recommendations are repetitive, we've only included *new* things you should be doing as your college career progresses.





Here's an outline of the entire Pre-Med curriculum:

Freshmen year of college	<p>FALL</p> <ul style="list-style-type: none"> • Look into the local Pre-Med organization at your school, join it, and attend their meetings to learn. • Work on your degree requirements and Pre-Med course requirements. • Get a degree plan signed by the department chair or dean as soon as you think you know your major. Courses change and you don't want them to add another class requirement in your senior year. It happens! (Note: entrance guides written by faculty don't tell you about the faults of the educational system – Medical Mastermind Community is a student-based solution!) <p>SPRING</p> <ul style="list-style-type: none"> • Try to start building up the “Extra-curricular Activities” section of you future medical school application by working or volunteering in a medically related capacity.
Summer 1	<ul style="list-style-type: none"> • Take summer courses. • Work/Volunteer in a medically-related capacity. • Start writing notes in your organizational binder, including the times, dates, contacts, and description of the work you did.
Sophomore year of college	<p>FALL</p> <ul style="list-style-type: none"> • Stay busy with your Pre-Med club. Start one if you have to or consider a leadership position therein. <p>SPRING</p> <ul style="list-style-type: none"> • Same as above. By now you're getting the hang of it and will likely get into a groove. Enjoy it! These are the glory days.
Summer 2	<ul style="list-style-type: none"> • Look for a summer health careers





	<p>program to participate in. Sometimes, medical schools offer programs for college students – be resourceful.</p>
Junior year of college	<p>FALL</p> <ul style="list-style-type: none"> • Start using the MCAT Flash Cards and use your immediate online feedback to identify your weaknesses. • Perform intensive self-study that is focused on your weakest areas first this semester. This is your time to ask your professors to really clarify the major concepts that are giving you trouble. <p>SPRING</p> <ul style="list-style-type: none"> • Have a meeting with your Pre-Med advisor or email the staff at Medical Mastery.com to discuss medical education options, get an idea of the strength of your application • Finish the MCAT Flash Cards and prepare and take the Spring MCAT.
Summer 3	<ul style="list-style-type: none"> • Complete the American Medical College Application Service (AMCAS) application. • Take summer MCAT if desired. • Link up with a Mastermind member to avoid hotel costs when traveling for interviews.
Senior year of college	<p>FALL</p> <ul style="list-style-type: none"> • Submit secondary applications to medical schools that require them. • Interview at medical schools. • Write notes in your organizational binder or portfolio immediately after the interviews. <p>SPRING</p> <ul style="list-style-type: none"> • Formulate your ranking of the medical school at which you interviewed, with your favorite as number one on the list. • Graduate from college.
Summer 4	<ul style="list-style-type: none"> • Have fun!





- Attend any orientation programs, welcome/revisit weekends, retreats, and start medical school.
- Read the last 2 chapters of this guide right after medical school starts.





Chapter 6

EXTRA- / CURRICULAR ACTIVITIES: The advantages

Most references for medical school entrance requirements inundate you with long lists of overwhelming things that you *should do*. My philosophy is as follows:

“Don’t *should* on yourself!”

We will carefully pick apart the parts of the application which you can control, namely your activities. After all, only you can really control your behavior. Therefore, we will show you how to play to your strengths!

CURRICULAR ACTIVITIES

Obviously grades matter. No matter what your grades are, we will rarely recommend retaking courses unless you’re clearly having trouble getting into medical school. Here are some issues that students have faced in the past:

- Many people will have done the best they’re able to do while in college and therefore have NOTHING to regret! This is why we have intentionally not mentioned [specific GPA numbers](#). You’ll learn in medical school that people tend to get a certain percentage score no matter what they do, so accept your lot and play to your strengths!
- Others had a variety of distractions come up that interfered with concentrating on school, such as family illnesses and deaths. Occasionally, people will mention these situations in their personal essay, but this is often unnecessary.
- Still others partied when they first moved away from home and failed out the first year or two of college. Yes, we know of medical students and physicians that have surmounted this formidable obstacle! How did they do it? They did some extracurricular vocational activities for a year after college and, in their application, played to their strengths!
- Finally, some went to college years ago and found that they have to repeat courses and relearn [the material to pass the MCAT](#).

Before we go any further, it will start becoming abundantly clear that being organized is essential in your medical school application process. For some, this will be easy. We recommend that you use a document that lists and describes all of your activities so that you may copy/paste the content directly into the on-line application service. Even a small notebook with a record of volunteer or work activities, dates, name, address and phone number of supervisors, number of hours volunteered or worked, etc., will be helpful when you apply. Perhaps you’ll want something more professional, such as a 3-ring





binder, portfolio, or satchel/briefcase (not too heavy) for you to organize all of your documentation.

Honors and Awards: This is probably the only place in the world that anyone cares how many times you were on the Dean's List. Be sure to include *cum laude* status, national or international honor societies, and even relevant interest group honor societies (e.g., Beta Beta Beta National Biological Honor Society). So keep track, list every honor here, and don't talk about them again.

EXTRACURRICULAR ACTIVITIES

Understanding why extracurricular activities are important is key in guiding the pre-medical student in choosing which activities they'll do. You may find that you started out doing certain activities just because it would make your application look better, but later realize that the experiences themselves made you better prepared for medical school and what's more – REAL PATIENTS! This area of the application is not only a place for people to show off and stand out among the thousands of other applicants; it is a reflection of your personality. Read one person's opinion of how his work experience affected his interview.

“Today starts the work week. I have been lucky enough to find a job at a major hospital. From what I've observed so far, this experience has really paid off in the interview. Even among other applicants, it seems that I really do have a lot of practical knowledge and experience, just because of my job. I had plenty of questions during the interview to take up the entire half hour just on my current experience with my work, past volunteer experience, and physician shadowing.”

This area can tell the reader more about your, as a person, than anything else in the application if you know how to use it to your advantage! So choose your activities wisely, paying special attention to venues that interest you the most, especially if you have a particular medical specialty in mind already (most students don't at this point and many that do change their mind).

So don't look at this list as yet another overwhelming list that you can not possibly live up to. Rather, look at it as a checklist intended to jar your memory about the parts of your medical school application that are your strong points. If you have months or years before you start applying to medical school, then consider the following list a checklist for you to try and do as much of these things as possible. See, the online application services have text areas for you to fill in. It just looks better if you have something to put in each box, even if it's a one-time activity! Imagine how it looks to the reader when the whole page is full! Of course, you don't want it to be obvious that you're simply “going through the motions”.





Before reading any further, take out a paper and pen, or laptop, and brainstorm your life. Include everything you've been involved with starting from childhood. Even include those things you may not think are a big deal – often times those lead you to think of bigger activities you would not have previously remembered. You might be surprised how your life experiences have sort of “pointed” you toward one career path or the other. This is only the beginning of the self-discovery you'll find in the medical education process, if you're open to it.

Medically-Related Activities: A good way to learn about our health care system is to do hands-on work in a health field. Some PreMed students work as Emergency Medical Technicians (EMT's) or Certified Nurse Assistants (CNA's), however, both these positions require formal training. But don't worry if you haven't had formal training or an official title like these! Medically-related activities can be everything from participating in your local pre-med fraternity, shadowing a physician, volunteering at a clinic, or setting up an organ donation table at a student function. Regardless, of the title you may have, try to remember that the experience of the activity matters the most.

Volunteer Activities: It is also possible to volunteer at a local medical facility. The best way to get started is to contact these individuals is to call the hospital and ask to speak to the volunteer coordinator. Most of the volunteer opportunities that are available include providing information to patients and families, visiting with patients and escorting patients to different areas of the hospital.

Volunteer time doesn't have to be in a hospital. You can serve in your home town at the Salvation Army, food kitchen, Boys/Girl Scouts, helping the little old lady across the street. You get the idea. It really doesn't matter unless you're in a position to pull off something really stellar like volunteer in a research, clinical, or other medically-related arena.

Recognitions: In some cases, students are recognized for the community service or other efforts to improve the lives of people around them. Whether it's because of research, community service, or something else, if you've been recognized in writing or otherwise, include this in you list of accomplishments.

Research: While most medical schools do not require that you have research experience, such experience is highly valued in the admission process and will be helpful at schools that still have a research requirement for medical students (e.g., University of Washington School of Medicine). Getting involved in research will be a challenge and will only be possible if you are extremely proactive. Find out what faculty members are doing as part of their scholarly activities (departmental web sites are most useful here) and then make an appointment with these individuals to inquire about working in their lab or under their direction. You may have to approach a number of faculty members before finding one that has an opening in their lab. Consider faculty members outside your major department. Perseverance definitely pays off, so keep trying. Read what one Pre-Med student wrote about doing research:





“...I've also started volunteering for a couple research projects that not only will pad my resume but are really interesting as well. I highly suggest getting a little research experience, just so you know if you will like it before doing a summer course or elective in research during med school.”

Publications: If you are published, pending publication, or mentioned in a paper, you'll want the complete bibliography handy. It should be in the proper format on your resume or CV that you bring to the interview. Furthermore, you will want to carry copies of your publications with you to show your interviewers if they request them. This is discussed in more detail in the interview section of this guide.

Vocations: It's a natural result of the educational system that most people entering medical school have been students their entire adult lives. A substantial number of medical students never had a full-time job! So, why is the employment history so often discussed? The reason is that previous employment is the most helpful indicator of “life experience”. This term really applies to people skills and the best way to develop effective communication skills with people from all over the world is practice.

Interestingly, life experience mostly helps future physicians relate to their patients in a more personal way. Those that have never been outside of a classroom have a limited view of the vast experiences others are having around them. Practically speaking, more compassion is made possible when dealing with patients that have addictions, poverty, rampant ignorance, and bad luck. It is much harder to gain this compassion after medical school, unless you have a personal crisis of your own. It's much easier to lead a diverse life now and we recommend for you to branch out a little – while you have the time! And if you think you're too busy now, just wait.

Personal Attributes: Desirable behaviors mentioned most often by schools include integrity and ethical judgment, responsibility, curiosity, initiative, motivation, perseverance, purpose, mentoring and interpersonal skills, self-management and coping skills, demonstrated ability to remain calm under pressure, compassion, good listening skills and breadth of interests. Also, it is expected that an applicant will be well informed regarding medical sciences and our health care system.

Hobbies: Be careful here. In general, you want to list somewhat benign hobbies. It doesn't really matter what you do put here, but there are some guidelines you'll want to be aware of for what *not* to put here. For example, if you spend 12 hours per day playing video games, never wake up before noon, or something else not so attractive, you could probably leave that out of your application.





Chapter 7

THE PERSONAL ESSAY: Aggh!

This is perhaps the toughest part of the application. However, it really doesn't have to be that difficult. All you are doing is telling your story. You do know your own story, don't you? Then, just grab a pencil and pad of paper, turn off the TV, and start brainstorming about all of the reasons that led up to you deciding to apply to medical school.

Chances are you'll start noticing that your ideas will organize themselves into supporting paragraphs themselves! So, after you've written as much as possible, show it to someone you trust. Next, make changes and show it to a physician, especially someone that stays current on acceptance committee trends, such as your Pre-Med Advisor.

If you've taken 2 months to go through this process, given it some thought, and isolated the information that you feel is the most important for the medical schools to know about you, you're probably 95% of the way there. The rest is chance. Many of these letters aren't even read! So, don't kill yourself. Just be honest, make sure the story flows and rings true, and that there are no gross grammatical or spelling errors. Then, you're done.

Recommended videos:

- [How to write the personal essay](#)
- [Personalized application feedback](#)





Chapter 8

THE MEDICAL COLLEGE ADMISSION TEST (MCAT): [2,500 practice Q & A's](#)

The MCAT in General

Although your experience with the MCAT may have been for just a day, month, or year, the test itself dates back to 1928, where test designers aimed at improving the deplorable medical school attrition rates which ranged from 5 to 50%. According to William C. McGaghie, PhD writing in JAMA, the test has been revised only five times since his article was published in 2002. Since the test's inception, designers have added and expanded a modern society section, expanded the science, reading, and quantitative skill assessment sections, attempted to minimize social and cultural bias, and most recently added a writing sample¹.

The modern version of the test now incorporates the following sections: biological sciences, physical sciences, verbal reasoning, and a writing sample. Each section was meticulously engineered by MCAT designers to give the highest reliability and predictability of your future performance on the USMLE I exam. But don't let the test fool you! A basic science understanding may simply not be enough to ace this test. Remember, schools want to know your scholastic aptitude, or how well you can learn the material they provide. Therefore, critical thinking and assessment is essential for success in the MCAT exam.

With that being said, remember that your knowledge of the sciences is the foundation on which your critical thinking is based. A lack of these basic concepts will doom you to a poor performance. How do you get this knowledge? Read on:

- You already probably have the knowledge! Don't stress over this test. Remember, it's just another step on the way to your medical career. You will have plenty of hurdles on the way, and even though this may be your first, relax and take it "step by step."
- Just like everything else, start early! You have taken (or will have taken) a year of General Chem., Physics, and Organic, so you are halfway there already. However, that knowledge certainly will not stick in your head. It is imperative that you have a method to study this material specifically for the MCAT several months in advance. If your test is in April, start studying, at the latest, by the beginning of February.
- It's a STANDARDIZED test with STANDARDIZED methods. Learn those methods and you will learn how to take the test. We will address an entire section to how to use your strengths to play to the test.
- Study efficiently, and study cheaply! One study has shown that coaching courses for the MCAT only improve your chances of getting into a medical school by 5%⁴! The MCAT designers are extremely proud of this fact, as it helps prove that





the test is extremely valid across the range of applicants. Because of this small increase, we at Medical Mastery see no reason to pay well over a thousand dollars to help you study for the test. The material here will help provide you with those skills and concepts necessary to succeed on the MCAT, at a fraction of the cost!

I Know What the MCAT Is, but Why Do I Have To Take It?

Of course, the short answer is “Because you have to, and medical schools will not accept you if you don’t.” There is a longer answer that may provide some insight as to why medical schools even use the MCAT as a criterion on which to base your admission. Several studies have been done in the field of academic medicine to provide explanations for the MCAT, and each of them seems to find reasonably consistent results. To summarize, the MCAT is a strong predictor of standardized test performances during medical school², and MCAT scores (along with GPAs) are useful for selecting students who will be successful in both basic science and clinical years³. Essentially, medical admissions review boards look at the scientific studies that say, “If you do well on the MCAT, you will most likely do well in school.”

So, how do you do well on your MCAT test? Study early, study often, think critically, and don't be intimidated. Look through our sections that specifically address test tactics and skills to get a better understanding of how to be successful on test day.

I Already Took the MCAT Test/Practice Test and Didn't Do So Hot. Does That Mean I Won't Get Into Medical School?

Absolutely not! But if you have that attitude, there's a good chance that you'll be looking for another job in the medical field. Keep in mind that, even though this test is a major hurdle for your future academic life, it is simply not the only hurdle. Believe it or not, life does exist outside the realm of MCAT scores (refer to section on Curricular and Extracurricular Activities). In a presentation by Webb et al., it was concluded that “...both non-academic and academic factors are related to medical school performance. Additionally, the authors cautioned that while academic factors appeared to be better indicators of academic achievement, they might not be equally predictive across institutions⁵.” That means that there is probably a school to match you and your abilities. So don't despair yet because the MCAT isn't even the biggest hurdle in your medical career.

For now, though, we will stick to the test, its knowledge base, and tactics that you can take to test day. If you have any questions as you are studying, write them down on a piece of paper dedicated to your thoughts so you can look them up as soon as your time allows. Otherwise, you may always refer to our flashcards for answers or talk to a medical student who is on-line. We know you will succeed on the test, now it is up to you to believe in yourself. Equipped with the proper knowledge of what to expect on the test, your test day will come and go with ease.





Chapter 9

THE APPLICATION: What are the pieces?

The process of acceptance into medical schools has several steps. Here is an overview:

- completing the entrance requirements
- taking the MCAT
- applying online to schools that you choose
- attending interviews at schools that invite you
- ranking the schools that you interviewed
- entering the Match, which assigns schools and applicants using a computer system

Medical school applications are traditionally done using centralized online application services and, in many cases, secondary applications provided by medical schools upon invitation for an interview. The American Medical College Application Service (AMCAS) administers the centralized application service for most schools in the U.S. Their web site is found at www.aamc.org/amcas. This online application is available around the clock starting about May 1, 2006 for the 2007 entering class, for example. The eight U.S. medical schools that will not participate in AMCAS for the 2007 entering class include the following:

- University of Missouri-Kansas City School of Medicine (<http://research.med.umkc.edu/education/default.html>)
- University of North Dakota School of Medicine and Health Sciences (<http://smhs.med.und.nodak.edu/UNDSMHS/prospectivestudents.html>)
- Texas A & M University System Health Science Center College of Medicine
- Texas tech University Health Science Center School of Medicine
- University of Texas Southwestern Medical Center in Dallas Southwestern Medical School *
- University of Texas Medical School at Galveston*
- University of Texas Medical School at Houston*
- University of Texas Medical School at San Antonio

* their MD-PhD programs do participate in AMCAS

The medical schools in Texas use the Texas Medical and Dental Application Service and their web site can be found at <http://www.utsystem.edu/tmdsas/>.

Completing the application itself is a somewhat painful process that has to be done over a period of weeks. Do not wait until the last minute. You basically have to tell everything about your whole life, so you'll have to work on the different sections a little at a time





and save as you go. Keep an eye on your application to make sure it is complete and that all the transcripts you requested were actually received. The medical schools don't receive your application until the AMCAS application is officially complete.

Whatever you do, consider osteopathic medical schools. They are often underrepresented and offer a great alternative education that involves the same licensing exams and residency opportunities. Details about osteopathic applications can be found at <http://www.aacom.org/>.

Here's a great video on the [Components of the Application](#).





Chapter 10

FORBIDDEN FUN: You Mean I'm Supposed To Enjoy Myself?

“During a life of working, self-studying, and applications to medical school, the weekends have become a wonderful thing. Saturday is generally spent trying to sleep in, take care of everything that didn't get done during the week (i.e. laundry, dishes, taking a shower, etc.), and hang out with friends. The latter has become most important to my sanity, as it's only my friends that can give me a temporary escape from the medical life.”

So what if becoming a physician isn't easy? We have met challenges before, right? What's so different about the medical education process that makes it tougher than most other professions? Time.

It's difficult to point to one specific thing and say that that alone is the reason that this process is difficult. Individual reasons vary with the number of people you ask, such as insurance company hassles, regulations, fraud, our litigious society, the length of training, long hours, and the impact on social and family life. Do you want to know what one thing links all of them together? Time. All of us had stressful moments, days, or even months! But who stands in line to stand up for a stressful life? Enter the Pre-Med student. Better yet, how do you deal with it?

You first need to understand that medical schools have their own personality, their own subculture. Many are known for their academic excellence. To be completely accepted and praised in this environment you must learn as much as you can and be able to reproduce (regurgitate) that knowledge upon questioning or on an examination. The degree to which you can retain facts is the degree to which you excel, at least in the basic science years (the first 2 or so didactic years of medical school). What's wrong or surprising about that? It leaves no room for personality. Medical school grooms glum lots.

As I write this page, I am 9 months away from receiving my M.D. from an imminent medical school in the United States. The challenge of articulating the entire experience of the last years in one piece of paper is evidence in itself that medical students just like challenges. In short, becoming a physician will change your lifestyle. So what's wrong with that, you say. Well nothing, until you spend some time with first semester medical students or residents. There is a worrisome finding that medical students discover as they begin to be exposed to residents and fellows, those that have graduated medical school. Many of them are unhappy, tired, and complain about not spending enough time at home with their family or friends. What's more, a few of them take it out on medical students and anyone else who will listen, sometimes patients. My point is not to highlight a few sour apples. Medical students become alarmed when they notice that the majority of





medical students are still fun-loving and haven't lost their personality, while the majority of residents are dry and seem to forget where they came from. This contrast is magnified when the gap of time that separates a medical student from a resident draws shorter and shorter. So, you ask, what will keep me from changing into something that even I dislike?

While residents and physicians have increasing responsibility and work more hours, there is something that many of them don't do – have fun! So, our advice is to stay away from people that depress you or arouse anxiety. You have to decide early on that you're going to hold onto your personality or else the slow, monotonous undercurrent can depress you. So, stick with the class clowns and have a good time! If you have read this far, you are probably conscientious enough to prepare for your examinations adequately. So, relax.





Chapter 11

THE MEDICAL SCHOOLS: Alphabetical And By Location

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Houston, TX, 77030

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[The Texas A & M University System Health Science Center College of Medicine](#)
147 Joe H. Reynolds Medical Building
1114 TAMU
College Station, TX, 77843-1114

[University of Texas Medical Branch at Galveston](#)
301 University Boulevard
Galveston, TX, 77555-0133

[University of Texas Medical School at Houston](#)
6431 Fannin Street
Houston, TX, 77030

[University of Texas Medical School at San Antonio](#)
7703 Floyd Curl Drive
San Antonio, TX, 78229-3900

[University of Texas Southwestern Medical Center at Dallas Southwestern Medical School](#)
5323 Harry Hines Boulevard
Dallas, TX, 75390

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[Harvard Medical School](#)

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[Tufts University School of Medicine](#)

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[University of Minnesota Medical School](#)

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Mayo Mail Code 293
Minneapolis, MN, 55455

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[UMDNJ--New Jersey Medical School](#)
65 BERGEN ST RM 1441
Newark, NJ, 071073001

[UMDNJ-Robert Wood Johnson Medical School](#)
675 Hoes Lane
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[University of New Mexico School of Medicine](#)
Basic Medical Science Bldg; Room 107
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[Albany Medical College](#)
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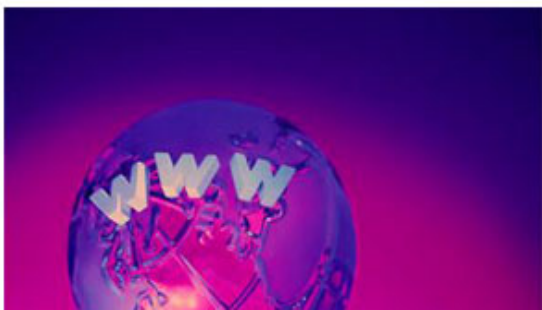


Chapter 12

TRAVELING FOR INTERVIEWS: No More Hotels!

There are at least two times in your medical education career that you will have to travel for interviews – for medical school and residency. These are exciting, but expensive propositions for applicants and Medical Mastery has responded to a request to reduce the cost in a major way. We delivered!

The **V**isitors **P**roviding **S**ponsorship (VIPs) program is a nation-wide network of medical school offering **FREE OVERNIGHT STAYS** for interviewees. This is available for medical school interviews and residency interviews when you're in your fourth year of medical school interviewing for residency positions.



VIP'S

Visitors Providing Sponsorship

- Interviewees host each other when out of town.
- Free overnight stays.
- Get the inside scoop on prospective programs.
- Meet people you may soon be training with.
- Give and receive personal tours.

You'll only have to pay for transportation, a value that saves you worth thousands of dollars!

Here's how it works: meet someone in our Mastermind Groups that lives near a school with which you will interview. Students match themselves by sex and location. If you see that there is a same-sex individual that is also registered, say in San Diego, where you're interviewing next month – just email them! You can simply return the favor (like **Pay It Forward**) to a different student that will be interviewing in your city.

Besides the obvious monetary advantages, there is great potential for networking that many feel is even better! You can get the inside scoop on what the faculty are *really* like, how hard it *really* is, or how much fun you can *really* have in medical school! Not only are you staying overnight with a current medical student, you are much more likely to attend any pre-interview social that might be going on. Read this excerpt from on Pre-Med Student's journal.

"I had never really been a person who gets nervous, but this time I just couldn't help it. Luckily, some of the current students at the school to which I was





going organized a pre-interview social. Maybe at least here, I thought, I could at least hang out, relax, and have a few beers (in no particular order). The social was at a little bar near campus, and being there even for an hour or so really gave me a chance to meet some current students and a lot of other interviewees. I hope it goes well tomorrow – the fingers are crossed.”

In the physical world, there exists the concept of synergy, in which the sum of the components doesn't account for the end result. Together they add up to more than would normally be anticipated. Well, this is also true in the personality-driven culture of the interview trek as well. VIP Program interviewees that also attend pre-interview socials are so relaxed for their interview that it's not even funny. Guys and gals, **this is like cheating.**





Chapter 13

INTERVIEWING: Diary Of A PreMed Student On The Interview Trek

It's just not every day that one person can make such a big difference in your future.

Enter, your interviewer.

As is the case with the rest of this entrance guide, the student authors believe that there is no greater way to understand what the interviewing process is really like unless you hear it from one who has done it. Many Pre-Med Advisors, authors of entrance guides, and some of the people that will interview you never went to medical school. Read first-hand the experience of an interviewee written on the day of the interview!

“August 2nd – Interview #1

Today was awesome. Despite not being able to sleep at all last night, I “woke up” (more like rolled out of bed) in time to take a shower, eat some breakfast, get into my suit, and start to get nervous all over again. My aunt, with whom I was staying, dropped me off at the school at 8:45am, and as soon as I walked in the reception area, people were smiling and greeting me with a name tag, some school literature, and breakfast (they had some sweet breakfast tacos too). I took a seat after meeting and greeting some of the admissions faculty and staff and started introducing myself to some of the students around me. Some of the same people from last night were there too.

The school program started with a welcome message from the Director of Admissions, followed by a short film about the school, then a brief question and answer session. After this half hour or so elapsed, it was time to break out in groups – those who had morning interviews would stay in the school, and those who had afternoon interviews would split into subgroups and tour the facilities. The tour was really a lot of walking in some hot weather, but there was plenty to see, especially for those who haven't been around some of the bigger university hospitals before.

After the tour, we met up with more of the students, who hosted a student Q&A session, and none of the faculty or admissions staff were allowed to influence our questions. In essence, you could pretty much ask what you wanted and get an honest answer. Of course, you have to realize here that, even the students still want to sell you on the school – so I tried to objectively evaluate the school and student answers myself to see if I liked the program. Anyway, after the Q&A, everyone reconvened for lunch with the students and faculty. Each table had about one student, one faculty member, and four or five applicants.





Conversation was lively and informative, and after a while, it really became just casual and friendly.

I had an hour to wait after lunch until my first interview started, so I figured it was time to explore the building a little bit. I chatted with some of the other applicants, and generally tried to do everything possible to avoid thinking about how this interview would go. Then it was time.

My first interviewer was across campus, and not knowing exactly how long it took to get there, I only showed up about five minutes early. When I arrived, I was escorted right in to the office where my interviewer greeted me and told me to take a seat. She started off by telling me a little about herself, told me she reviewed my application (I saw notes scribbled all over it), and started asking me questions. None of the questions was very difficult, as most of them were about my past school work and work history, but the interview was easy-going and friendly, yet maintained a professional atmosphere throughout. We ran a little over our time, I had to hustle to get to my next appointment, but I managed to still get her information for questions and thank you note purposes later.

The second interview was interesting and entertaining. Of course, it had the prior questions about my past school and work history, but there was a lot of story telling on his part. It was unclear how much he had a chance to even look over my application. Because I listened intently and asked a lot of questions about his career, it really made the time go quickly, and I was even a little late to the closing remarks. Out of each of these interviews, I never had to use my nifty little packet of personal information that I had prepared. It kinda felt like a big waste of effort. Others would disagree.

The closing remarks went quickly, and you could tell that everyone was pretty worn out after an early morning, constant anxiety, and never-ending questions from the interviewing faculty. I was happy to sit my butt down in the airplane seat and fall asleep on the way home. Yeah, I know . . . complaining about other people and now I'm probably the one snoring.

Another interview Friday and a full day of work in between – it's going to be a tiring week.”

This next excerpt from a Pre-Med diary is an entirely different experience. You start to get the sense that the writer is beginning to become fatigued.

“My second of three interviews this week...





Today started off with clumsy me spilling breakfast on my suit – not a great way to begin a big day. I drove to the school, found the reception area, talked to some of the same students I had met at the other interview, and waited for someone from the admissions office to show up. After a half hour or so of not seeing anyone from the school, several of us got a little impatient, so I went to go find out what the deal was. Luckily, the receptionist at the Student Affairs office knew someone from admissions was on there way. So, forty minutes and a continental breakfast later, the day finally started with some welcoming remarks.

The group was led to an office to drop off luggage, then to a conference room to speak with some of the faculty. One presentation was on curriculum, another on student life, and another detailing some school information. Applicants asked questions sporadically during this time, but I definitely saw some yawning in the crowd as well. After the presentations, the group split up into the interview group and the tour group – my interviews were in the afternoon, so it was off to tour the school. On the agenda was the infant nursery, the gross anatomy lab, and even some basic hospital floors. All in all, it was nice just to walk around a bit before sitting down in the afternoon to answer questions.

The tour concluded at the conference room again, where lunch was served with the students and faculty. The catered lunch wasn't so great (more chicken with tons of butter), but I did my best to occupy myself with conversation for the hour allocated to eat. Fortunately, my interview time was right after lunch so I had to leave a little early to find the location of this faculty member's office.

This was by far the strangest part of the day – as soon as I knocked on the office door (a sliding glass door) to introduce myself, my interviewer very briefly turned around, waved me away, and told me to come back in ten minutes. This took me by surprise, so I went walking around the school to observe people. After returning, he immediately had me sit down without the formality of introductions and told me to take five minutes to read a poem. He then proceeded to ask me, line by line, about my analysis of the poem. Kinda weird, but I went with it, thinking that some questions about me or my applications were to come – but nooo. The next was a painting by Picasso that he asked me to critique. Then the next was a painting of a Spanish dwarf. After the poem, I just kinda rolled with it, laughing to myself about how utterly strange this interview was. When we concluded the interview after the critique of the dwarf, he said, “Well, you’re acceptable;” then he had me leave. How very, very strange . . .

The next interviewer was great – a very friendly and knowledgeable man who genuinely enjoyed talking to me as much as I to him. Things went very smoothly with only the occasional thought questions slipping in to the conversational tone. Even though this interview went long, and I was late to my next interview with the Director of the MBA program, no one seemed to mind.





The last interview was a success, as we talked about the business of healthcare, my past business history, and the graduate business program.

Finally, everyone met up in a different conference room for the student panel Q&A, where a lot of students, especially the married ones, asked a lot of questions. After we were dismissed for the day, a friend from a previous interview and I went to happy hour for margaritas (we figured we probably deserved it). I accidentally left my interview tie at the bar – oops. Then it was off to the airport to return the rental car and catch the flight home. That night, I crashed out at nine o'clock from a crazy, busy week.”

If you don't get nervous for your first interview, you must not care. It's completely natural that, with so much riding on it, you would experience classic anxiety symptoms. You can, fortunately, prepare yourself in such a way that you are convinced that you have done as much or more than the applicant. This is a good strategy once you're in medical school as well. For interviewing purposes, one of the most common things that goes wrong can be prevented. If an interviewer asks you a question about yourself, you don't want to say “I don't know” or “I never thought about it”.





Chapter 14

POSSIBLE INTERVIEW QUESTIONS

To help you prepare and consider the types of question you may be asked, we have included a partial list of questions people have been asked on medical school interviews.

If you read this entire list you should consult a psychologist. It's intended to give you a flavor for what some of the more sadistic interviewers might do, but if you want to read more, please visit our web site. Keep in mind that most interviewees don't run across tough questions. In general, the rule of thumb is to be courteous and confident.

Believe in yourself and you will do fine. Try to have fun with it!

ABORTION

At what point do you think life starts (i.e. fertilization or not)?

A 13 year-old female comes in to get an abortion, where there is no legal restriction, or parental notification or permission required. Do you perform the abortion?

You are asked to prescribe RU-486 (the abortion pill) to a 13 year-old girl. What would you do? What if you knew the parents and they were against premarital sex?

I recently read of a program where drug addicted mothers were being offered 200 dollars cash to be sterilized. What do think of this program?

EUTHANASIA / PHYSICIAN-ASSISTED SUICIDE

When a patient with a terminal illness (could die in 2 weeks) and who is in incredible pain, asked you how many pills it takes to kill her, what do you do? What if her daughter came back a week later and asked you what you had told her mother, would you give her the information? If she died that following week, and you have to put down the cause of death on her death certificate, would you write down anything (assuming that you told her the information in the first place)?

You begin your shift at the ER. A thirteen year-old girl is on a ventilator after respiratory distress and will likely die within a week. She wants to remove the ventilator as she is in pain and the nursing staff agrees that it isn't right to keep her on it suffering. Her parents want every measure to be taken to keep her alive. What do you do?





Your patient, 100% cognitive, tells you he wants to commit suicide because the cancer meds make him a zombie and completely out of it. Aside from any legal obligations, how would you handle the situation?

TRIAGE / END OF LIFE ISSUES

An elderly man his on the only ventilator. A teenager in a car accident needs the ventilator. The elderly man's family refuses to disconnect for another patient. What do you do?

A woman comes in to the ER pregnant to term, no pre-natal care, and hemorrhaging heavily. You tell her you need to go to surgery to save her and the baby. She says to do whatever you have to in order to save her and the baby. You tell her she has bled a lot and there is a good chance she will have to receive blood. She says she will not take blood because her aunt got a transfusion that was HIV+ and died a horrible death. What do you do?

You have a patient who was terminally ill and becoming resistant to higher and higher doses of morphine; you are worried that increasing his dose any further could cause respiratory arrest. What would you do?

BIRTH DEFECTS / GENE THERAPY

You have a patient with Parkinson's who is no longer responding to conventional treatment. There is a procedure to inject stem cells into his brain. The stem cells come from aborted fetuses. Would you advise him to try the procedure?

A 39 year-old expectant mother had an amniocentesis performed. She then discovered her fetus had Down's syndrome. What advice would you give her if she came to you seeking help?

In the future, a couple asks you to use gene therapy to change the IQ and eye color of their unborn baby. What do you do?

You just delivered a baby with Down's syndrome. The child is having problems breathing and needs to have a simple operation to take care of the problem. If the child does not have the surgery it will die. But the parents don't want you to save the child's life. What do you do?





ORGAN DONATION

You have one liver and two patients, one with self-inflicted liver disease and one that had a degenerative autoimmune liver disease. Allocate the liver to one patient, given that the alcoholic is higher on the transplant list. Defend your answer.

A patient is brought to the ER and has had a massive MI. He dies before anyone has a chance to do anything to him. The attending physician approaches you and asks if you would like to practice your intubation skills on him. What do you do? How about a put in a subclavian line? What if the family is right outside waiting to view him? Do you ask them if they mind?

How would you rank the following individuals for priority for a liver transplant?

(a) a young woman whose family cannot afford the operation (b) a 45 year-old sailor whose liver is damaged from alcoholism (c) a 75 year-old retired executive who has indicated that he will be a very generous donor to the hospital if he gets the transplant.

CLINICAL TRIALS / PHARMACEUTICAL COMPANIES

What is your opinion on physicians accepting gifts and dinners from pharmaceutical representatives?

If a drug company offered you a free trip to Vegas if you would prescribe their pill instead of the generic version, what would you do? Both pills are the same and the insurance company pays for both for the patient. So the insurance company is the only one that loses in this situation. What do you do?

The new pediatric gene therapy trials had an 80% efficacy. Do you as a physician use the gene therapy for a possible higher quality of patient life or not use them because of a 20% chance of negative effects?

DRUGS / ILLEGAL

You have a mentally-ill patient, who just convicted murder, and will be tried and killed if pleaded sane when you treat him. He can avoid death if you don't treat him, but he will be in jail for the rest of his life, what would you do?

What would you do if you caught someone cheating on a test? What if they gave a sob story about their wife and kids being sick?





If you had a patient who you had been friends with for a long amount of time, and he passed out in front of you because of an amphetamine overdose, would you report him to authorities?

PATIENT CARE SCENARIOS

You are in surgery with a doctor, a resident and yourself. The surgery is finished except for the closing procedure. Doctor tells resident to close, resident tells you to close, but you don't know what you are doing. You tell the resident and he reacts by punching you in the chest and calling you a good for nothing med student. What would you do?

You are a urologist and gave a man a vasectomy a few years ago. His wife is now pregnant and he comes to you to get the vasectomy redone. Once you get started, you discover the first vasectomy is still intact. What do you do?

CURRENT EVENTS

Who was the most influential president in the past 40 years?

What do you think of the Cuban Embargo?

What do you feel the United States' role is on an international level, and how do feel about their relationship with the United Nations?

Who do you think is the most influential American in the last 50 years?

MEDICAL SCHOOL / INTERVIEW

So what do you want to talk about?

Why are you here today?

What do you want in a medical school? What makes a school good? What would you say is the most important thing you are looking for in a school?

What are your thoughts on our curriculum? What do you think about the curriculum at other medical schools?

What is your first choice among medical schools? Where do you really want to go to medical school? Would you go to _____ over a top-rated private medical school?

Why have you decided to apply to American schools?





Did your father persuade or dissuade you from entering any field of medicine?

What do you know about the school? What does this school offer that no other school offers?

Why did you choose our school? What do you want from us?

What are some of the strengths and weaknesses of our school?

Do you have any questions?

Before we end the interview, is there anything else you'd like to tell me about yourself?

Past Clinical Experiences and Future Vision

Why do you want to become a doctor?

Why Medicine?

Why in the world would you want to go into medicine at a time where there are so many problems?

Do you have a clinical or hospital experience?

At what juncture in your life did you decide to become a doctor and why? What made you finalize your decision to be a doctor? How did you know you wanted to be a doctor?

Explain the path you took to becoming a doctor (including any medical experiences).

Name 3 specific vignettes that exemplify how medicine chose you, not how you chose medicine.

What will you give back to medicine? How will you make us proud?

What are your specific goals in medicine?

What is your most memorable and/or significant medical experience?

LABORATORY RESEARCH

What is the importance of research in medicine? Do you think research is important and why would (or wouldn't) you want to do research?





You're interested in combining research and clinical medicine. What if I told you that in order to do research you'd have to devote only 30% of your time to clinical practice?

What is the scientific method?

Do you think the FDA is slow, quick, or just right in translating research to clinical treatment?

Issues in Medicine

How do you feel about the present state of medicine? What don't you like about the current practice of medicine?

Who do you think is the most important person in a multi-disciplinary healthcare team?

What does it take to be a doctor? What is the toughest thing about being a doctor?

Is Health Care a Right or Privilege? (Right or a Choice?)

How would I decrease "frequent flyers" and non-emergent patients at emergency rooms?

What do you think about the pharmaceutical industry?

What do you think of the pharmaceutical companies that make enormous profits off of their drugs?

What is the role of the pharmaceutical industry in academic medicine?





Chapter 15

CHOOSING SCHOOLS: The Electronic Rank

Believe it or not, the medical schools weren't only interviewing you. You were interviewing them as well. Therefore, the best advice on which schools to choose as your favorites includes your opinion of which school made the best impression on *you*. All too often applicants try to second-guess themselves and predict which schools liked them the most. This is dangerous territory and people really do get burned.

What can happen is that you think people you met at a medical school really liked you, including those you interviewed with. Then you rank them number one, even though you really liked a different program better. Well, you have no idea who those people are and they could treat everyone like that! So, it can be misleading.

Just take it all in stride, evaluate the program for yourself and try not to feel like their opinion is the only opinion. In fact, some people find that evaluating the school objectively using checklists helps them stay distracted from their nervousness and makes it easy to come up with questions to ask during the interview.

What you have to do is develop a rank-order list of schools that you want to go to, starting with number one as the school you like the most. Make the list of only the school you interviewed with. You can rank these schools on the AMCAS application service, save it and change it later, until you officially submit it or the deadline passes, whichever comes first.

Watch this video on [Choosing Your Top Medical Schools](#).



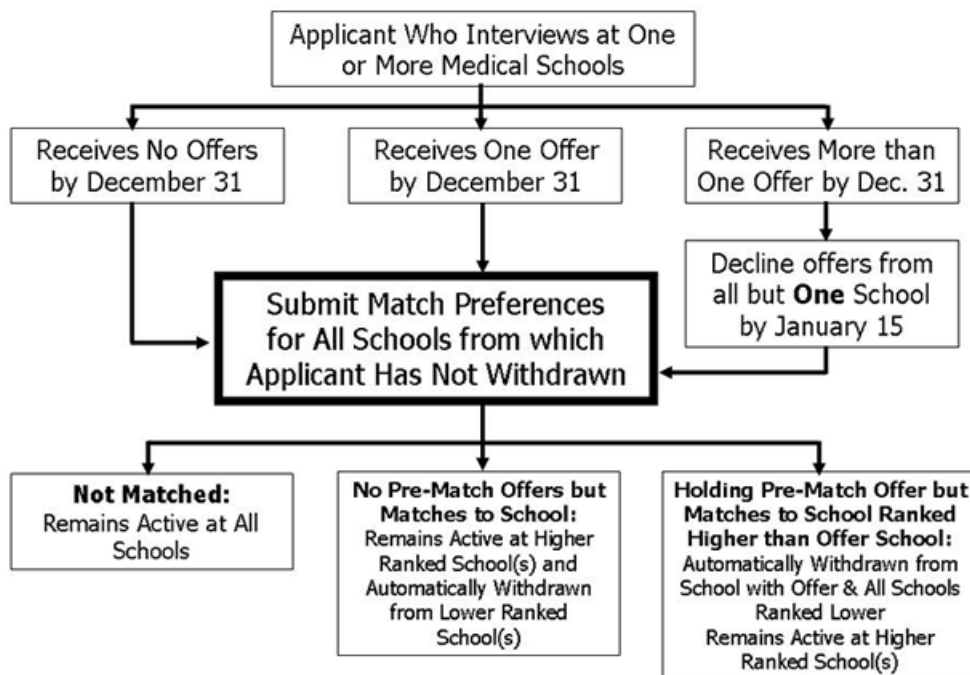


Chapter 16

THE MATCH:

The following flowchart is from the Texas Medical and Dental Application Service and nicely outlines the major concepts of receiving interviews, ranking the schools for yourself, waiting for Match Day (Feb 1 for the University of Texas system), and contingency plans.

EY07 Medical School Match Procedures



<http://www.utsystem.edu/tmdsas/Acceptance-MatchInfo.htm>

Changes are occurring every year. Listen to the podcast to get current updates.

American Medical College Application Service

<http://www.aamc.org/students/amcas/start.htm>

Texas Medical and Dental Schools Application Service

<http://www.utsystem.edu/tmdsas/>

American Association of Colleges of Osteopathic Medicine Application Service

<http://www.aacom.org/>





Chapter 17

AFTER YOU'VE BEEN ACCEPTED: Proceeding As A First-Year Medical Student

We recommend attending any orientation functions, weekend retreats, or other school-sponsored activities that are available. These events will help to ease some of your anxiety and hopefully serve to reassure you.

Surviving the first round of tests is perhaps one of the most exhausting experiences you'll have for a while. In general, the entire first semester is one long adjustment, which is code word for very difficult. Everyone experiences this and it's not easy for anyone. Even if you have good study habits and are exceptionally gifted, you've never done medical school before.

It's not until you have some tests and semesters under your belt that you get used to it and gain confidence that you're going to achieve your goals. This happens sooner for some us and later for others. Rest assured. It comes. Medical school is not like law school; they really don't like attrition.

Depending on the medical school you go to, there may be a printed syllabus available or truly required book reading. Other institutions use a scribe service, in which participating students pay-in and take turns writing down everything the lecturers say and then distribute printed copies to everyone else.

However you obtain the most high yield documents in your school, you will have more reading to do than you ever have in your life. Factor in the knowledge that you must retain all of the information (or so you think right now) and that your memory may save or lose a patient's life, and you have a recipe for stress.

Of course, our Medical Mastermind Community has a recipe for success. Watch this video [what to do when you wait](#).





Chapter 18

HOW TO STUDY IN MEDICAL SCHOOL: The Proven Method

A WORD ABOUT “FREE RECALL” – The pace of medical education is so fast that the student never feels warm and fuzzy about deciding that it is time to shift from learning the material to self-quizzing. However, many large studies have shown that it is beneficial to begin quizzing early to improve retention.

Unfortunately, the era of multiple choice questions has actually hindered our long-term memory because every time we take an exam or practice question the answer is always right in front of us! Are we really learning the information or are we just getting better at deciphering the correct answer? There are, after all, only a limited number of ways test-writers can confuse the material.

The first time we're confronted with “free recall” is during clinical rotations when physicians ask us questions and that's when you realize that truly learning the material is a very different skill. This is why we have to continually "review" material - because we never learned it the first time!

These MCAT questions work best **early** in your MCAT preparation.

1. Read a chapter, such as Cardiology, out of a review text.
2. Then do the MCAT QUESTIONS over just Cardiology. You may have to read the questions a few times before you feel confident enough to move on. You do not have to have the questions memorized to discard them. What's important is that you understand the concept! What's even better is if you can answer the question in your own words!!
3. After you've gone through all of the questions over Cardiology, do practice questions over Cardiology. You'll see an improvement in your scores!
4. Then keep on going, one subject at a time, through your review text. Your personal calendar can help ensure that you're on schedule to finish your review materials before the test. So, hit it early. Hit it hard, and use the MCAT questions at <http://medicalmastery.com/medicalstudentnotes/mcat> and you will be ready *before you know it!*

Now you're ready for Step 2: Getting More Serious

[Order DISK #1 in the CD of the Month Club: Comprehensive Study Techniques course!](#)

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