SO, YOU WANT TO BE A DOCTOR?

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MY BACKGROUND

- 2001 Centralia High School grad
- Soccer player
- Seattle Pacific University
- Biology major, chemistry minor
- Pre-med advisor
Is it in your nature?

- Compassion
- Ability to listen to people
- Team player
- Effective communication
- Not afraid of seeing blood (or other bodily fluids!)
- Interested in how the body works
- Like to be challenged
High School

- Science
- Sports Med
- Mathematics
- Challenge yourself!
- Shadowing/volunteering
- Colleges (and medical schools) love well rounded applicants!
- Talk to your counselor about choosing the right college
College

- Sciences are pre-med requirements: biology, chemistry, physics but you can major in anything!
- Writing
- Pre-med advisor
- Preparing for medical school: taking all pre-requisites, MCAT
MCAT

- Medical college admission test
- 3 sections: physical science, biological science, verbal reasoning – multiple choice
- Scoring: raw score converted to scaled score
- Sciences scored on scale 1-15
- Verbal scored with letter range J-T
- Prep courses!
- Apply to medical school!
Medical school

- 4 years
- First 2 years – curriculum studies
- Second 2 years – clinical rotations
- Applying for residency – happens during your 4th year
- Residency match
- Length of residency 3+ years depending on specialty
Tests during medical school and residency

- Board exams
- 3 tests – step 1, 2 and 3
- Lots of studying!!
- Must pass board exams in order to progress through medical school and onto residency
Residency

- So many choices!
- Primary care: family medicine, pediatrics
- Internal medicine: hospitalist OR specialist
- Specialties include: cardiology, gastroenterology, neurology and others
- Surgery
- Obstetrics/gynecology
- Length of residency depends on specialty choice
What I do every day!

- Talk to and listen to people
- OB care
- Babies!
- Elderly patients
- Office procedures
- Prescribe medications
- Counsel patients about vaccines, healthy lifestyle, preventive tests
- Write letters, call patients with results
Resources

- https://www.aamc.org/students/applying/
- https://www.aamc.org/students/applying/amcas/ (video describing medical school application process)
- https://www.aamc.org/students/download/403926/data/quickanswerstocommonquestions.pdf
Questions?

- Thanks for having me today!