

## **Pre-Medicine:**

### ● **Required Questions:**

- What made you choose Midwestern/what do you enjoy about the school?
  - Visited campus, very nice and new, everyone is very friendly
  - Interesting interview, everyone is super friendly and have hobbies, good atmosphere
- What have you been doing now in school that you enjoy?
  - Branch of American Women Association organizes volunteer events, great opportunity to meet women in medicine
  - Tons of clubs, some specific to the program some not
  - Intramurals: sand volleyball, basketball
  - Volunteer at free Christain clinic
  - Lots to do, time for enjoyment, mental health is important
  - Friday night offs, something fun
- Do you have a healthy balance of school, work, and personal time?
  - Sleep is never sacrificed, find out if morning or night person, workout few times a week, art showcases, midwestern does a good job with mental health, none of them felt too overwhelmed
  - Get through the first two years, gets so much better after
- What made you choose this field/MCAT?
  - DO has PT concepts
  - Scribed in an emergency room, a doctor he was shadowing was a DO
  - Prepared by MCAT through Kaplan 4th year of undergrad
  - In-person Kaplan classes- make sure to go through the right questions as well
  - Took MCAT twice
  - Couldn't cancel MCAT a second time, wait to schedule it till after you get your score
- The hardest thing about getting into Med School:
  - Be patient, the waiting game
  - The whole process-MCAT, application, essays, interviews

- What did you do an Undergraduate?
  - Frat leadership, few gap years to shadow
  - Gap year, CNA, scribe, learn alot of bedside manner
  - Premed clubs
  - Bingo with senior citizens- volunteers
  - Scribing is very useful
- What skills and/or talents do you need to do well in your career?
  - Did you just naturally come about these talents or did you have to work on them?  
How did you work on them?
- Are you involved in research?
  - One did, volunteered in the lab, got to fly out to conferences in San Francisco
- How did you prepare for your entrance exam?
  - Anatomy, biochem, other bio classes
- Picking a minor but want to look all rounded
  - Don't really need a minor to look well rounded
  - Many don't have minor
  - Something you enjoy
- GPA for med school?
  - Depends on where you want to go, some focus on other aspects of application
  - Med schools care about overall science gpa
  - Above 3.0, but not really a specific gpa, many aspects to your application
- Worth self studying physics 2/scheduling?
  - Apps to help you manage time
- Where do I join doing volunteering-international student
  - Try organizations on campus
  - Volunteermatch.org- type in area, things pop up
- Course planning?
  - Spread out pre reqs
  - Biochem/chem major- esp if you have passion for chem

- Intro bio and chem in the start
- MCAT spring in junior, take less classes 12/13 to help study
- Help getting accepted?
  - Talking in interviews, very important
- How to start preparing as a freshman
  - Focus on classes, don't worry about MCAT, maybe volunteering
  - Easy volunteering at a food pantry
- Any plans for residency?
  - Start applying by start of 4th year, interviews happen in november- january
  - Actual match day is in march, get ranked and rank the places, have to go where you get match
  - Cardiologist, cardiothoracic surgeon
  - No surgery, procedural, emergency medicine
  - Personality fit
- 3rd year
  - Every 4-8 weeks new rotation, core rotations, and 2 elective rotations
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### **Optometry and Pharmacy:**

- Why did you pick your chosen field and why did you specifically pick Midwestern?
  - Was interested from visiting doctors during appointments. Shadowed and became more interested. Chose Midwestern because of the diversity of other healthcare professionals. Able to work with students of other professions. Enjoyed family-like environment.
- Have either of you considered other fields and what experience do you have in them?
  - Shadowed fields to see what fits them best
- What are some misconceptions about your field?
  - Optometry is not just about glasses, but much of the information learned in school is about diseases that not only relate to the eye, but hint at other health issues.
  - Pharmacy is not just behind-the-scenes work, but is a frontline field that handles many issues in a hands-on manner.

- What skills/talents do you need to do well in your career path, do these come naturally or did you have to work on them?
  - Optometry: not just about refracting and handling equipment, but communication with the patient is important in order for them to understand their diagnosis. Time management is important in order to complete all your work and still have time for yourself. Cannot treat patients the same way despite having the same diagnosis.
  - Pharmacy: mainly communication. Set schedules for study time and time to yourself. Time management is learned as time goes.
- What is a rose or thorn about this field?
  - Optometry: A rose would be the satisfaction of seeing patients and their families being able to see well for the first and know that people are getting the help they need. A struggle includes educating the public as to what an optometrist's abilities are. Seeing people's financial and health struggles can cause an optometrist to become emotionally attached.
  - Pharmacy: Helping patients makes one feel good. A struggle would be helping patients understand what is going on with them.
- How was the transition from undergrad to grad school?
  - Optometry: The main difference was the change in curriculum. Volume of work is only greater. Dealing with people who make you feel slightly inferior when seeing "A-type people". Adopting a new study strategy is necessary.
  - Pharmacy: Transferring to a quarter system is much harder in terms of time management. Same class with the same people unlike undergrad.
- How do you balance the workload with your social lives and other extracurriculares?
  - Optometry: Missing out on family and friends events. Take practice to stay disciplined. Give a day to yourself to stay sane. Second and third years are very difficult. Can be hard seeing everyone out living but is worth it in the long run.
  - Pharmacy: sacrificing a lot of your mental health and social life. Develop a plan in order to stay focused and have some time for yourself. Prioritize now for it to be worth it.
- What is something you wish you knew in undergrad/is there anything you would have done differently in undergrad?
  - Optometry: wish of being aware of how much time was available during undergrad. Using time more wisely. Always have a backup plan. Will have even less time in grad school
  - Pharmacy: had so much time in undergrad to do non-school related things
- If anyone has taken a gap year, what was it like, how was it beneficial and would you recommend it?

- Optometry: many people will be against it but, it is highly recommended to be more prepared for grad school. Give more time when already aware of a certain topic. Allowed time to mature. Graduating a semester early helped with application process timing. Working also gives insight into specifics of the profession.
- Pharmacy: took a two year gap year. Helps one be ready to go to school and pause. Lots of shadowing and realizing what profession you want to pursue.

### **Pre-Optometry:**

- What can Pre-Optometry or Pre-Pharm students do in undergrad to make them stand out in their applications?
  - Does not matter whether rec letter is from a private or public practicing doctor. Form a connection with the doc before asking for a letter. Join undergrad pre-optometry club. Helps with the application process especially when not having perfect grades. Applications are holistic processes. Participate in many clubs and activities outside of school to seem well-rounded. Being a good student isn't enough. Include personal experiences rather than generic responses.
- What does a typical day at school look like?
  - Tuesday is a longer day in third year because of clinicals. Classes from 8am-11. Shifts start at 12 and shifts can last until 8-9:30pm. Doesn't see patients during first and second year. Study for boards during third year. Fourth year is seeing patients mainly and studying for second and third board exams. A bit less intense than first board exam. Don't let tests set you off even if you do bad. Need 70 to pass. May not be able to advance to next classes, if failed..
- What is on the OAT and how did you prepare for it?
  - Practice tests with Kaplan. Bio, orgo, physics, math, reading, and quantitative reasoning. 3 month preparation. 4 hour test. Try not to take more than once. Studying bio section of mcat helped. Chad's extra sources videos.
- How is your performance evaluated in school?
  - 3 exams a week. Tests and proficiencies. homework is not much of a thing.
- SEE-SUMMER EYE EXPERIENCE JUNE 2022. FREE 3-DAY EVENT.

### **Pre-Pharmacy:**

- What can Pre-Optometry or Pre-Pharm students do in undergrad to make them stand out in their applications?
  - Join pharm extracurriculars. Leadership roles help people stand out. Working as a tech seems more impressive during interviews.
- What is on the PCAT and how did you prepare for it?
  - Pcat is not required unless you have a poor gpa. Transcripts were used.

- How does a typical day at school look like?
  - New program is now 3 years not 4. A lot of studying and exams. More hands-on than before.
- What do you think about where the pharmacy field is heading (job growth, saturation in the field)?
  - More demand for clinical pharmacists. Is a growing field
- How is your performance evaluated in school?
  - A lot of exams
- Any plans for residency?

**Pre-Dental:**

- What made you choose Midwestern/what do you enjoy about the school?
  - **Met a peer through DAT Bootcamp.**
  - **No textbooks**
  - **Safe area, close to the city, campus is secure**
  - **Professors build a relationship with you, treat you as a colleague**
  - **Other dental universities were looking to see what Midwestern was doing because of high their numbers are**
  - **You have to be adaptable to change, things are changing at Midwestern a lot and always improving the program!**
  - **Very busy program**
  - **No type of billing, faculty schedules and processes payment so you do NOT have to waste time working about other work than practice, for the most part.**
  - **Faculty can be very understanding regarding certain circumstances**
- What have you been doing now in school that you enjoy?
  - **Clinical experience : a lot to learn and practice**
  - **At midwestern, students can place implants, whereas other schools do not provide that kind of clinical experience**

- **About 70 active patients, see about 2-3 patients a day**
- How is your performance evaluated in school?
  - **Lectures and powerpoints are KEY for exams**
  - **Weekly exams as opposed to block exams (every 4-6 weeks)**
  - **All lectures are recorded so can catch up under any circumstances**
- What made you choose this field?
  - **Family members**
  - **Dental club**
  - **shadowing**
- Rose/Thorn about your field/career path?
  - **THORN:**
    - **you have to be good at adapting to change at midwestern, still building and perfecting the program.**
    - **Patient population can be a hit or miss**
  - **ROSE:**
    - **diverse faculty**
- What is a common misconception people have about your field?
  - **Dentists are not “doctors”**
  - **Oral health is not important or always too expensive**
- What is something unique about your job/something that you enjoy?
  - **Art can be incorporated into the dental field**
- What skills and/or talents do you need to do well in your career?
  - **Enjoyed art and science which together felt right to go into dentistry**
  - *Did you just naturally come about these talents or did you have to work on them? How did you work on them?*
    - **Sewing**
    - **Painting**
    - **Art**
    - **It helps to have it, but you do so much training during school that it helps support you throughout your journey**

- **Even with art skills you can still struggle**
  - **You adapt and practice and get there!**
- What do you know now that you wish you knew during your time in undergrad?  
How was the transition into graduate school?
  - **Very fast paced**
  - **A lot of adjustment with classes**
  - **More intense courses and tougher subjects**
- If anyone has taken a gap year, what did you do, and how was it beneficial?  
Would you recommend it to anyone?
  - **If you feel you need to, you should! You need to figure out what is best for you. It's good to get some experience outside of school and take time off but you know your path and what you need.**
- How did you prepare for your entrance exam?
  - **About 3-4 months**
- What other career fields have you worked with/will work with in school and in your field?
  - **Courses that include group projects through interprofessional program, work with other people on different career paths**
  - **PT and OT**
  - **Medicine**
  - **Pharmacy**
- Have you considered any other fields?
  - **Research in biochemistry**
  - **Medicine**
  - **Graduate school in the sciences, general research in the sciences**
- What materials do you recommend for DAT prep?
  - **Kaplan for BIO and CHEM**
  - How long did you study?
    - **4 months to get through the material**
  - What classes do you think were most helpful for you in preparing for the DAT/dental school?
    - **Anatomy on the DAT was not needed, but it was helpful for actual dental school, neuroscience was also helpful for dental school**







- Labs: sports interventions and testing, dry needling, etc. You get to implement some of those specialized classes
- How are you graded and marked in school?
  - Written tests, practicals (standardized patients or professors that you practice on), writing papers, quizzes, and you get evaluated on your field work
  - CI (clinical instructor) is in charge of filling out a form about how you did there and you fill one out for them
  - Midwestern has tests in a testing center (tests are never during class, it's separate)
  - You have to sit in your own "cubicle" and computer to take the GRE
  - Paid "actors" help simulate what a clinic would look like (an example would be practicing difficult conversations with patients)
- What is something you've been struggling with in school?
  - Comparing the load and tests in undergrad and grad school (OT and PT in this case), there is so much material and shorter amount of time in grad school. You have to stay on top of your work and devote a bunch more time to all subjects at a time to succeed.
  - Teamwork or working with other people can be difficult because everyone has their own schedule and responsibilities so you have to get creative with working together.
  - Perfectionism can be very hard and in the beginning you want everything to be really good and you want to go above and beyond but at some point you just have to say I did the best I can and move on
- Schedule tips and taking care of yourself:
  - Make sure you always do something you like everyday and take care of yourself, especially in grad school because it can all get to be too much (balance your time)
- You can change majors while in undergrad and you'll be just fine, especially when you're trying to find what you want to do for the rest of your life.
- Rose of OT: Overlapping with so many different professions such as PT, clinical psychology, etc.
- Thorn of OT: The same broadness that's a rose can also be a thorn because of having to always explain what OT is

- Rose of PT: Same as OT (the overlapping)
- Thorn of PT: Easy access (you can go directly to PT rather than a doctor). Although it's a good thing, there needs to be more states that do that and awareness needs to be spread because it will save them a lot of healthcare. You don't need a referral.

OT Goals: Basic needs such as putting a shirt on, wash their back, lift their arm

PT Goals: The range of motion that will facilitate that motion

- Skills or talents that are needed in career:
  - Communication skills and showing that you truly care about the patient and the patients' needs
  - Being able to be flexible with situations and think of things on the spot (easily change your plan)
- Transition from undergrad to graduate school:
  - A bit hard, especially when the transition was during the pandemic
  - In undergrad, it's about memorizing for one class. In grad school, you have to soak up this information for the sake of the future and for a deep understanding of the material (constantly learning)
  - You are not going to be doing the best even if you were a straight A student in undergrad. You will struggle in the beginning but you can get there.
  - Lots of resources at Midwestern that can help you if you're struggling (tutors, counseling, etc.)
- PTCAS: applying to physical therapy
  - A lot of schools want to see a lot of hours in a lot of settings (hospital, nursing home, outpatient clinics). This is especially good for gap years.
  - Use a gap year to either work in a clinic or shadow as much as you can (important interview question!)
- Make sure you do stuff in your gap year that relate to your graduate program
- If you apply the first round and don't get in, you can def apply the next round and just do things that benefit and show the schools your interest in the profession!
- Preparing for GRE: Nothing on there is needed for professions (for both OT and PT)
  - OT: some schools require GRE and some schools don't (Midwestern doesn't)

- Takes around 2 months (study using megush)
- Both say it's like the ACT on steroids
- Save your money on the applications because some schools have a minimum score and will only look at your application if you have it
- Midwestern has masters and doctorate programs for OT (masters is in Arizona)
- PT: If you get waitlisted or rejected they barely tell you why but just try your best and study well for the GRE (get a tutor and look into what a normal score is and the schools you want to apply to and base your goal on that)