

# Becoming a Medical Professional: Pre-medical Years

An anatomical model of a human skull is positioned on the right side of the slide. The model is semi-transparent, revealing internal structures such as the brain, nerves, and blood vessels. It is mounted on a thin metal rod which is attached to a small, light-colored rectangular base. The background is a blurred image of a laboratory or classroom setting with shelves and equipment.

January 3, 2021

# Disclaimer

# 01

## Before College

How I got here!

# 02

## What It's Like

How my pre-medical experience  
has been.



# 03

## Preparing for Medical School

Considerations and gearing for  
applications!

# 04

## Q&A

Open time to answer any  
questions.



# Introduction

UC Berkeley  
Second Year

Major: Nutritional Science: Toxicology  
Minor(s): Global Public Health,  
possibly Data Science

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# How did I get here?

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## Academics

SAT / ACT  
GPA  
Advanced Placement  
International Baccalaureate  
Dual enrollment



## Extracurriculars

Intellectually stimulating  
  
Hobbies  
  
Community service



## Leadership

Employment  
  
Leadership Positions  
  
Consistency



## Quality over Quantity

- Be aware of overloading yourself with AP / IB courses.
- Pursue extracurriculars you are truly passionate about.
- Spend your time and energy on what means most to you!

- BS / MD programs
- Early Assurance Programs
- Gap year



## Special Paths?



## Academics

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- GPA
- Prerequisites
- MCAT
- Major – can be anything!



## Social Life

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- Maintain relationships!
- Have fun!
- Study with friends (:



## Activities

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- Extracurriculars
- Clinical Experience
- Employment
- Research



## Personal Wellness

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- Sleep
- Exercise
- Mindfulness
- Healthy habits



## My Experience

- I have really enjoyed my medical school prerequisite classes so far (:
- Class is a lot better if you are taking classes you really enjoy (your major does not have to be biology to be pre-med!)

## Advice

- Use academic resources (e.g. tutoring services) provided by your school!
- Use your professor's studying tips for their class.
- Stay! on! top! of! your! work! (don't cram)



## Clinical Experience

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- Clinical Research – UCSF
- Shadowing (also virtually)
- Future Physician Leaders Program with UCR SOM



## Leadership

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- American Medical Women's Association
- SBA for Kaplan Test Prep
- Global Initiative Against HPV and Cervical Cancer



## Extracurriculars

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- Health Worker Program
- Associated Students of the University of California
- Dance!



## Community Service

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- Casa Esperanza
- St. Jude Philanthropy Event Organization
- Volunteer at the Biotech Learning Lab



## Exercise

- I work out (nearly) every day for at least 30 min!
- Rest days are important too (:



## Sleep

- I usually sleep 8-9 hours a day during the semester!



## Healthy Habits

- Eat breakfast every day
- Don't skip out on hygiene
- Establish routine



## Gain Clinical Experience

- Work as a Medical Scribe, an MA, etc.
- Continue shadowing, volunteering, etc.
- Clinical Internships

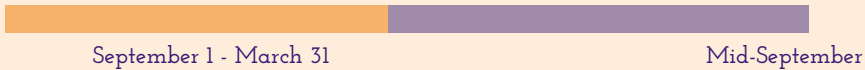
## Pursue Other Passions

- Fulbright
- Internships (e.g. Public Health)
- Pursue a Master's Degree

- Ideal
- Possible

September February July December April

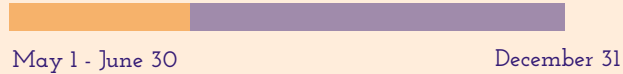
Prepare for the MCAT



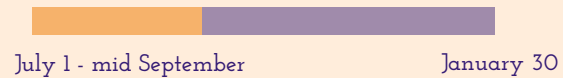
Take the MCAT



Primary Applications



Secondary Applications



Interviews




Rolling Admissions



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## Biggest Takeaways

- Pursue your passions, not just things that you *think* will help your application.
    - Numbers are important but they are not everything.
    - You are not tied down to medicine just yet – *explore!*
      - Take care of yourself along the way.
      - There is no right / wrong pre-medical journey.
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Thanks!  
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**Thank you!**

Happy to answer any questions!