

# YOUR STRATEGIC MED SCHOOL LIST: MAXIMIZE YOUR CHANCES

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MOON PREP

- FACTORS TO CONSIDER
- A COMPREHENSIVE LIST OF MEDICAL SCHOOLS WITH IN-STATE PREFERENCES
- WHAT TO KNOW ABOUT CARIBBEAN MEDICAL SCHOOLS



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# CREATING YOUR MEDICAL SCHOOL LIST

**Cost:** Average cost is \$45, ranging up to \$100 per school

## How many schools should I apply to?

- Recommended 20 to 30 schools

## Factors to consider

- School's in-state and out-of-state preference; state ties may also be considered
- Location
- Target and reaches: GPA and MCAT averages/ cut off scores
- Research-heavy schools often favor robust research activities and publications
- Tuition cost
- Determine if you want to apply to allopathic (MD), osteopathic (DO), or Texas schools (separate application required)

## Schools with In-State Preferences

- Alabama
  - University of Alabama at Birmingham
  - University of South Alabama
- Arkansas
  - University of Arkansas
- California:
  - California Northstate University
  - University of California, Davis
  - University of California, Irvine
  - University of California, Los Angeles
  - University of California, Riverside
  - University of California, San Diego
- Florida
  - Florida Atlantic University
  - Florida International University
  - Florida State University
  - University of Florida



## Schools with In-State Preferences (Cont'd)

- Georgia
  - Medical College of George at Augusta University
  - Mercer University
- Illinois
  - Southern Illinois University
  - University of Illinois
- Indiana
  - Indiana University
- Louisiana
  - Louisiana State University New Orleans
  - Louisiana State University Shreveport
- Kansas
  - University of Kansas
- Kentucky
  - University of Kentucky
- Minnesota
  - University of Minnesota- Duluth
- Mississippi
  - University of Mississippi Medical Center
- Missouri
  - University of Missouri
  - University of Missouri- Kansas City
- Nebraska
  - University of Nebraska
- Nevada
  - University of Nevada- Reno
  - University of Nevada- Las Vegas (NV residents, significant ties to NV, or Western Region applicants)
- New Jersey
  - Rutgers New Jersey Medical School
- New Mexico
  - University of New Mexico



## Schools with In-State Preferences (Cont'd)

- New York
  - CUNY
  - SUNY- Down State Medical Center (Brooklyn)
  - SUNY- University of Buffalo
  - SUNY- Upstate Medical University
- North Carolina
  - University of North Carolina- Chapel Hill
  - East Carolina University- Brody School of Medicine
- Ohio
  - Northeast Ohio Medical University
- Oregon
  - Oregon Health and Sciences (OR residence or heritage, MD/PHD and MD/MPH candidates, underrepresented students, or exceptional students)
- Oklahoma
  - University of Oklahoma
- South Carolina
  - Medical University of South Carolina
- South Dakota
  - University of South Dakota
- Tennessee
  - East Tennessee State University
- Texas- All Schools (Maximum 10% out-of-state only)
- Washington
  - University of Washington (prefers WA, WY, AK, MT, ID)
  - Washington State University

## Should I include osteopathic (DO) schools?

As medical schools become more competitive, it's important to diversify your school list.

Osteopathic schools generally have lower GPA and MCAT requirements, and tend to review the application more holistically.

Osteopathic philosophy emphasizes treating patients holistically, focusing on the body, mind, and spirit. Osteopathic education has a similar curriculum to allopathic schools, with the addition of 200 hours of training in osteopathic manipulative medicine (OMM/ OMT). OMM is hands-on treatments that realign the musculoskeletal system to help the body heal itself.



## Should I include Caribbean schools?

Caribbean medical schools are considered international schools that can offer a similar education to that of U.S. medical schools. If you plan to return to the U.S. to practice, the most important consideration is if the program can help you match into a U.S. residency. St. George's, SABA, American, and Ross have some of the best U.S. residency match rates among Caribbean medical schools.

Caribbean schools generally have the most forgiving GPA and MCAT requirements. This is a great alternative option for those with very low chances of matriculating into MD or DO schools. Consider applying to Caribbean schools if you have had 2-3 unsuccessful attempts at gaining admissions to U.S. MD and DO programs.

Your specialty of interest is also an important consideration. It is particularly difficult to match into competitive specialties such as surgery, dermatology, ENT, and orthopedic surgery from Caribbean programs. However, if you plan to pursue a primary care specialty, such as family medicine, internal medicine, or pediatrics, then Caribbean schools can still be great options.

Caribbean schools have a rolling admissions program. This means that these schools do not follow the traditional process; you can apply anytime during the year and matriculate shortly after.

Caribbean schools typically do not provide as much support to students as U.S. medical programs. This can affect first time USMLE pass rates and securing clinical rotations. However, students who are determined and able to work independently should be able to overcome these obstacles.

## Other Considerations

- School's missions: Underserved, Urban, Primary Care-focused, Global Health, Research
- Curriculums: Team-based learning, Problem-based learning, Small Groups, Systems-Based Curriculum
- Family Support
- Extracurriculars/ Research Opportunities
- Mentorship
- School Support
- Rotation sites/ hospital affiliations
- First time boards pass rate
- Match rate/ Residency placements

