

## Considering Applying to Med School?

Regardless of what year of study you are in, if you are considering an application to med school, here are some important considerations.

- For Ontario medical schools, check important dates and submit applications through [OMSAS](#) (Ontario Medical School Application Service through OUAC). For other Canadian medical schools, follow the application instructions on each school's website.
- Look for yearly changes, updates and any other considerations.
- Minimum accepted GPA is typically 3.0, but a **competitive GPA is typically 3.7+**.
- Many schools require you to write the [MCAT](#) (a standardized test administered by the Association of American Medical Colleges) and meet minimum scores for program eligibility. There are many private companies that sell test preparation resources
- **Breadth and/or depth of experience** will help to make a strong application. Experience can include work, volunteering (including job shadowing), and extra-curricular activities.
- The ability to articulate how your experiences demonstrate the core values of the program to which you are applying will be important. Leverage experience that is unique to UofG, such as the Human Anatomy Lab.
- You will need a minimum of **2-3 strong references**. Requirements vary based on the school, but references cannot be a friend, family member, or family friend. Select a range of people who can speak at length about your academic and non-academic experience. Ask if they can provide a strong, positive reference and meet the required deadline.
- For each school that you are considering, scour their website and read all FAQs. Contact each med school directly with any additional questions not answered on their website. **Attend info sessions for the med schools** you are interested in, whether those sessions are in person or online.
- **Conduct informational interviews** with current or previous med students, faculty, and practicing professionals to gain deeper insight into specific programs and specialties.
- Thoroughly research the school, faculty, hospital affiliations, etc. for each program you are interested in.
- Have a system to **organize and keep track** of important information such as deadlines, application instructions, and requirements, E.g. a spreadsheet, binder/notebook, or whiteboard.
- Increasingly, med schools are actively concerned with the overall well-being of their students and those in the medical profession. Reflect on the strategies you have in place to ensure balance and physical, mental, and emotional well-being.

Get additional support! This could include [The Experiential Learning Hub](#), the UofG [Pre-Med Club](#), or UofT's [Community of Support](#).