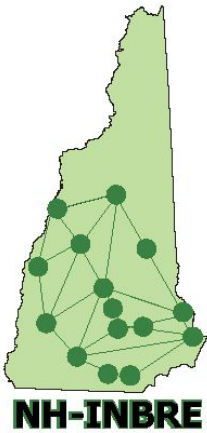


# Medical School Mentoring



Session: How to Choose Which Schools to Apply to

Presented by: The NH-INBRE Alumni Network

April 29th, 2025

# About Us - NH INBRE Alumni Network & Mentoring Programs

New Hampshire INBRE (IDeA Network of Biomedical Research Excellence) is a program funded by the National Institutes of Health to develop a coordinated network of biomedical research and research training in New Hampshire.

In 2021, the NH INBRE Director of Biomedical Workforce Development implemented a [one-on-one mentoring program for INBRE students](#) to be paired with INBRE alumni.

Alumni mentoring provides career and academic guidance to current students on a volunteer basis.

In 2022, following the INBRE annual conference, two INBRE alumni recognized an urgent need to provide mentorship support for the numerous pre-med majors at the partner schools.

In 2023, the Medical School Mentoring program was launched for all pre-med students at the partner schools.

Medical School Mentors are current medical students that are either INBRE alumni or volunteers from the lead partner schools.

**Lead Partners:**

Geisel School of Medicine at Dartmouth  
University of New Hampshire at Durham

**Partner Institutions:**

Colby-Sawyer College  
Community College System of New Hampshire (CCSNH)  
Franklin Pierce University  
Keene State College  
New England College  
Plymouth State University  
Saint Anselm College  
University of New Hampshire at Manchester

**Associated Members:**

Rivier University



# Medical School Mentoring Program: Goals

- Provide resources, information, and support to students who are on their journey to become physicians.
- To **supplement** the pre-med advising at the NH INBRE partner schools.
- Establish more networking relationships within the INBRE community and beyond.



# Mentor Introductions

**Fun Fact:  
We are both  
moms!**



**Haley:** M3  
Stritch School of Medicine  
Loyola University of Chicago  
Took MCAT in August 2021



**Abby:** 6th year in the MD-PhD  
program at Dartmouth College  
Endicott College '19

# Before you choose schools, choose your program

- MD vs DO vs other
- Are you interested in dual-degree programs?
- Do military scholarship programs (Health Professions Scholarship Program) matter to you?

Clearly defining what program your aiming for will automatically narrow down your focus to school's that offer what you're interested in

- Location is another thing to factor in your search but do not limit yourself

# Why a school list is important

You spend a lot of time, effort, and money on your undergraduate education, MCAT scores, personal statement, and other parts of your application...but all that ultimately only matters if you apply to the right schools!

- In 2023-2024 cycle, average medical student applicant applied to 18 schools
  - May vary based on state/locations
  - Typically 15 applications is “recommended minimum” for MD applicants
- Medical schools DO NOT see where else you apply
- But remember, more applications = more expensive
  - Want to be intentional about where you apply

**Double check prerequisites: Each school varies**

## Similar to undergraduate, you should have a mix of “safety,” “target,” and “reach schools”

- **Safety schools**= Your grades/scores/qualifications are better than average qualifications of matriculating students in recent years
- **Target schools**= Your grades/scores/qualifications match average qualifications of matriculating students in recent years
- **Reach schools**= Your grades/scores/qualifications are not as strong as average qualifications of matriculating students in recent years

\*Keep this in mind, but realize that it also isn't everything and medical schools are often looking for applications with the best “fit”

# Balancing your school list

- Classify schools as “safety,” “target,” or “reach” based on admissions/matriculating data
  - School websites may provide some data
  - There are some resources/services that can help (most cost money):
    - MSAR: <https://mec.aamc.org/msar-ui/#/landing>
    - DO Explorer: <https://choose.do/explorer/>
- Safety schools
  - Only apply to a couple
  - These actually aren't a sure bet to get into because these schools may not offer you interviews if you're too overqualified and they feel you're unlikely to matriculate
- Target schools: should be the majority of schools you apply to
- Reach schools
  - Only apply to a couple
  - Confirm school doesn't have GPA or MCAT cutoff that will automatically block review of your application
  - You will need a very strong application (beyond scores) to get interviews (extracurriculars, unique experiences, compelling personal statement, etc.)

# MSAR

How to Use  
**MSAR**

BeMo



# What to include on your list:

- Basic information (School name, location, program type)
- School admissions/matriculating data
  - Average GPA
  - Average MCAT
  - Some schools may have GPA/MCAT score cutoffs ← check for this before applying
  - Some schools may provide basic demographic data
- Admissions requirements (Letters, prerequisites, due dates, etc.)
- Basic curricular structure
- Research/extracurricular opportunities
- Tuition
  - Does in-state residency status matter?
- Other unique things or factors that matter to you
  - School mission statement/values ← can be helpful for secondary applications
  - Class size
  - Health Professions Scholarship Program (Military)
  - Pathways/concentrations available
  - Distance to family
  - Residency match results

# Examples:

Example template:

[https://docs.google.com/spreadsheets/d/1gwtg4R5gYAz9bXeLnWZf4mKa46gy8Xb1Osd\\_TVzt4n4/edit#gid=2023487176](https://docs.google.com/spreadsheets/d/1gwtg4R5gYAz9bXeLnWZf4mKa46gy8Xb1Osd_TVzt4n4/edit#gid=2023487176)

Article that walks through school list process well:

<https://elitemedicalprep.com/getting-into-med-school-how-to-create-a-school-list-for-amcas/>