

# Med School 101

With Kira and Becky



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# Territorial Acknowledgement

The University of Waterloo acknowledges that our work takes place on the traditional territory of the Neutral, Anishinaabeg, and Haudenosaunee peoples. Our main campus is situated on the Haldimand Tract, the land cared for, stewarded by, and stolen from Six Nations, which includes six miles on each side of the Grand River. Our active work toward reconciliation takes place across our campuses through research, learning, teaching, and community building, and is coordinated within the Office of Indigenous Relations.



# Take Action

## On campus

- Office of Indigenous Relations
  - Supports for Indigenous students
  - Knowledge building resources for allies

## In the community

- O:se Kenhionhata:tie Land Back Camp
- Willow River Centre
- Authors, artist, and makers
  - Tuesday, Aug 12 at 6:00pm open mic night for Indigenous poets at The Grove Café in Kitchener

# Who are we?

**Kira (she/her)**



**Becky (she/her)**





# What's on the agenda for today?

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Key dates

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Admission streams

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Narrative application components

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Writing strategies

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**WHAT DO YOU HAVE QUESTIONS  
ABOUT?**



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## OMSAS Important Dates

July 10

- OMSAS opens

August 22

- AFMC Fee Waiver

September ?

- Request to pay by cheque

October 1

- Final deadline @ 4:30pm



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# Upcoming program information sessions

McMaster

- ??

NOSM

- Tuesday July 8 @ 6:30pm

Ottawa

- ??

Queen's

- Thursday July 17 @ 12:00pm

TMU

- ??

Toronto

Monday July 14 @ 12:00pm

UWO

Wednesday July 30 @ 12:00pm

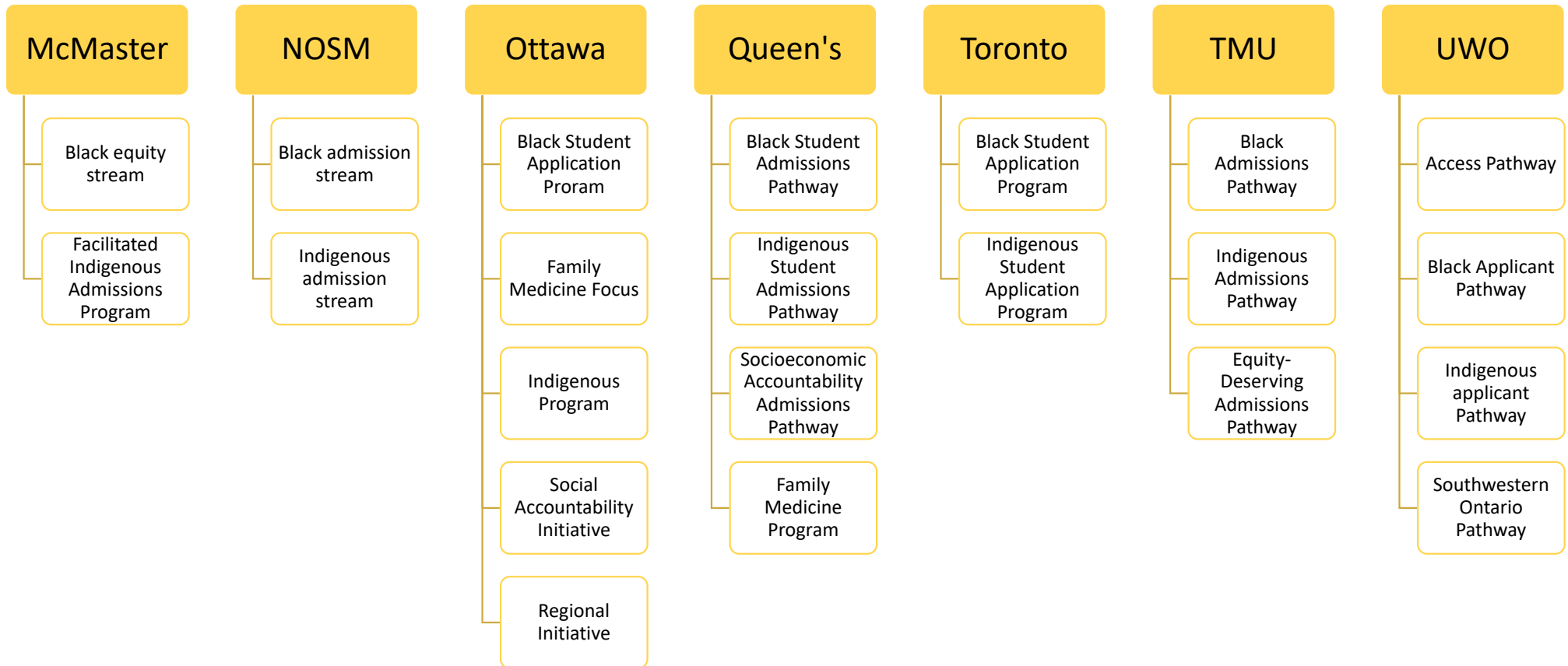


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# Admission streams/Initiatives by school



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# Common requirements for admission streams / initiatives



Self-declaration



Documentation to verify self-declaration



Letters of support from community



Documentation from licensed, regulated professional



Additional essay(s)



Dedicated admissions committee



Interview panel who shares that identity



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# Narrative Components by school

| McMaster | NOSM | Ottawa                            | Queen's                            | Toronto                     | TMU                            | UWO         |
|----------|------|-----------------------------------|------------------------------------|-----------------------------|--------------------------------|-------------|
| N/A      | ABS  | ABS                               | ABS                                | ABS                         | ABS                            | ABS         |
|          |      | Top 3 in all<br>ABS<br>categories | Top 3 in<br>some ABS<br>categories | ABS<br>statement            | ABS<br>Addendum                | Western ABS |
|          |      |                                   |                                    | Brief<br>Personal<br>Essays | Supplement<br>ary<br>Questions |             |

# What is the purpose of “essay” writing?

- One part of an application to a medical school program
- Used by admissions committees to adjudicate applications
- A chance for you to communicate directly with the admissions committee
- A chance for you to say things in human words



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# Some conventions of this genre:



Length variations



Addressing and submitting the document



Required parts



Essay-style, sometimes



First-person narrative, sharing experiences



This is hard!



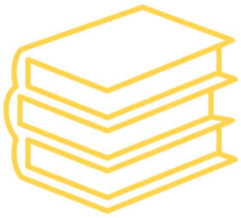
Asking for clarification is ok!



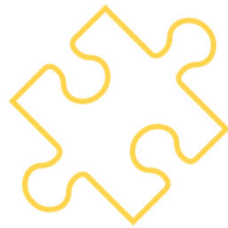
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# What can I include in the essay:



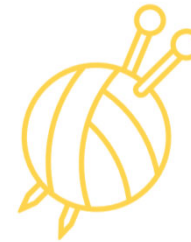
Academics



Lived Experience



Work and  
volunteer  
experiences



Extracurriculars  
and hobbies



Connections to  
program's  
mission / values



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# What are the essay writing tips?

- What's worked well for you in the past?
- Brainstorm
- Freewrite
- Research
- Match and adapt
- Subtle connections to CanMEDs and or program's values





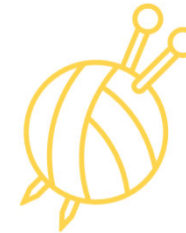
# What can I include in the sketch?



Employment



Volunteer  
activities



Extracurricular  
activities



Awards and  
honours



Research



Other



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- Decide what goes in and how you want to represent experiences
- To appeal to a wider audience, use language folks unfamiliar with the experience could understand
- Share a range of skills, responsibilities, personal growth, lessons learned, and weave in connections to CanMEDS
- Keep track of logistical info like start / end date, number of hours, and potential verifier
- Quantify where applicable to illustrate impact
- Strategically leverage space with concision, abbreviation, acronyms and symbols
- Share ABS entry with corresponding verifier



## Employment/Volunteer/Extracurricular categories

- Date (Month/Year):
- **Description:** \*50 characters\*
- Location:
- Verifier #:
- Level of Education:
- Hours:
- **Summer/academic yr, before/after graduation:** \*100 characters\*
- **Responsibilities/Type of Activity/Level of performance:** \*150 characters\*



# Strategically leveraging space in the ABS

## Version 1

### Employment

- Description: Career Leader Team Lead (23)
- Hours: 5hrs/wk
- Summer/academic yr, before/after graduation: Summer and academic (19)
- Responsibilities: Lead monthly mtgs, take & organize meeting mins, debrief complex cases, iterate resources, create work schedules & submit payroll, answer questions (147)

## Version 2

### Employment

- Description: Supervisor for university-wide peer support program (46)
- Hours: 5hrs/wk; 3610 total
- Summer/academic yr, before/after graduation: Summer: lead training/Academic yr: mentor & admin (49)
- Responsibilities: Lead meeting **w/ check-in & check-out to centre staff needs. Document, organize & share mins** to support **program evaluation** & enhance service delivery (148)



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# Further education support

01



## Career advising

One-on-one appointment for:

- Exploring further education
- Applying to further education
- Interviewing for further education

Book via [WaterlooWorks](#)

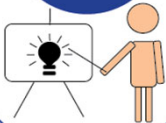
03



## Additional resources

- [Online resources](#); Information on applications and career planning for law, medicine, optometry, teaching and other fields with specific educational requirements
- [CareerHub](#) for career planning

02



## Workshops and events

Topics include but not limited to:

- Writing for grad and professional school applications
- Funding your further education
- Selecting prerequisites and navigating transcript notations
- Further Education Fair - once a year in fall term

Register via [WaterlooWorks](#) or [Portal](#)





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