

M  T PRE-MEDICAL  
SOCIETY

presents:

Discover Prehealth Lite  
Fall 2020



# Research as a premed@MIT

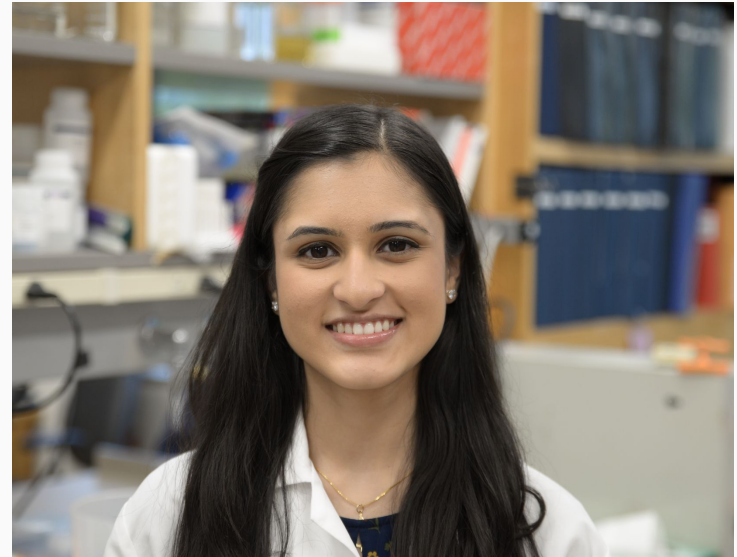
**Vaishnavi Phadnis '22**

**[vvp@mit.edu](mailto:vvp@mit.edu)**

DPH Lite, 9/28/20

# About me :)

- Junior (Class of '22)
- Course 6-7 (emphasis on 7)
- pre-MD/PhD
- UROP in Bob Weinberg's Lab since Sept. 2018
- Investigating a recently described cell death pathway in the context of cancer



# Many possible paths to medicine...

- **MD** → physicians or physician-scientists
- **MD/PhD** → physician-scientists
- **MD/MPH** → physicians with a public health perspective
- **MD/MBA** → physicians and hospital administrators
- **MD/JD** → physicians with a legal perspective
- **DO** → doctor of osteopathic medicine (any specialty)

Learn more about these career paths [here](#)

# MD-only

- 4 years of medical school
- 3-7 years of Internship, Residency, and Fellowship
- Research is integrated into medical school curriculum
- You can run a lab!
- Common to do clinical/ translational research
- For basic/ more involved research path: postdoctoral fellowship(s)

# MD-PhD Programs

- Can get the degrees separately or together
- Combined: Medical Scientist Training Programs (MSTP): funded!
- 2 years of medical school (mainly classes)
- 4-5 years of graduate school (formal research training, defend thesis)
- 2 years of medical school (clinical experience)
- 3-7 years of internship, residency, fellowship → to practice medicine
- Postdoctoral fellowship → research focus
- Varies, but “ideal” is 80:20 research:medicine split

# Deciding between MD and MD-PhD

- “MDs and MD-PhDs who successfully compete for their first NIH grant typically reach that point at approximately the same age” ([Science](#))
- Do you envision yourself doing research that will require formal research training?
- Do you want to be a physician and principal investigator and run a lab someday?
- If you're unsure - can apply for MD-only; some programs allow you to transfer into MD-PhD (but likely won't pay your medical school tuition)

# You don't have to decide in the near future!

- Take the MCAT
- Complete all pre-med coursework
- Shadow, volunteer, etc.
- Apply through AMCAS

MD-PhD specific:

- Supplementary essays including “why MD-PhD?”
- Extra interviews - get into the medical school AND graduate school
- Research can be your main extracurricular



# Find a UROP that you enjoy!

Open UROP listings: <https://uop.mit.edu/jobs-board>



UNDERGRADUATE  
RESEARCH  
OPPORTUNITIES PROGRAM

# Find a UROP that you enjoy!

<https://biology.mit.edu/>



Building 68



Koch Institute



Whitehead Institute



Broad Institute

Also: McGovern Institute, Picower Institute, other departments, Harvard, MGH/BWH/BCH/DFCI... :)

# Emailing faculty: best practices

- Use an informative subject line: e.g. “Question about UROP Opportunity”
- Keep the email short & to the point...
- 2 sentences introducing yourself, your (prospective) course, and *briefly* stating any research experience you have (it’s fine if you don’t!)
- 1-2 sentences stating why you’re interested in their research
- Ask if they would be open to meeting to discuss further
- Attach a 1-page resume!

# Longitudinal research vs. UROP hopping: pros & cons

MD-PhD: longitudinal research is generally preferred - but don't stay in a UROP you don't like!

# Questions?

Also, feel free to email me at [vvp@mit.edu](mailto:vvp@mit.edu) or message me on Facebook!

