

M  T PRE-MEDICAL  
SOCIETY

presents:

Discover Prehealth Lite  
Fall 2020

# PreHealth Advising and AAMC Competencies

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# MIT PreHealth Advising



## Career Advising & Professional Development

[capd.mit.edu/grad-and-med-school](http://capd.mit.edu/grad-and-med-school)

[prehealth@mit.edu](mailto:prehealth@mit.edu)

Get on the mailing list!



# What PHA can help you with

Schedule appointments for:

- Which classes to take
- What summer/IAP activities to pursue
- Resume review
- General advice!

Programs they run:

- COPA
- Shadowing programs
- Talks and panels



How do I schedule an  
appointment?

# Handshake: making appointments

app.joinhandshake.com

## Sign in

### Students & Alumni

Please select your school to sign in.


Please select your school to sign in. 

**New to Handshake?** Select your school to get started.

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## Hello!

Click below to sign in to your account

Login for current Students, Postdocs and Staff. Alumni use Handshake credentials below. Alumni username is email registered in Alumni Directory 

# Handshake: continued

The screenshot shows the Handshake website interface. At the top left is the LinkedIn logo. Next to it is a search bar with the text "Search". To the right of the search bar are navigation links for "Jobs", "Events", "Q&A", and "Students". Further right are "Messages" and "Career Center" (highlighted with a red box), followed by a user profile icon. The main heading reads "What can we help you find today?". Below this are six white cards with red icons and text. The "Career center" card (highlighted with a red box) features the MIT logo and the text "Career center → Connect with the experts".

**Jobs** →  
Find internships and full-time jobs

**Employers** →  
Discover the right company for you

**Community** →  
Learn from alumni and students

**Career paths** →  
Explore roles and average salaries

**Events** →  
Register for events and career fairs

**Career center** →  
Connect with the experts

# Handshake: continued



Search

Jobs Events Q&A Students

Messages Career Center



Massachusetts Institute of Technology

What can we help you find?

**Appointments →**

Schedule time to meet with experts and build your career

**Resources →**

Read curated content from your career center

**Surveys →**

Answer questions from your career center



# Handshake: continued



Q Search

## Appointments

[Schedule A New Appointment](#)

Choose a Category

Prehealth

Distinguished Fellowships

Undergrad Student Career Appointments

Graduate Student Career Appointments

Alumni Career Appointments

Recent alumni within 2 years of graduation

# Handshake: continued

## Prehealth General Advising

You are selecting a date/time for a Prehealth Advising General Appointment. This appointment is meant for one of the following topics: 1. Course selection 2. School selection 3. Gap year planning 4. Update Letters 5. Other Please indicate in the WHAT CAN WE HELP YOU WITH?\* field which topic you'd like to discuss. All appointments are through zoom until further notice.

## Prehealth MMI Mock Interview

You are selecting a date/time for a Prehealth Advising MMI Mock Interview Appointment. All appointments are through zoom until further notice.

## Prehealth COPA Mock Interview (with Peer Career Advisor)

You are selecting a date/time to schedule your Prehealth Advising COPA Mock Interview Prep Appointment, to help you prepare for your actual COPA Interview. All appointments are through zoom until further notice.

## Prehealth COPA Mock Interview

You are selecting a date/time to schedule your Prehealth Advising COPA Mock Interview Prep Appointment, to help you prepare for your actual COPA Interview. All appointments are through zoom until further notice.

## Prehealth Traditional Mock Interview

Oct 08

Time Zone: Pacific Time (US & Canada) ▾

Aleshia Carlsen-Bryan - Oct 08 - Prehealth General Advising 7:00 am PDT - 7:45 am PDT

Aleshia Carlsen-Bryan - Oct 08 - Prehealth General Advising 8:00 am PDT - 8:45 am PDT

Christine Johnson - Oct 08 - Prehealth General Advising 8:00 am PDT - 8:45 am PDT

Aleshia Carlsen-Bryan - Oct 08 - Prehealth General Advising 10:00 am PDT - 10:45 am PDT

Christine Johnson - Oct 08 - Prehealth General Advising 10:00 am PDT - 10:45 am PDT

Akunna Rosser - Oct 08 - Prehealth General Advising 10:15 am PDT - 11:00 am PDT

What are *AAMC*  
competencies?

# American Association of Medical Colleges

- Medical College Admissions Test (MCAT)
- American Medical College Application Service (AMCAS)
- Medical School Admission Requirements (MSAR)
- [aamc.org](http://aamc.org)



# Pre-professional competencies

What makes you a good doctor

1. Service orientation
2. Social skills
3. Cultural competence
4. Teamwork
5. Oral communication
6. Ethical responsibility to self and others
7. Reliability and dependability
8. Resilience and adaptability
9. Capacity for improvement

# Thinking and reasoning competencies

What makes you a good problem solver

- Critical thinking
- Quantitative reasoning
- Scientific inquiry
- Written communication

# Science competencies

What makes you a good scientist

- Living systems
- Human behavior

How do you show  
competencies?



# Example 1:

1. Service orientation
2. Social skills
3. Cultural competence
4. Teamwork
5. Oral communication
6. Ethical responsibility to self and others
7. Reliability and dependability
8. Resilience and adaptability
9. Capacity for improvement
10. Critical thinking
11. Quantitative reasoning
12. Scientific inquiry
13. Written communication
14. Living systems
15. Human behavior

Jackie does an internship where she researches the effect of a treatment for hypoglycemia. She meets weekly with her boss to stay on track with her work, and does both research online and in-person interviews with patients. At the end of the summer, she gives a presentation to a group of peers.

- Social skills
- Oral communication
- Reliability and dependability
- Scientific inquiry
- Living systems

# Example 2:

1. Service orientation
2. Social skills
3. Cultural competence
4. Teamwork
5. Oral communication
6. Ethical responsibility to self and others
7. Reliability and dependability
8. Resilience and adaptability
9. Capacity for improvement
10. Critical thinking
11. Quantitative reasoning
12. Scientific inquiry
13. Written communication
14. Living systems
15. Human behavior

Luke works a part time job at the supermarket in order to pay his tuition. While at the job, he and some coworkers come up with a campaign to boost sales for a fundraiser. Luke writes up the proposal and makes flyers, and his boss is very impressed with him.

- Service Orientation
- Teamwork
- Reliability and dependability
- Written communication