

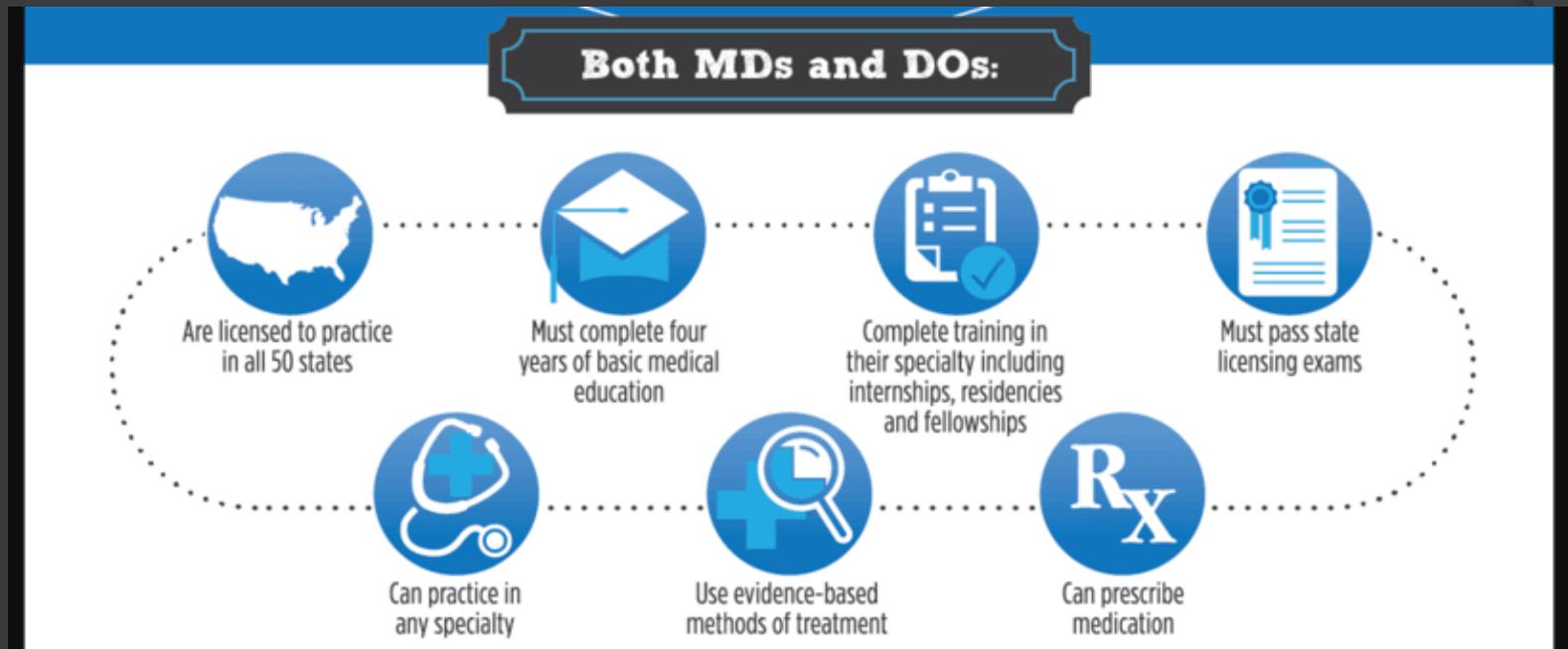


**THE M.D.**  
**Allopathic Medicine**

# What is the MD degree?

- The Doctor of Medicine (MD) is a terminal degree for allopathic physicians. In the United States, it is a professional doctorate granted by allopathic medical schools. The DO, or Doctor of Osteopathic Medicine, is a professional doctorate granted by osteopathic medical schools.
- The first North American medical schools were founded primarily by physicians and surgeons who had been trained in England and Scotland. University medical education in England culminated with the MB qualification. North American medical schools switched to the tradition of the ancient universities of Scotland and began granting the MD rather than the MB beginning in the late 18th century. The Columbia University College of Physicians and Surgeons in New York (which at the time was referred to as King's College of Medicine) was the first American medical school to grant the MD degree instead of the MB.
- In the United States, allopathic medical schools are accredited by the Liaison Committee on Medical Education (LCME), an independent body sponsored by the Association of American Medical Colleges (AAMC) and the American Medical Association (AMA).

# The Two Routes to Becoming a Doctor



## MD

- About 70% of medical trainees are pursuing an MD degree
- Attend allopathic medical school
- Focus on symptoms and illness when treating

## DO

- About 30% of medical trainees are pursuing a DO degree
- Attend osteopathic medical school
- Focus on the whole person and lifestyle when treating

# Seven Steps in the Education of the Physician

I.

II.

III.

IV.

V.

VI.

VII.

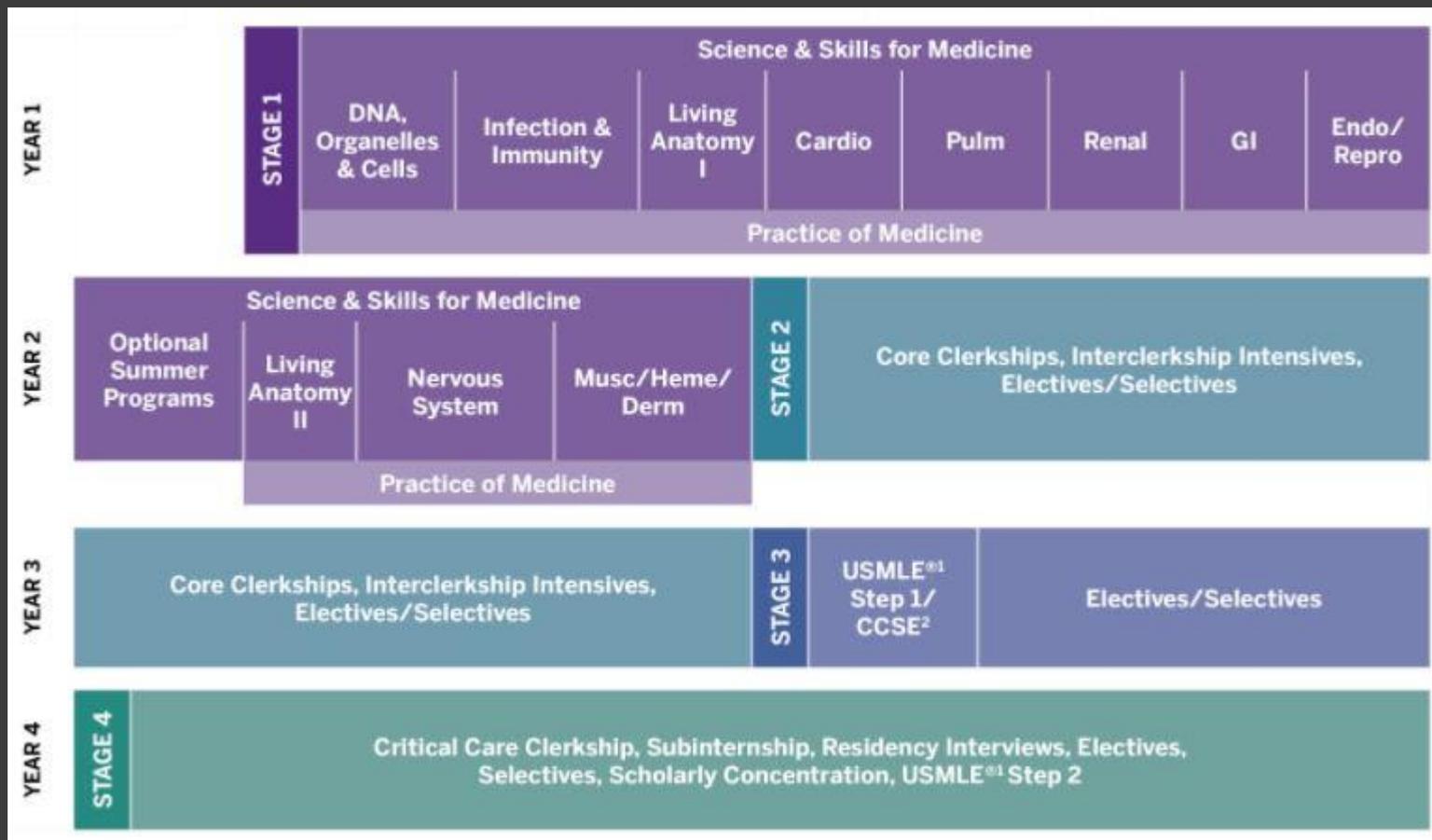
- I. **Childhood through High School (18 years).**
- II. **College (~4 years).** Four years at a college or university to earn a BS or BA degree, including foundation sciences, such as biology, chemistry, and physics.
  - I. Applicants take the Medical College Admission Test (MCAT) during or after college to apply to medical school.
- III. **Gap/Glide Year (s) (1-2 years, optional).** Time between undergrad and medical school used to gain additional life experience, strengthen their candidacies, and take a mental break from education before embarking on the rigors of medical school.
- IV. **Medical School (3-8 years).** Also known as “undergraduate medical education,” medical training includes classroom learning and clinical experience.
  - I. Medical school traditionally takes four years to complete. There are a few medical schools that have accelerated and integrated the curriculum so that students complete medical school in three years.
  - II. Some students pursue dual degrees (such as the MD/MPH, MD/MBA, or the MD/PhD) which may add time to the degree (usually 0-2 years for a masters and 3-4 years for a PhD).
  - III. Students take the USMLE, or “board exams” and earn the MD degree at the successful completion of medical school.
- V. **Residency (3-7 years).** Also known as “graduate medical education.” Hands-on training within a chosen area of practice. Residency lengths vary by field of practice from 3 years (internal medicine, family medicine, pediatrics) to 5 years (general surgery) to 7 years (neurosurgery).
- VI. **Fellowship (1-3 years, optional).** Some MDs choose to pursue specialized training after residency, such as cardiology, hematology/oncology, or geriatrics.
- VII. **Continuing Medical Education.** Practicing MD participate in continuing training to learn about advances in the field or maintain specific knowledge. CME requirements vary by state.

# 2020 Map of Medical School Acceptances for Princeton Applicants



# Sample Medical School Curriculum

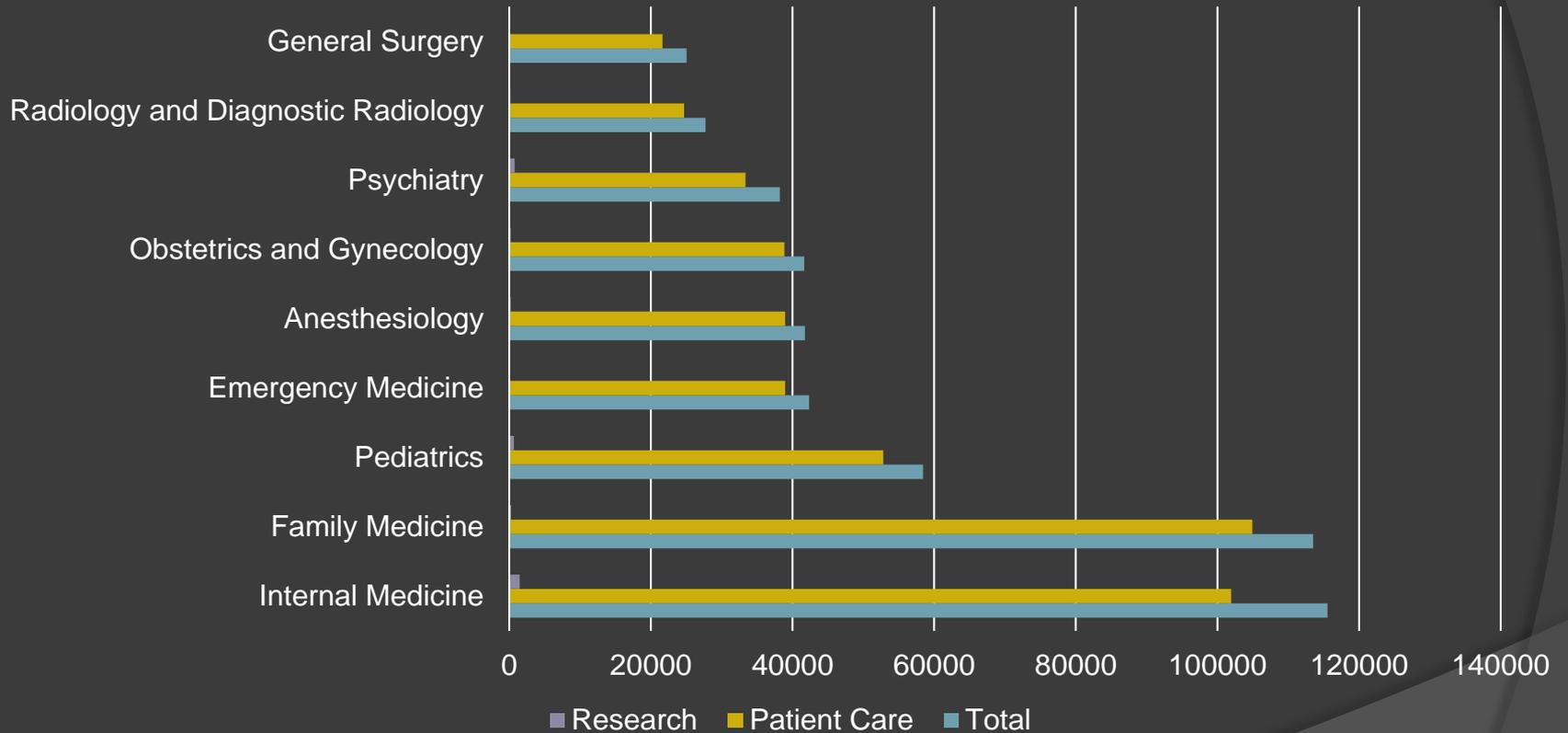
from NYU Grossman School of Medicine



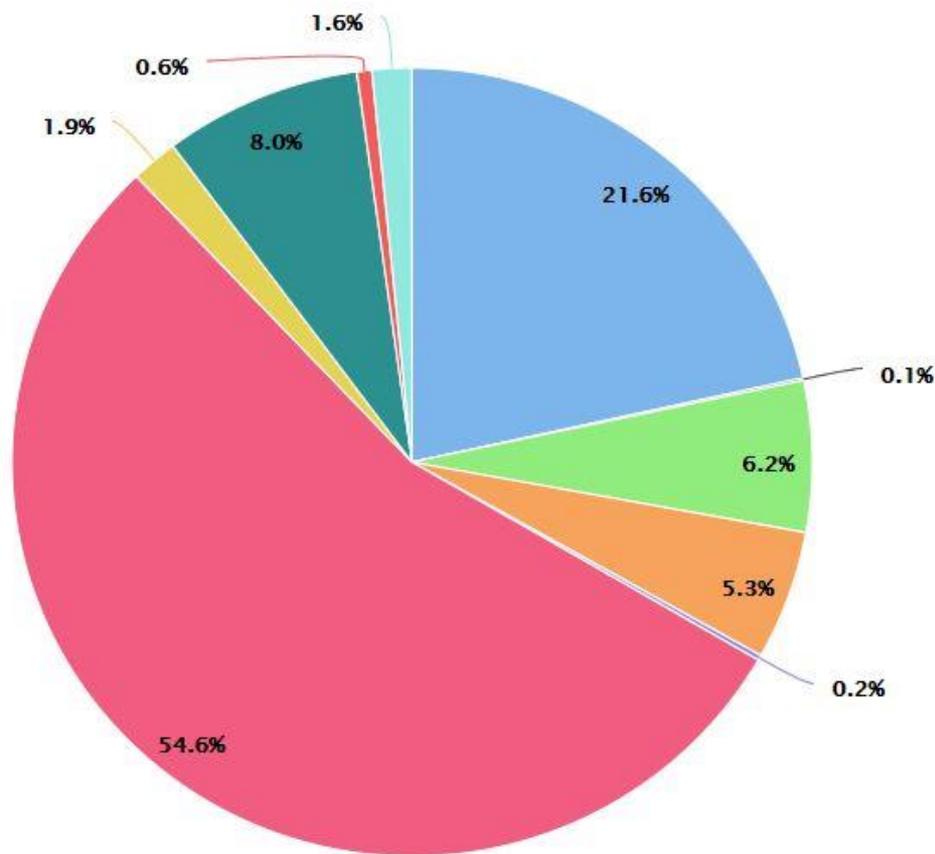
# You're *in*, Now What?

- **Join a study group early.** Study groups are essential. Not only do they help you study, but they also provide support and encouragement when things get rough.
- **Forget about “everyone for themselves.”** Medical school is a team effort. Think of it as being in a lifeboat. In general, the better each person in the lifeboat does, the better everyone does. The same goes for a medical school class.
- **Learn to ask for help.** It doesn't matter what undergraduate school you went to, how high your grades or MCAT scores were, or what your major was. Everyone starts medical school on even footing – and nearly everyone needs help somewhere along the way.
- **The very basic rules:** Listen carefully and accept all the help and support offered to you. Those medical students with good attitudes who are willing to be taught eventually succeed – no matter what.
- **Find a mentor early.** It is very important to find a mentor during medical school. Use the same technique of asking students in their junior and senior (clinical) years about the best clinical teachers. Once you have potential mentors' names, contact them to see if they are interested, compatible, and have the time to help you. It will be well worth your effort.
- **Prepare for residency/fellowship.** Now that you are a medical student, you need to think about the next step. Making the decision to go into medicine was the easy part. Medicine offers practitioners a myriad of opportunities, some well-known and some quite obscure. You need to begin investigating these early, so that you can make a reasonable career choice based on solid information and your own wants and needs.

# Where are MDs Practicing?



# Allopathic Medical School Graduates by Race & Ethnicity 2018-19



[INTERACT WITH CHART](#)

- American Indian or Alaska Native (38)
- Black or African American (1,238)
- Multiple Race/Ethnicity (1,598)
- Non-U.S. Citizen or Nonpermanent Resident (309)
- Unknown Race/Ethnicity (124)
- Asian (4,299)
- Hispanic, Latino, or of Spanish Origin (1,063)
- Native Hawaiian or Other Pacific Islander (9)
- Other (380)
- White (10,879)

# Inspiring Stories

There's a story behind every application. Read about some of the inspiring journeys others have made from applicant to medical student to physician!

Topics include...

## Resilience & Determination



Sotonye Douglas

Sotonye's journey to medical school was one of resilience, determination, and perseverance. Her advice to applicants is to do your research, find mentors aligned with your goal, and use your support system when you feel defeated.

## First Gen College Student and Student Athlete



Bridger Rodoni

A first-generation college student and student athlete, Bridger always thought he'd become an athletic trainer. But he decided becoming a doctor would allow him to have a bigger impact in improving the health and wellness of people in his home state of Montana.

## Imposter Syndrome



Brandi Jackson

Brandi suffered from imposter syndrome in medical school. But her twin sister, who was going through medical school at the same time, served as her biggest inspiration.

## Family Illness



Ahmad Hider

After his younger brother was diagnosed with cystic fibrosis, Ahmad was inspired to go to medical school to be a voice for those living with chronic illness.

...and [more!](#)

# Points to Ponder

- **It's okay to wait.** The average age of entering medical students is now 24, with a considerable number of students applying later. Not only do medical schools appreciate mature applicants who learned from their mistakes, but if you take time off you will have more time to prepare a more competitive application.
- **You may change your mind.** It's important to enter medical school with an open mind, ready to gain exposure to as many specialties as possible in order to make an informed decision about your career path. Having an inkling is one thing, but it can be detrimental to be rooted in one specialty from the start.
- **Stay on top of your finances.** Medical School is an exercise in delayed gratification. When your college friends are out of school buying cars and houses in their mid-20s, the typical medical student is living off student loans. Having good credit is necessary as a medical student. Good money habits start early, and how you spend while in medical school is a reflection of how you'll spend when you finally get that first job following your residency or fellowship. The goal should always be wealth creation.
- **Plan ahead to reduce medical school stress.** Dedication to a medical career is not enough to protect against the intense stress of medical school. Students who have tripped at some point in the past are those who need to plan ahead. If you have ever been recommended for counseling, psychotherapy or any kind of medical treatment for emotional concerns, please consider this carefully as you enter medical school. Rather than trying to hide these experiences, seek out support services at your new medical school. Even if you believe that your symptoms will never return, most medical school deans can provide examples of students for whom they did. The wise student will get the name of a good professional and contact them before needing help.

# Articles of Interest

- ◉ [COVID-19 Changes to the MCAT Exam](#) and [FAQs](#) (AAMC)
- ◉ [Coronavirus \(COVID-19\) and AMCAS](#) (AAMC)
- ◉ [Conducting Interviews During the Coronavirus Pandemic](#) (AAMC)
- ◉ [How COVID-19 Could Affect Med School Admissions](#) (US News)
- ◉ [Wanna be a Doctor? Take Your Chances In a Closed Room With Strangers](#) (New York Times)
- ◉ [Study Backs Flexner Report's Negative Impact on Black Physicians](#) (Med Page Today)
- ◉ [COVID-19 Makes Medical School Students Feel Like They are Falling Behind](#) (New Hampshire Union Leader)
- ◉ [He Was a Security Guard at a Hospital. Now, He's There as a Medical Student.](#) (Washington Post)

# For More Information

- ◉ [AAMC.org/Students/Aspiring/](https://www.aamc.org/students/aspiring/) for basic information about all aspects of being premed
- ◉ [AAMC.org/Data/Facts/](https://www.aamc.org/data/facts/) for facts and figures about entering medical students
- ◉ [AAMC.org/Students/Applying/Requirements/MSAR](https://www.aamc.org/students/applying/requirements/msar) to order your online copy of the *Medical Schools Admissions Requirements (MSAR)*
- ◉ [AAMC.org/Students/Applying/MCAT](https://www.aamc.org/students/applying/mcat) for information on how to get started with the *Medical College Admission Test (MCAT)*
- ◉ [AAMC.org/Students/Applying/AMCAS](https://www.aamc.org/students/applying/amcas) to begin your *American Medical College Application Service (AMCAS)* application
- ◉ [AMSA.org](https://www.amsa.org) *The American Medical Student Association (AMSA) is the oldest and largest independent association of physicians-in-training in the United States.*
- ◉ [AMSA.org/Publications/The-New-Physician/](https://www.amsa.org/publications/the-new-physician/) *The New Physician Magazine*