

Canadian Federation of Medical Students



RURAL OUTREACH PROGRAMME

# Introduction

- Who I am and why I'm here
- Medicine as a career
- How to get started



# How did I get here?

- Where I grew up
- My interests
- When did I start thinking about medicine as a career?
- What got me interested



# Getting from here to there

H I G H S C H O O L



U N I V E R S I T Y



M C A T

Good  
Marks

Well-  
Rounded

Good  
Luck!!



M E D I C A L S C H O O L



# Surviving First Year University

- Dealing with the freedom
- Treat study like a part-time job
- Moderation in all things: partying and studying
- Treat your body right!
- Establish some supports and don't be afraid to ask for help!



# What Should I Take in University?

- There is no such thing as pre-med!
- Choose something *that you find interesting*, or that will lead to a job, not something you think med schools want to see!
- Keep your options open – **lots of great candidates don't get in**, so be prepared!



# Getting from here to there

H I G H S C H O O L



U N I V E R S I T Y



**MCAT**

**Good  
Marks**

**Well-  
Rounded**

**Good  
Luck!!**



M E D I C A L S C H O O L



# What is Med School Like?

- There is a variety of ways we learn:
  - ◆ Classroom/Didactic learning
  - ◆ Problem Based/Self-Directed learning
  - ◆ Clinical Learning
  - ◆ Clerkship



# Where am I headed?

- Choosing a specialty
- Residency training
- Independent work (finally!)



# The Long and Winding Road...

University degree (at least 3 years)



Medical school (3 or 4 years)



Residency/specialization (2-7 years)



Licensing and independent work!



# Why a Career in Medicine?

- Variety of possible specialties emphasizing different skills
- Variety of places where you can work
- Interact with and help people
- Challenging and ever-changing
- Highly employable
- 'Cuz it's lots of fun!



# The Drawbacks of Medicine

- Length of Training
- Cost and Debt Load
- Very Competitive!



# Getting Started and keeping your options open

- GO TO UNIVERSITY!!!!
- WORK HARD!!!!
- Volunteer/Work in an organization involved with health or helping people
- Find out about the application process





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**Questions????**