



## **Background**

North America remains one of the most attractive places in the world to pursue a degree in medicine. A recent ranking of World Universities in Clinical Medicine showed that 19 of the top 25 medical schools were located in North America, including 9 of the top 10 institutions. Of note, the University of Toronto placed 3 on this list after Harvard and Johns Hopkins<sup>1</sup>.

For historic reasons, medicine is a second entry professional doctorate program at most North American medical schools. This means that students must complete 3-4 years of undergraduate studies before starting medical school which usually lasts 4 years and leads to a Doctor of Medicine (MD) degree. Students then pursue residency training lasting 2-5 years in a specialty of their choice which allows them to become independent licenced physicians. The North American model of medical education is widely respected and the MD has worldwide brand recognition. The residency system in North America is also considered one of the most rigorous in the world and has a record of producing excellent physicians. Increasingly, medical schools in Commonwealth nations are switching over from the MBBS to the MD degree and adopting the North American model of residency training.

## **Who are we?**

My Degree Consultants Inc. (founded as MD Consultants in 2009) is a Canadian consulting company that offers advice to students interested in seeking admission to healthcare related professional programs in North America. Based in Toronto, our team is led by 3 founding partners who are MDs from the University of Toronto. We are supported by over 50 consultants enrolled in professional programs such as medicine and dentistry across Canada and the United States.

Why look to us for help? Because we've been there, done that! Visit [www.mdconsultants.ca](http://www.mdconsultants.ca) for more information.

## **How we can help?**

Our International Student Packages are customized to meet the unique needs of international students interested in pursuing their medical training in Canada or the United States. The North American medical school admissions process is widely regarded as one of the most competitive in the world. In addition, admission statistics for all North American medical schools in the top 25 show that the vast majority of their students hold an undergraduate degree from an institution in North America.

It is our philosophy that international students interested in pursuing a North American medical degree stand the best chance of getting accepted if they also complete their undergraduate studies in North America. Many international students who we assist choose to pursue their undergraduate degree at a Canadian university before applying broadly to medical school in the United States and Canada. The advantages of this include not having to write the Scholastic Assessment Test (SAT) for undergraduate admissions, more liberal admission requirements in Canada, and diverse multicultural populations in large Canadian cities such as Toronto and Vancouver which often allow international students to integrate seamlessly during their undergraduate years. One additional benefit is the possibility of applying for Permanent Residency (PR) status to eventually reside in Canada<sup>2</sup>.

## **International Student Packages**

Enrolment in such packages is usually limited to students in Grade 12 of their high school year (or equivalent). In some cases, we are able to admit international students who are already in their first year of undergraduate studies in North America.

Students enrolled in a package are assigned to 1-2 primary consultants over the entire 4-5 year duration of their package. Students will meet their primary consultants monthly for regular 1 hour sessions with the broad aim of advancing their goal of gaining acceptance into medical school by the end of their 4<sup>th</sup> year of undergraduate studies. Topics covered during these monthly sessions will range from specifics such as undergraduate course selection and getting a summer research position, to broader discussions on career options within medicine and how to network effectively.

In addition to regular sessions, students will also receive intensified sessions from 2-4 other consultants during key transition periods (see cases below). All international packages also have personal broad oversight from our executive team.

A student may also be able to combine an International Student Package with a medical school **Acceptance Guarantee**. That's right, we are so confident in our services that we will refund you your *entire fee* if you have met all the terms and conditions in your package and do not receive at least one medical school offer of admission over the timeframe stipulated in your package.

Determination of student fit for International Student and/or Acceptance Guarantee packages is solely at the discretion of My Degree Consultants Inc. and pricing on packages varies depending on each student's needs and career goals. Students interested in an International Student Package are asked to submit a CV and transcript to determine their fit for the program. Students are also usually scheduled with a senior partner for a phone interview/ informational session.

The following two cases illustrate how International Student Packages and Acceptance Guarantees work:

### **Case 1**

**Sally is a Grade 12 student from China who is interested in pursuing medicine in North America. She enrolls in an International Student Package in September of her Grade 12 year with the goal is of gaining acceptance into a US or Canadian medical school within 4 years of undergraduate studies. Her 5 year longitudinal package (starting in September of her Grade 12 year and going up to April of her 4<sup>th</sup> undergraduate year) includes up to 96 hours of preparation as follows:**

- Regular monthly sessions with her primary consultants **[56 hours]**:
  - 12 monthly sessions in Grade 12 [Sept-Aug].
  - 12 monthly sessions in Year 1 [Sept-Aug].
  - 12 monthly sessions in Year 2 [Sept-Aug].
  - 12 monthly sessions in Year 3 [Sept-Aug].
  - 8 monthly sessions in Year 4 [Sept-April].
- Intensified sessions with 2-4 other consultants during the following transition periods:
  - Application to universities in Canada and the US for undergraduate studies (including scholarship applications) **[7 hours]**.

- Additional advice on course selection, extra-curriculars, research, volunteer, and travel activities in 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup>/4<sup>th</sup> year of university [6 hours].
- Assistance with MCAT preparation strategies [2 hours].
- US medical school application planning and review [7 hours].
- US medical school interview preparation [8 hours].
- Canadian medical school application planning and review [5 hours].
- Canadian medical school interview preparation [5 hours].

**Result:** Sally was accepted into an Ivy League US medical school of her choice after 4<sup>th</sup> year.

### **Case 2**

**Ramesh is a 1<sup>st</sup> year undergraduate student at the University of Toronto who is interested in medicine. He holds an Indian passport. His goal is to gain acceptance into a Canadian medical school within 4 years of undergraduate studies. He enrolls in a 4 year International Student Package that comes with a Canadian medical school Acceptance Guarantee. His package starts in November of his 1<sup>st</sup> year and goes up to April of his 4<sup>th</sup> year and includes up to 63 hours of preparation as follows:**

- Regular monthly sessions with his primary consultants [42 hours]:
  - 10 monthly sessions in Year 1 [Nov-Aug].
  - 12 monthly sessions in Year 2 [Sept-Aug].
  - 12 monthly sessions in Year 3 [Sept-Aug].
  - 8 monthly sessions in Year 4 [Sept-April].
- Intensified sessions with 2-4 other consultants during the following transition periods:
  - Additional advice on course selection, extra-curriculars, research, volunteer, and travel activities in 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup>/4<sup>th</sup> year of university [4 hours].
  - Assistance with MCAT preparation strategies [1 hour].
  - Canadian medical school application planning and review in third year. This application resulted in two interviews but no acceptances [3 hours].
  - Canadian medical school interview preparation in third year [4 hours].
  - Canadian medical school application planning and review in 4<sup>th</sup> year. This application resulted in four interviews and three acceptances [4 hours].
  - Canadian medical school interview preparation in 4<sup>th</sup> year [5 hours].

**Result:** Ramesh was accepted into a Canadian medical school of his choice after 4<sup>th</sup> year.

### **Want to know more?**

Contact our Marketing Director, Manjit Puri at [manjit.puri@mdconsultants.ca](mailto:manjit.puri@mdconsultants.ca) to discuss if an International Student Package is right for you.

### **References**

1. Ranking of World Universities in Clinical Medicine 2014 | National Taiwan University. Accessed at: <http://nturanking.lis.ntu.edu.tw/DataPage/TOP300.aspx?query=ClinicalMedicine&y=2014>
2. Stay in Canada after Graduation | Government of Canada. Accessed at: <http://www.cic.gc.ca/english/study/work-postgrad.asp>