

ADMISSIONS **GUIDE**

+ Community engaged, evidence-based
and patient centered



CMU | College of
CENTRAL MICHIGAN | Medicine
UNIVERSITY

OUR MISSION

The Central Michigan University (CMU) College of Medicine educates diverse students and trains culturally competent physicians to provide comprehensive health care and services to underserved populations in Michigan and beyond. Our faculty, staff and graduates advance health and wellness through exceptional education, innovative research, quality patient care and strategic collaborations to improve the health and wellbeing of individuals and communities.



DEAN'S MESSAGE

Thank you for considering an application to the Central Michigan University College of Medicine!

As a CMU medical student, you will experience an innovative, holistic approach to learning where traditional coursework is enriched by hands-on training through simulation labs, clinical rotations and our unique Comprehensive Community Clerkship program. These active teaching environments provide a real-world setting for expanding knowledge, honing patient care techniques and emphasizing the critical skill of medical decision-making.

Our faculty and staff at the College are fully invested in student success and satisfaction – and our students have excelled in passing their national boards and in competing for residency positions in Michigan and nationally as evidenced by our 100 percent residency placement rates for all graduates to date.

I believe that being a physician is among the noblest of professions, and our commitment – to education, patient care and our mission – uniquely positions our program to provide students with the education, values and commitment necessary to succeed in the future.

Our mission is to prepare diverse, culturally competent physicians focused on improving access to high-quality health care in Michigan with an emphasis on serving medically underserved people and regions. Our graduates aspire to excellence in providing patient-centered and evidence-based care to their patients and communities.

I appreciate your interest and consideration of our college. I wish you success in securing admission to our program and look forward to welcoming you as part of our next incoming class!



George E. Kikano, M.D.
Dean, CMU College of Medicine



WHY CHOOSE CMU COLLEGE OF MEDICINE

Going far beyond the textbook, the CMU College of Medicine engages you in an active learning process that puts you in simulated and real-life medical environments.

As a medical student here, you will:

- Work in a high-tech environment that features a state-of-the-art medical simulation center
- Gain invaluable knowledge and real-world skills by training in physician's offices across central and northern Michigan
- Take part in early clinical experiences and in-community learning activities
- Learn the art of patient diagnosis through our experience-based clinical presentation model

Your initial two years center on physiological systems, starting with the Foundational Sciences of Medicine course that provides you with the critical baseline of knowledge. The subsequent organ system block courses employ the clinical presentation model to examine system-specific disorders and diseases. This clinical presentation model teaches you to effectively diagnose patients. Two longitudinal courses (Essentials of Clinical Skills, and Medicine and Society) are integrated within the Foundational Sciences and organ-system courses. Interspersed between this coursework are week-long sessions in Continuous/Improvement/Curriculum, Assessment, Reinforcement/Remediation, Evaluation and Skills (known as C.A.R.E.S.).

Years three and four are clinically focused and occur in a variety of clinical locations. During this time, you participate in the Comprehensive Community Clerkship (CCC), where you learn one-on-one with a working professional. You assume an active role in a generalist physician's office, performing such duties as rounds, tutorials sessions, virtual academic rounds, primary care sessions and specialty sessions. Following the CCC, you progress to core discipline clerkships, hospital-based rotations and elective courses.



APPLICATION TIMELINE

Early May

AMCAS applications available at www.aamc.org/students/amcas

Early June

AMCAS applications may be submitted

July - December

Select applicants invited to submit supplemental application materials

Sept - March

On campus interviews

October -

Offers of admission begin on a rolling basis
Submit Free Application for Federal Student Aid (FAFSA)

November 1

Deadline for AMCAS application

November

Deadline for application and fees are communicated in the supplemental application invitation

April 30

Students may hold only one acceptance (AAMC Guidelines)

Early August

Classes begin



ADMISSION REQUIREMENTS

- Be a U.S. citizen, Canadian citizen, or permanent resident of the United States or Canada.
- Complete the American Medical College Application Service (AMCAS) application.
- Complete and submit scores from the Medical College Admissions Test (MCAT).
- Complete an undergraduate baccalaureate degree with a strong record of academic performance.
- Select applicants will be invited to continue the application process by submitting a secondary application. The secondary application will be emailed, and the deadline for receipt of the secondary application will be noted in the email.
- We require a minimum of three (3) letters of recommendation (or a committee letter) and allow a maximum of five (5) letters.

+ Basic Science Requirements

- Two (2) semesters of biological science courses with laboratory sections. Courses such as anatomy, biology, genetics, physiology, microbiology fulfill this requirement.
- Two (2) semesters of organic chemistry with at least one laboratory section OR one (1) semester of organic chemistry and one (1) semester of biochemistry with at least one laboratory section.

+ Additional Coursework Recommendations

Admission to the CMU College of Medicine is very competitive in nature. In addition to the courses listed above, we expect our most competitive applicants to be successful in a variety of courses, including upper division courses in both microbiological and macrobiological sciences.

Our recommended prerequisites are a means to assess competencies and are not specific course requirements. The purpose of our recommended prerequisites is to identify individuals with the competencies necessary for success in our medical curriculum. We expect competitive applicants to demonstrate academic strength in the following areas:

- Biochemistry
- Genetics
- Human anatomy
- Human physiology
- Mathematics or statistics
- Organic chemistry
- Physics
- Social sciences

+ Personal Experience

Your application must include at least 200 documented hours of personal experiences and include activities that demonstrate your preprofessional preparation for medical school.

The AMCAS application will allow you to discuss up to 15 work and experience activities. The following themes comprise the areas we feel best align with our mission and solid preprofessional preparation for our medical curriculum.

- Clinical exposure and employment
- Volunteer and service activities
- Leadership and community involvement
- Research, publications, and awards

These activities are a significant opportunity for applicants to explore a variety of medical environments and grow both personally and professionally.

+ Core Competencies and Prerequisites

Students admitted to the Central Michigan University College of Medicine should be prepared for a challenging medical curriculum and the demands of a rapidly changing health care environment.

We use a holistic admissions process and seek to admit students who have personal characteristics and interests that align with the CMU College of Medicine mission. Our holistic review process balances the applicant's academic portfolio with other aspects of their application, such as the capacity for using critical thinking and logic, an understanding of the principles of ethics, personal values, and the qualities necessary

for successful development into a compassionate, skilled physician able to serve the needs of a diverse and changing population.

We encourage applicants to review the AAMC Core Competencies for Entering Medical Students for additional information.

The Central Michigan University College of Medicine encourages individuals to discover personal areas of academic interest through their curricular and extracurricular activities. We believe the field of medicine offers opportunities for applicants from varying backgrounds, experiences, and academic pathways. Students should allow personal interests and passion to dictate their choice of an undergraduate major.

CLINICAL YEARS

CMU medical students spend their first two years at our Mt. Pleasant campus studying foundational science, medicine and practicing basic clinical skills. Students then move on to more advanced levels of medical education and clinical experiences in their third and fourth years at one of our clinical campus across the state.

A student's third year experience includes hospital-based clinical rotations in surgery, hospital medicine, obstetrics and gynecology, pediatrics, psychiatry and one elective specialty, and a 24-week Comprehensive Community Clerkship (CCC).

The CCC experience immerses students in a single internal or family medicine practice to experience health care within a community, rather than a traditional 6- to 8-week hospital-based rotation. Our unique program gives students increased time to gain the skills and confidence to become part of a community-based practice.

During these rotations students receive support services to ease transitions and help with logistical issues. Students stay connected with classmates, instructors and advisors through video conferencing and online systems.



STUDENT PROFILES

Meet **Matthew Wolf**, whose hometown is Frankenmuth, Michigan. Matthew chose to attend Central Michigan University's College of Medicine because "first and foremost, the mission really fit with what I wanted out of my medical education ... as a native of Saginaw County, I wasn't going to pass on the privilege to be a part of that." He said the past four years have gone by incredibly fast, "with all of the ups and downs medical school has to offer, but it has been such an honor to be a part of the family here at the CMU College of Medicine." Matthew looks forward to practicing medicine in his own community, or another Michigan town, and is looking forward to being a leader, educator and mentor in whichever community he serves.

Manjit Bhandal is currently living our mission. Manjit shared her experience in the Comprehensive Community Clerkship (CCC) in a beautiful letter written to the leadership at the CMU College Of Medicine. Through the CCC, our students are exposed to community-based clinical practices, emergency medicine, in-patient care, women's health and more while caring for patients in under served rural and urban communities.

"This is one of the best experiences I've had throughout my time in medical school, and honestly, probably the most worthwhile experience of my academic career," Manjit wrote, adding, "I also want to say how incredibly valuable the CCC experience has been for me. I fell in love with the patients here and the small-town community atmosphere. I think having a half-year of CCC is one of the best academic implementations the College of Medicine has had in terms of achieving our school's mission."

Thank you to Manjit for sharing her experience working with Dr. Paul Simmons through CMU Health in Mount Pleasant, one of the many dedicated physicians throughout the state committed to training the physicians of the future.

FINANCIAL AID

+ Paying for Medical Education

Completing the Free Application for Federal Student Aid (FAFSA) is the first step in applying for financial aid with the CMU College of Medicine. The FAFSA is available October of each year and should be completed as soon as a student is admitted by the CMU College of Medicine's priority deadline for efficient processing. It is important to list CMU's federal code of 002243 to ensure FAFSA results reach our office.

Students should explore other sources for scholarships and grants and apply early. Students should also consider the Department of Education's Direct Loan program and the Graduate Plus Loan, which often has good terms and conditions.

Various scholarship funds are administered by the CMU College of Medicine and are based on financial need and or academic potential. Preference is given to students who meet the mission of the school and the criteria outlined by each scholarship description.

+ Two other programs to consider

National Health Services Corps Scholarship Program:

This program provided tuition, educational expenses and a monthly stipend on an annual basis to students who will serve not less than one year for every years of scholarship support or two years, whichever is greater. Applications are found at hrsa.gov.

Armed Forces Health Professions Scholarship Program:

These scholarships, provided by the Air Force, Army and Navy, cover educational expenses and a monthly living expense. Students who apply and are accepted will accrue active military duty on a year-to-year basis, with a minimum of two-year service obligation.

Our financial aid office is here to help students navigate the process and can assist with personal budgeting and spending habits. We help monitor and manage student loans, scholarships and grants. Contact us by phone at 989-774-1495 or email Chris Brown at brown2ca@cmich.edu to schedule an appointment.

For more information on scholarships, please visit our website [med.cmich.edu].



MEDICAL EDUCATION PARTNERS

+ Covenant Health Care-Saginaw

Covenant Healthcare is the largest, most comprehensive health care provider in the region, serving 20 counties across northeast and central Michigan. Covenant offers a range of services from high-risk obstetrics, neonatal and pediatric intensive care, to acute care including a Level II Adult and Pediatric Trauma Center, cardiology, oncology, orthopedics, and robotic surgery, to name a few. Covenant is also a critical access hospital for seven community hospitals in Michigan's thumb region and in central Michigan.



+ St. John Hospital and Medical Center

St. John Hospital and Medical Center is a teaching hospital in Detroit, known for excellence in cardiology, oncology, neurosciences, minimally invasive and robotic surgery, women's services, pediatrics, and medical education. St. John Hospital has one of the busiest Emergency Centers in the nation. As a Level II Trauma Center, St. John Hospital has both a Chest Pain Center and Heart Failure Center accreditations.



+ St. Mary's of Michigan-Saginaw

St. Mary's of Michigan – Saginaw is a regional leader in advance specialty care, a verified Level II Trauma Center and a certified Primary Stroke Center. St. Mary's cares for patients from 70+ counties primarily from the mid, northern, and thumb regions of Michigan.



+ MidMichigan Health

MidMichigan Health is a non-profit health system, headquartered in Midland, Michigan, affiliated with Michigan Medicine, the health care division of the University of Michigan. They cover a 22-county region with medical centers in Midland, Alpena, Alma, Clare, Gladwin and Mt. Pleasant. In addition to its Medical Centers, MidMichigan Health also offers both home health care and physician services, and has a strong commitment to medical education (medical students and two residency programs). MidMichigan Physicians Group provides patients with access to compassionate, quality medical care and manages urgent care facilities and medical offices in more than 30 specialties and subspecialties including cardiology, hematology/oncology, orthopedics, vascular surgery, family medicine and more. To learn more about MidMichigan Health visit [www.midmichigan.org].





College of

Medicine

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CMU, an AA/EO institution, strongly and actively strives to increase diversity and provide equal opportunity within its community. CMU does not discriminate against persons based on age, color, disability, ethnicity, familial status, gender, gender expression, gender identity, genetic information, height, marital status, national origin, political persuasion, pregnancy, childbirth or related medical conditions, race, religion, sex, sex-based stereotypes, sexual orientation, transgender status, veteran status, or weight (see <http://www.cmich.edu/ocrie>).
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