

Date: 28 January 2015

To: Don Unger

From: [REDACTED]

Subject: Indiana University School of Medicine Early Decision Program

Introduction

Indiana University School of Medicine offers a four-year program for national certification and accreditation of doctors of allopathic medicine (MD). This memo outlines the admission requirements including test scores, undergraduate coursework and preparation, as well as extracurricular involvements that are encouraged for applicants. Also discussed is essential background information about Indiana University School of Medicine.

Applicants to the four-year program are evaluated from a holistic standpoint including factors such as breadth of education, scholarship, character, personality, references, MCAT scores, altruism and personality. The Indiana University School of Medicine seeks students who are driven, self-motivated and passionate about medicine, but also who are personable, compassionate, and self-controlled. With the medical climate undergoing such drastic change, Indiana University is particularly keen to select applicants who are open-minded, analytical thinkers and well-rounded individuals.

The Indiana University School of Medicine for the National Certification and Accreditation of Doctors of Allopathic Medicine approaches medicine from the standardized, science-based modern medical viewpoints, “to advance health in the state of Indiana and beyond by promoting innovation and excellence in education, research and patient care.” This requires high-achieving students who can succeed in learning the challenging didactic coursework and accommodate different learning environments during the clinical years. The goal of the program is to develop students with specifically oriented skills in medical knowledge, patient care, systems based practice, practice based learning and improvement, interpersonal and communication skills, and professionalism. Overall students who fit the profile for a future Indiana University doctor need to be willing to learn and able to apply what they learn in a unique way, quickly and precisely.

Program Requirements

- Ninety (90) credit hours from an accredited U.S. or Canadian institution (although most applicants will matriculate with a B.A. or B.S. degree)
- Minimum cumulative and science GPA of 3.6
- Minimum MCAT score of 30, with no individual score below 8
- One year each of General Chemistry, Organic Chemistry, Biology and Physics. Each discipline must include a 2 credit hour lab, minimum
- One semester of Biochemistry

- One course in Social Science and one in Behavioral Science

Professional Associations at Indiana University

Medical students work closely with program faculty; therefore it is imperative to consider the ways through which a candidate will be able to contribute to current research and ideology in the medical field, particularly those originating at Indiana University.

Dr. John I. Nurnberger Jr., MD, PhD is the director of psychiatric research at the Institute of Psychiatric Research and Indiana University School of Medicine. The goal of this research initiative is “to apply the methods of genetics and neurobiology to understand neuropsychiatric disorders,” including bipolar disorder. He has been published in the American Journal of Psychiatric Medicine, the American Journal of Medical Genetics, Alcohol Clinic Experimental Research and the American Journal of Human Genetics, In Press.

Dr. Deborah Allen, MD is the director of Bowen Research Center in Family Medicine at Indiana University. Her research group focuses on lifestyle decisions that promote health and prevent disease. Another research interest is access to primary care services among rural and underserved populations. Dr. Allen works to develop methods of controlling rising health care costs, as well as to improve effectiveness, efficiency, humaneness and appropriateness of health services.

Dr. Lee A. Learman, MD, PhD is the director of the Center of Excellence in Women’s Health at Indiana University School of Medicine in Indianapolis. His research advocates state-of-the-art health care for Indiana women in multiple ways, including: education, creation of clinical programs, research, community outreach and professional development. He has been published in the American Journal of Obstetrics and Gynecology as well as Menopause.

Indiana University School of Medicine Mission

Indiana University School of Medicine (IUSM) is the only medical school in Indiana as well as the second largest medical school in the nation, with nine education campuses across the state. The medical school is also affiliated with IU Health, which is ranked among the top 1% of healthcare systems as reported by the US News and World Report. IUSM provides opportunities for students to work in various settings, including student-run clinics, an internationally recognized AMPATH program in Kenya, among others. Dual degree programs are also offered, including MD-JD, MD-MA in Bioethics, MD-MPH, MD-MBA, MD-MS and MD-PhD programs.

One said regional educational campus is located in Lafayette, Indiana on the campus of Purdue University, where the Steven C. Beering Scholarship will fund my medical education. The curriculum at this location includes varied academic experiences as well as the expected lectures and laboratories. “Small group discussions, case-based problem learning, team-based learning, clinical mentorships, service-learning projects and clinical experiences are used to help students gain fundamental knowledge and develop lifelong learning skills.” A new building was constructed as the home of IUSM-Lafayette (Lyles Porter Hall) on July 7 2014.

Conclusion

The four-year early admission program for doctors of allopathic medicine is offered by Indiana University School of Medicine. This program has high academic and community involvement requirements for application and admission, and also requires letters of recommendation. Seeking to advance health in the state of Indiana, the university has a history of excellence in education, research and patient care and also values innovation and new ideas in the shaping of the doctors of tomorrow. I believe my skillset and experience make me an excellent candidate for admission to the IUSM four-year early admission program.

Date: 28 January 2015

To: Don Unger

From: [REDACTED]

Subject: Self-Assessment for the Indiana University School of Medicine Early Decision Program

Introduction

This memo describes my qualifications for the Indiana University School of Medicine Early Decision Program. In this memo, I discuss the requirements for admission to the program as well as an overview of my own skills which shape me as an effective, committed and passionate student of medicine. These descriptions also address the ways through which I am apt to uphold the mission of IUSM and represent the school in my career.

Program Requirements

I am currently studying Food Science at Purdue University. This degree program fulfills the science requirements for general chemistry, one semester of organic chemistry, biochemistry, biology, and one semester of physics. I have taken courses in sociology and psychology out of my own interest, completed an extra semester of organic chemistry and will have completed the final semester of general physics by the time I graduate. My current GPA is 3.7/4.0 which exceeds the basic 3.6 requirement for minimum GPA. I have taken the MCAT but will not receive my scores from this exam until mid-February. At this point I am unable to calculate my science GPA because I need to meet with an advisor at ISUM-Lafayette to discuss the categories under which my Food Science courses are classified (analytical science or other).

Professors

Throughout my undergraduate career I have developed close relationships with a number of my academic professors whose research areas are closely related to the study of medicine. One such professor, Dr. Kee-Hong Kim, studies nutrition and the metabolic effects of starch consumption as they are relevant to the obesity epidemic in America. His research work and input is especially valuable because the ideology behind it provides a very strong picture of my own views regarding medicine and the ways through which my undergraduate education in Food Science gives me a unique perspective in the medical climate. Dr. York and Dr. Oliver also have completed important research that has played a vital role in today's food system in disease epidemiology and logistical arguments. Their mentorship has given me a strengthened ability to analyze food-related information in the context of medicine and to approach issues with innovative thinking and insights.

Analytical Skills

The health effect of the foods we eat has been an influential factor on my career pursuits since high school. Not only have I pursued this research area out of my own interests, but I have also sought out educational opportunities to further my understanding and education of this subject. For the past five years, I have been the owner of a health, fitness and nutrition blog (www.kitchencraftchronicles.com) to

serve as an information source to the community regarding food products sent to me by companies for review, health trends, fitness tips and methods for maintaining mental, emotional and spiritual health. I have also had the opportunity to study on a microscopic level the metabolic effects of said foods. In 2014, I worked as a research assistant in Mesecar Lab, the focus of which was the effects of blueberry-derived anthocyanins on the activation of cancer-suppressing genes in mammalian cell lines. This experience not only introduced me to the methodology and techniques used in medical research but also to that particular sector of research and analysis. Finally, I have tailored my education towards the integration of foods and health, by taking not only the required food courses, but also anatomy, physiology, additional organic chemistry, health classes, psychology and engineering classes, forming me into a more rounded individual with broader though capabilities.

Communication Skills

I have been able to showcase the communication skills I have developed throughout my academic and extra-curricular coursework through technological and interpersonal means. Part of my work, as mentioned, has been writing a blog for the general population to have easy-to-understand, scientifically accurate health knowledge. As a medical practitioner, it will not only be my job to treat the health ailments of my patients, but also to teach them preventative medicine and how they can take control of their own health. This entails the consolidation of my own breadth of medical knowledge down into language that is tangible, understandable and easily applicable to my patients (if in clinical practice) or to my readers (if on my blog). I also have been able to develop my skills when communicating with other professionals; in April of 2014, I lead my innovation team in winning second place in a national competition for ingredient application hosted by Roquette America. Aside from the creative and scientific aspects of this project, my team gave a detailed persuasive presentation, selling our product and advertising the nutrient and environmental benefits to a panel of sensory judges, analytical chemists and professional food scientists. These experiences have prepared me for the medical climate, not only working with patients who need complex subjects explained in understandable terms, but also with peers and advisors whose knowledge is even greater than my own.

Service and Leadership

While studying at Purdue, I have had numerous opportunities to give back to the community around me. I have continued serving as an academic tutor throughout my career at Purdue, and also become involved in community and international outreach programs to serve others. Two of the organizations I have become involved with at Food Finders Food Bank and Feed My Starving Children. Food Finders Food Bank is located in Lafayette, IN and recruits volunteers to help package and distribute food items to members of the community while maintaining good manufacturing practices and respecting the United States Government's Laws and Regulations regarding food production and distribution. The recipients of these food products are mostly under-privileged children or homeless families. Feed My Starving Children is an organization that provides international relief aid to countries such as Haiti, Bangladesh, and Sierra Leon. Specifically formulated food packages containing essential vitamins and minerals, dried vegetables, soy protein and rice and assembled, sealed, shipped and hand delivered to poverty and disease stricken areas of the world, especially those where food can serve as medicine. Finally, I will be traveling to Nicaragua in March, 2015 to help provide relief aid to residents of Masaya, Nicaragua including school building construction, bicycle repairs and work with local churches and ministries.

Conclusion

I am looking forward to my graduation in May of 2016 when I will have met and exceeded the basic requirements for admission to Indiana University School of Medicine's Early Admission Program. I also have maintain close professional relationships with faculty and staff at Purdue University who study topics that are relevant to modern medicine and the ideology that shapes the values of IUSM. I am confident that my skills and preparatory work, as well as the strong education I have received here at Purdue University have molded me into a valuable member of the medical culture. My dedication to charity, academics and health match those values of IUSM and I am excited to become part of their team.



Present Address	Permanent Address

Objective

To contribute innovative concepts in biochemical research through a summer research opportunity

Education

Purdue University, West Lafayette, IN May 2016 (expected)
B.S. in Food Science
Cumulative GPA 3.6/4.0

Professional Experience

- Undergraduate Research Assistant* 2014
 - Analyzing the cancer-preventative effects of Anthocyanins on mammalian cell lines
 - Performing DNA replication, transfection, luciferase assay, theory development
- Purdue Food Production Services, Intern* 2014
 - Process troubleshooting, ingredient applications, large-scale organization and preparation
- Fox Valley Foot & Ankle Specialists, Medical Assistant* Summer 2013
 - Performing minor medical procedures, understanding small business operations

Leadership Experience

- Innovation Competition Team Leader* 2014
 - Roquette America Vegetarian Meat Substitute – 2nd Place
 - DDW Colors Salt Usage Visual Indicator – 3rd Place
- Author/Teacher of Children’s Agriculture Classes* 2013
 - Leading weekly classes about food and agriculture with activities, experiments and lectures
 - Writing curriculum, applying learning objectives upon approval
- Purdue University Honors Program* 2012—Present
 - Undergraduate Teaching Assistant, community service and integration projects

Activities & Honors

- Beering Scholar*
 - Purdue’s highest scholarship program including tuition, room and board, through PhD
- Study Abroad, Florence, Italy* Summer 2014
 - Study of Abnormal Psychology, cultural integration and diversity awareness
- Volunteer Work* 2013—Present
 - Circle K
 - Food Finders Food Bank
 - Feed My Starving Children
 - International Student Integration Program
- Peer Tutoring* 2009—Present
 - Spanish, Math, Chemistry

February 10, 2015

Dr. Peter Nalin, MD
Indiana School of Medicine
1120 South Dr. Fesler Hall 213
Indianapolis, IN 46202

Dear Dr. Nalin,

I was introduced to the prestigious program at Indiana University School of Medicine (IUSM) through the Beering Scholar Student Association, a group for recipients of the Steven C. Beering Scholarship. This scholarship provides tuition and all associated funding for an undergraduate education at Purdue University and a medical degree at Indiana University. This scholarship has given me unique opportunities in academics and industry that have helped me to prepare for a rigorous and rewarding career in medicine.

As an undergraduate at Purdue, opportunities to participate in internships and research have given me extensive background and preparation for work in the medical field. During 2013, I served as a medical technician, preparing patients for medical procedures, administering and interpreting radiological imaging and scanning for orthotic devices. I was able to work closely with both the patients and the doctor, and participate in diagnoses and the formulation of treatment plans. While I was excited to share my own knowledge and experiences in this setting, I learned incredibly valuable information about the nuances of the medical field and acquired specialized training that will be helpful in whichever medical field I pursue.

The research opportunities at Purdue have also deepened my understanding of medicine and the human body. In 2014, I worked as an undergraduate research assistant to help determine the effects of blueberry-derived anthocyanins on the suppression of tumor-promoting genes on mammalian cell lines. My background in food science allowed me to contribute a unique perspective because of my understanding of food chemistry and processing methods. Once again, I also gained immensely; I now have a richer knowledge of nutrition and the roles that food components have in medicine. This was one of the most intriguing experiences of my entire undergraduate career, and sparked a passion to learn as much as I can about the human body and how a person's diet influences his or her health.

While I have been extremely fortunate to have these experiences, they certainly have not been easy. It was difficult to balance my rigorous courses in addition to the research and internship, but I developed essential organizational, problem-solving and analytical skills that will serve me in the future. The opportunity to study at the Indiana University School of Medicine is one I do not take for granted. I am honored to become a part of the IUSM community, contribute my own knowledge, and become a medical practitioner.

Best Regards,

[insert signature here]

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Mock Interview Questions

Tell me about yourself:

- I am very friendly and sociable; it's easy for me to get to know people, and others tend to feel comfortable around me.
- I also am very creative and I enjoy activities that allow me to think, develop an idea and "create" in a way. An example of this would be musical composition and writing blog posts.
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Where do you see yourself in 5 years?

- Ideally, in five years I will be in my fourth year of medical school, working towards a residency in family medicine, or perhaps earning accreditation for naturopathic medicine or acupuncture.

Tell me about a time you've had to overcome a difficult situation:

- At my internship at Ford dining court, I was working on a project about sensory and physical characteristics of the chocolate chip cookie recipe to create a baseline for errors – like a handbook, evaluate what went wrong with a recipe. Then we learned that the administration was looking to completely eliminate the homemade chocolate chip cookies because of costs, in order to replace them with a pre-partitioned dough from US Foods. Since the research I was conducting dealt largely with the positive perception of the homemade chocolate chip cookies; so I did some work with the information I had already acquired to reformulate the chocolate chip cookie recipe and with simple substitutions, I was able to save Purdue \$13,000 annually.

How many tennis balls can you fit into a limousine?

- I would estimate that a tennis ball is about 3 inches in diameter. Now I'm going to pretend that the tennis ball is a cube, so it is 27 inches cubed. I'll round this down to 25 to account for the fact that the tennis ball is not actually a cube; it's a sphere. Okay, so I'd say the length of the "sitting space" is about my height, which is 65 inches; the width is probably from my waist down, which is 36 inches, and the height is probably the middle of my back, so maybe 40 inches. For the sake of estimation, we'll call these numbers 60, 40 and 30. So that's 72000. Round that the 75000, divide by 25, and that's roughly 3000 tennis balls.

Rank salary, position and work environment:

- work environment is probably the most important aspect of a job, because if I am working in the type of environment I want to be in, I will already be in the position that I hope to

have. Salary is the least important on my list, but of course it is important for a person to be able to sustain herself financially.

What's your dream job?

- my dream job is to be a naturopathic doctor and be able to sit down and really spend time talking to and getting to know different patients so I can best tailor the health plan towards the specific lifestyle and circumstances. I personally have learned that stress has a huge impact on a person's health, moreso than many individuals realize, and I want to be able to help educate people about how stress affects their bodies and their health.