

## Low MCAT and GPA

- Be honest with yourself to figure out what went wrong
- 5 steps - "Am I Competitive?"
  - GPA: If you have a 3.0 or less, then you need a SMP or Master's Degree in a Hard Science. Shoot for at least a 3.7 or higher! If you have a GPA of 3.7 or higher, you are good - focus on other aspects of your application.
  - MCAT: If you have a low GPA that you improved with an upward trend, you need at least a 500. The higher, the better!
  - Extracurriculars + leadership: Find a minimum of 2 organizations you like, try to make one medical. Hold at least 1 leadership position.
  - Clinical experience: Volunteer at a hospital, work as a scribe, patient care tech/assist, or CNA for at least 1 year. Shadow a doctor for at least 60 hours (this can be option if you are a CNA, patient care assist/tech, and/or past nurse or PA)
  - Research: If you have a low GPA and/or a low MCAT, then join a research lab. You don't need a publication. It never hurts, but simply showing you know how to do research is good enough.