



THE

PHYSICIAN'S GUIDE

HOW TO SUCCEED AS A PRE-MED
AND GET INTO MEDICAL SCHOOL

DR. NICHOLAS J. NISSEN, M.D.

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Introduction

Pre-meds agonize over their studies, and still, 60% of them don't get accepted into medical school. This guide is designed to show you how to enjoy your life and prepare to be an outstanding physician while also getting accepted into medical school.

The Physician's Guide will show you a fresh approach to pre-med strategy. Medical school preparation doesn't have to dominate your entire college experience and dictate how you live your life. This program will remove the stress surrounding the process and give you the tools to maximize your quality of life and career outlook.

Over the course of the next few hours, you are going to get all of the best insider tips for building yourself into a truly unique applicant for medical school. **We guarantee that you'll find important advice in this guide that you've never heard before.** Your pre-med peers don't know many of these strategies. Your academic advisors may not even know these strategies. The medical education process has changed dramatically in the past years and many are unaware of how the game has changed. This guide will show you how.

As you know, admission into medical school is a challenging task, and only ~40% of medical school applicants are accepted into a medical school. What are you going to do so you don't fall into that 60% majority? The true secret is that most of those 60% of students probably didn't make many big mistakes, were probably good students, most likely studied hard for their exams and the MCAT and asked for all of their letters of recommendation. So why weren't they accepted? It's because **they didn't stand out.**

Think about this right now: whom are some pre-meds that I know? What are they like? What are their extracurricular experiences and their academic numbers like? What do their resumes look like? And now, more importantly, **how am I different?**

How are my experiences different from theirs?

Have I done anything that the admissions committee has never seen before?

How can I surprise the admissions committee?

This is the kind of thinking that we will do throughout the rest of the guide.

Be advised: this guide is going to share some very unconventional viewpoints which give you maximum career output for minimum stress input. It is meant to be brief, efficient, and practical for your use, and hopefully, not distracting you too

much from your normal responsibilities. It covers all of the steps from high school to choosing a medical school, while including critical information about current trends in admissions and the MCAT. We encourage you to dedicate some focused time to this reading and complete the reflections after each section so you can emerge from this experience with your own pre-med roadmap to success.

As medical professionals, we understand that preparation for medical school can be a heavy, almost-unbearable burden for many people. We don't want that. We don't want for you to sacrifice your life for a future in medicine. **We want for you to enrich your life in your journey towards becoming a physician.**

From today on, you're going to be able to build yourself into not just another applicant, but rather, *that* applicant: the one that they are excited to interview, the interesting one that they can't wait to talk to. **You are going to stand out.**

Let's begin.

Summary:

- ▶ This program is meant to show you the best ways to stand out for medical school admission in the modern era.
- ▶ We guarantee that you'll find important advice in this book that you've never heard before.
- ▶ Our methods are efficient: high career output for low stress input.
- ▶ Always focus on the following question: how am I different from my pre-med peers?

Reflection Introduction

- ◆ What is your goal for this guide?
- ◆ How are you different from your peers?
- ◆ What skills could you develop so that you stand out from your peers?
- ◆ What could you do that would surprise medical schools?