

Longitudinal Packages are customized sessions designed to meet the unique needs of students who are strongly interested in a career in medicine, yet are several years from applying to medical school. Enrolment in such packages is usually limited to students in Grade 12 or Year 1 of their undergraduate studies.

Students enrolled in a Longitudinal Package are assigned to 1-2 primary consultants over the entire 3-5 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 Longitudinal Packages also have personal broad oversight from our executive team.

A student may also be able to combine a Longitudinal Package with a medical school **Admission 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 Longitudinal and/or Admission 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 a Longitudinal 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 Longitudinal Packages and Admission Guarantees work:

### **Case 1**

**Sally is a Grade 12 student from China who is interested in pursuing medicine in North America. She enrolls in a Longitudinal 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 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**

**Mark is a 1<sup>st</sup> year undergraduate student at McGill who is interested in medicine. His goal is to gain acceptance into a Canadian medical school within 4 years of undergraduate studies. He enrolls in a 4 year Longitudinal Package that comes with a Canadian medical school Admission Guarantee. His package starts in April of his 1<sup>st</sup> year and goes up to April of his 4<sup>th</sup> year and includes 60 hours of preparation as follows:**

- Regular monthly sessions with his primary consultants **[37 hours]**:
  - 5 monthly sessions in Year 1 [April-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 **[2 hours]**.
  - Canadian medical school application planning and review in third year. This application resulted in one interviews but no acceptances **[4 hours]**.
  - Canadian medical school interview preparation in third year **[3 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 **[6 hours]**.

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

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

Contact us at [info@mdconsultants.ca](mailto:info@mdconsultants.ca) to discuss if a Longitudinal Package is right for you.