

MEDICAL SCHOOL SCHOLARSHIPS, GRANTS & AWARDS

**INSIDER ADVICE ON HOW TO WIN
SCHOLARSHIPS**

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FROM THE AUTHOR OF THE SUCCESSFUL MATCH

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Dedication

To all of the individuals who have taught us important lessons and helped us throughout our careers: our mentors, our teachers, our students, and our patients.

ABOUT THE AUTHORS

Samir P. Desai, M.D.

Dr. Samir Desai serves on the faculty of the Baylor College of Medicine in the Department of Medicine where he is actively involved in medical student and resident education. He is a member of the Clerkship Directors in Internal Medicine, and the recipient of multiple teaching awards. He is an author and editor, having written sixteen books that together have sold over 200,000 copies worldwide.

His book *Success in Medical School: Insider Advice for the Preclinical Years* provides preclinical students with detailed knowledge and guidance to excel and position themselves for match success later in medical school. In 2009, he co-authored *The Successful Match: 200 Rules to Succeed in the Residency Match*, a well-regarded and highly acclaimed book that has helped thousands of residency applicants match successfully. He is also the co-author of *Success on the Wards: 250 Rules for Clerkship Success*. This book has helped thousands of medical students make the difficult transition from the preclinical to clinical years of medical school. *Success on the Wards* is a required or recommended resource at many U.S. medical schools, providing proven strategies for success in patient care, write-ups, rounds, and other vital areas.

As a faculty member, he serves on the medical school admissions and residency selection committees. His commitment to helping premedical and medical students reach their professional goals led him to develop the website TheSuccessfulMatch.com. The website's mission is to provide medical school, residency, and fellowship applicants with a better understanding of the selection process.

After completing his residency training in Internal Medicine at Northwestern University in Chicago, Dr. Desai had the opportunity to serve as chief medical resident. He received his M.D. degree from Wayne State University School of Medicine in Detroit, Michigan, graduating first in his class.

Anand D. Trivedi, M.D.

Dr. Anand Trivedi is currently an internal medicine resident at the University of Illinois at Urbana-Champaign (UIUC). He is a resident member of the American College of Physicians and serves on the resident curriculum committee at UIUC. Having completed his medical degree at Sri Ramachandra Medical College in Chennai, India, he has had the pleasure of working with diverse groups of patients, physicians and medical students. He now enjoys regularly working with and educating medical students as they rotate with him on the medical wards. As an international medical graduate who has faced the challenges of securing a competitive residency position, Dr. Trivedi understands what it takes to achieve success. He hopes that this book will be a valuable resource for medical students as they strive to become competitive applicants themselves. In his free time Dr. Trivedi enjoys spending time with his family and traveling.

Hirsh D. Trivedi, M.D.

Dr. Hirsh Trivedi is an internal medicine resident at St. Elizabeth's Medical Center, a Tufts University Medical School affiliate program, in Boston, Massachusetts. He is an active member of the resident committee at St. Elizabeth's Medical Center, and he is also involved in the Medical Interview and Doctor Patient Relationship program where he teaches interviewing and clinical examination techniques to Tufts University medical students. Through his participation in teaching during clinical rounds, he has established himself as an excellent resident teacher. Having recently gone through the residency application process, he understands the challenges that medical students face in securing a competitive residency position. He plans to continue working with medical students in order to help them maximize their chances in securing these positions. After the completion of his Internal Medicine residency, he plans to pursue a career in Gastroenterology and Hepatology.

Ram Jagannathan, M.D.

After completing his medical education at Sri Ramachandra University in Chennai, India and an internship at Providence Hospital in Southfield, Michigan, Dr. Jagannathan resides in Chicago, Illinois where he is a Resident Physician in Anesthesiology at Rush University Medical Center. Having recently been through the residency application process, Dr. Jagannathan is passionate about teaching, guiding, and learning from medical students he works with. Dr. Jagannathan's academic interests include airway management, regional anesthesia, and perioperative transesophageal echocardiography. Following residency, Dr. Jagannathan aspires to contribute to the growth of these fields while continuing to be a

part of student education. In his spare time, Dr. Jagannathan enjoys spending time with his family and traveling to further learn from others' customs and cultures.

Samish A. Patel, M.D.

Dr. Samish Patel is currently an internal medicine resident at North Shore Long Island Jewish Medical Center. He was born and raised in Southern California. After his undergraduate training at University of California, San Diego, he went on to complete his medical degree at Ross University School of Medicine. Having done rotations throughout the country, he has had the opportunity to work with many medical educators in a variety of health care systems. He now enjoys regularly working with and educating medical students as they rotate with him in Long Island. He helped author this book with the hope that it will provide medical students with unique opportunities that will help them reach the forefront of medicine and develop relationships with leading physicians. After completing his residency in internal medicine he plans to pursue a career in either hospital medicine or adult primary care.

Ava J. Ghalili, MBBS

Dr. Ava Ghalili is an emergency department registrar (senior resident) at Royal Prince Alfred Hospital in Sydney, Australia and a medical school graduate of the University of Notre Dame, Western Australia. She has had international exposure in her field through various community and county hospitals in the USA. She is actively involved in teaching students and presenting at conferences/symposiums on topics of acute medicine. Throughout her training and career she has been involved in research relevant to women's health and evidence-based medicine outcomes in Emergency Departments. Much of her extracurricular time has been spent overseas in the developing world, working for various organizations addressing public health concerns and ethical humanitarian standards. She hopes to continue with these endeavors and to complete in the near future a fellowship in pediatric emergency medicine.

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How to Use This Book

- 1) The first part of this book describes the scholarship application and process with a focus on strategy. The second part of this book is an extensive listing and description of scholarships and awards with profiles of award winners.
- 2) Scholarships and awards are listed in the following categories: Research, Gender, Ethnicity, Minority, Global Health, Writing, Leadership, Osteopathic, Specialty, and Geography by State. Each category has been given its own chapter. See Table of Contents for more information.
- 3) Awards that are not easily categorized into one of these groups are listed in Chapter 18 (Miscellaneous Scholarships, Awards, & Grants).
- 4) In each chapter, scholarships and awards are listed in alphabetical order.
- 5) Some scholarships are listed in multiple chapters. For example, scholarships awarded by the Osteopathic Foundation of Central Washington are listed in Chapter 17 (Osteopathic Awards & Scholarships). These scholarships are only open to medical students in certain states. Therefore, you will see that we have also listed these scholarships in Chapter 40 (Scholarships in Alaska), Chapter 50 (Scholarships in Idaho), Chapter 64 (Scholarships in Montana), Chapter 75 (Scholarships in Oregon), and Chapter 85 (Scholarships in Washington). We chose this approach to ensure that students do not miss out on important opportunities. When awards are repeated in different chapters, you will be referred to a particular chapter for the award description.
- 6) We do list and describe scholarships by State. In these chapters, however, you will not see scholarships and awards that are only open to students at a single medical school. Donors at every medical school have provided funds to establish scholarship programs. These school-specific scholarships are not presented in this book because they will be readily accessible to you through your school's Office of Financial Aid.

Chapter 1

Introduction

According to the Association of American Medical Colleges (AAMC), the median four-year cost to attend medical school for the class of 2014 was over \$218,000 and \$286,000 for public and private schools, respectively.¹ The following table shows how the median cost of attendance has changed over time.

Year	Public	Private
2000	\$100,215	\$161,760
2008	\$159,396	\$225,215
2014	\$218,898	\$286,806

Although the average annual cost to attend medical school has risen at a rate that has outpaced inflation, this has not prevented a record number of students from applying to medical school. In 2013, there were over 48,000 applicants to U.S. medical schools, breaking the mark set in 1996.

Medical schools have been graduating more students than ever, the result of a nationwide effort to meet the needs of an anticipated physician manpower shortage. As these students fulfill their professional dreams of becoming physicians, they leave medical school with considerable debt. AAMC research indicates that the median education debt for the class of 2013 was \$175,000.¹

Fortunately, there are hundreds of scholarships available to medical students to help offset the cost of medical school education. Although there are few “full-ride” scholarships, there are many awards that can significantly lessen the burden. “Every \$1,000 in scholarship support reduces a student’s potential indebtedness by more than \$8,400,” writes the Wake Forest School of Medicine.³

Although financial relief is a major reason to pursue scholarships, the benefits of receiving such awards and honors extend well beyond money. Does winning a medical student award or scholarship make a difference in the residency match? It certainly does with multiple research studies demonstrating that awards provide a competitive edge.

Election to the Alpha Omega Alpha Honor Medical Society (AOA) is perhaps the most well studied award as it relates to residency admission. Eligibility is limited to only allopathic medical students, and members are

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selected based on academic achievement, leadership, professionalism, and commitment to service by school chapters. According to the AOA Constitution, no more than 1/6 of the graduating class can be elected into the school's chapter. In 2012, the National Resident Matching Program, the organization that administers the Match, surveyed 1,960 residency programs representing 21 specialties about the importance of various residency selection criteria.⁴ Overall, membership in AOA was cited by 51% as a factor in selecting applicants to interview. Membership in AOA was also an important factor in the ranking of applicants. Overall, it received a mean rating of 3.4 on a scale of 1 (not at all important) to 5 (very important). Data for the individual specialties is presented in the table below.

Percentage Of Residency Programs Citing AOA As A Factor In Selecting Applicants To Interview By Specialty⁴	
Specialty	% of Programs
Anesthesiology	69%
Dermatology	57%
Emergency Medicine	57%
Family Medicine	24%
General Surgery	60%
Internal Medicine	51%
Neurosurgery	76%
Obstetrics & Gynecology	47%
Orthopaedic Surgery	68%
Otolaryngology	76%
Pathology	40%
Pediatrics	55%
Physical Medicine & Rehabilitation	26%
Plastic Surgery	75%
Psychiatry	38%
Radiation Oncology	61%
Radiology	66%

Although osteopathic students are not eligible for AOA induction, both allopathic and osteopathic students may be elected into the Gold Humanism Honor Society (GHHS). Started in 2002 by the Arnold P. Gold Foundation, GHHS honors medical students for “demonstrated excellence in clinical care, leadership, compassion and dedication to service.”⁵ In a study conducted to determine if GHHS membership influences residency selection, the authors wrote that “membership in GHHS may set candidates apart from their peers and allow PDs to distinguish objectively the candidates who demonstrate compassionate medical care.”⁶ In the 2012 NRMP Program Director Survey, 23% reported using Gold Society Membership as a factor in selecting applicants to interview.⁴

AOA and GHHS are not the only awards or honors viewed favorably by residency programs. In a survey of over 1,200 residency program directors in 21 specialties, Dr. Marianne Green, Associate Dean of Medical Education at the Northwestern University Feinberg School of Medicine, determined the relative importance of various residency selection criteria.⁷ Dr. Green found that medical school awards (non-AOA) were tenth in importance among a group of 14 residency selection criteria. Although not as important as USMLE Step 1 scores, clerkship grades, and letters of recommendation, awards were ranked higher than such factors as preclinical grades, research while in medical school, and published medical school research.

Benefits of winning medical school awards and scholarships include the following:

- Awards can provide a significant boost to the strength of your residency application, and distinguish you from your peers. Awards and scholarships can easily be placed in the residency application, MSPE (Dean's Letter), letters of recommendation, and CV. We have found that interviewers often ask about awards during residency interviews.

Did you know...

In 2013, Justin Berk, a medical student at Texas Tech University School of Medicine, received the American Medical Association Foundation Leadership Award. "For Justin, it's obviously a huge accolade and something that will follow him for the rest of his medical career," said Dr. Tedd Mitchell, President of Texas Tech Health Sciences Center, in an interview with *The Daily Toreador*. "As he's applying for residency programs, it will stand out."⁸

Did you know...

Alexander Gallan, a medical student at the Boston University School of Medicine, was the recipient of the 2012 American Society of Clinical Pathology Academic Excellence Award. "The award was a common topic during my residency interviews. I believe it helped my residency application immeasurably by providing justification for all the hard work I have done."⁹

- Competitive specialties and residency programs value students who have been recognized with awards. There is belief among educators that you will make similar contributions as a trainee.

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Did you know...

When Casey DeDeugd, a medical student at the University of Central Florida, won the Medical Student Achievement Award from the Ruth Jackson Orthopaedic Society, she enhanced her visibility in the field. “Your accomplishments thus far are very impressive!” wrote Dr. Gloria Gogola, Chair of the Society’s Scientific Committee. “We look forward...to welcoming you to our field of orthopaedic surgery.”¹⁰

Did you know...

In 2008, Brian Caldwell, a medical student at the University of Arkansas for Medical Sciences, was the winner of the Dr. Constantin Cope Medical Student Research Award from the Society of Interventional Radiology. “Brian carried the whole project with very little help and really did a nice job,” said Dr. William Culp, Professor of Radiology and Surgery. “I am so pleased that he won the national SIR award, because his participation in the conference introduced him to national leaders in interventional radiology and will help jumpstart his career.”¹¹

- You gain visibility in your school, and bring recognition to the institution.

Did you know...

When Ramy El-Diwany, an M.D./Ph.D. student at Johns Hopkins University, won the 2014 Excellence in Public Health Award from the U.S. Public Health Service (USPHS) Physician Professional Advisory Committee, his institution was also lauded. “This award is a testament to the education provided by the Johns Hopkins University School of Medicine and to the high caliber of its students,” wrote USPHS Lt. Cmdr. Kimberly Smith. “We hope that this award will encourage other Johns Hopkins faculty and students to continue their strong work in public health.”¹²

Did you know...

After Rahul Vanjani received the AMA Foundation Leadership Award, Dr. Scott Schroth, Senior Associate Dean of Academic Affairs at George Washington University, took pride in his student’s accomplishment. “Rahul’s commitment to the community and leadership of service efforts are unparalleled. He exemplifies the sort of creativity and dedication that we look for in medical students at GW, and we are extraordinarily proud of him as a winner of the AMA Foundation’s 2011 Leadership Award.”¹³

- Recipients have found that awards have made them more attractive for other awards and scholarships. Awards follow you throughout your career, and can make you more competitive for future opportunities, programs, and employment.
- You further your professional reputation and enhance your credibility in the areas that form the basis for the award.
- Winning an award or scholarship can give you the confidence to pursue other goals.
- Applying for an award requires the support of advocates who become reference letter writers. Strengthening these relationships over time allows faculty members to write strong letters of recommendation for residency.

Did you know...

In applying for awards, you often have to submit reference letters. Over time, your letter writers become even stronger advocates with a vested interest in furthering your career. After David Leverenz won the Southwestern Medical Foundation Ho Din Award, his mentor had this to say. “Dr. Leverenz has done exceptionally well in medical school, performed research, worked, volunteered, and completed multiple mission trips,” said Dr. David Balis, his faculty mentor at UT Southwestern Medical Center. “But what strikes me most about David is his caring, sincere, compassionate personality.” Dr. Leverenz is now a resident at Vanderbilt University.¹⁴

Did you know...

Winning a scholarship may also affect the way in which you view your specialty choice. “This scholarship has allowed me the freedom to broaden my thoughts about what field I want to pursue,” said Mike Bosworth, a medical student at Tulane University. “My focus is more on how I can help patients versus what I can make.”¹⁵

It is clear that there are compelling reasons to pursue medical school scholarships, awards, and grants. In this book, we’ll show you how to maximize your chances of winning these awards. Although our book includes an extensive list of scholarships and awards, we’ve also placed considerable emphasis on strategy. Some examples of what you’ll find in our book include:

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- Although we encourage you to apply for the most competitive scholarships and awards, we also show you how to identify awards that are easier to win. There is considerably less competition for these awards, and we'll show you how you can significantly enhance your chances of winning.
- Since letters of recommendation are a critical component of most scholarship applications, how can you work closely with your letter writers to have the best possible letters written?
- The personal essay is an opportunity for you to stand out from the rest of the applicant field. What's the best approach to take with the essay? What makes an essay particularly compelling to the scholarship committee? How can you avoid common errors?
- Scholarship programs may ask you to submit a CV or enter information from your CV directly into the application. Content and appearance are important factors in the way your CV will be assessed, and we'll show you how to create one with maximum impact.

Our recommendations are based on data from a full spectrum of sources. Whenever possible, we present evidence obtained from scientific study and published in the academic medical literature. We also take an insider's look at the entire process based on our experiences. For years, we've helped applicants match successfully into competitive specialties and residency programs. We've worked with medical students at all levels, and we always try to identify scholarship and award programs that will bolster their credentials. In the process of helping students win scholarships and awards, we've gained insight into the factors that lead to success. There's much that can be learned from your predecessors, and we've included the profiles of past scholarship winners. Reading about their stories will help guide your strategy and application. Although it's been a joy for us to help medical students win scholarships and awards, we know that the process is difficult. Although success is never guaranteed, our advice and perspectives provide the specific, concrete recommendations that will maximize your chances of being an award recipient.

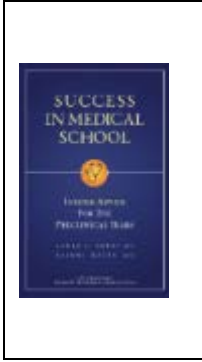
A Medical Student Scholarship Winner Speaks...

"The scholarship will greatly ease the trouble and distraction of growing debt so that I can focus on my studies, my family and my community. It is a generous gift, and I am reminded that it is an investment in my future. I know that it is my role in the future to give back to my community as a physician."¹⁶

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Success in Medical School: Insider Advice for the Preclinical Years



By **Samir P. Desai, MD and Rajani Katta, MD**

ISBN # 9781937978006

According to the AAMC, the United States will have a shortage of 90,000 physicians by 2020. In the mid-1990s, the AAMC urged medical schools to expand enrollment. Class sizes have increased, and new schools have opened their doors. Unfortunately, rising enrollment in medical schools has not led to a corresponding increase in the number of residency positions.

As a result, medical students are finding it increasingly difficult to match with the specialty and program of their choice. "Competition is tightening," said Mona Signer, Executive Director of the National Resident Matching Program. "The growth in applicants is more than the increase in positions."

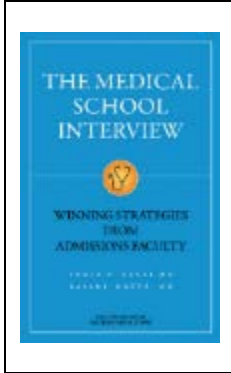
Now more than ever, preclinical students need to be well informed so that they can maximize their chances of success. The decisions you make early in medical school can have a significant impact on your future specialty options.

To build a strong foundation for your future physician career, and to match into your chosen field, you must maximize your preclinical education. In *Success in Medical School*, you'll learn specific strategies for success during these important years of medical school.

"Overall, I recommend this book...The book has so much information about everything that there has to be a part of the book that will satisfy your interests."

- Medical School Success website

Medical School Interview: Winning Strategies from Admissions Faculty



By Samir Desai, MD and Rajani Katta, MD

ISBN # 9781937978013

The medical school interview is the most important factor in the admissions process. Our detailed advice, based on evidence from research in the field and the perspectives of admissions faculty, will provide you with the insiders' perspective.

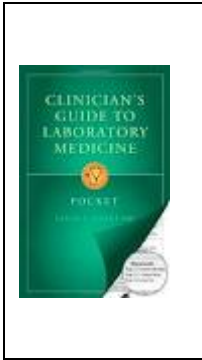
How can you best prepare for the MMI, group interview, panel interview, and behavioral interview? What qualities would make applicants less likely to be admitted? What personal qualities are most valued by admissions faculty? What can students do to achieve maximum success during the interview?

This book shows medical school applicants how to develop the optimal strategy for interview success.

“...this is an extremely thorough handbook, covering the questions applicants are likely to be asked and the appropriate and inappropriate answers...likely to be found indispensable by readers embarking on the arduous process of applying to medical school.”

- Kirkus Reviews

Clinician's Guide to Laboratory Medicine: Pocket



By Samir P. Desai, MD

ISBN # 9780972556187

In this book, you will find practical approaches to lab test interpretation. It includes differential diagnoses, step-by-step approaches, and algorithms, all designed to answer your lab test questions in a flash. See why so many consider it a “must-have” book.

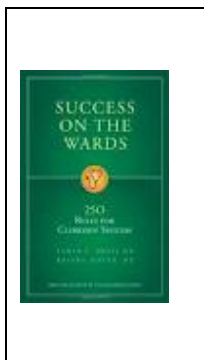
“In our Medicine Clerkship, the Clinician’s Guide to Laboratory Medicine has quickly become one of the two most popular paperback books. Our students have praised the algorithms, tables, and ease of pursuit of clinical problems through better understanding of the utilization of tests appropriate to the problem at hand.”

- Greg Magarian, MD, Director, 3rd Year Internal Medicine Clerkship, Oregon Health & Science University

“It provides an excellent practical approach to abnormal labs.”

- Northwestern University Feinberg School of Medicine Internal Medicine Clerkship website.

Success on the Wards: 250 Rules for Clerkship Success



By Samir P. Desai, MD and Rajani Katta, MD

ISBN # 9780972556194

This is an absolute must-read for students entering clinical rotations.

The authors of *The Successful Match: 200 Rules to Succeed in the Residency Match* bring their same combination of practical recommendations and evidence-based advice to clerkships.

The book begins as a how-to guide with clerkship-specific templates, along with sample notes and guides, for every aspect of clerkships. The book reviews proven strategies for success in patient care, write-ups, rounds, and other vital areas.

Grades in required rotations are the most important academic criteria used to select residents, and this critical year can determine career choices. This book shows students what they can do now to position themselves for match success. An invaluable resource for medical students - no student should be without it.

"*Success on the Wards* is an essential tool for the rising medical student...This book offers insider information on how a medical student can excel on the wards...I strongly recommend this book. It should be a must-read for any motivated student doctor."

- AMSA *The New Physician* (Review from September 2012)

"*Success on the Wards* is easily the best book I have read on how to succeed in clerkship. It is comprehensive, thorough and jam-packed with valuable information. Dr. Desai and Dr. Katta provide an all encompassing look into what clerkship is really like."

- Review by Medaholic.com

The Successful Match: 200 Rules to Succeed in the Residency Match



By Rajani Katta, MD and Samir P. Desai, MD

ISBN # 9780972556170

What does it take to match into the specialty and program of your choice?

The key to a successful match hinges on the development of the right strategy. This book will show you how to develop the optimal strategy for success.

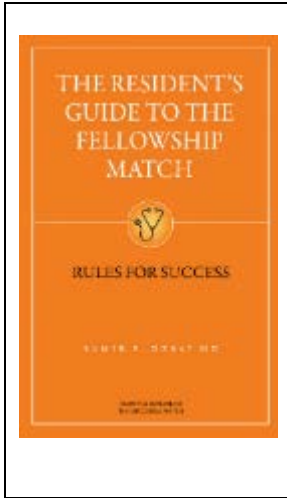
Who actually chooses the residents? We review the data on the decision-makers. What do these decision-makers care about? We review the data on the criteria that matter most to them. How can you convince them that you would be the right resident for their program? We provide concrete, practical recommendations based on their criteria.

At every step of the process, our recommendations are meant to maximize the impact of your application. This book is an invaluable resource to help you gain that extra edge.

“Drs. Rajani Katta and Samir P. Desai provide the medical student reader with detailed preparation for the matching process. The rules and accompanying tips make the book user-friendly. The format is especially appealing to those pressed for time or looking for a single key element for a particular process.”

- Review in the American Medical Student Association journal, *The New Physician*

The Resident's Guide to the Fellowship Match



By Samir P. Desai, MD

ISBN # 9781937978020

What does it take to match into the subspecialty and fellowship program of your choice?

Our detailed advice, based on evidence from research in the field and the perspectives of fellowship program directors, will provide you with the insiders' perspective.

What are criteria most important to decision-makers? What can you do to have the best possible letters of recommendation written on your behalf? How can you develop a powerful and compelling personal statement? How can you overcome the obstacles of residency to publish research? What can you do to achieve maximum success during the interview?

This book shows fellowship applicants how to develop the optimal strategy for success - an invaluable resource to help applicants gain that extra edge.

The Successful Match website

Our website, TheSuccessfulMatch.com, provides medical school, residency and fellowship applicants with a better understanding of the admissions and selection process. You'll find:

- Match statistics for every specialty
- Conversations with program directors about the residency and fellowship selection process.
- Important information about the future of each specialty, including current challenges
- Resources to help you succeed in the preclinical years and clerkships

Consulting services

We also offer expert one-on-one consulting services to medical school, residency, and fellowship applicants. Whether you seek an overall strategy for match success, accurate assessment of your candidacy for a particular specialty or program, review of your curriculum vitae or personal statement, or thorough preparation for interviews, you can rest assured we have the knowledge, expertise, and insight to help you achieve your goals. If you are interested in our consultation services, please visit us at www.TheSuccessfulMatch.com. The website provides further details, including pricing and specific services.

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Success in Medical School: Insider Advice for the Preclinical Years

Success on the Wards: 250 Rules for Clerkship Success

The Successful Match: 200 Rules to Succeed in the Residency Match

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