



The Heartbeat of Success: A Med Student's Guide to Med School Admissions

Alexa M. Mises

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Mount Sinai medical student and native New Yorker, Alexa Mieses, uses carefully researched information, personal anecdotes, and real stories from successful premedical and medical students, to deliver insider tips and practical advice about med school admissions. Alexa has held formal and informal positions as a mentor, tutor and professional development coach, and compiles the most vital information in this book. The Heartbeat of Success provides a step-by-step guide to successfully prepare a medical school application—starting all the way at the beginning, with choosing an undergraduate major! Whether you're about to begin college, a post-baccalaureate student or you're reapplying to medical school for the second time, this book has something to offer. Learn about: • Succeeding in undergraduate school • Asking for letters of recommendation • Extracurricular activities • Preparing for the MCAT • Writing your personal statement • Submitting your medical school application • Medical school interviews ...and much, much more! If you're even thinking about becoming a physician, this book is for you. Knowing what medical schools want is challenging. Mentorship and guidance are absolutely essential to your success. Alexa Mieses, knows very well the importance of mentorship and wants to serve as your mentor.

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