



Pre-Med Advisory Council Series:

THE JOURNEY TO MEDICAL SCHOOL & BEYOND

Meet Your Presenters!



Dr. Stephen "Zach" Frabitore was an Athletic Trainer providing sports medicine services for Division I NCAA Collegiate football, baseball, and soccer programs before pursuing medicine at East Carolina University Brody School of Medicine. He served on multiple curriculum committees and as a member of the Admissions Committee. He graduated as a member of Alpha Omega Alpha Honor Society and is now an Anesthesiology resident at The University of Pittsburgh Medical Center, where he continues his work in medical education.



Phil Hawkins is a veteran Next Step tutor and the host of our MCAT webinars. Phil scored a 523 on his MCAT and has years of experience teaching MCAT students reach their full potential. He leads the Next Step MCAT Office Hour Sessions and co-hosts the MCAT Podcast with Dr. Ryan Gray.

Pre-Med Advisory Council

The purpose of the Pre-Med Advisory Council is to offer genuine guidance and mentorship to current or future pre-med students.

Every member of the panel has experienced the medical school application process firsthand and offer unique perspectives into getting accepted and getting through medical school.



1

Journey to Medical School

A look at what motivated Dr. Frabitore to apply to med school.

2

The Medical School Experience

How Dr. Frabitore's med school experience helped prepare him for his residency.

3

Residency

Dr. Frabitore explains the residency application and what life is like as a resident.

4

What You Need to Know

Here's what Dr. Frabitore wishes someone had told him before med school

5

Open Q&A

Got any questions? This is the time to get some answers!

Journey to Medical School

- Graduated FSU with degree in Athletic Training
- Decided to become a doctor during undergrad after a baseball field collision that rendered a draftee a quadriplegic
- Originally applied to medical school senior year of college, but didn't get accepted
- Worked as an NCAA athletic trainer for local colleges and waited tables for 3 years
- Reapplied again as an adult with work experience—and married!

Every challenge was vital to my journey to become a doctor.

Journey to Medical School – The MCAT

- Took the MCAT 3 times
- One score was a 25 (499), one score was voided, and the third score was a 32 (32)
- Took a course the first time, but then relied on his known study habits for the third time
- At this point, students should already know how to be academically successful and apply those tools to their MCAT prep

***The key is to understand
how you learn and what
works best for you.***

Medical School Experience

- Attended East Carolina University Brody School of Medicine
- Served 3 years on the Admissions Committee
- Fun but tough
- Had first child while in med school
- Having a great partner made being married while in med school much easier
- First rotation was internal medicine
- Forced me to face my own mortality early on

Intelligence + Grit = Success

Residency

- Currently an anesthesiology resident at UPMC in Pittsburgh
- The residency application process is nothing like med school
- Went on 20+ interviews
- Prepare to get wined and dined....before the real work begins
- Residency itself, however, is anything but glamorous.
- You will be pushed beyond your comfort zone

****Realization* I'M the
DOCTOR!***

What Pre-Meds Should Keep in Mind

- You are allowed to NOT crush the MCAT. You won't be barred from medicine if you're struggling
- Be prepared to sacrifice time with friends, family, and loved ones
- The challenges you face are all important to your journey

It will all be worth it.

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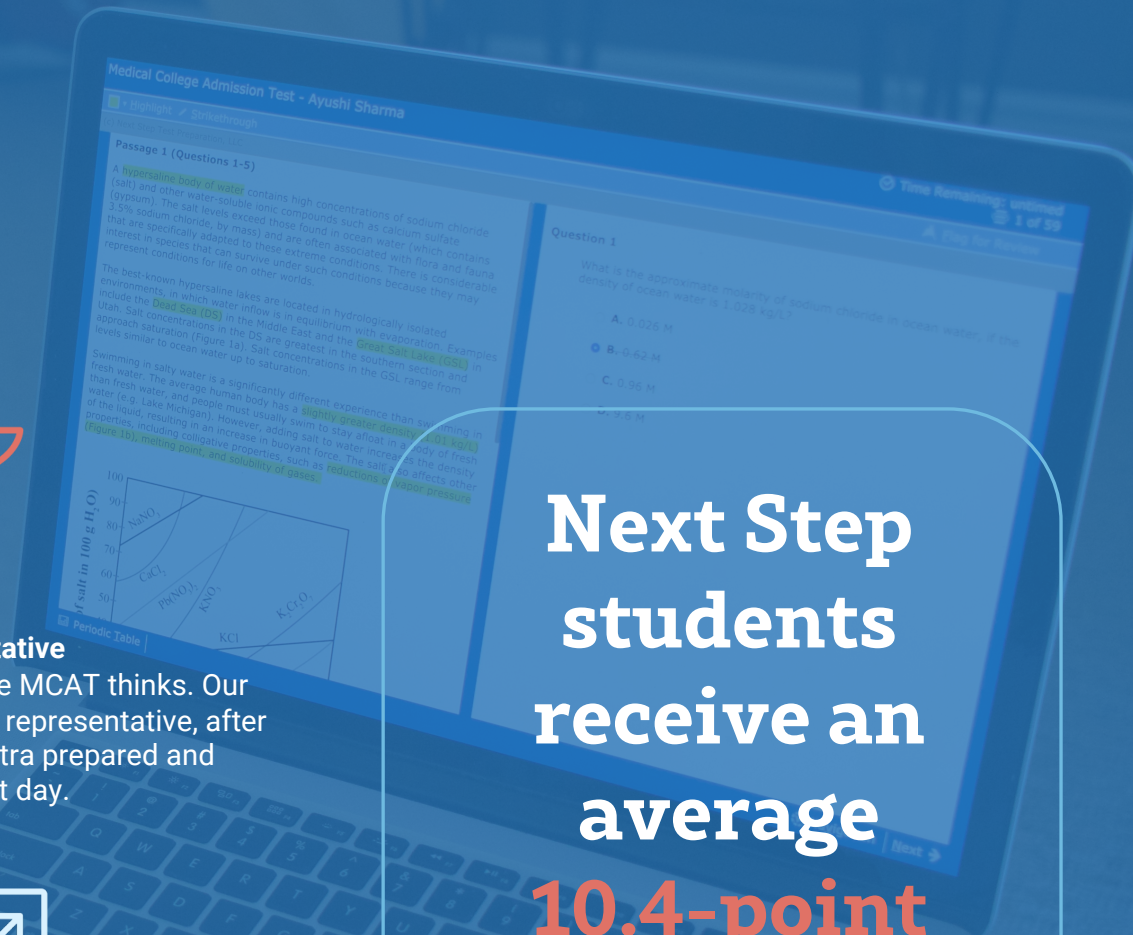
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"Next Step helped me take my score from a **496 to a 523!! That's 35th percentile to **99th!** Every service they offer is top notch and definitely helps you prepare for the MCAT" - Gus**



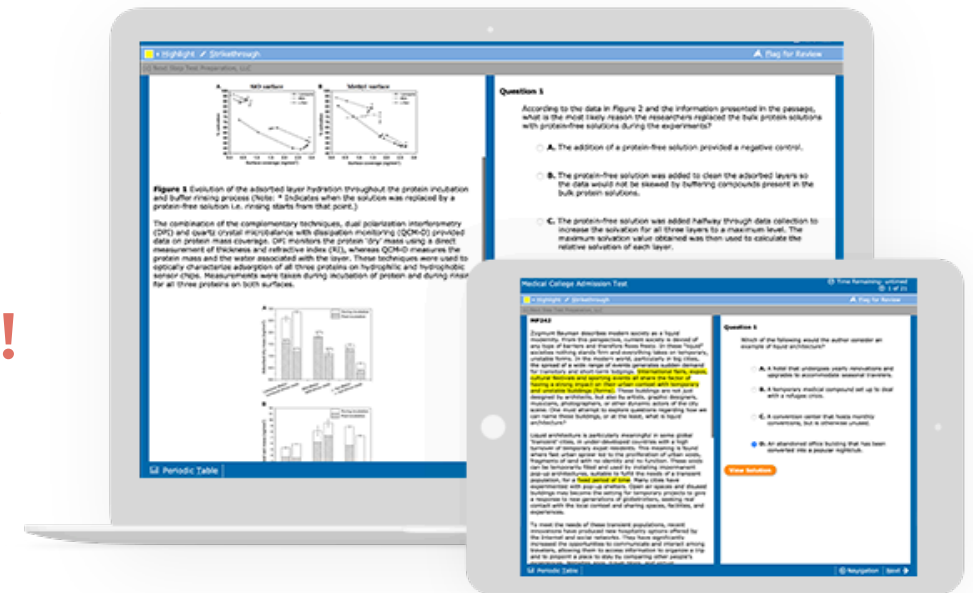
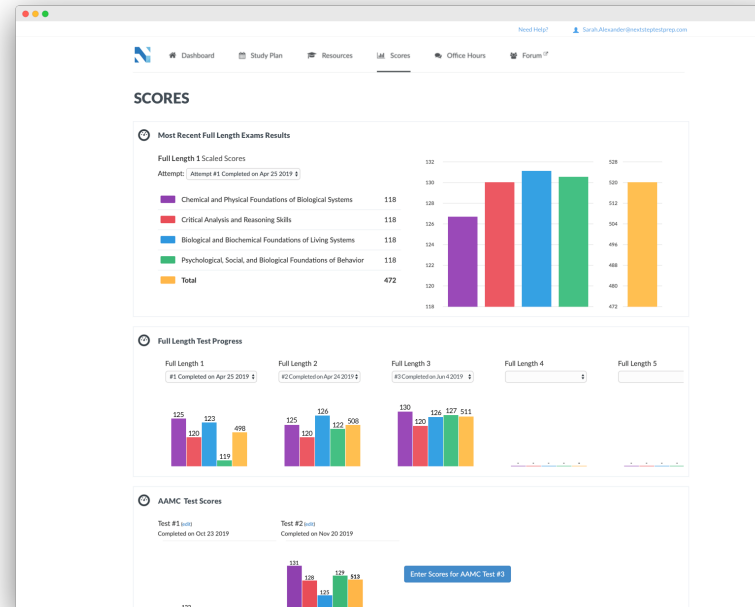
"This course has **significantly improved the way I approach the exam, how I study, and has given me great **support** with any questions I have had along the way." - Tyler**

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Open Q&A