

Stage in a medical career	How can we can help	Your goal
Applying to university First year university	Advice on which university to attend and which programs/ courses to choose.	Optimize grades to be considered for admission.
Second/third year university	Advice on extracurricular activities and MCAT strategies.	Build an interesting and unique profile that will make you an attractive applicant. Obtain a good MCAT score to be considered for admission.
Applying to medical school	See our comprehensive collection of consulting services.	Present your best self to the admission committee and optimize your chances of success.
Medical school (pre-clerkship)	Free advice on extracurricular activities, research opportunities, and choosing a specialty.	Build a strong application that suits your specialty of choice early on.
Medical school (clerkship)	Free advice on improving clinical performance and booking electives.	Become familiar with patient care and network with our consultants across Canada and the U.S. through rotations/electives to learn about pros and cons of different programs.
Applying for residency	Free general advice on application and interview preparation. “Mock interviews”	Get into the specialty you love. This is likely what you will do for the rest of your life.
Residency and beyond	As would be expected of colleagues	Collaborate with your professional network to provide the best patient care, obtain employment, conduct research, teach, and innovate. In medicine, the possibilities are truly limitless!