

SAMPLE · FICTIONAL STUDENT

Maya S.

Rising Senior · New Jersey · 2026–27 Application Cycle

May 2026

Fictional student profile. Provided to show the structure, depth, and scope of The Match. Actual deliverables are built from the specific materials submitted in the intake form.

WHAT THE MATCH IS ACTUALLY DOING

- **Criteria screening.** Every program in the database is tested against the student's academic profile, home state, and stated preferences.
- **Hidden mismatch identification.** State residency restrictions, GPA floors, test score minimums, and eligibility constraints that disqualify programs families often assume are options.
- **Geographic and residency interpretation.** Home-state programs and regional opportunities are identified separately — geographic eligibility is one of the most frequently missed filters in BS/MD list-building.
- **Strategic filtering.** Not every program where criteria appear to match, but the ones worth the application investment — with physician-reviewed reasoning for each inclusion.
- **Verification guidance.** Programs where criteria are ambiguous, close to the floor, or require a direct inquiry before committing application time.
- **Reconsideration prompts.** Programs commonly named by families with this profile that have specific complications worth understanding before the list is locked.

Scope note: The Match evaluates published program criteria against the student's academic profile and intake data. It does not evaluate clinical exposure, activity depth, medical motivation narrative, essay quality, or application competitiveness within the admitted pool. Those dimensions are addressed by the Bridge2MD Readiness Review.

Profile used for this match.

Built from intake form and uploaded activity summary.

STUDENT	Maya S. (fictional)
GRADE	Rising Senior
HOME STATE	New Jersey
SCHOOL TYPE	Competitive suburban public high school
UNWEIGHTED GPA	3.93
WEIGHTED GPA	4.58
CLASS RANK	Top 8% (school reports decile only; no individual rank published)

COURSE RIGOR	11 AP courses by graduation; AP Biology and AP Chemistry completed; strong STEM emphasis throughout
SAT	1510 superscore; one additional attempt planned
ACADEMIC TREND	Consistently strong; minor dip sophomore spring (family illness); otherwise stable
OPEN TO DO PROGRAMS	Yes
OPEN TO MCAT PROGRAMS	Yes
OPEN TO ACCELERATED	Not specified; treated as open for this analysis
GEOGRAPHIC PREFERENCE	Northeast and Mid-Atlantic; open to national programs
APPLICATION CYCLE	2026–27

GPA context: Maya's school does not publish individual class ranks beyond decile reporting. Where program criteria reference "top 5%" or "top 3% typical," that specific threshold cannot be confirmed without direct school documentation.

What this profile suggests before we get into the list.

Maya's profile is solid and genuinely competitive — not for every program in the landscape, but for a meaningful and strategically useful subset. A 3.93 unweighted GPA, 1510 SAT superscore, and 11 AP courses in a competitive public school environment are credentials that belong on a BS/MD application. The question is not whether she should apply to combined programs. The question is which ones are worth the investment.

The most important geographic insight for this family: New Jersey is an unusually favorable home state for BS/MD applicants. Rutgers New Jersey Medical School runs a legitimate 7-year BA/MD pathway, and both Rowan University programs — the DO pathway and the 3+4 Cooper/Rowan option — are NJ-based with credentialed medical schools behind them. Home-state context and academic profile work simultaneously in Maya's favor at each of them. These programs deserve to sit at the center of the application strategy, not at the edge of it.

The national landscape adds more depth than many families with this profile expect. There are fifteen programs where Maya appears to meet published minimum criteria across GPA, testing, and eligibility. Some will not surprise the family. A few will. A small number of programs that look like natural targets have specific complications worth working through before committing application energy to them — those are addressed separately in Section 06.

One note before the list: appearing to meet published minimum criteria is not the same as being competitive within the applicant pool. Programs that publish no minimums are not automatically easier; the bar is simply holistic rather than formulaic. The interpretation notes below are meant to give context — not confidence.

Programs where Maya appears to meet published minimum criteria.

Organized by geographic relevance, then national programs worth attention. Criteria chips show alignment at time of analysis — verify all floors directly before applying.

— NEW JERSEY — GEOGRAPHIC PRIORITY

Rutgers New Jersey Medical School / 7-Year BA/MD Program

Rutgers University (multiple undergraduate affiliates) → Rutgers NJMS · New Jersey · 7 Years · MD · Deadline: November 1

GPA: No floor published

SAT: 1400 (1500 TCNJ track) ✓

MCAT: Required (no floor)

Residency: Open

Maya's 1510 clears both the standard SAT floor and the TCNJ track floor. No GPA minimum is published, and — critically — the MCAT is required before medical school matriculation but does not affect the admission decision. That is an important structural distinction: the MCAT is a continuation requirement here, not an admissions screen.

As a New Jersey resident applying to New Jersey's flagship state medical school program, geographic context works in Maya's favor in a way it simply does not at most other programs on this list. Three years of undergraduate work precede four years at Rutgers NJMS. The bachelor's degree is awarded after Year 1 of medical school. This is not a fallback option — it is a strategically strong application for this profile.

Before applying: *Decide which undergraduate institution genuinely fits. Academic culture, campus size, and environment differ meaningfully by track. The TCNJ track requires the higher SAT floor (1500), which she meets.*

Cooper Medical School / Rowan-Virtua SOM — 3+4 BS/MD or BS/DO Program

Rowan University → Cooper Medical School (MD) or Rowan-Virtua SOM (DO) · New Jersey · 7 Years · MD or DO · Deadline: November 1

GPA: 3.50 UW ✓ (3.93)

SAT: 1350 ✓ (1510)

MCAT: Required

Residency: Open (US citizen/PR for MD)

A single application opens both pathways — Cooper Medical School (LCME-accredited MD) and Rowan-Virtua SOM (DO). The structure is accelerated: three undergraduate years before medical school.

Two things the family should understand before applying. First, "acceptance into the undergraduate major does not guarantee medical school admission" — this is a competitive continuation process, not a fully guaranteed seat. Second, Cooper Medical School has a mission orientation toward socially conscious medicine and community service that is evaluated seriously in the supplemental application. A family approaching this as a name-brand application may not fare as well as a family that has genuinely engaged with what the program is trying to do. Undergraduate GPA maintenance of 3.6 is required throughout.

Confirm: *Mission alignment. US citizenship or permanent residency is required for the MD pathway; international students are eligible for the DO pathway only.*

Rowan-Virtua School of Osteopathic Medicine / Accelerated BS/DO Program

Rowan University → Rowan-Virtua SOM · New Jersey · 7 or 8 Years · DO · Deadline: November 1

GPA: 3.50 UW ✓ (3.93)

SAT: 1350 ✓ (1510)

MCAT: Not published — verify

Residency: Open

New Jersey's public osteopathic pathway. Frequently overlooked by families whose attention is on MD programs, but Rowan-Virtua SOM is New Jersey's public osteopathic medical school — it is not a peripheral option. For a family genuinely open to DO (noted in intake), this deserves real consideration rather than a default skip.

The MCAT situation needs direct verification: no minimum is published on the official page reviewed, which is not the same as MCAT-free. The 7-year track is more accelerated; the 8-year provides a full four undergraduate years. Eligible undergraduate majors are constrained to Biology, Biochemistry, and related sciences — confirm the full list before selecting a major.

Confirm directly: *Current MCAT policy and eligible undergraduate major options before declaring a field of study.*

Albany Medical College / 7/8-Year BS/MD Programs

RPI or Union College or Siena College → Albany Medical College · New York · 7 or 8 Years · MD · Deadline: November 1 (all three tracks)

GPA: 3.50 ✓ (3.93)

SAT: 1410 (Union) ✓ (1510)

MCAT: Not required

Residency: Open

Three separate programs sharing one medical school destination. RPI is for students oriented toward biomedical research and engineering; Union College offers the Leadership in Medicine 8-year program; Siena is the smallest and most intimate liberal arts option. Criteria align across all three tracks. No MCAT is a structural advantage, particularly for a student whose testing plan is still open.

Applicants may apply to only one of the three programs — and that choice requires genuine research. RPI, Union, and Siena are not interchangeable. Selecting the wrong one because it feels strategically safe is a mistake with no recovery path in the same application cycle.

One thing to settle first: *Which of the three undergraduate institutions is genuinely the right fit. SAT floor quoted above (1410) is for the Union College track specifically; confirm current floors for RPI and Siena directly.*

Zucker School of Medicine at Hofstra/Northwell / 4+4 Program

Hofstra University → Zucker School of Medicine · New York · 8 Years · MD · Deadline: November 15

GPA: 3.70 UW ✓ (3.93)

SAT: 1410 ✓ (1510)

MCAT: Required; continuation standard >80% of entering class average

Residency: Open

The Northwell Health clinical training network — one of the largest health systems in the country — is what distinguishes this program. Most BS/MD pathways cannot replicate that breadth of clinical exposure during undergraduate years.

The MCAT has a specific shape here: no score gates admission, but continuation to medical school requires placing above 80% of the entering class average during undergraduate years. Build that target into the four-year plan from day one. Confirm comfort with the 4+4 structure — this is a full eight years before a medical school seat.

Confirm: *Current MCAT continuation threshold and comfort with the full 4+4 timeline.*

SUNY Upstate Medical University / Combined Bachelor's–MD (with Syracuse University)

Syracuse University → SUNY Upstate Medical University · New York · 7 or 8 Years · MD · Deadline: January 5

GPA: 3.50 ✓ (3.93, not rounded)

SAT: 1360 ✓ (1510)

MCAT: Not required

Residency: In-State Preference (NY)

The January 5 deadline is the latest among major regional programs and opens genuine scheduling flexibility. No MCAT is a real structural advantage. The GPA note is specific: the program states "score is not rounded to meet the minimum" — a 3.49 does not count as 3.50; Maya's 3.93 clears this comfortably.

The in-state preference is real and the family should understand it clearly. This is a SUNY program — New York's public medical school system — and it historically favors NY residents, particularly from Central and Upstate NY. The program also explicitly values rural, first-generation, and medically underserved backgrounds. A suburban NJ applicant competes into that context. Not a restriction, but a preference that is embedded in the program's mission. Apply with clarity about what the program is looking for and whether Maya's application can speak to it.

Before applying: *Assess whether the application can genuinely speak to this program's community-medicine mission. Confirm interest in Syracuse University independent of the BS/MD program — the program explicitly values this.*

University of Connecticut School of Medicine / Special Program in Medicine

University of Connecticut → UConn School of Medicine · Connecticut · 8 Years · MD · Deadline: November 1

GPA: 3.50 UW ✓ (3.93)

SAT: Not published

MCAT: Required (>80th percentile; no subtest below 55th)

Residency: Open

UConn is one of the most consistently underweighted options on Northeast BS/MD lists. The reason is name recognition, not quality. UConn School of Medicine is a legitimate LCME-accredited institution with strong clinical training in Connecticut and New England — the geography this family is targeting. Families who look past the name often find a serious, well-run program with real mission.

The MCAT requirement needs to be built into the preparation timeline deliberately: greater than 80th percentile with no subtest below the 55th percentile. The supplemental application requires three focused essays (600–800 words each) on medical motivation, outside interests, and a meaningful group or peer activity. This program rewards reflection and specificity, not volume.

Confirm directly: *Current MCAT percentile thresholds and supplemental requirements with UConn.*

Sidney Kimmel Medical College at Thomas Jefferson University / Accelerated Premedical-Medical Program

Penn State University (3 years) → Sidney Kimmel Medical College at Jefferson · Pennsylvania · 7 Years · MD · Deadline: **October 13**

GPA: No floor published

SAT: 1470 ✓ (1510)

MCAT: 508; no subscore below 127

Residency: Open

The 1510 clears Jefferson's 1470 SAT floor. The academic structure is specific: three undergraduate years at Penn State University Park, followed by four years at Jefferson Medical School in Philadelphia. This program has operated since 1963 and has a well-documented track record. The MCAT floor of 508 is a real target to plan around; the subscore requirement (no score below 127) means even preparation across all sections matters as much as the composite.

The October 13 deadline is the earliest major BS/MD deadline in this region and is the organizing constraint for Maya's entire application cycle. **If Jefferson is a serious target, application work begins now.** A student still drafting materials in late October has already missed this program. That is not a scheduling observation — it determines whether this program is on the list at all.

Confirm: *Current Penn State-to-Jefferson program details and continuation requirements. Confirm interest in Penn State University Park as the undergraduate environment specifically.*

Drexel University College of Medicine / BA/BS+MD Early Assurance Program

Drexel University → Drexel University College of Medicine · Pennsylvania · 8 Years · MD · Deadline: November 15

GPA: 3.50 W ✓ (4.58)

SAT: 1420 ✓ (1510)

MCAT: 513

Residency: Open

Criteria clear on both measures — GPA and SAT both comfortable. Full four-year undergraduate program before medical school. The MCAT floor of 513 sits well above the national mean; treat it as a concrete preparation target from now, not a continuation item to address later.

One operational constraint: Neuroscience and Health Science are not eligible undergraduate majors for this program. That needs to be confirmed before a major is declared. Undergraduate continuation requires a minimum 3.6 GPA in biology, chemistry, physics, and math coursework, plus six months of healthcare-related clinical experience before medical school matriculation.

Before committing to a major: *Confirm the full eligible major list. The 3.6 BCPM continuation standard should also be verified directly with the program.*

Warren Alpert Medical School of Brown University / Program in Liberal Medical Education (PLME)

Brown University → Alpert Medical School · Rhode Island · 8 Years · MD · No MCAT · Deadline: November 1 (Early Decision) or Regular Decision

GPA: No floor published

SAT: No floor published

MCAT: Not required

Residency: Open

No published criteria disqualify Maya. PLME belongs on the list of a student whose application is genuinely distinctive and for whom Brown University specifically is the right undergraduate environment. It should not anchor the strategy or be treated as the primary target around which everything else is built.

This program is addressed in full detail in Section 06, including the Early Decision binding question, the Regular Decision option, and the specific strategic framing error to avoid. Read that section before placing PLME at the center of the application plan.

Case Western Reserve University / Pre-Professional Scholars Program

Case Western Reserve University → CWRU School of Medicine · Ohio · 8 Years · MD · Deadline: November 1

GPA: No floor published

SAT: 1440 ✓ (1510)

MCAT: Not required

Residency: Open

One of the most established combined programs nationally and one of the few in the database with no MCAT requirement. The SAT floor (1440) is met; no GPA floor is published. The evaluation is entirely holistic and competitive — no floor does not mean a lower bar. The PPSP admits up to six students per year — the cohort is deliberately small, and selectivity is not captured by criteria floors alone.

CWRU School of Medicine is consistently strong in research output and curriculum design. For a family interested in programs with genuine academic standing and willing to consider Ohio, this is one of the strongest options in the national landscape. The no-MCAT feature is a real strategic advantage, not a signal of lesser selectivity.

VCU School of Medicine / Guaranteed Admission Program

Virginia Commonwealth University → VCU School of Medicine · Virginia · 8 Years · MD · Deadline: November 1

GPA: 3.50 UW ✓ (3.93)

SAT: 1330 ✓ (1510)

MCAT: 508

Residency: Open

Criteria align cleanly on GPA (3.93 against a 3.50 floor) and SAT (1510 against a 1330 floor). The word "guaranteed" in VCU's program name has a precise meaning: students who maintain stated benchmarks during undergraduate years are admitted to VCU School of Medicine. It is conditional from day one. Read those standards before applying.

VCU School of Medicine is a public research university medical school with genuine clinical training depth. Virginia is geographically accessible from NJ. The MCAT floor of 508 is the key preparation target for this program.

Nova Southeastern University / Dual Admission in Allopathic Medicine

Nova Southeastern University → NSU Dr. Kiran C. Patel College of Allopathic Medicine · Florida · 7 or 8 Years · MD · Deadline: February 1

GPA: 4.0 W ✓ (4.58)

SAT: 1500 ✓ (1510)

MCAT: 510

Residency: Open

Both the 7 and 8-year tracks check out on criteria — 4.58 W GPA against a 4.0 floor, 1510 SAT against a 1500 floor. The 6-year track is invitation-only and should not be planned around. For a family open to Florida geography, the criteria match is clean and the February 1 deadline offers genuine application cycle flexibility — this program can come last in sequencing without penalty.

Score note: Maya's 1510 SAT clears the published 1500 floor by a narrow 10-point margin. This is technically clean but positions her at the entry threshold rather than comfortably above it. Competitive applicants in this cohort typically present higher SAT scores. Apply with this awareness; do not treat the SAT alignment as a source of confidence about the application.

Confirm: Current MCAT floor for the 7/8-year track and major requirements at NSU.

West Virginia School of Osteopathic Medicine / Go D.O. Early Scholars Program

West Virginia Wesleyan College → WVSOM · West Virginia · 8 Years · DO · Deadline: December 15

GPA: 3.75 UW ✓ (3.93)

SAT: 1390 ✓ (1510)

MCAT: Waived if program requirements met

Residency: Open

This program rarely appears on NJ families' lists because West Virginia is not a Northeast target. That geographic distance is a strategic opportunity, not a liability. Maya meets published criteria on both GPA and SAT, and the MCAT waiver — conditional on meeting program requirements during undergraduate years — is a substantive feature for a student whose MCAT preparation timeline is still being defined.

WVSOM has a rural medicine mission that is taken seriously in the application review. One operational constraint: Biology or Biochemistry major is required at West Virginia Wesleyan. If the family is genuinely open to osteopathic medicine and the undergraduate environment fits, the combination of no state restriction, conditional MCAT waiver, and a smaller applicant pool from NJ makes this worth genuine consideration.

Worth confirming: *Current requirements for MCAT waiver eligibility. Confirm Biology/Biochemistry major requirement and available undergraduate programs at WVWC.*

University of South Carolina / Accelerated Undergraduate-to-MD Program

University of South Carolina Honors College → USC School of Medicine Columbia · South Carolina · 7 Years · MD · Deadline: November 15 (Honors College)

SAT: 1450 ✓ (Honors College floor)

MCAT: Not required

Residency: Open

Structure: *Invitation-only after Honors College application*

One structural note before anything else: **this program is by invitation only.** Students apply first to the South Carolina Honors College by November 15. The most competitive Honors College applicants are then contacted (typically late December) and invited to complete a separate BS/MD application requiring additional essays and a letter of recommendation. There is no direct application path to the BS/MD program — the invitation is the access point. This is something many families do not realize.

South Carolina may not be on the family's geographic radar. For a family that values no MCAT and a genuine 7-year timeline, and is willing to let the invitation process run its course, this is worth noting. The three-year undergraduate track is genuinely accelerated, with a substantial research and thesis component before medical school begins.

Note the process: *The Honors College admissions timeline and invitation sequence for the BS/MD program. Confirm that the November 15 Honors College deadline is still the relevant entry point.*

Programs removed from the list and why.

An important framing note before the tables: the programs listed below as state-restricted are, in many cases, **fully open to high school seniors** — they simply require applicants to be from a specific state or region. The exclusion is geographic, not temporal. Families who read "excluded" and assume a program might become accessible in Year 1 or Year 2 of undergraduate enrollment should understand: for every state-restricted program below, Maya's New Jersey residency is an independent, permanent barrier that does not change with age or enrollment status.

HARD EXCLUSIONS — STATE RESIDENCY (HS-ENTRY PROGRAMS)

These are HS-entry programs. They accept high school seniors. Maya cannot access them because of a hard geographic restriction, not because of her application stage. The state or region listed is a permanent eligibility condition.

PROGRAM	REASON FOR EXCLUSION
UAB Heersink / EMSAP Alabama	STATE Applicants must attend a high school in Alabama or a contiguous state (FL, GA, TN, MS only). New Jersey is not included. Geographic criterion applies at the high school level, not the domicile level.
Mercer Medical Scholars Georgia	STATE Georgia residents only. Program is designed to train physicians who will remain in Georgia — residency is mission-embedded, not administrative.
Ohio University Heritage / EAP Ohio	STATE Ohio residents only; applicant must also be a graduate of an Ohio high school. Both conditions are required.
UTRGV Vaqueros MD South Texas / Rio Grande Valley	STATE Designed specifically for South Texas and Rio Grande Valley high school students. Sub-state regional restriction; not simply a Texas residency requirement.
Texas Tech UMSI Texas	STATE Texas residents only. Applicants must enter as incoming Texas Tech freshmen through the Honors College pathway. HS-entry program restricted by state.
University of Louisville Kentucky	STATE Kentucky residents only. HS-entry program explicitly limited to Kentucky applicants by mission.
University of Colorado BA/BS-MD Colorado	STATE Colorado residents only. Cohort of up to 10 students; designed to address Colorado's physician workforce shortage. Applying from New Jersey is not possible.
University of New Mexico BA/BS-MD New Mexico	STATE New Mexico residents only, or members of the Navajo Nation. Both conditions represent permanent geographic ties Maya does not have. This is a HS-entry program — the exclusion has nothing to do with her application stage.
University of Illinois GPPA Illinois	STATE Program Limitations state "Illinois residents only." Incoming freshman pathway. Treated as a state requirement consistent with the limitation language, despite a residency classification ambiguity in source data. See QA Appendix.
University of Minnesota BA/MD Scholars Minnesota	STATE Minnesota residents only. HS-entry program; state residency is an explicit eligibility requirement.

PROGRAM	REASON FOR EXCLUSION
UCSF PRIME+ / San Joaquin Valley Program California / San Joaquin Valley	STATE Must enroll at UC Merced and have strong connections to the San Joaquin Valley region. Both conditions apply. California geographic ties and regional mission commitment are required.
UNMC RHOP (Rural Health Opportunities Program) Nebraska	STATE Rural Nebraska residents only; designed for students from rural Nebraska committed to returning to rural practice. Mission-embedded state restriction.
UNMC UHOP (Urban Health Opportunities Program) Nebraska	STATE Nebraska residents only; urban underserved health equity mission focus. HS-entry program; NE residency required.
UNMC Rural Health Pathway Nebraska	STATE Rural Nebraska focus; county-level geographic eligibility definitions apply. Nebraska residency required.
Marshall University BS/MD West Virginia	STATE CLOSED West Virginia residents only — and the program no longer exists. Marshall announced in March 2025 that the 2025 cohort is the final class. No new applications will be accepted under any circumstances. Do not apply to this program.

IN-STATE PREFERENCE — COMPETITIVE DISADVANTAGE (NOT HARD EXCLUSIONS)

These programs are open to out-of-state applicants. Maya meets academic criteria for all three. They are not featured in the main 15 because documented in-state preferences create a structural competitive disadvantage that reduces the strategic value of the application for a New Jersey applicant.

PROGRAM	REASON NOT FEATURED
Indiana University School of Medicine BS/MD Indiana	PREFERENCE Indiana resident preference documented. Academic criteria met (SAT 1400, MCAT 512 required). Applicant pool skews heavily in-state; out-of-state applicants compete at a structural disadvantage.
Medical College of Georgia / Professional Scholars Program Georgia	PREFERENCE Georgia resident and domicile preference explicitly stated. SAT floor 1450 met. Geographic disadvantage limits realistic competitiveness for out-of-state applicants.
UMKC 6-Year BA/MD Missouri	PREFERENCE Missouri residency preference; program routing rules may additionally favor in-state applicants. SAT floor 1160 met. Not excluded — not a strategic priority for this profile.

STRUCTURAL ACCESS LIMITATIONS — INVITATION-ONLY OR COLLEGE-ENTRY ONLY

These programs cannot be accessed at the high school application stage. The barrier is structural — neither state residency nor academic credentials can overcome it.

PROGRAM	REASON FOR EXCLUSION
Howard University BS/MD Washington, D.C.	ACCESS GATE Invitation extended by Howard's Pre-Health Advisory Committee to enrolled Howard Bio/Chem freshmen only. Students apply to Howard as a HS senior, but the BS/MD invitation is issued after enrollment — there is no HS application pathway to the program itself.
University of Arizona / Franke Honors Pathway Arizona	ACCESS GATE Restricted to enrolled UA Franke Honors College students. Not a HS application pathway; the BS/MD opportunity is available to UA students once enrolled, not at point of admission.

PROGRAM	REASON FOR EXCLUSION
University of Miami Medical Scholars Florida	ACCESS GATE Explicitly designed for enrolled University of Miami undergraduates. Not a HS entry program by design; no direct application pathway exists for high school seniors.
Texas A&M EnMed / Engineering+Medicine Texas	ACCESS GATE HS-entry limited to National Merit semifinalists/finalists admitted to Texas A&M College of Engineering. Not a general BS/MD pathway — a specialized population pathway with multiple compounding restrictions. Texas preference also applies.

HARD EXCLUSIONS — PUBLISHED GPA FLOOR

PROGRAM	REASON FOR EXCLUSION
Stony Brook / Scholars for Medicine New York	GPA FLOOR Published floor is 4.00 unweighted. Maya's 3.93 falls below this threshold. Full analysis in Section 06.
University of Rochester / Rochester Early Medical Scholars New York	GPA FLOOR Published floor is 3.95 unweighted. Maya's 3.93 is 0.02 below the stated minimum. Typical admitted profile is top 3% of class; Maya is top 8%. Full analysis in Section 06.

VERIFICATION NEEDED BEFORE DECIDING

VERIFY BEFORE COMMITTING — GEORGE WASHINGTON UNIVERSITY / SEVEN-YEAR DUAL BA/MD

GWU's published SAT threshold is stated as ">90th percentile." The current national 90th percentile on the SAT is approximately 1520–1530. Maya's 1510 superscore may fall below this threshold, depending on how GWU calibrates that figure. The program also requires Regular Decision admission to GW's Columbian College of Arts and Sciences — not Early Decision or other early action routes. A direct inquiry to GWU admissions is warranted before committing application time. If the planned SAT retake yields 1520 or above, this program moves cleanly onto the included list.

VERIFY BEFORE COMMITTING — TEMPLE LEWIS KATZ / MEDICAL SCHOLARS PROGRAM

The published criterion includes "top 5% of class, if rank provided." Maya is top 8% in a school that reports only decile. This is close enough to investigate — not to assume either way. The program may treat class rank as one holistic factor among several, particularly when rank is reported in deciles rather than precise percentages. A direct inquiry to Lewis Katz Medical Scholars admissions, with an explanation of how Maya's school reports rank, is the right move before investing in this application. Note: the undergraduate college for this program is Washington & Jefferson College; confirm that institution appeals independently.

Home-state and regional depth.

For a New Jersey resident, the BS/MD and BS/DO landscape is more productive than most families expect. The regional options alone are sufficient to build a full, strategic application cycle without defaulting to volume in Florida, Texas, or the Midwest.

WITHIN NEW JERSEY — HOME-STATE PROGRAMS

- **Rutgers NJ Medical School / 7-Year BA/MD** — State flagship MD pathway. Home-state context works directly in Maya's favor here in a way it does not elsewhere.
- **Cooper/Rowan 3+4 (MD or DO)** — Single application; mission-driven; both pathways accessible.
- **Rowan-Virtua SOM / BS/DO (7–8 yr)** — New Jersey's public osteopathic pathway. Often omitted from lists by families not actively considering DO.

NORTHEAST AND MID-ATLANTIC CORRIDOR

- **Connecticut:** UConn Special Program in Medicine — underweighted, legitimate, Northeast-mission aligned.
- **New York:** Albany Medical College (three tracks; choose one); Hofstra/Northwell 4+4; SUNY Upstate/Syracuse (in-state preference noted; January deadline).
- **Pennsylvania:** Jefferson/Penn State (7-year; earliest deadline in region — October 13); Drexel (8-year; clean criteria match).
- **DC:** GWU 7-year (verify SAT threshold before applying).
- **Virginia:** VCU GAP — clean criteria match; legitimate public research medical school.
- **Ohio:** Case Western PPSP — no MCAT; one of the strongest programs nationally; geographically accessible.
- **Rhode Island:** Brown PLME — see Section 06 for full context before treating as a list anchor.

STRATEGIC NOTE ON GEOGRAPHIC DISCIPLINE

- The Northeast and Mid-Atlantic depth is sufficient. Adding programs in Florida, Texas, or the Midwest for volume adds application burden without strategic benefit for this profile and these stated preferences. The programs identified above cover the landscape where Maya's academic credentials and geographic context reinforce each other.

Programs commonly named by families with this profile — and what they actually involve.

These programs appear on most "top BS/MD" lists and are frequently named by families with strong academic profiles and Northeast preferences. Each has a specific complication worth understanding before the list gets locked.

NEEDS RECONSIDERATION — STRATEGIC FRAMING

Brown University / Program in Liberal Medical Education (PLME)

Rhode Island · 8 Years · MD · No MCAT · No Published Criteria · Deadline: November 1 (Early Decision) or Regular Decision

Criteria result: No published GPA or SAT minimums. Maya is not excluded.

Brown PLME is the most recognizable BS/MD program in the country, and it is among the most selective programs in any application category — not merely in the BS/MD landscape. The admitted cohort is approximately 90 students annually, drawn from a pool where profiles at or above Maya's are common rather than distinguishing. The absence of published minimums does not mean the bar is lower. It means the entire evaluation is holistic, which in practice means every dimension of the application matters simultaneously at a level of scrutiny most programs do not apply.

One application decision the family should understand clearly: **students may apply to Brown either Early Decision or Regular Decision.** The November 1 date reflects the Early Decision deadline. Regular Decision remains available under Brown's standard timeline. Early Decision to Brown is binding — a student admitted through ED is expected to enroll, regardless of whether they were admitted to PLME specifically or to Brown's general undergraduate program. A student admitted to Brown ED but not selected for PLME is still bound to Brown as an undergraduate. Families who would not want to be enrolled at Brown without PLME admission should apply Regular Decision, which leaves that option open. Families for whom Brown as an undergraduate institution is genuinely their first choice may find ED reasonable regardless of PLME outcome.

PLME should appear on this list once, at the end — not at the center. The strategic traction for this profile is at Rutgers, Case Western, Jefferson, Albany, and Cooper.

Brown PLME belongs on this student's list if Brown University genuinely appeals as an undergraduate institution and if the application has something distinctively her own to offer — not because it is famous, and not as the anchor around which the rest of the list is built. That sequencing mistake turns a reasonable application strategy into an underfunded one.

EXCLUDED — GPA FLOOR NOT MET

Stony Brook University / Scholars for Medicine Program

New York · 8 Years · MD · MCAT Required · GPA Floor: 4.00 UW · SAT Floor: 1490

Criteria result: Maya's 3.93 UW falls below the published 4.00 floor. Excluded.

Stony Brook's Scholars for Medicine program has a published unweighted GPA criterion of 4.00, converted from a 98/100 average scale. Maya is 0.07 below that floor. The program also has a meaningful in-state lean as a SUNY institution — it historically favors New York state residents in ways not fully captured by formal criteria language.

Some families believe that strong credentials elsewhere — weighted GPA, testing, activities — can compensate for a criteria miss by a small margin. In some programs, for some criteria, this has occasionally been true. For a program with a specific published floor and a structural preference for NY applicants, investing application effort as an NJ student with a 3.93 is a poor allocation of limited resources. This program should not be on the list.

EXCLUDED — GPA FLOOR NOT MET / BORDERLINE PROFILE

University of Rochester / Rochester Early Medical Scholars

New York · 8 Years · MD · No MCAT · GPA Floor: 3.95 UW

Criteria result: Maya's 3.93 UW falls 0.02 below the published 3.95 floor. Excluded pending final GPA.

The GPA floor is 3.95. Maya is 0.02 below it. Program notes add further context: "top 3% of class is typical." Maya is top 8%. These two data points together — a near-miss on the published floor and a meaningful gap from the typical class rank profile — describe a structural mismatch rather than a marginal one.

There is a specific path forward: if Maya's current semester grades bring her final unweighted GPA to 3.95 or above, Rochester should be reconsidered immediately. If not, it should come off the list. The decision should be made after final grades are in — not before, and not on the assumption that a 0.02 miss will be overlooked.

NEEDS RECONSIDERATION — MCAT BAR AND DEADLINE

University of Pittsburgh / Guaranteed Admission Program

Pennsylvania · 8 Years · MD · MCAT: 517 · SAT Floor: 1500 · Deadline: October 15

Criteria result: Maya's 1510 clears the SAT floor. No published GPA floor. Technically included — with two significant caveats.

The October 15 deadline is the earliest significant BS/MD deadline in the Mid-Atlantic. If Pittsburgh is a serious target, it reorganizes the entire application timeline — not by a few days but by weeks. Everything else sequences around it. That is manageable, but it must be planned explicitly.

The MCAT floor of 517 is among the highest in the database — approximately the 95th percentile of all MCAT test-takers. This is not a preparation consideration to budget around. It is a defining feature of what this program is selecting for at the medical school continuation stage. Admission to the program and admission to medical school at Pitt are two separate events, separated by four years of undergraduate work and culminating in an MCAT score most applicants do not achieve.

Include if: Pittsburgh specifically appeals, the MCAT requirement is fully understood, and application preparation can begin immediately given the October 15 deadline. Do not include as a general "strong Pennsylvania program" without that clarity.

NEEDS RECONSIDERATION — HIGHEST MCAT FLOOR IN DATABASE

University of South Florida Morsani College of Medicine / 7-Year BS/MD

Florida · 7 Years · MD · MCAT: 518 (no subscore below 125) · SAT Floor: 1500 · GPA Floor: 4.0 W · Deadline: November 1 (EA)

Criteria result: 1510 SAT clears the floor; 4.58 W GPA clears the floor. Technically included — but the MCAT tells the real story.

The Morsani program's MCAT floor of 518 is the highest published floor in this database. An 518 MCAT is at approximately the 98th percentile of all test-takers. The national MCAT average is approximately 501. This is not a high bar — it is a near-ceiling one.

Additionally, this program is specifically embedded within USF's Biomedical Sciences major in their First Time in College Honors Program. It is not a standalone BS/MD track; it is a pathway within a specific undergraduate structure at a specific Florida institution. The GPA and SAT criteria match is clean. The MCAT requirement is the dominant filter for whether this program is actually realistic. For a student whose MCAT preparation has not begun, Morsani belongs on the long-range radar — not as a near-term application priority.

What this match reveals that the family may not have seen.

01 In-state preference is not the same as no state restriction — but that distinction has a cost.

SUNY Upstate/Syracuse, Indiana University, and the Medical College of Georgia list in-state preferences rather than hard requirements. These programs are technically open to NJ applicants. They also compete against pools that skew heavily local — SUNY Upstate draws from Central and Upstate New York, explicitly values rural and first-generation backgrounds, and treats genuine interest in Syracuse University as a factor. A suburban NJ applicant competes in that context. Not a reason to exclude these programs, but a reason to apply with full awareness rather than assuming "open to all" is equivalent to "equal footing."

02 "No published minimum" is not the same as a lower bar.

Several included programs — Case Western's PPSP, Pittsburgh's GAP, Brown PLME — publish no GPA floor. This sometimes reads to families as an easier path. The more accurate interpretation: the evaluation is entirely holistic and competitive within a self-selected pool of applicants whose profiles are already strong. No floor published means no hard disqualifier, not no standard. At PPSP, six students are admitted per year. At PLME, approximately 90.

03 The October and early November deadlines are the organizing constraint for the entire cycle.

Jefferson's October 13 deadline, Pittsburgh's October 15 deadline, and the cluster of November 1 deadlines — Rutgers, Cooper, Albany, Case Western, VCU, Brown, SUNY Upstate, and more — mean this application cycle requires a specific sequencing plan built around the earliest target. A student still working on applications in late October has already missed two programs. The timeline, not the list, is the first thing to build.

04 The GWU SAT threshold is actionable, not ambiguous.

Maya's 1510 sits at or just below GWU's ">90th percentile" threshold depending on how GWU calculates that figure. The planned SAT retake has a specific, named strategic value for this program: if the retake yields 1520 or above, GWU moves clearly onto the included list. If not, it stays in verification-needed. That makes the retake decision less about general improvement and more about a specific target — which is exactly how test retake decisions should be framed.

05 What The Match does not evaluate — and why that matters here.

The criteria match identifies where Maya appears to meet published academic minimums. Whether her clinical exposure, activity depth, medical motivation narrative, and application shape are competitive within the pools at these programs — particularly at programs like Brown, Case Western, and Jefferson where the holistic screen is everything — is a separate question. For several programs on this list, that question is the more important one. If there is uncertainty about it, it should be resolved before applications go out.

The application list errors this profile is most likely to produce.

01 Applying broadly to create optionality.

More programs on the list is not the same as more chances. Fifteen surface-level applications produce worse outcomes than nine carefully built ones. The match here is productive enough that a focused list of 8–11 programs covers the strategic landscape. Volume is not the answer.

02 Building the list around Brown PLME.

PLME belongs on this student's list if Brown genuinely appeals as an undergraduate institution. It should not anchor the strategy or determine how much effort goes into everything else. The programs with real strategic traction for this profile are in New Jersey, Pennsylvania, New York, Connecticut, Virginia, and Ohio.

03 Dismissing programs because the name is unfamiliar.

West Virginia School of Osteopathic Medicine, University of Connecticut, and University of South Carolina appear on this list because they met criteria, offer structural features that have real value (MCAT waiver, no MCAT, invitation-only distinction), and attract smaller applicant pools from NJ. Unfamiliarity with the name is not a reason to exclude a program. In some cases, it is a reason to include it.

04 Treating MCAT-required programs as equivalent to each other.

Jefferson's 508, Drexel's 513, VCU's 508, UConn's >80th percentile, and Pittsburgh's 517 are not interchangeable. They represent materially different preparation timelines and different program philosophies. Plan for each one specifically, not as a general "need to do well on the MCAT" item.

What to do with this.

Maya's criteria match produces a focused, workable list. There are enough programs in the Northeast and Mid-Atlantic where she appears to meet published minimum criteria that a strategic, well-executed application cycle is realistic. Here is how to move.

- ### 01 Verify GWU and Temple before anything else.
- GWU requires a direct confirmation of how they calibrate their ">90th percentile" SAT standard against her 1510 superscore. Temple requires a direct inquiry about the top 5% class rank criterion given her school's decile reporting. Both calls take fifteen minutes. Neither should remain open past this week.

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- 02 Build the application timeline around Jefferson's October 13 deadline.** That deadline is the organizing constraint. If Jefferson is a serious target, application drafting — materials, essays, supplementals — begins now, not in September. Everything else sequences from it.
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- 03 Decide what the SAT retake is for.** At 1510, Maya meets most published SAT floors on this list. The specific programs that benefit from a higher score are GWU (threshold around 1520+) and the holistic programs where a higher score strengthens the overall profile. Treat the retake as preparation for those targets, not as general improvement.
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- 04 Make a real decision about DO programs.** The intake notes genuine openness. If that openness is real, Rowan-Virtua, Cooper/Rowan, and West Virginia Osteopathic belong with genuine investment — not a checkbox. If the family is technically open but practically uninterested, it is better to know that now than after applications are submitted and fees are paid.
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- 05 Confirm Maya's final unweighted GPA before finalizing the list.** If it comes in at 3.95 or above, University of Rochester moves onto the list. If not, it comes off. That decision should wait for the actual number.
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- 06 Consider whether the criteria question is still the remaining one.** The Match has done what it is designed to do: identified where Maya appears to meet published minimum criteria. If the family's next question is now *whether the profile is ready to compete at these programs* — activity coherence, clinical depth, medical motivation, narrative strength, application shape — that is a different kind of analysis. That is what the Readiness Review addresses.
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ABOUT THIS SAMPLE

Maya S. is a fictional student. Her profile, academic data, geographic context, and strategic characteristics were constructed to represent a realistic applicant. This sample demonstrates the structure, scope, reasoning, and voice of The Match. Actual deliverables are built from the specific materials submitted in the intake form and uploaded documents — the content will be entirely the student's.

Program criteria used in this analysis reflect published minimums as verified through May 2026. Program criteria change without notice. Verify current requirements directly with each program before applying.

The Match identifies programs where a student appears to meet published minimum criteria based on the information provided. It is not an admissions prediction, guarantee, or eligibility determination. Meeting published minimum criteria is not the same as being competitive within the applicant pool.

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