

I DIDN'T GET ACCEPTED INTO THE MCMASTER MSc(PT) PROGRAM ... Now what?

- ***Should I be discouraged?***
 - Many students don't get into their preferred program on the first try. If the McMaster Physiotherapy Program is for you and Physiotherapy is your life passion, there is absolutely NO reason to not apply again.
 - Approach this disappointment as an important life experience, an opportunity to grow, and to develop coping strategies and resiliency

- ***What should I do?***
 - The **first step** is for you to review the Admission requirements to ensure that you have met all the requirements.
 - The onus is on you to ensure that you meet the requirements when applying.

- ***Should I take more university courses?***
 - You should spend some time **reflecting** on whether this is really the best course of action for you ...
 - Taking more courses for the sake of just taking courses is never a wise strategy.
 - Taking more courses to boost your GPA, if you already meet the minimum of a B+ GPA, is not necessary for entry into the McMaster Physiotherapy Program.
 - Think about **your specific goals** for enrolling in additional university classes; if you have the some of the following specific goals, then the answer might be YES.
 - wanting to improve your writing, critical thinking, presentation or independent learning skills.
 - wanting to get a sense of what graduate coursework and course load is all about.
 - wanting to gain additional learning through taking higher level course work related to the pre-requisite courses.
 - If you need to enhance your GPA to a B+, be judicious regarding the courses you take, *e.g.*, what courses will assist you as a student in the McMaster Physiotherapy Program? As a future health care professional?
 - Taking non-relevant courses will not necessarily better position you for admissions or for undertaking the curriculum.

- ***What would be beneficial for me to do while waiting to apply next year?***
 - The **BEST** thing to do is to participate in activities and/or develop or refine critical life-long skills that will better prepare you for admissions, and for life as a physiotherapy student in the McMaster Program and for life as a future physiotherapist!

Here are some suggestions:

- ***Gain life experience by working or volunteering in your community***
 - Life experience helps you expand your thinking and develop important skills, abilities, and attitudes that are **critical to success** to being admitted to the

McMaster Physiotherapy Program and to helping you succeed in a graduate-level, professional program.

- Time management, multi-tasking, communication, responsibility, accountability, communication, collaboration, giving others feedback are key!
- **Enhance your finances and financial situation through employment**
 - Students in graduate-level programs can (SHOULD) only work no more than 10 hours/week while undertaking their course of study.
 - Being in a graduate-level, entry-level professional program means that much more work and expectations.
 - In addition to tuition, fees, books, *e.g.*, the more typical expenses, there will be additional expenses you will be responsible for such as police records checks, travel-related costs for clinical placements to name a few.
- **Broaden your perspectives and perceptions about physiotherapy in general and as a profession**
 - Do you only have knowledge of a limited scope of physiotherapy?
 - Learn more about
 - what physiotherapy is all about
 - what physiotherapists do
 - the multi-faceted areas of physiotherapy practice
 - the wide variety of client/patient populations physiotherapists work with
 - emerging roles for physiotherapists
- **Engage in activities or continuing education that will help you develop or refine:**
 - Your stress-management skills
 - Your organizational and multi-tasking skills
 - Your written and verbal communication skills
 - Your resiliency skills, click on the link for an example: <https://www.mindtools.com/pages/article/resilience.htm>
 - An internal locus of control, click on the link for an example: https://www.mindtools.com/pages/article/newCDV_90.htm
 - Your reflective thinking skills, click on the link for an example, click on the link for an example: <https://www.skillsyouneed.com/ps/reflective-practice.html>
- **Learn more about you ... you the person, you the individual, you the student, you the future physiotherapy professional!**
 - Develop a robust sense of the strengths you will bring to the McMaster Physiotherapy Program and your areas for improvement

- Seeking out resources and develop skills that enhance your strengths and that address the areas for improvement