Do you offer application reviews or one-on-one application help?

Yes! I now offer **paid one-on-one sessions** where I provide personalized guidance on your medical school application, including application strategy, personal statement review, and mock interviews. You can view all available sessions and book directly here: https://oremed.carrd.co/. I still welcome questions in my DMs and will always do my best to respond, but these sessions are the best way to get comprehensive, personalized support for your application.

Questions about mentorship

Applications for my mentorship program for low-income Black premeds closed Dec 31, 2025. I will open the next round of applications in November 2026. If you need help earlier, please book a consultation session.

Questions about extracurriculars, general advice, etc.

I post a lot of videos on my page with my extracurriculars and advice that you can find on there. I've also organised it into a "advice and tips" highlight to make them easier to find

What was your MCAT score or GPA?

I've decided not to share my exact stats for now. What I will say is that anything 510+ was what I personally felt comfortable applying with. For GPA, I was aiming for 3.75–3.8+. That being said, stats are just one part of the application, and context always matters.

How can I stand out in my applications?

Outside of clinical hours, leadership, research, and all the usual boxes people talk about, a few things really mattered for me. The first is determination. I had a lot of people tell me that applying to top medical schools, and especially getting full funding, would be very difficult as an international student. I still wanted to take that risk. The second is asking questions. I didn't have access to many formal resources, so I had to actively seek things out. I used Reddit cautiously, YouTube a lot, and did a ton of self-learning. The last thing is having a strong support system. This process is really hard, and I genuinely believe I wouldn't be here without people who encouraged me to keep going when I wanted to stop. I also post about interviews, extracurriculars, and other parts of the process on my page if you want to take a look.

What does advocacy look like to you?

My advocacy looks a lot like what I still do on my page now. It wasn't one specific role or title. It includes speaking out on issues, sharing information, and working toward addressing inequities in different ways. The mentorship program is one example. During undergrad, I was also part of an anti-racist organization. I don't think there's one "right" way to do advocacy. As long as you're speaking on a cause and actively working toward addressing inequities, that counts.

Questions about LinkedIn or connecting

I'm keeping my LinkedIn/personal contact private for now, but I'm happy to connect through instagram, tiktok or email.

Questions about making the mentorship program open to non-Black students

The mentorship program is specifically designed for low-income Black premed students. A big reason for this is to create a safe and supportive space for a community whose experiences I understand closely. I know that many people from different backgrounds face barriers in medicine. While this program is focused on a specific group, I'll continue sharing resources, doing Q&As, and posting advice that may still be helpful to others.

Do you know of scholarships for master's programs?

I honestly still don't feel like I've fully figured this out myself. I was fortunate to receive one scholarship that covered my studies, and that was because I was nominated by my program. Other options people often look into include research assistantships and teaching assistantships, depending on the program.

Any tips for applying to Stanford specifically?

Stanford is a research-heavy school, and they're very clear about that on their website. Research is something they value a lot. Having more research experience or publications can definitely help, but not having those doesn't automatically mean you won't be accepted. There are people in my class without extensive research backgrounds. That said, the types of applicants Stanford tends to attract are often very research-oriented. It's just one piece of the application, but it's an important one.

Any advice for essay writing?

For essays, my biggest advice is to be authentic and tell your story honestly. Think of it as sharing your experiences in a way that helps the reader understand you. Keep your writing clear and simple. You don't need fancy words. If someone can put themselves in your shoes while reading your essay, you're doing something right. I've shared videos about writing secondary essays that go into more detail on how I approached mine.

Questions about international pathways and degrees

Just to clarify, my master's is from the US, and my undergraduate degree was in the UK. I can't really speak to the process of applying from someone who did their undergrad in Nigeria or another country without a US or Canadian degree, since those are different pathways. I'd recommend doing your own research on that specific route.

Questions about getting a full ride to Stanford

My scholarship was need-based. I didn't do anything special to get it other than submit my financial aid information.

Questions about being non-traditional or an older applicant

It's not rare to see older students in medicine, including in my class. Age isn't a barrier. If you haven't completed your pre-med requirements, you'll need to do a post-bacc program. That's the case for everyone, regardless of age. There are a lot of resources online that clearly outline the basic requirements for applying to medical school, and those are a good place to start.

Questions about applying to US medical school from the UK and course requirements

UK universities can be more rigid, so I understand the concern. When I tried to take courses outside of my degree, I did get some pushback at first. I explained early on that I wanted to apply to medical school in the US and that these courses were required.

My advisor mainly wanted to make sure the extra courses wouldn't affect my grades. Once I showed that they didn't, it was fine. I completed my core pre-med courses in the UK. Psychology and sociology I took during my master's, but those aren't always required.

Questions about calculating activity hours

I approximated my hours. I usually estimated how many hours I worked per week and multiplied that by the number of weeks I worked. No one expects the numbers to be 100 percent accurate. My hours aren't exact, but they also wouldn't be the difference between something like 100 hours versus 500 or 1000.

Where should I do my undergrad as an international student?

As someone who did undergrad outside of the US, if your goal is to attend medical school in the US, the best option is to complete your pre-med education in the US.

Applying as an international student who did undergrad in the US already limits your school list to around 50 schools. Applying as an international student without a US or Canadian degree can limit your list to closer to 10 schools. Applying as an international student is always going to be extremely difficult. It really comes down to how important it is for you to attend medical school in the US versus considering other countries.

What scholarships are available to current or incoming medical students?

I probably won't be very helpful here. My scholarship was need-based, and I don't have experience applying for external scholarships.