

Applying to Medical or Dental School

Spring 2021



Applying To Medical School (section of AAMC)

- [Lots of good stuff](#), such as:
 - Gaining experience
 - Anatomy of an applicant (what makes a strong applicant)
 - Preparing for the MCAT
 - Fee assistance program
 - Deciding where to apply

Timelines

- Actual timeline should be what works FOR YOU!! There is no one route, no one timeline.
- We here at LU are here FOR YOU even after graduation. We will meet with you, we will read your personal statements, we are here to support your journey.
- That said, there is a particular order to this process...

MD and DO application cycles

- MD: Apply through AMCAS (American Medical College Application Service) for almost all allopathic medical schools
- MD & DDS in Texas: Apply through TMDsAS
- DO: Apply through AACOMAS (Am. Assoc. of Colleges of Osteopathic Medicine)

Submit applications in June, **ONE WHOLE YEAR** prior to intended matriculation. Have a completed application (competitive MCAT score, letters of rec, etc.) by the end of June.

INFORMATION FOR:

[FUTURE DENTISTS](#)

[FUTURE DENTAL HYGIENISTS](#)

[NONTRADITIONAL APPLICANTS](#)

[HEALTH PROFESSIONS ADVISORS](#)

[+ Preparing for dental school](#)

[- The admissions process](#)

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TIMELINE TO APPLY

This is a general application timeline for students studying at a four-year undergraduate institution. This timeline should be used as a

Medical School Order of Events

- ✓ Prepare for the MCAT: ~6 months, register for test date/location
- ✓ Take MCAT no later than **April** (options are **Jan, March**—June)
- ✓ 6 weeks later, get MCAT score; determine whether you are competitive
- ✓ Decide where you will apply
- ✓ Work on personal statement
- ✓ Download application materials, (AMCAS opens May 3 this year)

Order of Events, cont.

- ✓ Request letters of recommendation
- ✓ Have many people read your personal statement
- ✓ Finish application and submit in **June** (1st submission date is May 27, 2021)
- ✓ 4-6 weeks for AMCAS to approve application before it's sent to your schools
- ✓ Do secondary applications over the summer
- ✓ Take CASPer test if required (measures 'people skills')
- ✓ Interviews (Fall-Winter)

CASPer, online test of 'people skills'

- <https://takecasper.com/>: Assesses collaboration, communication, empathy, equity, ethics, motivation, problem solving, professionalism, resilience, self-awareness.
- Required for some medical schools (MD & DO), including MCW, Indiana, Michigan State, NYU, Rosalind Franklin, Denver, some TX schools, U of I Chicago, Michigan, UNC, Utah, Vermont, Washington....
- Test dates: June and July, 90 minutes, must have audio and video connection on your computer
- Exam includes sample scenarios (watch a video and answer questions)
 - *e.g.*, coworker is worried about taking paternity leave; thinks maybe he should stay at work and do a big project and maybe get a promotion; doesn't feel boss is supportive of taking leave.
 - Would you recommend he take paternity leave? Why or why not?
 - What strategies could you offer to help him make a decision that he feels comfortable with?
 - Maintaining work life balance can be challenging. Why do you think people struggle to find balance?

AAMC calendar & MCAS Resources

[AAMC Calendar](#)

[AMCAS Applicant Guide, 70-page online guide](#)

Rare Option: Direct to medical school after LU

MCAT April of Junior year (after O-chem and biochem)

Apply June of Junior year

Interviews during senior year

Somewhat Frequent: One gap year

MCAT Jan - April of Senior Year

Apply right before or after graduation

Interviews following fall-winter

More Popular: Two gap years

MCAT Jan after graduation (or sooner)

Work in health care or something similar for one full year before doing applications and interviews

How to spend a gap year or two

1 year:

- Apply and do interviews
- Work in health care (CNA, EMT, Scribe in ED or clinic, home health care), do a year of service with AmeriCorps/HealthCorps. See Jacklyn to discuss potential options! Not so good: BioLife, med tech
- Pursue a fellowship to do something awesome (Watson, Rhodes, etc.). See Claire Kervin to discuss the fellowship application process!

2 years:

- Study and take MCAT, then work in health care
- Do a post-bacc program if your GPA was lower than 3.5
- Clinical research (NIH post-bacc, etc.)
- Earn an MPH if you are interested in public health

How to be a Competitive Applicant

1. Know that you want to be a physician and be able to articulate your reasons cogently
2. Have a competitive MCAT score (MD: 80th percentile or higher, DO: 69% or higher OR some other very attractive attribute, like working in health care for a few years, or going into rural medicine...)
3. Health Care/Patient Care/Vulnerable person care experience

<https://students-residents.aamc.org/applying-medical-school/article/what-admission-officers-wish-premeds-knew-applying/>

Table A-23: MCAT and GPA Grid for Applicants and Acceptees to U.S. Medical Schools, 2017-2018 through 2018-2019 (aggregated)

The table below displays the acceptance rates at different MCAT and GPA levels for applicants and accepted applicants from 2017-2018 through 2018-2019. The frequencies are combined totals of both years. Please email datarequest@aamc.org if you need further assistance or have additional inquiries.

Acceptance Rate for Applicants		Total MCAT Scores									All Applicants	
		Less than 486	486-489	490-493	494-497	498-501	502-505	506-509	510-513	514-517		Greater than 517
Total GPA												
Greater than 3.79	Acceptees	3	7	40	204	668	1,782	3,207	4,156	3,971	4,213	18,251
	Applicants	107	217	482	1,061	2,141	3,500	5,009	5,492	4,772	4,743	27,524
	Acceptance rate %	2.8	3.2	8.3	19.2	31.2	50.9	64.0	75.7	83.2	88.8	66.3
3.60-3.79	Acceptees	0	6	40	221	707	1,520	2,538	3,014	2,209	1,478	11,733
	Applicants	250	416	884	1,692	2,869	4,177	4,929	4,549	2,944	1,774	24,484
	Acceptance rate %	0.0	1.4	4.5	13.1	24.6	36.4	51.5	66.3	75.0	83.3	47.9
3.40-3.59	Acceptees	5	7	41	190	510	939	1,359	1,475	979	565	6,070
	Applicants	382	577	1,108	1,865	2,691	3,366	3,554	2,835	1,559	791	18,728
	Acceptance rate %	1.3	1.2	3.7	10.2	19.0	27.9	38.2	52.0	62.8	71.4	32.4
3.20-3.39	Acceptees	1	2	26	118	290	471	584	556	347	158	2,553
	Applicants	455	559	1,001	1,483	1,864	2,138	1,919	1,383	695	273	11,770
	Acceptance rate %	0.2	0.4	2.6	8.0	15.6	22.0	30.4	40.2	49.9	57.9	21.7
3.00-3.19	Acceptees	1	5	13	62	136	223	237	228	103	57	1,065
	Applicants	499	515	710	959	1,070	1,034	908	650	245	123	6,713
	Acceptance rate %	0.2	1.0	1.8	6.5	12.7	21.6	26.1	35.1	42.0	46.3	15.9
2.80-2.99	Acceptees	3	2	9	23	37	75	76	48	31	14	318
	Applicants	459	367	439	481	504	462	361	190	110	36	3,409
	Acceptance rate %	0.7	0.5	2.1	4.8	7.3	16.2	21.1	25.3	28.2	38.9	9.3
2.60-2.79	Acceptees	0	2	1	10	22	31	17	11	18	-	117
	Applicants	306	212	278	254	257	175	124	69	42	-	1,726
	Acceptance rate %	0.0	0.9	0.4	3.9	8.6	17.7	13.7	15.9	42.9	-	6.8
2.40-2.59	Acceptees	0	1	2	5	3	11	10	8	3	-	45
	Applicants	229	120	122	124	87	63	39	30	10	-	830
	Acceptance rate %	0.0	0.8	1.6	4.0	3.4	17.5	25.6	26.7	30.0	-	5.4
2.20-2.39	Acceptees	0	0	0	1	4	6	2	2	-	-	19
	Applicants	126	67	55	37	34	26	21	14	-	-	387
	Acceptance rate %	0.0	0.0	0.0	2.7	11.8	23.1	9.5	14.3	-	-	4.9
2.00-2.19	Acceptees	0	0	1	0	-	1	-	-	-	-	2
	Applicants	76	22	20	18	-	11	-	-	-	-	159
	Acceptance rate %	0.0	0.0	5.0	0.0	-	9.1	-	-	-	-	1.3
Less than 2.00	Acceptees	0	-	1	-	-	-	-	-	-	-	1
	Applicants	38	-	10	-	-	-	-	-	-	-	67
	Acceptance rate %	0.0	-	10.0	-	-	-	-	-	-	-	1.5
All Applicants	Acceptees	13	32	174	834	2,377	5,059	8,030	9,498	7,663	6,494	40,174
	Applicants	2,927	3,081	5,109	7,981	11,522	14,953	16,868	15,217	10,381	7,758	95,797
	Acceptance rate %	0.4	1.0	3.4	10.4	20.6	33.8	47.6	62.4	73.8	83.7	41.9



Writing a Personal Statement

AMCAS Personal Statement – OVERVIEW

WHY IT'S IMPORTANT

- Med schools looking for bright, empathetic, communicative people
- Can account for up to 60% of admissions score

IT'S AN ESSAY

- 1st paragraph – 4-5 sentences to catch the readers' attention and lead into body paragraphs
- 3-4 body paragraphs – describing personal experiences (see next slide)
- Concluding paragraph – reflects your introduction, summarizes who you are, and ends with a challenge for the future

BEFORE YOU START

Think deeply about

- Why medicine
- Motivation to learn medicine
- What med school should know about you

AMCAS Personal Statement – CONTENT (What to say)

BE PERSONAL!

- Use your voice, give your perspective, reveal yourself

POTENTIAL TOPICS/POINTS*

- Your path to med school
- Experience that changed or challenged your perspective about medicine
- Relationship with a mentor or another inspiring individual
- Unique hardships, challenges, or obstacles that may have influenced your educational pursuits
- Your motivation to seek a career in medicine, why you think you'll be a successful physician

**Within the body paragraphs, at least one paragraph to reflect clinical understanding and one to demonstrate service*

WHAT NOT TO SAY

- School specific content
- Repeated content

AMCAS Personal Statement – PRESENTATION (How to say it)

STAY ON TOPIC

- Have a theme/thesis, stick to it
- Have a logical, orderly flow
- Focus on a few “sound bytes” you want the admissions committee to get from your statement
- Don’t ramble/avoid tangents

SHOW NOT TELL

- Use specific examples
- Describe with details

ADDITIONALLY

- Beware clichés
- Grab attention
- Write well
- Goldilocks spot

AMCAS Personal Statement – PROCESS & TECH TIPS

PROCESS

- Embrace editing process! **START NOW!**
- Get feedback - multiple opinions
- Follow format rules – 5300 character limit! (~1pg, single spaced)
- Double check for mistakes

TECHNICAL TIP

- Software – compose as text only file outside of AMCAS software. (ex. TextEdit on Macs or Microsoft Notepad)

AMCAS Personal Statements – SUMMARY

WHY IT'S IMPORTANT

- Med schools looking for bright, empathetic, communicative people
- Can account for up to 60% of admissions score

STATEMENT NUTS & BOLTS

- FORMAT
- PROCESS
- CONTENT and PRESENTATION of content

ADDITIONAL RESOURCE

Link to the AAMC's AMCAS Tools and Tutorials page

<https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/applying-medical-school-amcas/amcas-tools-and-tutorials/>

FYI

For secondary applications, choose subject matter that complements your original personal statement.

AMCAS: Work and Activities Section

- A max of 15 experiences may be entered
 - 700 character max (including spaces)
 - 3 most meaningful: 700 + 1325 to describe why
- One-time service activities can be listed on secondary apps
- Be clear when giving each experience a name

AMCAS: Work and Activities Section

- Can enter up to 4 occurrences/experience
 - Enter up to four separate date ranges, including future end dates up to the start of the matriculation year (August 2022)
 - Multiple shadowing experiences can be one entry
- If copying and pasting into the application, draft in plain text (e.g., Microsoft Notepad or Mac TextEdit). Copying formatted text into the application may result in formatting issues that cannot be edited once your application is submitted!

AMCAS: Work and Activities Section

- **Most meaningful:** Up to 3 experiences. 1325 additional characters to consider:
 - The transformative nature of the experience – how it influenced your path
 - The impact you made while engaging in the activity
 - What you learned and how you grew as a result of your participation
- **All other activities:** 700 characters. Things to include:
 - Don't just talk about the organization and your tasks/duties
 - Your impact and accomplishments (including honors from activity)
 - The qualities you developed/demonstrated while doing the activity
 - What you learned from challenges faced in the activity
 - Insights gained from the activity – how did it impact your thinking and goals?

AMCAS: Making the most of your "Work and Activities" entries

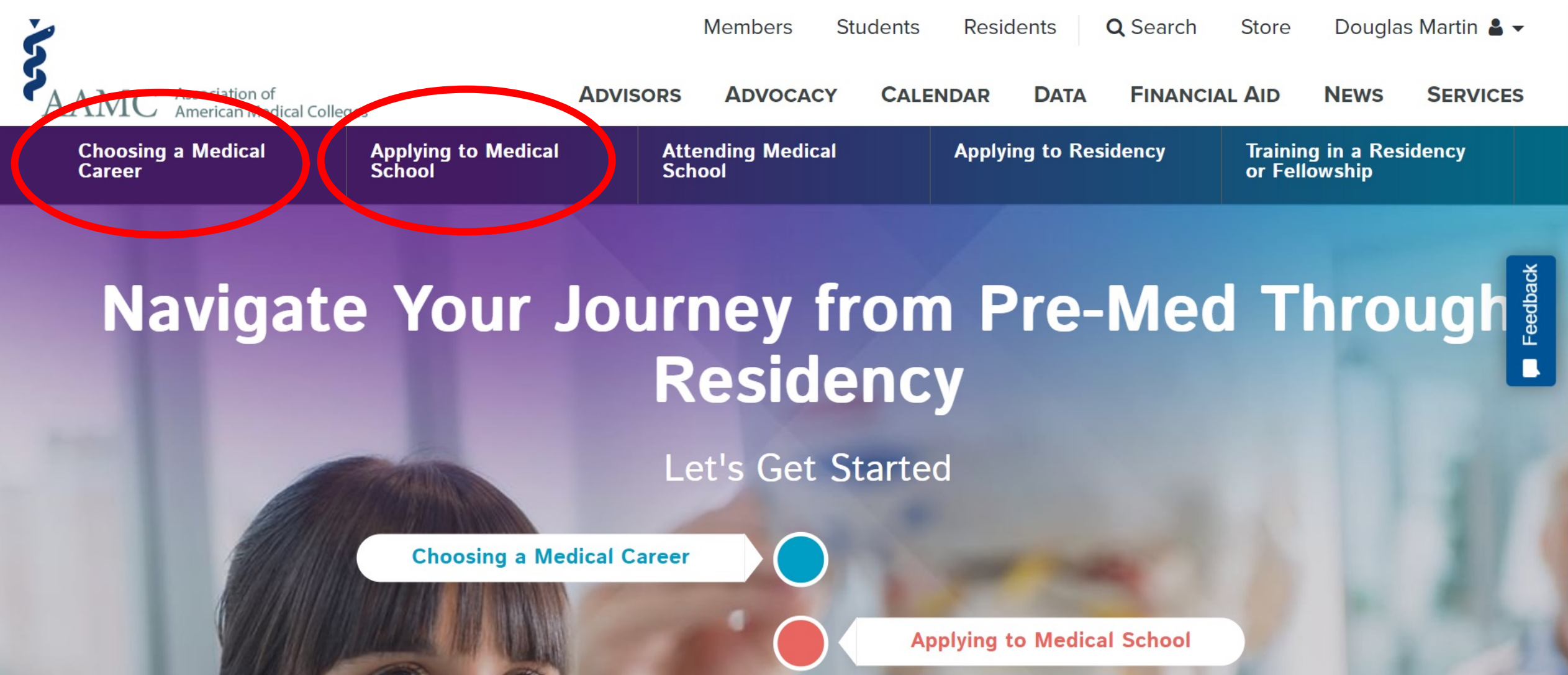
- 18 categories (e.g., Community Service/Volunteer - Medical/Clinical, Hobbies, Physician Shadowing/Clinical Observation, etc.)
 - Admissions committees can sort by category, so choose carefully
- This is a section you can begin preparing now. Make an appointment with Jacklyn to talk through your Work and Activities entries before submitting!
- If you are still years away from applying, start tracking hours and reflections now to help your future self

Dental School Experiences Section

- [7 categories](#) (Academic Enrichment, Dental Experience, Dental Shadowing, Employment, Extracurricular Activities, Research, Volunteer)
- If you have questions about how to categorize activities, see Jacklyn
- Enter only hours you have already completed (no in-progress or planned)
- No limit to entries, but focus only on college experiences and above
- Can select 6 activities as most meaningful
- If you are still years away from applying, start tracking hours and reflections now to help your future self

AAMC has details on how to navigate applications

students-residents.aamc.org



The image shows the top portion of the AAMC website. The header includes the AAMC logo, navigation links for Members, Students, Residents, Search, Store, and a user profile for Douglas Martin. Below this is a secondary navigation bar with links for ADVISORS, ADVOCACY, CALENDAR, DATA, FINANCIAL AID, NEWS, and SERVICES. A dark blue navigation bar contains five main menu items: 'Choosing a Medical Career', 'Applying to Medical School', 'Attending Medical School', 'Applying to Residency', and 'Training in a Residency or Fellowship'. The first two items are circled in red. Below the navigation bar is a large hero section with a background image of a person. The hero text reads 'Navigate Your Journey from Pre-Med Through Residency' and 'Let's Get Started'. At the bottom of the hero section is a progress indicator with two steps: 'Choosing a Medical Career' (highlighted with a blue circle and a right-pointing arrow) and 'Applying to Medical School' (highlighted with a red circle and a left-pointing arrow). A 'Feedback' button is located on the right side of the hero section.

Navigation Bar:

- Members
- Students
- Residents
- Search
- Store
- Douglas Martin

Secondary Navigation Bar:

- ADVISORS
- ADVOCACY
- CALENDAR
- DATA
- FINANCIAL AID
- NEWS
- SERVICES

Main Navigation Bar:

- Choosing a Medical Career
- Applying to Medical School
- Attending Medical School
- Applying to Residency
- Training in a Residency or Fellowship

Hero Section:

Navigate Your Journey from Pre-Med Through Residency

Let's Get Started

Progress Indicator:

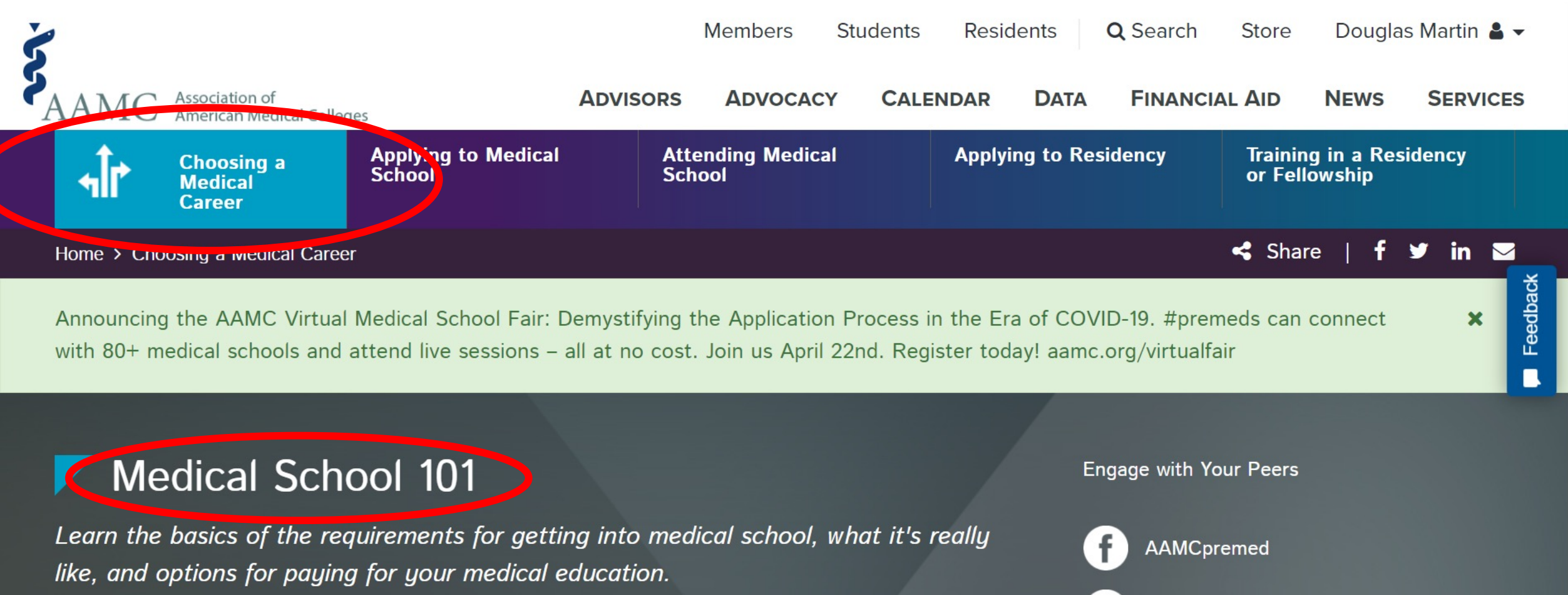
- Choosing a Medical Career
- Applying to Medical School

Feedback Button:

Feedback

Medical School 101

- Getting into medical school
- Blog by pre-med students and by medical students
- Advice from current medical students



The screenshot shows the AAMC website header with navigation links: Members, Students, Residents, Search, Store, and Douglas Martin. Below this is a secondary navigation bar with links: ADVISORS, ADVOCACY, CALENDAR, DATA, FINANCIAL AID, NEWS, and SERVICES. A third navigation bar contains five main sections: Choosing a Medical Career (highlighted with a red circle), Applying to Medical School, Attending Medical School, Applying to Residency, and Training in a Residency or Fellowship. Below the navigation bar is a breadcrumb trail: Home > Choosing a Medical Career. A green banner announces the AAMC Virtual Medical School Fair. At the bottom, the 'Medical School 101' section is highlighted with a red circle, with a description: 'Learn the basics of the requirements for getting into medical school, what it's really like, and options for paying for your medical education.' Social media links for Facebook (AAMCpremed) and Twitter are also visible.

AAMC Association of American Medical Colleges

Members Students Residents Search Store Douglas Martin

ADVISORS ADVOCACY CALENDAR DATA FINANCIAL AID NEWS SERVICES

Choosing a Medical Career Applying to Medical School Attending Medical School Applying to Residency Training in a Residency or Fellowship

Home > Choosing a Medical Career

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Announcing the AAMC Virtual Medical School Fair: Demystifying the Application Process in the Era of COVID-19. #premeds can connect with 80+ medical schools and attend live sessions – all at no cost. Join us April 22nd. Register today! aamc.org/virtualfair

Medical School 101

Learn the basics of the requirements for getting into medical school, what it's really like, and options for paying for your medical education.

Engage with Your Peers

f AAMCpremed

Getting Into Medical School

- How medical schools review applications
- Timeline for admissions



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**Choosing a
Medical
Career**

**Applying to Medical
School**

**Attending Medical
School**

Applying to Residency

**Training in a Residency
or Fellowship**

[Home](#) > [Choosing a Medical Career](#) > [Medical School 101](#)

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Getting Into Medical School

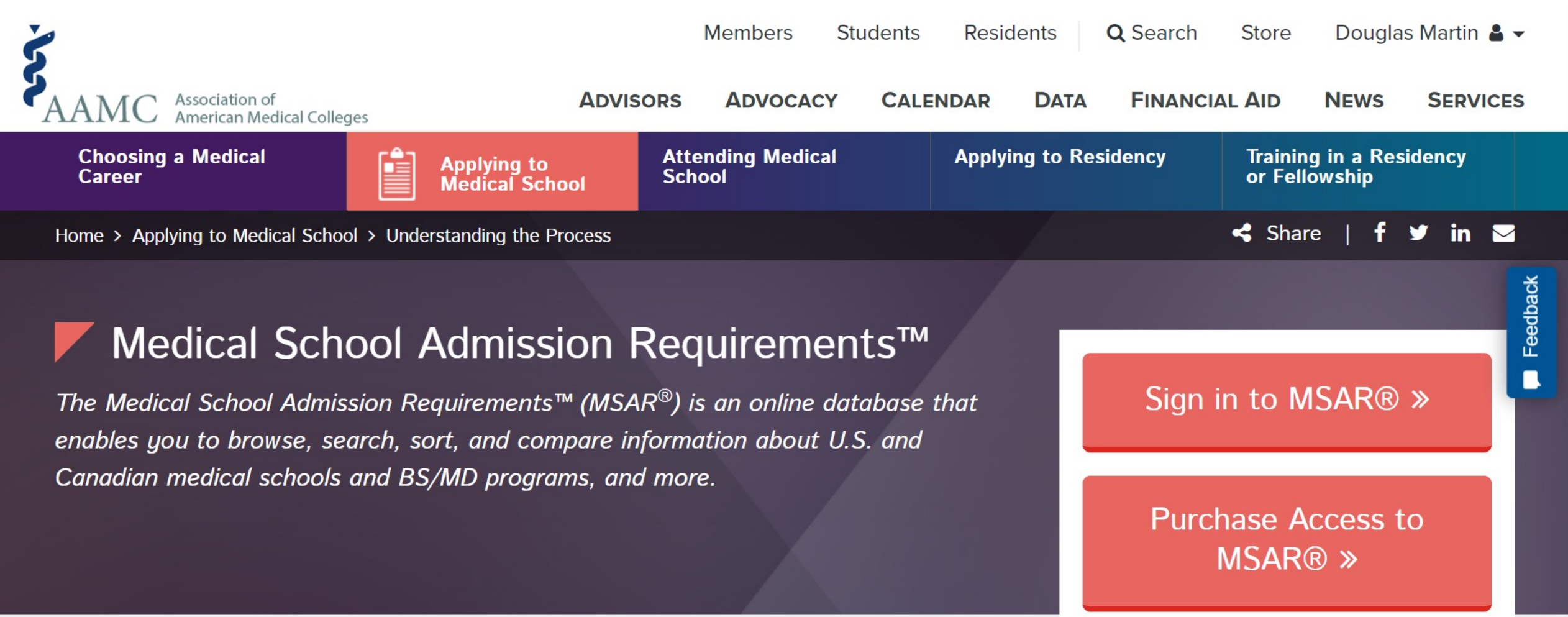
Learn the basics about the requirements and a general timeline for getting into medical school.

Feedback



Choosing schools to apply to – the MSAR

- Purchase (\$28), apply for fee assistance and receive free access, or work with Jacklyn
- Admissions statistics (average scores, where students are from, costs)




The screenshot shows the AAMC website's navigation and main content area. The top navigation bar includes links for Members, Students, Residents, a Search function, Store, and a user profile for Douglas Martin. Below this is a secondary navigation bar with links for ADVISORS, ADVOCACY, CALENDAR, DATA, FINANCIAL AID, NEWS, and SERVICES. A horizontal menu below the navigation bar contains five items: 'Choosing a Medical Career' (purple), 'Applying to Medical School' (red, with a clipboard icon), 'Attending Medical School' (dark blue), 'Applying to Residency' (dark blue), and 'Training in a Residency or Fellowship' (teal). The breadcrumb trail at the bottom of the navigation bar reads 'Home > Applying to Medical School > Understanding the Process'. The main content area features a large heading 'Medical School Admission Requirements™' with a red triangle icon. Below the heading is a descriptive paragraph about the MSAR database. To the right of the text are two large red buttons: 'Sign in to MSAR® »' and 'Purchase Access to MSAR® »'. A vertical 'Feedback' button is located on the far right edge of the page.

AAMC Association of American Medical Colleges

Members Students Residents | Search Store Douglas Martin

ADVISORS ADVOCACY CALENDAR DATA FINANCIAL AID NEWS SERVICES

Choosing a Medical Career

 Applying to Medical School

Attending Medical School

Applying to Residency

Training in a Residency or Fellowship

Home > Applying to Medical School > Understanding the Process

Share | f t in

Medical School Admission Requirements™

The Medical School Admission Requirements™ (MSAR®) is an online database that enables you to browse, search, sort, and compare information about U.S. and Canadian medical schools and BS/MD programs, and more.

Sign in to MSAR® »

Purchase Access to MSAR® »

Feedback

General advice for choosing schools

- Domestic students: Apply to the state schools from your home state; they have a mission to serve residents. And they are a little less expensive
- International students: Use the MSAR carefully; very few U.S. medical schools accept international students.
- Read up on Medical School of Wisconsin: MCW accepts multiple LU students most years.
- As you think about your goal (general practice vs. specialty, urban vs. rural), look at medical school missions as well.

Financing the medical school application process

- Main application costs:
 - Application fees:
 - Primary application fee (2021 application fee is **\$170** for the first school and **\$41** for each additional school)
 - Secondary application fee (majority of schools require a secondary app, fees vary)
 - MCAT exam fee (\$320)
 - Interview travel and lodging – many schools will continue to offer [virtual interviews](#) this cycle
- Fee Assistance Program ([DO/DDS](#) offer fee waivers as well)
 - Benefit: Waiver for all AMCAS fees for one (1) application submission, covering up to 20 medical school submissions (\$949 value)
 - Other benefits: Discounted fees, complimentary access to the MSAR online database, free MCAT Official Prep products, and more
 - [Eligibility criteria and application instructions](#)
 - 400% poverty level on family/household's 2020 income (Family of 4: \$104,800 or less)
 - Parental job loss due to COVID will be considered
- Note: Interview rooms can be rented through LU Career Center

Financing your education

- Average medical student debt: ~\$200K (varies by program!)
- Strong credit matters: A low credit score may lead programs to defer admission or a denial of Federal Direct PLUS Loans: <https://students-residents.aamc.org/financial-aid/article/your-credit-score/>
- Loan forgiveness/repayment options: <https://students-residents.aamc.org/financial-aid/article/repymt-asst/>
- Post-bacc programs: Financial aid mostly in loans (some exceptions)



Visit Pre-Health
Advising Moodle Site



Q & A