

Admissions is looking for three core competencies when they are making their decision:

- **Personal:** empathy and compassion, teamwork, responsibility/leadership, communications skills, experience with underrepresented population,
- **Intellectual:** necessary reasoning and logical abilities, capacity to withstand the academic rigors of medical school, critical thinking
- **Academic:** coursework in biology, chemistry, breadth and depth of study

AMCAS Application

MCAT

Transcript

References*

Experiences*

Essays *

*Aspects YOU can tailor

References

Up to six

Can attest or validate aspects of your competencies

Resilience, time management, responsibility, commitment

Observations of you outside of academia

Reflections on Your Experiences

How did you come to decision to pursue medicine

What experience(s) confirmed that this was the journey for you

A negative experience can be definitive

What did you learn about yourself

Illuminate a core competency (leadership or tenacity, for example)

Extracurricular activities

Can demonstrate persistence, dedication, leadership, service

Shadowing and Clinical Experiences

Are you aware of the demands of patient care?

What did you observe/experience that reinforced your interest?

Essays (Personal statement, secondary applications)

Perhaps the most significant application element

A page and a half of you talking to admissions—your narrative

The big challenge: writing an essay which covers the needed ground without being cliché

Thoughts on Essays

Enlist friends, family, mentors

Tone of your narrative

Is this me? What is missing?

Singular moments

Failures/challenges can be illustrative

Journal of your pathway

Write, edit, rewrite, and again

Grammar

Spelling

Structure

Interviews

Format varies

Communication skills, style

Ability to think on your feet, analyze

Affability

Prominent aspects of application, significant experiences

How you answer questions is as important as what your answer is

Prep

Consider lighting, camera position, background

Practice commonly asked questions

- Why do you want to be a doctor?
- Why do you wish to attend this school?
- Tell me about yourself.
- What's your greatest strength?
- What's your biggest weakness?

Practice, practice, practice

Do you present yourself well?

Stress yourself with challenging questions—how do you respond

Do you have questions for the committee about the program, school, curriculum?