

# Application Seminar: Feb 21, 2017

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# Some perspective

## 2015 AAMC data:

- **20,627** Total # of students who enrolled in US medical schools for the first time in 2015 (*new record high*)
- **52,536** Total # of applicants to med school (*781,600 applications*)
- **38,449** First time applicants

## 2016 AAMC data:

- **21,025** Total # of students who enrolled in US medical schools for the first time in 2015 (*new record high*)
- **53,052** total applicants to med school (*830,016 applications*)
- **38,773** First time applicants

# Some perspective

**Table A-7: Applicants, First-Time Applicants, Acceptees, and Matriculants to U.S. Medical Schools by Sex, 2007-2008 through 2016-2017**



The table below displays applicants, first-time applicants, acceptees, and matriculants from 2007-2008 through 2016-2017. Please email us at [datarequest@aamc.org](mailto:datarequest@aamc.org) if you need further assistance or have additional inquiries.

Applicants, First-Time Applicants, Acceptees, and Matriculants			2007-2008	2008-2009	2009-2010	2010-2011	2011-2012	2012-2013	2013-2014	2014-2015	2015-2016	2016-2017	% Change from 2015-2016 to 2016-2017
Applicants	Women	Number	20,735	20,360	20,252	20,207	20,780	20,922	22,250	23,019	24,608	25,779	4.8
		Percent	49.0	48.2	47.9	47.3	47.3	46.2	46.3	46.5	46.8	48.6	1.8
	Men	Number	21,580	21,870	22,013	22,533	23,135	24,338	25,760	26,455	27,927	27,250	-2.4
		Percent	51.0	51.8	52.1	52.7	52.7	53.8	53.7	53.5	53.2	51.4	-1.8
Total Applicants		Number	42,315	42,230	42,265	42,740	43,915	45,260	48,010	49,474	52,535	53,029	0.9
First-Time Applicants	Women	Number	15,966	15,284	15,183	15,413	15,913	15,929	17,022	17,588	18,698	19,682	5.3
		Percent	50.1	49.4	49.0	48.5	48.8	47.3	47.7	48.0	48.7	50.8	2.1
	Men	Number	15,925	15,662	15,815	16,352	16,671	17,776	18,643	19,031	19,689	19,091	-3.0
		Percent	49.9	50.6	51.0	51.5	51.2	52.7	52.3	52.0	51.3	49.2	-2.1
Total First-Time Applicants		Number	31,891	30,946	30,998	31,765	32,584	33,705	35,665	36,619	38,387	38,773	1.0
Acceptees	Women	Number	9,107	9,181	9,264	9,237	9,495	9,514	9,977	10,194	10,372	10,940	5.5
		Percent	48.3	48.0	47.9	47.0	47.1	46.5	47.4	47.7	47.9	49.7	1.8
	Men	Number	9,751	9,954	10,067	10,404	10,681	10,964	11,093	11,161	11,271	11,091	-1.6
		Percent	51.7	52.0	52.1	53.0	52.9	53.5	52.6	52.3	52.1	50.3	-1.8
Total Acceptees		Number	18,858	19,135	19,331	19,641	20,176	20,478	21,070	21,355	21,643	22,031	1.8
Matriculants	Women	Number	8,582	8,614	8,817	8,756	9,037	9,064	9,467	9,718	9,861	10,474	6.2
		Percent	48.3	47.8	47.9	46.9	47.0	46.4	47.2	47.8	47.8	49.8	2.0
	Men	Number	9,177	9,422	9,573	9,909	10,193	10,453	10,588	10,625	10,766	10,551	-2.0
		Percent	51.7	52.2	52.1	53.1	53.0	53.6	52.8	52.2	52.2	50.2	-2.0
Total Matriculants		Number	17,759	18,036	18,390	18,665	19,230	19,517	20,055	20,343	20,627	21,025	1.9

Note: Applicants, acceptees, and matriculants who declined to report sex are not reflected.

In 2016, the methodology for calculating first-time applicants was updated from any applicant who had not applied in the past nine years to any applicant who had not applied since 1973, the earliest year for which there is AMCAS data. The counts for all years in this table reflect the new methodology. Due to the updated methodology, tables published prior to 2016 may display different first-time applicant counts.

# Outline

- Evaluating the strength of your application
- MCAT
- Letters of recommendation
- CMU committee process
- Personal Statements
- School Selection
- Application services
- Secondary apps
- Interviews





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## Questions to think about:

- Why do I want to be a healthcare provider?
- What makes a good clinician?
- Am I a strong applicant?
- When should I apply?



# Who is a strong applicant?

- Grades: total, science, all other, trend over time...
- Standardized Test Scores (MCAT, DAT, GRE, etc)
- Exposure and commitment to the field of interest
- Research experience
- Extracurricular involvement → depth + leadership
  - Work experience, athletics
  - Community service & volunteerism
- Communication skills (written & verbal)
- Professionalism
- Academic/Integrity violations???
  - Caught w/ a beer freshman year vs. plagiarism/cheating

# When should I apply?

- Am I ready?
  - Physically
  - Emotionally
  - Psychologically
- If I take a bridge year(s), what should I do?
  - Research: NIH, individual labs...
  - Boost GPA: <https://services.aamc.org/postbac/>
  - Master's degree: MPH, MSHCPM, MBA, MS
  - Work + volunteering
  - Medical Scribe: <https://www.scribeamerica.com>
  - Service: <http://www.nationalservice.gov/programs/amicorps>

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# 2017 Schedule for the Medical College Admission Test (MCAT®)



JAN							FEB							MAR						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7				1	2	3	4							
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25
29	30	31					26	27	28					26	27	28	29	30	31	
APR							MAY							JUN						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
						1		1	2	3	4	5	6					1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	
30																				
JUL							AUG							SEP						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
						1			1	2	3	4	5						1	2
2	3	4	5	6	7	8	6	7	8	9	10	11	12	3	4	5	6	7	8	9
9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28	29	30	31			24	25	26	27	28	29	30
30	31																			

MCAT Admin	Score Release
January 19	February 21
January 28	February 28
March 31	May 2
April 22	May 23
April 28	May 30
May 13	June 13
May 18	June 20
May 19	June 20
June 1	July 6
June 16	July 18
June 17	July 18
June 29	August 1
June 30	August 1
July 21	August 22
July 22	August 22
July 27	August 29
July 28	August 29
August 3	September 5
August 11	September 12
August 18	September 19
August 19	September 19
August 24	September 26
September 1	October 3
September 2	October 3
September 9	October 10

**Note:** There will be no administrations of the MCAT exam in February or October–December 2017.

All exams start at 8:00 a.m. local time.

When to take the MCAT (DAT):

ONLY, ONLY

- Prepare yourself when you want to apply
- Goal: one

### MCAT Policy Update

when you are

- Up to 3 attempts in a testing year

2 YEARS  
prepared!!!

- Up to 7 attempts in a lifetime

# Registering for the MCAT:

## Registration Fees (in USD)

<b>Gold Zone</b> Approx. 1 month or more prior to the exam*		<b>Silver Zone</b> Approx. 3-4 weeks prior to the exam*		<b>Bronze Zone</b> Approx. 1-2 weeks prior to the exam*	
Initial Registration	\$310	Initial Registration	\$310	Initial Registration	\$365
Date and/or Test Center Reschedule Fee**	\$85	Date and/or Test Center Reschedule Fee**	\$145	<i>No Reschedule Option</i>	<i>N/A</i>
Cancellation Refund	\$155	<i>No Cancellation Refund</i>	<i>N/A</i>	<i>No Cancellation Refund</i>	<i>N/A</i>
International Fee**	\$100	International Fee**	\$100	International Fee**	\$100



# MCAT<sup>2015</sup>

## Four sections:

- Chemical and Physical Foundations of Biological Systems
- Biological and Biochemical Foundations of Living Systems
- Critical Analysis and Reasoning Skills
- Psychological, Social, and Biological Foundations of Behavior

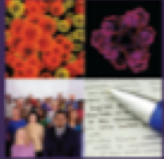



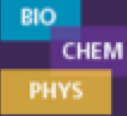

## Design:

- Focus on health disparities & pop health
- Emphasis on scientific & critical thinking skills
- Think like a scientist → natural & social sciences
- Reason about research designs & results, interpret data, draw conclusions
- Underscore role of behavioral & sociocultural factors in health & disease

# MCAT<sup>2015</sup> - how to prepare

## Official MCAT Test Preparation

Official MCAT2015 Preparation Resources

2014		2015			
Free		Affordable			
 <p><b>What's on the MCAT2015 Exam? Interactive Tool</b></p> <p>Learn all about the MCAT2015 exam with this free online tool. Explore the four exam sections to learn more about what is tested by reading content lists, watching videos, seeing how questions test skills, and more.</p> <p><a href="http://aamc.org/mcat2015exam">aamc.org/mcat2015exam</a></p>	 <p><b>Khan Academy MCAT Video Tutorials</b></p> <p>Over 500 free videos and review questions are available and the collection continues to grow. The MCAT Collection was created by the Khan Academy, with support from the AAMC and Robert Wood Johnson Foundation.</p> <p><a href="http://khanacademy.org/mcat">khanacademy.org/mcat</a></p>	 <p><b>The Official Guide to the MCAT® Exam, Fourth Edition + Online Practice Questions</b></p> <p>This guidebook is the first and only official comprehensive overview about the new MCAT exam. It includes 120 practice questions and solutions. These same questions are available for online practice.</p> <p><a href="http://aamc.org/officialmcatguide2015">aamc.org/officialmcatguide2015</a></p>	 <p><b>Official MCAT2015 Sample Test</b></p> <p>The first full-length test timed to simulate the actual exam with solutions, score reporting with number correct by section, and other new features to help you prepare.</p> <p><a href="http://aamc.org/mcat2015sampletest">aamc.org/mcat2015sampletest</a></p>	 <p><b>BIO</b> <b>CHEM</b> <b>PHYS</b></p> <p><b>Official MCAT Practice Question Sets</b></p> <p>Coming in early 2015, look for Official MCAT Practice Sets that cover targeted discipline content areas, such as Biology, Physics, and more. These sets will provide specific content practice for the MCAT2015 exam.</p>	 <p><b>Coming in Fall 2015...</b></p> <p>Look for the Official MCAT® Practice Test #1 written by MCAT test developers and tested by MCAT examinees. The test will provide features and scoring to ensure you are ready for exam day!</p>

What if I need accommodations?

<https://www.aamc.org/students/applying/mcat/accommodations/>










Extended time over two days will be offered

# MCAT<sup>2015</sup>

Test Section	Questions	Time
Examinee Agreement		8 minutes
Tutorial (Optional)		10 minutes
<b>Chemical and Physical Foundations of Biological Systems</b>	<b>59</b>	<b>95 minutes</b>
Break		10 minutes
<b>Critical Analysis and Reasoning Skills</b>	<b>53</b>	<b>90 minutes</b>
Mid-Exam Break		30 minutes
<b>Biological and Biochemical Foundations of Living Systems</b>	<b>59</b>	<b>95 minutes</b>
Break		10 minutes
<b>Psychological, Social, and Biological Foundations of Behavior</b>	<b>59</b>	<b>95 minutes</b>
Void Question		5 minutes
Satisfaction Survey (Optional)		5 minutes
<b>Total Content Time</b>		<b>6 hours, 15 minutes</b>
<b>Approximate "Seat" Time</b>		<b>7 hours, 30 minutes</b>

# MCAT<sup>2015</sup>

## The new score report

MCAT Score Report Exam taken on 05/30/2015				
Section	Score	Confidence Band <sup>1</sup>	Percentile Rank of Score <sup>2</sup>	Score Profile <sup>3</sup>
Chemical and Physical Foundations of Biological Systems	125	124  126	50%	
Critical Analysis and Reasoning Skills	127	126  128	75%	
Biological and Biochemical Foundations of Living Systems	130	129  131	97%	
Psychological, Social, and Biological Foundations of Behavior	124	123  125	45%	
MCAT Total Score	506	504  508	76%	

Notes:

<sup>1</sup>Test scores, like other measurements, are not perfectly precise. The confidence bands around test scores make the ranges in which the test-taker's true scores likely lie. The diamond shapes and shading indicate that the test taker's true score is more likely to be in the center of the confidence bands than at the ends.

<sup>2</sup>The percentile ranks of scores are the percentages of test-taker's who received the same score or lower scores.

<sup>3</sup>For the four sections, the score profile shows a test-taker's strengths and weaknesses.

[aamc.org/mcat](http://aamc.org/mcat)

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# Letters of Recommendation

- Typically 3-5 (minimum 3 → max 10)
- Recommended list (as per CMU HPP):
  - 1-2 science faculty
  - 1 humanities/social sciences faculty
  - 1 research letter
  - 1 volunteering/service/leadership letter
  - *1 clinician letter (MD, DO, DDS/DMD, Vet...)*
- Remember to ask for strong, supportive letters!
- Committee letter + LoRs = **ONE** committee letter
- Additional letters can be tailored to specific schools

# Letters of Recommendation

- Due to HPP office **at least 2 weeks before** committee meeting
- Should request about 1 - 2 months before due date
- Must be accompanied by a signed waiver form
- Provide recommender with:
  1. Résumé / CV
  2. Draft of personal statement (*if you have one*)
  3. Waiver form (*letter guidelines*)\*
  4. Any other materials letter writer requests
- <http://www.cmu.edu/hpp/apply-to-schools/lor/index.html>

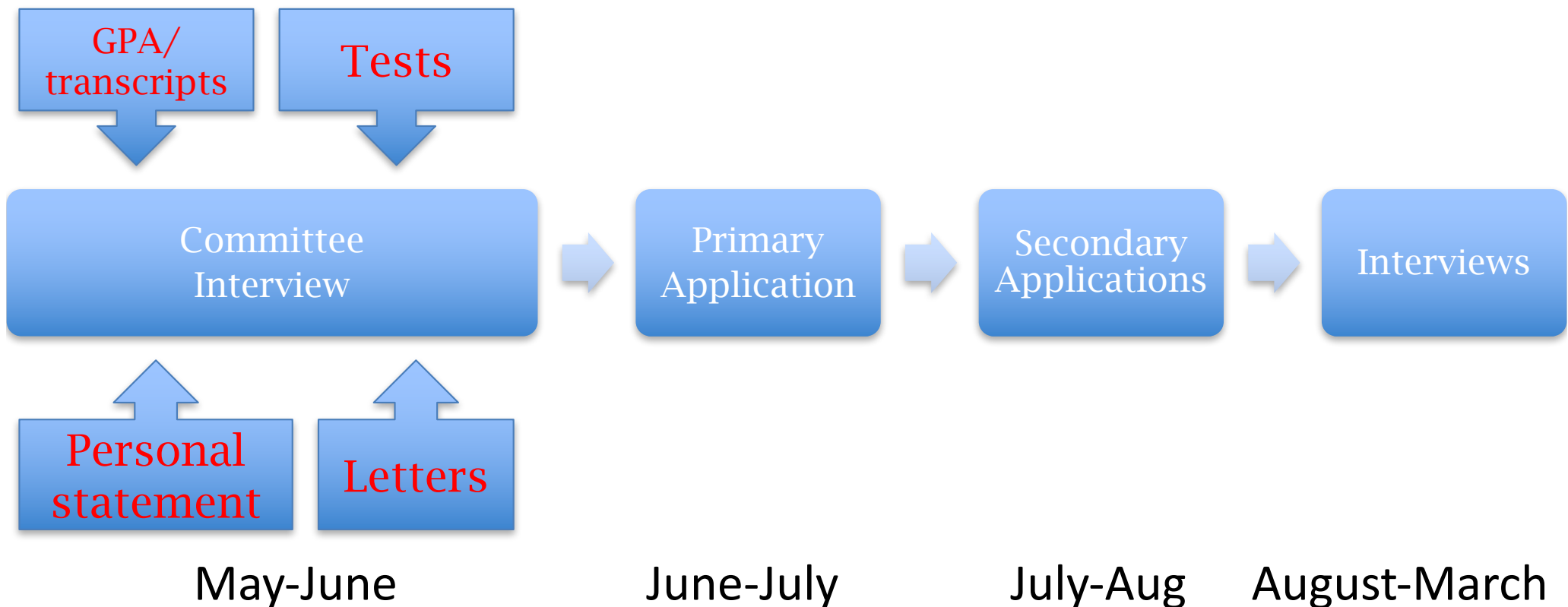
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# Elements of the (rolling) application



# The CMU committee process

- Consists of elements of various admissions interviews
- You and 3 interviewers
- 2 hour time slot: ~60-75 minute interview + ~15 minutes of feedback
- Video recorded and available to you
- Addresses “holes” in your application + offers insight
- Provides both evaluation and mentoring
- Generates committee letter that medical/dental schools prefer (*Vet schools do not ask for CL*)
- You will have one letter, a “Committee” letter. (author = Dr. Jason D’Antonio)
- Pre-Vets: enter individual LoRs

# The CMU committee process

## How to schedule:

- Late March – July (*late March/early April only if prepared*)
- Required materials:
  - All LoRs + signed waiver forms
  - All non-CMU transcripts (*unofficial OK*)
  - Personal Statement
  - HPP CV (*template provided*)
  - MCAT/DAT/GRE score report (*unofficial OK*)
- Invite a faculty member you feel will contribute to the interview
- Email [hpp-office@andrew.cmu.edu](mailto:hpp-office@andrew.cmu.edu) with the desired date and time, and name of faculty member to serve on your committee
- Wear what you would wear to a real interview
  - Conservative! I.e. cover tattoos, no piercings other than ears

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"I would prefer to just look at your resume."

# Personal Statements:

- AMCAS; TMDSAS; AACOMAS; VMCAS
- ADEA AADSAS  
[http://www.adea.org/dental\\_education\\_pathways/aadsas/Applicants/Pages/PersonalStatement.aspx](http://www.adea.org/dental_education_pathways/aadsas/Applicants/Pages/PersonalStatement.aspx)
- How to write an effective personal statement:
  - <http://www.thedoctorjob.com/blog/>
  - Why you wish to become a clinician?
  - How you handle difficult decisions/challenging situations?
  - Personal experiences that shaped you
  - Your personal philosophy and goals
  - It should be well written and interesting to read
  - There must be NO errors!

## Personal Statements:

- **AMCAS:** 5,300 characters (*includes spaces & returns*)
- **AADSAS & AACOMAS:** 4,500 characters (*including spaces, etc.*)
- **VMCAS:** 5,000 characters (*including spaces*)
- Prepare before writing: reflect on significant experiences that shaped your path toward pursuing a career in healthcare
- Allows you to promote yourself beyond the numbers
  - Highlight personal attributes: creativity, communication skills, problem solving, team work, critical thinking, cultural exposure...
- Make a case for you as a qualified applicant worthy of an interview at all schools where you are applying
- Address “fit” in secondary applications and interviews

## Personal Statements: do's

- Prepare before writing (*self exploration and reflection!*)
- Consider your audience, but write what you want
- Be positive about the career
- Give a sense of your personality, priorities and interests → distinguish you from the rest of the applicants
- Use a few illustrative points
- If you begin with a thesis, refer back to it in your closing

# Personal Statements: don'ts

- Do NOT plagiarize!
- Avoid:
  - being too creative
  - controversial topics
  - trying to sound too perfect
  - redundancy
  - exotic vocabulary
  - preaching to doctors about doctors
  - using “I” too much
  - Starting with “I have always wanted to be a doctor since I was two.”
- It is NOT a prose résumé → save this info for your list of 15 experiences on the primary application





## Personal Statements: revision

- Revise and check for errors/misspelled words?
  - Have a friend read it to you out loud
  - Use specifics to illustrate your PS rather than general statements
  - Check formatting / correctness once you have pasted into the web form!
- 
- Career Center or Global Communication Center at CMU
  - Set up an appointment and we can review the statement together
  - *Supplemental support - TBD*

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## School selection

- MSAR (Medical School Admissions Requirements)
  - <https://www.aamc.org/students/applying/requirements/msar/>
  - Selection factors such as MCAT and GPA data
  - Medical school class profiles, application procedures and deadlines
  - Costs, AVG indebtedness, financial aid...
  - M.D./Ph.D. and other combined degrees
- Osteopathic: <http://www.aacom.org/about/colleges/Pages/default.aspx>
- Dental: [http://www.adea.org/dental\\_education\\_pathways/aadsas/Pages/PDS.aspx](http://www.adea.org/dental_education_pathways/aadsas/Pages/PDS.aspx)
- Veterinary: [http://aavmc.org/College-Specific-Requirements/College-Specific-Requirements\\_College-Specifications.aspx](http://aavmc.org/College-Specific-Requirements/College-Specific-Requirements_College-Specifications.aspx)
- Individual school websites → most updated admissions info
- Geography; cost; reputation; research; primary care; family...

# School selection: what criteria matter?

- Location (*cost of living*)
- Residency
- Public or Private
- Teaching / grading style
- Mission
- Cost
- Citizenship
- Hospital network
- Primary care focused
- Research focused
- Ranking

TUITION & FEES & INS.	Low	High	Median
<b>Public</b>			
Resident	\$0	\$51,774	\$36,427
NonResident	\$0	\$91,421	\$36,427
<b>Private</b>			
Resident	\$23,523	\$64,919	\$57,472
NonResident	\$36,623	\$66,656	\$57,472

- **Dental** – on avg are more \$\$\$
- **Vet** – very expensive so apply in-state

# School selection: how many?

- The right number depends on you!
- **Med school:** 1° App is \$160 for 1 school + \$38 for each additional
  - Secondary applications are typically \$25 - \$100 (assume \$50/secondary)
    - 15 schools = \$1443 total (not considering travel to interviews)
    - 25 schools = \$2323
- You should apply to schools where you WANT to attend!
  - Reach schools (*beware of filter!*)
  - Schools where you are a good match for the typical student
  - Schools where you would be a highly desirable applicant

# School selection: how many?

## Dental school:

- DAT = \$385
- \$245 for 1<sup>st</sup> school
- \$98 each add'l school
- 3 schools: \$441
- 5 schools: \$637
- 10 schools: \$1127
- 15 schools: \$1617
- 20 schools: \$2107

VMCAS 2016 Fees			
# of Designations	2016 Fee	# of Designations	2016 Fee
1	\$ 195	21	\$ 2,195
2	\$ 295	22	\$ 2,295
3	\$ 395	23	\$ 2,395
4	\$ 495	24	\$ 2,495
5	\$ 595	25	\$ 2,595
6	\$ 695	26	\$ 2,695
7	\$ 795	27	\$ 2,795
8	\$ 895	28	\$ 2,895
9	\$ 995	29	\$ 2,995
10	\$ 1,095	30	\$ 3,095
11	\$ 1,195	31	\$ 3,195
12	\$ 1,295	32	\$ 3,295
13	\$ 1,395	33	\$ 3,395
14	\$ 1,495	34	\$ 3,495
15	\$ 1,595	35	\$ 3,595
16	\$ 1,695	36	\$ 3,695
17	\$ 1,795	37	\$ 3,795
18	\$ 1,895	38	\$ 3,895
19	\$ 1,995	39	\$ 3,995
20	\$ 2,095		

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"I've been here for 30 years.  
I've forgotten what my exact role is, but I do  
finally know how to fill out all the forms."

# Application Services: read these sites carefully & apply **EARLY!**

- AMCAS <https://www.aamc.org/students/applying/amcas/>
- TMDSAS <http://www.utsystem.edu/tmdsas/>
- AACOMAS <https://aacomas.aacom.org/>
- AADSAS  
[http://www.adea.org/dental\\_education\\_pathways/aadsas/Applicants/Pages/default.aspx](http://www.adea.org/dental_education_pathways/aadsas/Applicants/Pages/default.aspx)
- VMCAS <http://www.aavmc.org/Students-Applicants-and-Advisors/Veterinary-Medical-College-Application-Service.aspx>



# Applying to Vet school

- Mid-May VMCAS opens (closes mid Sept).
  - e-submit VMCAS application + fee
  - Have 3-6 electronic LoR sent to VMCAS (*no CL needed*)
  - Send ALL transcripts to VMCAS
- VMCAS places completed apps in queue for verification.
  - Once verified, apps are sent to schools
- Send GRE scores directly to schools, not VMCAS.
  - (VCAT no longer administered & not req'd by any schools)
- Visit website for each school to obtain special instructions and supplemental app info.

# The VMCAS Fee Reimbursement Program

- Program opens early June, when cycle opens.
- Reimbursements are granted to financially disadvantaged applicants on a first-come, first-serve basis, and the program will close once the allotted funds are exhausted.
- VMCAS will decide if you qualify for a reimbursement based on your income, or your parent's income if you are claimed as a dependent, as reported on the most recent Federal Income Tax Return.

# Applying to Dental school

- **Obtain DENTPIN** → needed for DAT and to apply
- **June 1st:** online AADSAS application system opens
  - Applicants enter personal and academic information
  - Official transcripts must be submitted to ADEA AADSAS (via the HUB)
  - LoR: 4 max (or CL + 1) - Indicate author(s) of LoR (Dr.D if committee letter)
- **Late June:** AADSAS begins transmitting verified primary apps
  - AADASA verifies all documents, imports DAT, processes final application
- **Schools receive primary application**
  - Review complete applications, match to supplemental material, and schedule interviews
  - Review each school for app deadline

# AADSAS Application

## Opens June 1, 2017

### **Sections of the application:**

1. Fee Assistance Program (optional)
2. Applicant information
3. Education
4. Professional experience
5. Personal statement
6. Evaluators
7. Release statements
8. Dental school designations

### **Documents to submit:**

- Official transcripts from every postsecondary institution attended
- Letters of evaluation (Committee Letter)
  - LoR: 4 max. CL counts as 3 letters so you can add 1 additional individual letter

# The ADEA Fee Assistance Program

- [http://www.adea.org/GoDental/Application\\_Prep/The\\_Application\\_to\\_Dental\\_School\\_ADEA\\_AADSAS/Fee\\_Assistance\\_Program.aspx](http://www.adea.org/GoDental/Application_Prep/The_Application_to_Dental_School_ADEA_AADSAS/Fee_Assistance_Program.aspx)
- Applicants who qualify for Fee Assistance will receive a \$441 fee waiver (covers first three AADSAS dental school designations)
  - Must apply for FAP and get approval before e-submitting application

# Applying to Medical school

- **Early May:** online AMCAS & AACOMAS application systems opens
  - Applicants start entering personal and academic information
- **Early June:** can submit primary application → verification queue
  - Produce transcript request form → the Hub (hold for spring 2015 grades)
  - Produce ONE letter request form (*committee letter*) w/ my name & contact info. Give to May Simaan in HPP office. (Bar code and ID #)
- **Late June:** AMCAS begins transmitting verified primary apps
  - AMCAS sends application to schools
  - MCAT scores auto-sent to schools and HPP sends CL
- **Schools send secondary applications → complete ASAP!**
  - (1° App + transcripts + CL + 2° App + MCAT) required for application review

# AMCAS Primary Application

The screenshot displays the AMCAS Primary Application interface. At the top, the header includes the American Medical College Application Service (AMCAS) logo and the AAMC logo. A green navigation bar contains the 'MAIN MENU' button (callout 1), 'Help', 'Contact Us', and 'Log Off' links. Below the header, a yellow bar shows the '2016 Application' status (callout 2) and the user's name 'Gerri Thompson (Staging)' with AAMC ID: 21039323. A horizontal menu bar (callout 3) lists the application sections: 1. Identifying Information, 2. Schools Attended, 3. Biographic Information, 4. Course Work, 5. Work/Activities, 6. Letters of Evaluation, 7. Medical Schools, 8. Essay(s), and 9. Standardized Tests. The main content area is divided into three columns. The left column (callout 4) shows 'ACCOUNT INFO' for Gerri Thompson, including the AAMC ID and application status 'Submitted to AMCAS - Waiting for Transcripts Details'. The middle column (callout 5) lists 'Application Sections' with links to each section, all marked as 'Completed'. The right column (callout 6) contains buttons for 'Submit Application', 'Update Application', 'Print Application', 'Print Transcript Request Form', 'Print Letter Request Forms', 'Academic Change Request', 'Edit Password', and 'Withdraw Application'. A confirmation message on the right states 'Application Submitted: MARCH 11, 2015 03:08:40 PM ET'. The footer includes 'Contact Us', '© 1995-2015 AAMC', 'Terms and Conditions', and 'Privacy Statement'.

1. MAIN MENU

2. 2016 Application

3. 1. Identifying Information 2. Schools Attended 3. Biographic Information 4. Course Work 5. Work/Activities 6. Letters of Evaluation 7. Medical Schools 8. Essay(s) 9. Standardized Tests

4. ACCOUNT INFO  
Applicant: Gerri Thompson  
AAMC ID: 21039323  
Application Status: Submitted to AMCAS - Waiting for Transcripts Details  
Transcript and Letter Receipt Information: Details

5. Application Sections  
1. Identifying Information Completed  
2. Schools Attended Completed  
3. Biographic Information Completed  
4. Course Work Completed  
5. Work/Activities Completed  
6. Letters of Evaluation Completed  
7. Medical Schools Completed  
8. Essay(s) Completed  
9. Standardized Tests Completed

6. Submit Application  
Update Application  
Print Application  
Print Transcript Request Form  
Print Letter Request Forms  
Academic Change Request  
Edit Password  
Withdraw Application

Application Submitted: MARCH 11, 2015 03:08:40 PM ET

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# The AAMC Fee Assistance Program

<https://www.aamc.org/students/applying/fap/>

- MUST apply & get FAP approval before using \$ → MCAT, apps, resources.
- Can apply & receive up to **5** times.
- Benefits last **2** years, but you can only use FAP **once** in that 2 year period.

## Benefits:

- Reduced MCAT registration (\$310→ \$120) and prep resources fees
- Free copy of the book The Official Guide to the MCAT® Exam (\$35 value)
- Complimentary access to MSAR online (\$50 value)
- Waiver for AMCAS 1° app fees for up to 15 medical schools (\$678 value)
  - Many 2° app fees reduced or waived



# Outline

- Evaluating the strength of your application
- MCAT
- Letters of recommendation
- CMU committee process
- Personal Statements
- School Selection
- Application services
- **Secondary apps**
- Interviews



# Secondary apps

- Sent after schools receive verified 1<sup>o</sup> app
- MUST be well written; no errors; return w/in 7-12 days
- **Vet schools:** visit website for each school to obtain special instructions and supplemental app info.
- **Dental & Medical schools:** will send applicants 2<sup>o</sup> apps
  - Most ask for additional money
  - Many require additional essays (vary in # and length)
  - Challenge essay
  - Diversity essay
  - Why their school

# Outline

- Evaluating the strength of your application
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- **Interviews**



# Interviews: what to wear?

## Women

- Suit (skirt or pants)
- Pantyhose or stockings
- Button down shirt / blouse
- Closed toes, short heels
- Appropriate makeup & jewelry
- Minimal or no perfume
- Professional bag & coat
- Notepad

## Men

- Suit and tie (*know how to tie*)
- Dress shoes
- Conservative colors
- Well groomed
- Minimal or no cologne
- Notepad

- Cover tattoos
- No piercings other than ear

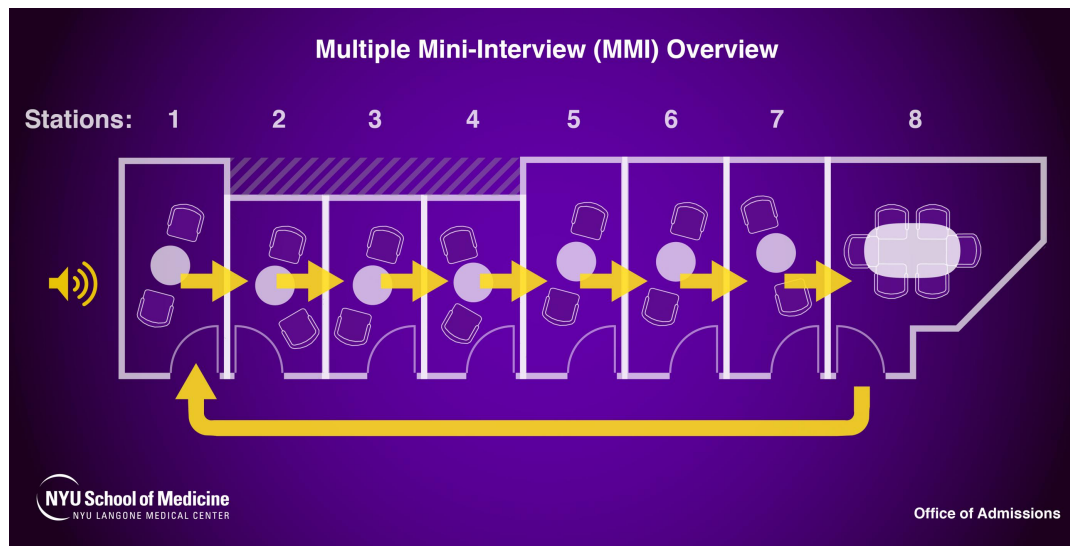
## Interviews

- What is the purpose of the interview?
  1. Compare person to writing
  2. Explore communication skills
  3. Marketing the school
  4. Maturity and motivation
  5. Test your grace under pressure
  6. Assess your professionalism

# Interviews

- Interview styles

1. One on one
2. Panel
3. Blind - interviewer is “blinded” from your application
4. Partial blind - interviewer has seen only part of your application
5. Multiple mini interviews (MMI) – see [NYU website](#)



# Interviews: preparation

- HPP Committee Interview
- Career center
- Faculty
- Fellow classmates/alumni who have interviewed
- Research, athletic, service, clinical, academic mentors
  - Prepare to discuss things you have worked on (projects, research, service, athletics, etc.)

## Interviews: follow-up

- Write thank you notes immediately following interview.
  - Email is easy and fast, postal mail is fine.
- Send follow up information as it is available (e.g. after summer / fall grades) unless schools ask you not to.
- Consider writing “letters of interest” and “letter of intent” when appropriate, but not too soon.
  - Letters of intent may be considered legally binding.
  - Both allow you to provide updates on your activities.
  - MUST discuss why you want to attend that school.



# Stay tuned...

## **April HPP Application Panel Discussion**

- Students intending to apply this June will be able to speak directly with students who have successfully been accepted in the current application cycle.
- This provides a chance to ask question to those who have just completed the entire application process, including interviews, waitlist management and acceptances...
- Announcement will be coming out in mid March.

# How to reach the HPP office

- Doherty Hall 1324
- Email:
  - Scheduling/general questions: [hpp-office@andrew.cmu.edu](mailto:hpp-office@andrew.cmu.edu)
  - Jason D'Antonio: [dantonio@andrew.cmu.edu](mailto:dantonio@andrew.cmu.edu)
  - May Simaan: [simaan@andrew.cmu.edu](mailto:simaan@andrew.cmu.edu)
- Phone: (412) 268-8494
- URL: <http://www.cmu.edu/hpp/>