Application Seminar:
Feb 14 & 19, 2019

Jason D'Antonio
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412-268-8494

AAMC Data

2015-2016:

- Total applicants to med school   **52,549**

- First time applicants   **38,387**

- Total # of matriculants   **20,627**

2016-2017:

- Total applicants to med school   **53,042**

- First time applicants   **38,773**

- Total # of matriculants   **21,025**

AAMC Data

2017-2018:

- Total applicants to med school   **51,680 (*dec*)**

- First time applicants   **37,364 (*dec*)**

- Total # of matriculants   **21,338 (*inc*)**

2018-2019:

- Total applicants to med school   **52,777**

- First time applicants   **38,483**

- Total # of matriculants   **21,622 (*inc*)**

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AAMC Data

2018 Cycle (2018-2019):

- Total applications   **849,678**

- Total applicants to med school   **52,777**

- First time applicants   **38,483**

- Total # of matriculants   **21,622**

- *This tells us that each applicant applies to 16 schools on avg*

- *CMU applicants apply to 24 schools on avg*

AAMC Data: 2017 & 2018 cycles

Table A-16: MCAT Scores and GPAs for Applicants and Matriculants to U.S. Medical Schools, 2017-2018 through 2018-2019

AAMC

The table below displays MCAT scores and GPAs for applicants and matriculants from 2017-2018 through 2018-2019 by mean or median and standard deviation (SD). Please email datarequest@aamc.org if you need further assistance or have additional inquiries.

Applicants		2017-2018	2018-2019
MCAT CPBS	**Mean**	126.2	126.3
	SD	2.8	2.7
MCAT CARS	**Mean**	125.7	125.9
	SD	2.7	2.7
MCAT BBLS	**Mean**	126.4	126.6
	SD	2.8	2.7
MCAT PSBB	**Mean**	126.5	126.8
	SD	2.8	2.7
Total MCAT	**Mean**	504.7	505.6
	SD	9.4	9.3
GPA Science	**Mean**	3.45	3.47
	SD	0.43	0.43
GPA Non-Science	**Mean**	3.7	3.71
	SD	0.29	0.28
GPA Total	**Mean**	3.56	3.57
	SD	0.34	0.34
Total Applicants		**51,680**	**52,777**

CMU MCAT total avg = 511

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Table A-7.2: Applicants, First-Time Applicants, Acceptees, and Matriculants to U.S. Medical Schools by Sex, 2009-2010 through 2018-2019

AAMC

The table below displays applicants, first-time applicants, acceptees, and matriculants from 2009-2010 through 2018-2019. Please email datarequest@aamc.org if you need further assistance or have additional inquiries.

Applicants, First-Time Applicants, Acceptees, and Matriculants			2009-2010	2010-2011	2011-2012	2012-2013	2013-2014	2014-2015	2015-2016	2016-2017	2017-2018	2018-2019	% Change from 2017-2018 to 2018-2019
Applicants	Men	Number	22,013	22,533	23,135	24,338	25,760	26,455	27,927	27,250	26,058	25,875	-0.7
		Percent	52.1	52.7	52.7	53.8	53.7	53.5	53.1	51.4	50.4	49.0	-1.4
	Women	Number	20,252	20,207	20,779	20,922	22,250	23,019	24,608	25,779	25,600	26,882	5.0
		Percent	47.9	47.3	47.3	46.2	46.3	46.5	46.8	48.6	49.5	50.9	1.4
	Total	Number	42,268	42,741	43,918	45,266	48,014	49,480	52,549	53,042	51,680	52,777	2.1
First-Time Applicants	Men	Number	15,815	16,352	16,671	17,776	18,643	19,031	19,688	19,091	18,072	18,220	0.8
		Percent	51.0	51.5	51.2	52.7	52.3	52.0	51.3	49.2	48.4	47.3	-1.1
	Women	Number	15,183	15,413	15,912	15,929	17,022	17,588	18,697	19,682	19,272	20,247	5.1
		Percent	49.0	48.5	48.8	47.3	47.7	48.0	48.7	50.8	51.6	52.6	1.0
	Total	Number	31,001	31,766	32,586	33,711	35,668	36,625	38,396	38,782	37,364	38,483	3.0
Acceptees	Men	Number	10,067	10,404	10,681	10,964	11,093	11,161	11,271	11,091	10,966	10,864	-0.9
		Percent	52.1	53.0	52.9	53.5	52.6	52.3	52.1	50.3	49.2	48.3	-0.9
	Women	Number	9,264	9,237	9,494	9,514	9,977	10,194	10,372	10,940	11,287	11,611	2.9
		Percent	47.9	47.0	47.1	46.5	47.4	47.7	47.9	49.6	50.7	51.6	0.9
	Total	Number	19,331	19,641	20,175	20,479	21,070	21,355	21,647	22,036	22,266	22,483	1.0
Matriculants	Men	Number	9,573	9,909	10,193	10,453	10,588	10,625	10,766	10,551	10,516	10,454	-0.6
		Percent	52.1	53.1	53.0	53.6	52.8	52.2	52.2	50.2	49.3	48.3	-1.0
	Women	Number	8,817	8,756	9,036	9,064	9,467	9,718	9,861	10,474	10,810	11,160	3.2
		Percent	47.9	46.9	47.0	46.4	47.2	47.8	47.8	49.8	50.7	51.6	0.9
	Total	Number	18,390	18,665	19,229	19,517	20,055	20,343	20,631	21,030	21,338	21,622	1.3

Note: Applicants, acceptees, and matriculants who declined to report sex are not reflected. Therefore, the sum of the Women and Men counts may not equal the total.

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.

Each academic year includes applicants and matriculants that applied to enter medical school in the fall of the given year. For example, academic year 2018-2019 represents the applicants and matriculants that applied to enter medical school during the 2018 application cycle.

Source: AAMC 11/9/2018

Outline

- Evaluating the strength of your application

- MCAT / DAT

- Letters of recommendation

- CMU committee process

- Personal Statements

- School Selection

- Application services

- Secondary apps

- Interviews

- CMU Mentor Program

Outline

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

Why become a clinician?

- Do I like helping people?

- Am I willing to dedicate the better part of my life to patient care?

- Am I willing to make certain sacrifices?

- Am I even aware of what I am getting myself into?

- What do current clinicians say about health care?

- Am I the driving force behind my decision?

- What if I don't get accepted? Plan B?

What makes a great clinician?

compassion

dedication

empathy

maturity

commitment

capacity to improve

trustworthiness

ability to take criticism

knowledge of
scientific method

creativity

approachability

honesty

ability to take make decisions

integrity

See AAMC Core Competencies list

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AAMC Competencies

Thinking & Reasoning:

- **Critical Thinking**

- **Quantitative Reasoning**

- **Scientific Inquiry**

- **Written Communication**

Science:

- **Living Systems**

- **Human Behavior**

Interpersonal skills:

- **Service Orientation**

- **Social Skills**

- **Cultural Competence**

- **Teamwork**

- **Oral Communication**

Intrapersonal Skills:

- Ethical Responsibility to Self and Others

- Reliability and Dependability

- Resilience and Adaptability

- Capacity for Improvement

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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 vs. Title IX

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When should I apply?

- Am I ready?
  - Physically
  - Emotionally
  - Psychologically

- If I take a gap 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/americorps

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Outline

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2019 Schedule for the
Medical College Admission Test® (MCAT®)*

AAMC
| Medical College Admission Test

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

FEB
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

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

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

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

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

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

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

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

MCAT Admin	Score Release
January 18	February 20
January 19	February 20
January 24	February 26
March 15	April 16
March 29	May 1
April 5	May 7
April 6	May 7
April 13	May 14
May 11	June 11
May 18	June 18
May 23	June 25
May 24	June 25
May 31	July 2
June 1	July 2
June 15	July 16
June 28	July 30
June 29	July 30
July 10	August 13
July 13	August 13
July 19	August 20
July 20	August 20
August 2	September 4
August 3	September 4
August 9	September 10
August 17	September 17
August 30	October 1
August 31	October 1
September 6	October 8
September 13	October 15
September 14	October 15

*The above dates indicate the U.S. MCAT test dates.
For Canadian and international test dates, please visit students-residents.aamc.org/mcatregister.

Note: The MCAT exam is not offered in February or October-December 2019.

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

🐦 @AAMC_MCAT

MCAT® is a program of the
Association of American Medical Colleges

www.aamc.org/mcat

When to take the MCAT:

- Depends on when you want to apply

- **Goal**: take once and only once!

MCAT Policy Update

New attempt limits starting with the April 2015 exams
Voids and No-Shows still count as attempts

1 YEAR
- Up to 3 attempts in a testing year

2 YEARS
- Up to 4 attempts over 2 consecutive years

LIFETIME
- Up to 7 attempts in a lifetime

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Registering for the MCAT:

Scheduling Fees (in USD)

All deadlines are at 7:59 a.m. local test center time on the day of the deadline.					
Gold Zone Deadline: 29 days prior to exam date*		**Silver Zone Deadline:** 15 days prior to exam date*		**Bronze Zone Deadline** 8 days prior to exam date*	
Initial Registration	$315	Initial Registration	$315	Initial Registration	$370
Date and/or Test Center Reschedule Fee**	$95	Date and/or Test Center Reschedule Fee**	$155	*No Reschedule Option*	N/A
Cancellation Refund	$155	*No Cancellation Refund*	N/A	*No Cancellation Refund*	N/A
International Fee**	$110	International Fee**	$110	International Fee**	$110

https://students-residents.aamc.org/applying-medical-school/article/2015-mcat-registration-fees/

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Registering for the MCAT: FAP

Fee Assistance Program Fees

All deadlines are at 7:59 a.m. local test center time on the day of the deadline.					
Gold Zone Deadline: 29 days prior to exam date*		**Silver Zone Deadline:** 15 days prior to exam date*		**Bronze Zone Deadline** 8 days prior to exam date*	
Fee Assistance Registration	$125	Fee Assistance Registration	$125	Fee Assistance Registration	$180
Fee Assistance Reschedule**	$50	Fee Assistance Reschedule**	$70	*No* Fee Assistance *Reschedule Option*	*N/A*
Fee Assistance Cancellation Refund	$60	*No* Fee Assistance *Cancellation Refund*	*N/A*	*No Fee Assistance Cancellation Refund*	*N/A*
Fee Assistance International Fee**	$110	Fee Assistance International Fee**	$110	Fee Assistance International Fee**	$110

https://students-residents.aamc.org/applying-medical-school/article/2015-mcat-registration-fees/

MCAT

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 <u>behavioral</u> & <u>sociocultural</u> factors in health & disease

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MCAT - how to prepare

- https://students-residents.aamc.org/applying-medical-school/article/study-mcat-exam/
  - AAMC
  - Khan Academy
  - Princeton Review, Kaplan, Exam Krackers…

- What if I need accommodations?
  - https://www.aamc.org/students/applying/mcat/accommodations/
  - Extended time over two days will be offered

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MCAT

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

MCAT Score Report

AAMC

Name: Tom Jones
Exam Date: 04/18/2015

AAMC ID: 20001856
Date of Birth: 01/07/1970

Section	Score	Confidence Band [1]	Percentile Rank of Score [2]	Score Profile [3]
Chemical and Physical Foundations of Biological Systems	124	123 ◇ 125	44%	118 — 125 — 132
Critical Analysis and Reasoning Skills	123	122 ◇ 124	36%	118 — 125 — 132
Biological and Biochemical Foundations of Living Systems	127	126 ◇ 128	75%	118 — 125 — 132
Psychological, Social, and Biological Foundations of Behavior	127	126 ◇ 128	75%	118 — 125 — 132
MCAT Total	501	499 ◇ 503	54%	

Notes

[1]Test scores, like other measurements, are not perfectly precise. The confidence bands around test scores mark the ranges in which the test taker's true scores probably lie. The diamond shapes and shading show that the test taker's true scores are more likely to be their reported scores (in the second column) than the other scores in the confidence bands.

[2]The percentile ranks of scores are the percentages of test takers who received the same scores or lower scores. The percentile ranks are updated on May 1 every year to reflect the results from previous calendar year(s).

[3]For the four sections, non-overlapping confidence bands show a test taker's likely strengths and weaknesses. Overlapping confidence bands suggest that there are not meaningful differences in performance between sections.

DAT

Dental Admission Test	
Optional Tutorial	15 minutes
Survey of Natural Sciences	90 minutes
Perceptual Ability Test	60 minutes
Optional scheduled break	15 minutes
Reading Comprehension Test	60 minutes
Quantitative Reasoning Test	45 minutes
Optional Post Test Survey	15 minutes
Total	5 hours

- DAT scores based on # of correct responses – not penalized for guessing!

- DAT results are reported in terms of scale scores. The scale scores are neither raw scores (number correct) nor percentiles. Allows for more accurate comparison between test takers.

- Unofficial scores generated at test center. Official reported 3-4 weeks later.

- CANNOT void score at time of taking. (MCAT can be voided)

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DAT

- Scores:
  - **Science** = raw scores each in biology, general chemistry, and organic chemistry

  - **Academic AVG** = rounded average of the standard scores from the reading comprehension (RC), quantitative reasoning (QR), biology (BIO), general chemistry (CHM), and organic chemistry (ORG) tests

DAT
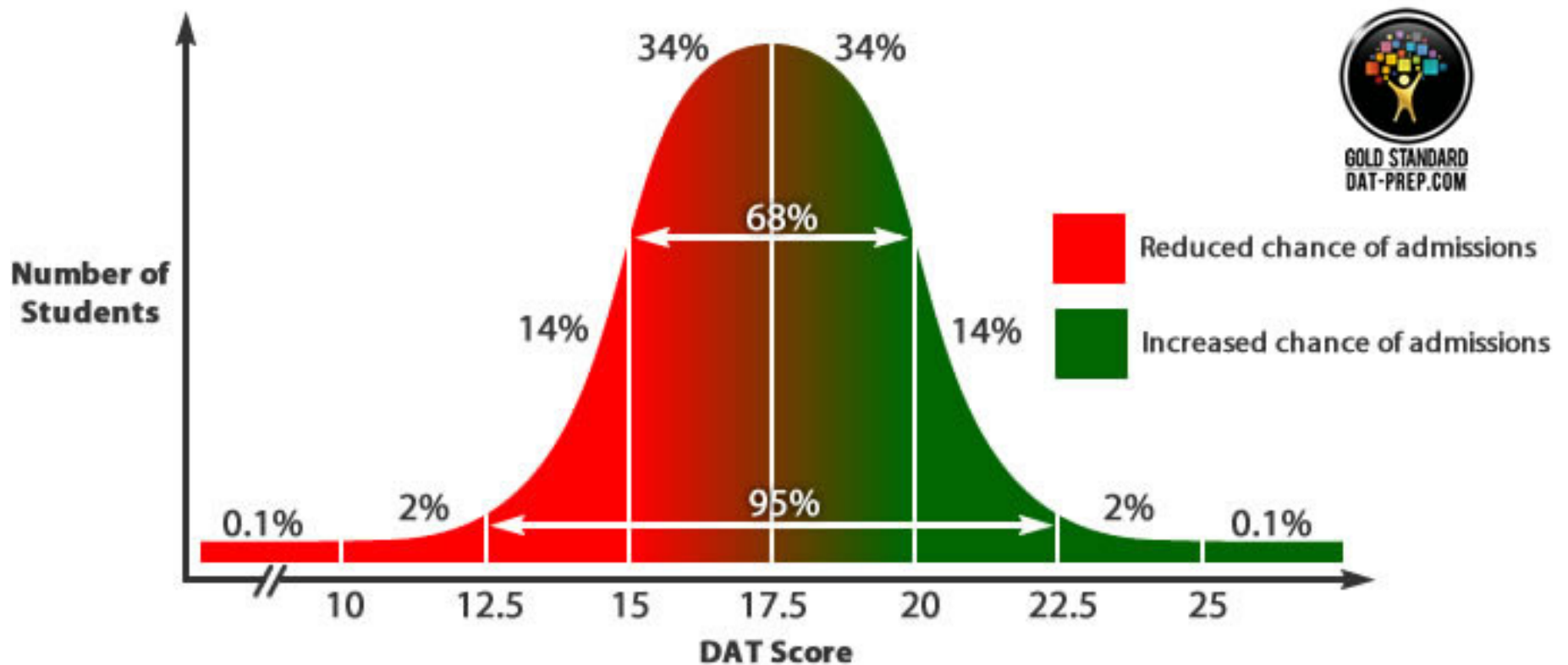
Figure 1: Typical Overall DAT Score Distribution (Approx.); No. of Test Administrations Annually = 13 000 (Approx.)

Outline

- Evaluating the strength of your application

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- **Letters of recommendation**

- CMU committee process

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Letters of Recommendation

- Med: Typically 4-6 (minimum 3 → max 10)
- Dental: 3-4
- Recommended list (as per CMU HPP):
  - 1-2 science faculty
  - 1 non-science faculty
  - 1 research
  - 1 volunteering/service/leadership
- Additional letters
  - *Athletic coach*
  - *Clinician letter (MD, **DO, DDS/DMD, Vet**...) - DO letter req'd for DO schools*

- Remember to ask for strong, supportive letters!
- Committee letter + LoRs = **ONE** letter in application
- Additional letters can be tailored to specific schools

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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. Waiver form
  2. CV/Resume (*optional*)
  3. Draft of personal statement (*if you have one*)

- http://www.cmu.edu/hpp/apply-to-schools/lor/index.html

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Waiver Form

Carnegie Mellon University
Health Professions Program

Name of Recommender: _____

To Be Completed by Applicant:

Applicant's Name: _____ Andrew ID: _____

Applying to:

Allopathic (MD) ____ Osteopathic (DO) ____ Podiatry ____ MD/Ph.D. ____ Other (specify) _____

I am requesting that a letter of evaluation concerning my qualifications for admittance to the health professional graduate program(s) indicated above. I understand that a candid evaluation is being sought and that a copy of the letter will be sent by the Health Professions Program of Carnegie Mellon University to the programs to which I am applying. I hereby authorize the above referenced Recommender and Carnegie Mellon University to disclose any information relating to my current or former status as a student, including but not limited to any information which may be deemed to be personally identifiable information from my student education records pursuant to the Family Educational Rights and Privacy Act (FERPA) of 1974 or which may otherwise be protected under applicable privacy laws.

RIGHT TO INSPECT LETTERS OF RECOMMENDATION

Under FERPA, you as an applicant have the right to review your educational records. FERPA further provides that you may waive your right to inspect recommendations. Please indicate whether you wish to waive this right by checking the appropriate box below and signing your name. If you do not select an option below, by default you hereby agree to waive your right of inspection.

☐ I **waive** my right to inspect any letters of evaluation or other information disclosed pursuant to this release.

☐ I **do not waive** my right to inspect any letters of evaluation or other information disclosed pursuant to this release.

Applicant's signature: _____ Date: _____

****

Evaluator:
- Please use a salutation such as "*Dear Members on the Admissions Committee*" in your letter.
- Print your letter on letterhead, if possible.
- Sign your letter, attach it to the first page of this form, and please send to:

  Health Professions Program
  5000 Forbes Avenue
  Doherty Hall – Room 1324
  Carnegie Mellon University
  Pittsburgh, Pennsylvania 15213-3890
  hpp-office@andrew.cmu.edu
  Tel.: 412-268-8494
  Fax: 412-268-5146

Waiver Form: for letter writer

- Provide an accurate assessment of the applicant's suitability for medical school rather than advocate for the applicant.

- Briefly explain your relationship with the applicant: How long have you known the applicant; in what capacity have you interacted; whether you are writing based on direct or indirect observations.

- Quality is more important than letter length: focus on the applicant.

- Only include information on grades, QPA or MCAT scores if you provide context to help interpret these measures. (Schools will see these #s in the application)

- Comparison information can be helpful. If you make comparisons, please provide context.

- Focus on behaviors that you have observed directly when describing an applicant's suitability for medical school. Contrasting strengths and weaknesses is welcomed.

AAMC Competencies

Thinking & Reasoning:

- **Critical Thinking**

- **Quantitative Reasoning**

- **Scientific Inquiry**

- **Written Communication**

Interpersonal skills:

- **Service Orientation**

- **Social Skills**

- **Cultural Competence**

- **Teamwork**

- **Oral Communication**

Science:

- **Living Systems**

- **Human Behavior**

Intrapersonal Skills:

- Ethical Responsibility to Self and Others

- Reliability and Dependability

- Resilience and Adaptability

- Capacity for Improvement

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Elements of the (rolling) application

GPA/ transcripts	Tests

Committee Interview → Primary Application → Secondary Applications → Interviews

Personal statement	Letters

May-June   June-July   July-Aug   August-March

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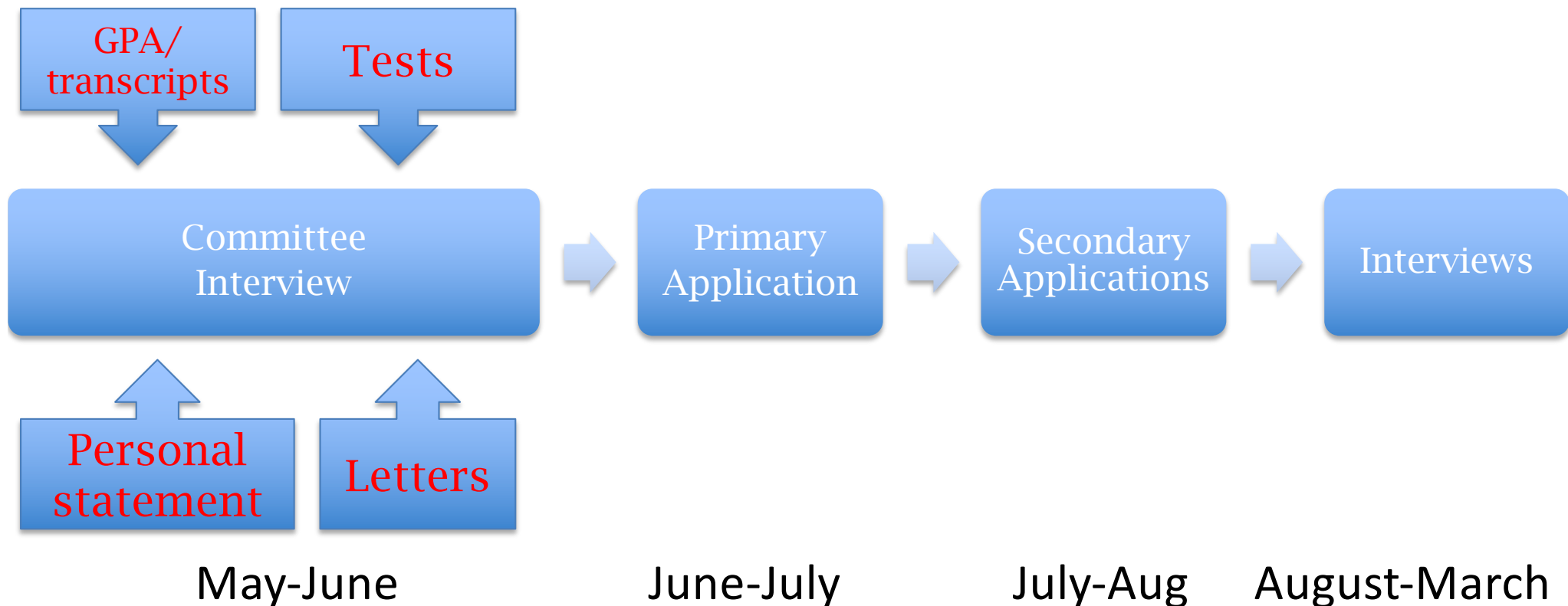
The CMU committee process

- 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/advice

- Provides both evaluation and mentoring

- Generates committee letter (Med & Dental)

  - *Pharmacy – some accept CLs so check with each schools about policy.*

  - *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

  - – PharmCAS email sent to each letter writer.

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The CMU committee process

How to schedule:

- April – July   (*early April only if prepared & have MCAT/DAT score*)

- Required materials:

    – All LoRs + signed waiver forms

    – All non-CMU transcripts (*unofficial OK*)

    – Personal Statement

    – HPP Application Packet (*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 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."

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Personal Statements:

- AMCAS; TMDSAS; AACOMAS; VMCAS; PharmCAS

- ADEA AADSAS
  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!

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Personal Statements:

- **AMCAS**: 5,300 characters (*includes spaces & returns*)
- **AADSAS**, **AACOMAS, PharmCAS**: 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

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Personal Statements: do's

- Prepare <u>before</u> 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 <u>few</u> illustrative points

- If you begin with a thesis, refer back to it in your closing

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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

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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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Outline

- Evaluating the strength of your application
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- Personal Statements
- **School Selection**
- Application services
- Secondary apps
- Interviews
- CMU Mentor Program

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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
- Veterinary: http://aavmc.org/College-Specific-Requirements/College-Specific-Requirements_College-Specifications.aspx
- Pharmacy: https://www.aacp.org/resources/school-locator

- 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 + Health Insurance	Low	High	Median
Public			
Resident	$0	$54,928	$38,119
NonResident	$0	$99,014	$64,147
Private			
Resident	$24,566	$68,574	$61,533
NonResident	$37,165	$69,224	$62,037

https://services.aamc.org/tsfreports/report_median.cfm?year_of_study=2015

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Dental school costs: UPitt

2018-19 DMD STUDENT BUDGETS

First Professional DMD Program

	FIRST YEAR	SECOND YEAR	THIRD YEAR	FOURTH YEAR	OUT OF STATE (OS)
Tuition	$47,752	$47,752	$47,752	$47,752	$56,028
Instrument/ IMS/ Fees	10,414	7,824	7,666	6,726	Same per class
University Fees	1,258	1,258	1,258	1,258	Same per class
DMD Professional Fees/Exams	0	380	2,100	440	Same per class
Health Insurance Fees	4,444	4,444	4,444	4,444	Same per class
Books, Supplies, and Materials	2,484	1,400	600	300	Same per class
Maximum Living Allowance	21,000	21,000	21,000	21,000	Same per class
Adjustment for Loan Fees	2,020	2,020	2,020	2,020	Same Per Class
Total PA	89,372	86,078	86,840	83,940	
Total OS	97,648	94,354	95,116	92,216	

All budgets are estimated and reflect a 12-month period. There is no separate budget for married students; an adjustment is permitted for students with dependent children.

Note that Instrument/IMS fees are not equally shared between terms. D1 is charged $8,679 fall, $1,735 spring; D2 $5,916 fall, $1,908 spring; D3 $4,489 fall, $3,177 spring; and D4 $3,626 fall, $3,100 spring.

Budgets are subject to change annually. Contact the School of Dental Medicine Financial Aid Office to obtain the most current information.

Vet school costs: Tufts

ESTIMATED Cost of Education/Standard Student Expense Budget								
2018-19	**V22** 9 Months		**V21** 9 Months		**V20** 10.5 Months		**V19** 10.5 Months	
DVM	Resident*	Non-Resident	Resident*	Non-Resident	Resident*	Non-Resident	Resident*	Non-Resident
TUITION	$ 51,116.00	$ 56,116.00	$ 51,116.00	$ 56,116.00	$ 51,116.00	$ 56,116.00	$ 51,116.00	$ 56,116.00
HEALTH INSURANCE**	$ 5,076.00	$ 5,076.00	$ 5,076.00	$ 5,076.00	$ 5,076.00	$ 5,076.00	$ 5,076.00	$ 5,076.00
HEALTH SERVICES ADMINISTRATION FEE	$ 244.00	$ 244.00	$ 244.00	$ 244.00	$ 244.00	$ 244.00	$ 244.00	$ 244.00
STUDENT ACTIVITY FEE	$ 50.00	$ 50.00	$ 50.00	$ 50.00	$ 50.00	$ 50.00	$ 50.00	$ 50.00
TECHNOLOGY FEE	$ 150.00	$ 150.00	$ 150.00	$ 150.00	$ 150.00	$ 150.00	$ -	$ -
BOOKS, SUPPLIES	$ 800.00	$ 800.00	$ 800.00	$ 800.00	$ 800.00	$ 800.00	$ 200.00	$ 200.00
RENT, FOOD, UTILITIES, HOUSEHOLD SUPPLIES	$ 12,510.00	$ 12,510.00	$ 12,510.00	$ 12,510.00	$ 14,590.00	$ 14,590.00	$ 14,590.00	$ 14,590.00
MISCELLANEOUS	$ 3,760.00	$ 3,760.00	$ 3,760.00	$ 3,760.00	$ 4,390.00	$ 4,390.00	$ 4,390.00	$ 4,390.00
TOTAL DVM BUDGET	$ 73,706.00	$ 78,706.00	$ 73,706.00	$ 78,706.00	$ 76,416.00	$ 81,416.00	$ 75,666.00	$ 80,666.00

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Alternative Med school for US citizens

- UQ Ochsner Clinical School
  - https://education.ochsner.org/clined/uq-ochsner-clinical-school
  - Four year MD degree
    - first two years (pre-clinical) spent at UQ's Queensland campuses (Brisbane)
    - final two years (clinical) spent at UQ's Ochsner Clinical School (New Orleans)
  - Classes start in February!
    - December 2017: Applications Open
    - Winter 2018 - Fall 2018: Interviews
    - February 2019: UQ Ochsner Start Date
  - The Minimum Requirements to apply for February 2019 entry are:
    - MCAT score of 504 taken in one sitting
    - MCAT exam date of January 2017 onwards
    - B average
    - B.A. or B.S. degree earned since 2010 for the 2020 entering class

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UQ Ochsner Clinical School

- Interviews

    - Conducted February – October 2019 and space is limited.

    - To be eligible for an interview, you must meet the minimum MCAT and GPA score requirements for the 2020 Cohort.

    - Applicants may choose to interview via Skype or On-site at Ochsner Clinical School in New Orleans.

    - <u>Applicants must be a US citizen or permanent resident</u>.

    - MCAT scores must be earned since January 2017.

    - Bachelor degree or higher must be earned since 2010.

UQ Ochsner Clinical School

- About MedEdPath and Applying to the UQ Ochsner Program

  - MedEdPath is the US representative for The University of Queensland School of Medicine and handles all applications for the UQ Ochsner program.

  - There is no fee to apply.

  - Applications must be printed and mailed to the MedEdPath office in New York City. Download the application and watch the How to Apply video for details.

  - Electronic Transcripts as well as any questions regarding applications may be sent to applications@mededpath.org.

School selection: how many?

- The right number depends on you!

- **AMCAS**: 1° App is $170 for 1st school + $39 for each add'l
  - 2° applications are typically $25 - $100 (assume $50/ 2° app)
    - <u>15 schools </u>= $1466 total   <u>25 schools </u>= $2356   (*travel is extra*)

- **AACOMAS**: 1° App is $195 for 1st school + $45 for each add'l

- You should apply to schools where you <u>WANT</u> to attend!
  - Reach schools (*beware of filter!*)
  - Schools where you would be a highly desirable applicant
  - YOU MUST RESEARCH SCHOOLS TO IDENTIFY BEST FIT

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School selection: how many?

Dental school:

- DAT = $460

- $245 for 1st school
- $102 each add'l school

- 3 schools: $449
- 5 schools: $653
- 10 schools: $1163
- 15 schools: $1673
- 20 schools: $2183

# of Designations	2019 Fee	# of Designations	2019 Fee
1	$ 210	21	$ 2,410
2	$ 320	22	$ 2,520
3	$ 430	23	$ 2,630
4	$ 540	24	$ 2,740
5	$ 650	25	$ 2,850
6	$ 760	26	$ 2,960
7	$ 870	27	$ 3,070
8	$ 980	28	$ 3,180
9	$ 1,090	29	$ 3,290
10	$ 1,200	30	$ 3,400
11	$ 1,310	31	$ 3,510
12	$ 1,420	32	$ 3,620
13	$ 1,530	33	$ 3,730
14	$ 1,640	34	$ 3,840
15	$ 1,750	35	$ 3,950
16	$ 1,860	36	$ 4,060
17	$ 1,970	37	$ 4,170
18	$ 2,080	38	$ 4,280
19	$ 2,190	39	$ 4,390
20	$ 2,300		

VMCAS 2019 Fees

Posted: 3/09/2018

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School selection: how many?

PHARMCAS FEE SCHEDULE FOR THE 2018-2019 APPLICATION CYCLE

Number of PharmCAS Degree Program Designations	PharmCAS Fee Due
1	$175
2	$230
3	$285
4	$340
5	$395
6	$450
7	$505
8	$560
9	$615
10	$670
11 or more	Add $55.00 for each additional degree program

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Outline

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- **Application services**

- Secondary apps

- Interviews

- CMU Mentor Program

"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."

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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

- VMCAS http://www.aavmc.org/Students-Applicants-and-Advisors/Veterinary-Medical-College-Application-Service.aspx

- PharmCAS http://www.pharmcas.org/preparing-to-apply/application-process/

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Requesting Transcripts

- CMU Registrar's office now processes e-transcripts via Credential Solutions, and can be requested online.

- **AMCAS**: allows applicants to order directly from within AMCAS

- For other programs:
  - ➢ **Currently enrolled students**: log in via SIO
    https://s3.andrew.cmu.edu/sio/index.html

  - ➢ **Alumni**: order online via Credential Solutions (must be after 1990) https://www.credentials-inc.com/CGI-BIN/dvcgitp.pgm?ALUMTRO003242

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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.

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Applying to Dental school

- **Obtain DENTPIN** → needed for DAT and to apply

- **May-June**: complete AADSAS application
  - 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

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ADEA AADSAS Application
Important Dates

- **May 14, 2019**: 2019 AADSAS application <u>opens</u>

- **June 4, 2019**: 2019 AADSAS application goes live

- **August 14 - September 30, 2019**: Academic Update period (1st academic period)

- **December 4, 2019 - February 3, 2020**: Academic Update period (2nd academic period)

- **February 3, 2020**: 2019 ADEA AADSAS <u>closes</u>

- **February 15, 2020**: Last day to submit all official documents to ADEA AADSAS

AADSAS Application
MAY 14, 2019 – FEB 3, 2020

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

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The ADEA Fee Assistance Program

- 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 $449 fee waiver (covers first <u>three</u> AADSAS dental school designations)
  - $245 for 1st school, $102 each additional school
  - Must apply for FAP and get approval before e-submitting application
  - Once approved, applicant must submit AADSAS application within 14 calendar days to receive fee assistance

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Applying to Pharmacy School

- http://www.pharmcas.org/preparing-to-apply/application-process/
- **July**: PharmCAS application launches
- **September**: Early decision deadline
- **November**: 1st regular school deadline
- **December**: 2nd regular school deadline
- **December**: Fall Academic Update window (Dec – Feb)
  - Must send in fall transcripts
- **January**: 3rd regular school deadline
- **February**: 4th regular school deadline
- **March**: 5th regular school deadline
- **April**: Spring Academic Update window
  - Accepted applicants send in spring transcripts
- **June**: cycle closes

Pharmacy School: fee assistance

- http://www.pharmcas.org/preparing-to-apply/what-youll-need-to-apply/application-payment/

- "A limited number of PharmCAS application fee waivers are available. Waivers are granted to financially disadvantaged applicants on a first-come, first-serve basis. PharmCAS will decide if you qualify for a fee waiver 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."

  – Free for 1st school, $55 each additional school

  – Must apply for waiver and get approval before e-submitting application

  – Once approved, applicant must submit AADSAS application within 45 calendar days to receive fee assistance

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Applying to Medical school: 2020

- **Early May**: online AMCAS & AACOMAS application systems opens
  - Applicants start entering personal and academic information

- **Late May/Early June**: Submit primary application → verification queue
  - Produce transcript request form → the Hub (hold for spring 2018 grades)
  - Produce <u>ONE</u> 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 in July

- Schools send secondary applications → complete ASAP!
  - (1° App + transcripts + CL + 2° App + MCAT) required for application review

AMCAS Primary Application

The AAMC Fee Assistance Program

https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/fee-assistance-program/

- 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 ($315→ $125) and prep resources fees
- Free copy of the book The Official Guide to the MCAT® Exam ($35 value)
- Complimentary access to MSAR online ($54 value)
- Waiver for AMCAS 1° app fees for up to 15 medical schools ($716 value)
  - Many 2° app fees reduced or waived

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- **Secondary apps**

- Interviews

- CMU Mentor Program

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Secondary apps

- Sent after schools receive verified 1° app

- MUST be well written; no errors; return w/in 7-21 days

- **Vet & PharmD schools**: visit website for each school to obtain special instructions and supplemental app info.

- **Dental & Medical schools**: will send 2° apps to applicants
  - Most ask for additional money
  - Many require additional essays (vary in # and length)
  - Challenge essay
  - Diversity essay
  - Why our school

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INTERVIEW

1 DRESS APPROPRIATELY
2 ARRIVE IN GOOD TIME
3 BODY LANGUAGE
4 EXPECT THE UNEXPECTED
5 ASK QUESTIONS

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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

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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

  7. Assess fit for program

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*

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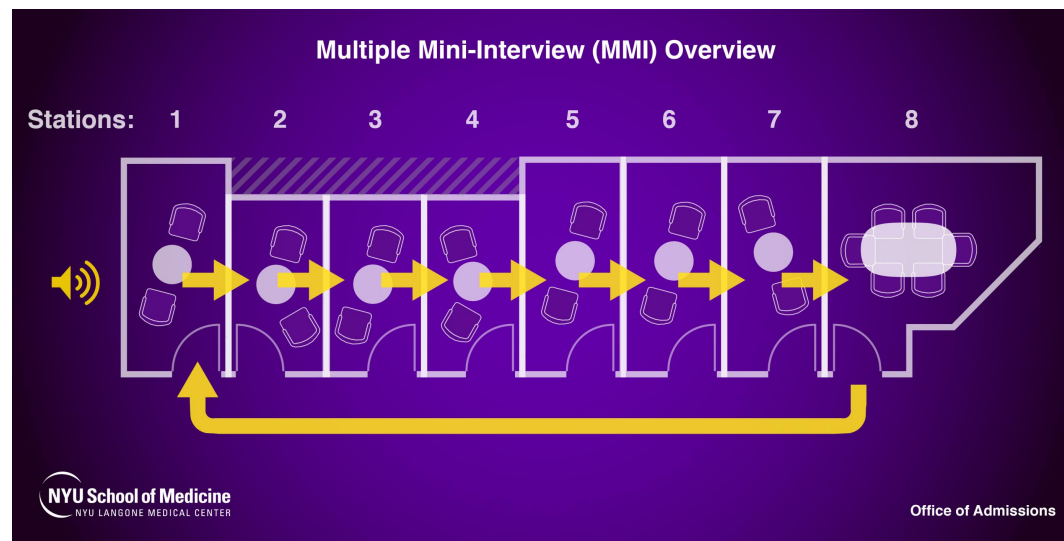
Interviews: preparation

- HPP Committee Interview

- Career center

- Faculty

- Fellow classmates/alumni who have interviewed

- Research, athletics, service, clinical, academic mentors

  – Prepare to discuss things you have worked on (projects, research, service, athletics, etc.)

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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 letters allow you to provide updates on your activities.
  - MUST discuss why you want to attend that school.

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- **CMU Mentor Program**

CMU MSAP

- 2018, two CMU alumni, Susheel Khetarpal (Pitt) & Alex Pomerantz (Harvard) created a mentor program that links new applicants with CMU alumni in med school.

- Once you have committed to applying this cycle, you will be invited to join the program by completing a short online questionnaire.

- Based on your interests / preferences, you will be matched with an alum who will serve as a mentor, sounding board, source of advice, etc.

- This year we have two new coordinators: Tim Gao and Carolyn Vanek

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Stay tuned...

April Application Panel Discussion

- Students intending to apply this June will be able to speak directly with students who have 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 March.

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How to reach the HPP office

- Doherty Hall 1324
- Email:
    - **Scheduling appts:** https://meetme.so/JasonDAntonio
    - **Committee Interview:** hpp-office@andrew.cmu.edu
    - Jason D'Antonio: dantonio@cmu.edu
    - May Simaan: simaan@andrew.cmu.edu

- Phone: (412) 268-8494
- URL: http://www.cmu.edu/hpp/