Application Seminar:  
Feb 14 & 19, 2019

Jason D’Antonio  
Director, Health Professions Program  
dantonio@cmu.edu  
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)

- 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

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.

<table>
<thead>
<tr>
<th>Applicants</th>
<th>2017-2018</th>
<th>2018-2019</th>
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CMU MCAT total avg = 511
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.

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.

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<td>20,631</td>
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<td>21,338</td>
<td>21,622</td>
</tr>
</tbody>
</table>

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.
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
• MCAT / DAT
• Letters of recommendation
• CMU committee process
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• School Selection
• Application services
• Secondary apps
• Interviews
• CMU Mentor Program
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
commitment  maturity  trustworthiness
capacity to improve  ability to take criticism
knowledge of scientific method  creativity
approachability  honesty  integrity
ability to take make decisions

See AAMC Core Competencies list
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
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
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
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
2019 Schedule for the Medical College Admission Test® (MCAT®)*

<table>
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<th>JAN</th>
<th>FEB</th>
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*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
When to take the MCAT:

- Depends on when you want to apply
- **Goal**: take once and only once!
Registering for the MCAT:

## Scheduling Fees (in USD)

<table>
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<tr>
<th></th>
<th>Gold Zone Deadline: 29 days prior to exam date*</th>
<th>Silver Zone Deadline: 15 days prior to exam date*</th>
<th>Bronze Zone Deadline: 8 days prior to exam date*</th>
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All deadlines are at 7:59 a.m. local test center time on the day of the deadline.

Source: [https://students-residents.aamc.org/applying-medical-school/article/2015-mcat-registration-fees/](https://students-residents.aamc.org/applying-medical-school/article/2015-mcat-registration-fees/)
## Fee Assistance Program Fees

All deadlines are at 7:59 a.m. local test center time on the day of the deadline.

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<th>Gold Zone Deadline: 29 days prior to exam date*</th>
<th>Silver Zone Deadline: 15 days prior to exam date*</th>
<th>Bronze Zone Deadline: 8 days prior to exam date*</th>
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<td>Fee Assistance International Fee** $110</td>
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</table>

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 behavioral & sociocultural factors in health & disease
MCAT - how to prepare

- [https://students-residents.aamc.org/applying-medical-school/article/study-mcat-exam/](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/](https://www.aamc.org/students/applying/mcat/accommodations/)
  - Extended time over two days will be offered
## MCAT

<table>
<thead>
<tr>
<th>Test Section</th>
<th>Questions</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Examinee Agreement</td>
<td></td>
<td>8 minutes</td>
</tr>
<tr>
<td>Tutorial (Optional)</td>
<td></td>
<td>10 minutes</td>
</tr>
<tr>
<td><strong>Chemical and Physical Foundations of Biological Systems</strong></td>
<td>59</td>
<td>95 minutes</td>
</tr>
<tr>
<td>Break</td>
<td></td>
<td>10 minutes</td>
</tr>
<tr>
<td><strong>Critical Analysis and Reasoning Skills</strong></td>
<td>53</td>
<td>90 minutes</td>
</tr>
<tr>
<td>Mid-Exam Break</td>
<td></td>
<td>30 minutes</td>
</tr>
<tr>
<td><strong>Biological and Biochemical Foundations of Living Systems</strong></td>
<td>59</td>
<td>95 minutes</td>
</tr>
<tr>
<td>Break</td>
<td></td>
<td>10 minutes</td>
</tr>
<tr>
<td><strong>Psychological, Social, and Biological Foundations of Behavior</strong></td>
<td>59</td>
<td>95 minutes</td>
</tr>
<tr>
<td>Void Question</td>
<td></td>
<td>5 minutes</td>
</tr>
<tr>
<td>Satisfaction Survey (Optional)</td>
<td></td>
<td>5 minutes</td>
</tr>
<tr>
<td><strong>Total Content Time</strong></td>
<td></td>
<td>6 hours, 15 minutes</td>
</tr>
<tr>
<td><strong>Approximate &quot;Seat&quot; Time</strong></td>
<td></td>
<td>7 hours, 30 minutes</td>
</tr>
</tbody>
</table>
## MCAT Score Report

**Name:** Tom Jones  
**Exam Date:** 04/18/2015  
**AAMC ID:** 20001856  
**Date of Birth:** 01/07/1970

<table>
<thead>
<tr>
<th>Section</th>
<th>Score</th>
<th>Confidence Band</th>
<th>Percentile Rank of Score</th>
<th>Score Profile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chemical and Physical Foundations of Biological Systems</td>
<td>124</td>
<td>123 - 125</td>
<td>44%</td>
<td></td>
</tr>
<tr>
<td>Critical Analysis and Reasoning Skills</td>
<td>123</td>
<td>122 - 124</td>
<td>36%</td>
<td></td>
</tr>
<tr>
<td>Biological and Biochemical Foundations of Living Systems</td>
<td>127</td>
<td>126 - 128</td>
<td>75%</td>
<td></td>
</tr>
<tr>
<td>Psychological, Social, and Biological Foundations of Behavior</td>
<td>127</td>
<td>126 - 128</td>
<td>75%</td>
<td></td>
</tr>
<tr>
<td>MCAT Total</td>
<td>501</td>
<td>499 - 503</td>
<td>54%</td>
<td></td>
</tr>
</tbody>
</table>

**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 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)
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
- MCAT / DAT
- Letters of recommendation
- CMU committee process
- Personal Statements
- School Selection
- Application services
- Secondary apps
- Interviews
- CMU Mentor Program
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
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](http://www.cmu.edu/hpp/apply-to-schools/lor/index.html)
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: __________________

Evaluators:
• 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
Outline

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Elements of the (rolling) application

- GPA/transcripts
- Tests
- Committee Interview
- Primary Application
- Secondary Applications
- Interviews
- Personal statement
- Letters

Timeline:
- May-June: GPA/transcripts, Tests, Personal statement, Letters
- June-July: Committee Interview, Primary Application
- July-Aug: Secondary Applications
- August-March: Interviews
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 school’s 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.
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
• Evaluating the strength of your application
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“I would prefer to just look at your resume.”
Personal Statements:

- AMCAS; TMDSAS; AACOMAS; VMCAS; PharmCAS
- 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/](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, 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, teamwork, 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
Outline

• Evaluating the strength of your application
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School selection

- **MSAR (Medical School Admissions Requirements)**
  - [https://www.aamc.org/students/applying/requirements/msar/](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](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)

- **Pharmacy:** [https://www.aacp.org/resources/school-locator](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

<table>
<thead>
<tr>
<th>TUITION + Fees + Health Insurance</th>
<th>Low</th>
<th>High</th>
<th>Median</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Public</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Resident</td>
<td>$0</td>
<td>$54,928</td>
<td>$38,119</td>
</tr>
<tr>
<td>NonResident</td>
<td>$0</td>
<td>$99,014</td>
<td>$64,147</td>
</tr>
<tr>
<td><strong>Private</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Resident</td>
<td>$24,566</td>
<td>$68,574</td>
<td>$61,533</td>
</tr>
<tr>
<td>NonResident</td>
<td>$37,165</td>
<td>$69,224</td>
<td>$62,037</td>
</tr>
</tbody>
</table>

Dental school costs: UPitt

2018-19 DMD Student Budgets

First Professional DMD Program

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

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

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuition</td>
<td>$51,116.00</td>
<td>$56,116.00</td>
<td>$51,116.00</td>
<td>$56,116.00</td>
<td>$51,116.00</td>
</tr>
<tr>
<td>Health Insurance*</td>
<td>$5,076.00</td>
<td>$5,076.00</td>
<td>$5,076.00</td>
<td>$5,076.00</td>
<td>$5,076.00</td>
</tr>
<tr>
<td>Health Services Administration Fee</td>
<td>$244.00</td>
<td>$244.00</td>
<td>$244.00</td>
<td>$244.00</td>
<td>$244.00</td>
</tr>
<tr>
<td>Student Activity Fee</td>
<td>$50.00</td>
<td>$50.00</td>
<td>$50.00</td>
<td>$50.00</td>
<td>$50.00</td>
</tr>
<tr>
<td>Technology Fee</td>
<td>$150.00</td>
<td>$150.00</td>
<td>$150.00</td>
<td>$150.00</td>
<td>$150.00</td>
</tr>
<tr>
<td>Books, Supplies</td>
<td>$800.00</td>
<td>$800.00</td>
<td>$800.00</td>
<td>$800.00</td>
<td>$800.00</td>
</tr>
<tr>
<td>Rent, Food, Utilities, Household Supplies</td>
<td>$12,510.00</td>
<td>$12,510.00</td>
<td>$12,510.00</td>
<td>$14,590.00</td>
<td>$14,590.00</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>$3,760.00</td>
<td>$3,760.00</td>
<td>$3,760.00</td>
<td>$4,390.00</td>
<td>$4,390.00</td>
</tr>
<tr>
<td><strong>Total DVM Budget</strong></td>
<td><strong>$73,706.00</strong></td>
<td><strong>$78,706.00</strong></td>
<td><strong>$73,706.00</strong></td>
<td><strong>$76,416.00</strong></td>
<td><strong>$75,666.00</strong></td>
</tr>
</tbody>
</table>
Alternative Med school for US citizens

- UQ Ochsner Clinical School
  - [https://education.ochsner.org/clined/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
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.
  – Applicants must be a US citizen or permanent resident.
  – 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)
    - 15 schools = $1466 total  
    - 25 schools = $2356  
      (travel is extra)

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

- You should apply to schools where you **WANT** to attend!
  - Reach schools *(beware of filter!)*
  - Schools where you would be a highly desirable applicant
  - YOU MUST RESEARCH SCHOOLS TO IDENTIFY BEST FIT
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
**School selection: how many?**

<table>
<thead>
<tr>
<th>Number of PharmCAS Degree Program Designations</th>
<th>PharmCAS Fee Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$175</td>
</tr>
<tr>
<td>2</td>
<td>$230</td>
</tr>
<tr>
<td>3</td>
<td>$285</td>
</tr>
<tr>
<td>4</td>
<td>$340</td>
</tr>
<tr>
<td>5</td>
<td>$395</td>
</tr>
<tr>
<td>6</td>
<td>$450</td>
</tr>
<tr>
<td>7</td>
<td>$505</td>
</tr>
<tr>
<td>8</td>
<td>$560</td>
</tr>
<tr>
<td>9</td>
<td>$615</td>
</tr>
<tr>
<td>10</td>
<td>$670</td>
</tr>
<tr>
<td>11 or more</td>
<td>Add $55.00 for each additional degree program</td>
</tr>
</tbody>
</table>
Outline

- Evaluating the strength of your application
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- Application services
- Secondary apps
- Interviews
- CMU Mentor Program
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


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

• **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
ADEA AADSAS Application
Important Dates

- **May 14, 2019**: 2019 AADSAS application opens
- **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 closes
- **February 15, 2020**: Last day to submit all official documents to ADEA AADSAS
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_Preparation/The_Application_to_Dental_School_ADEA_AADSAS/Fee_Assistance_Program.aspx](http://www.adea.org/GoDental/Application_Preparation/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 three 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
Applying to Pharmacy School

- **July**: PharmCAS application launches
- **September**: Early decision deadline
- **November**: 1\textsuperscript{st} regular school deadline
- **December**: 2\textsuperscript{nd} regular school deadline
- **December**: Fall Academic Update window (Dec – Feb)
  - Must send in fall transcripts
- **January**: 3\textsuperscript{rd} regular school deadline
- **February**: 4\textsuperscript{th} regular school deadline
- **March**: 5\textsuperscript{th} regular school deadline
- **April**: Spring Academic Update window
  - Accepted applicants send in spring transcripts
- **June**: cycle closes
Pharmacy School: fee assistance


- “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
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 **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 in July

• **Schools send secondary applications → complete ASAP!**
  – (1° App + transcripts + CL + 2° App + MCAT) required for application review
AMCAS Primary Application

Carnegie Mellon University
Health Professions Program

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

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

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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
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
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, athletics, 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 letters allow you to provide updates on your activities.
  – MUST discuss why you want to attend that school.
Outline

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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
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.
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/