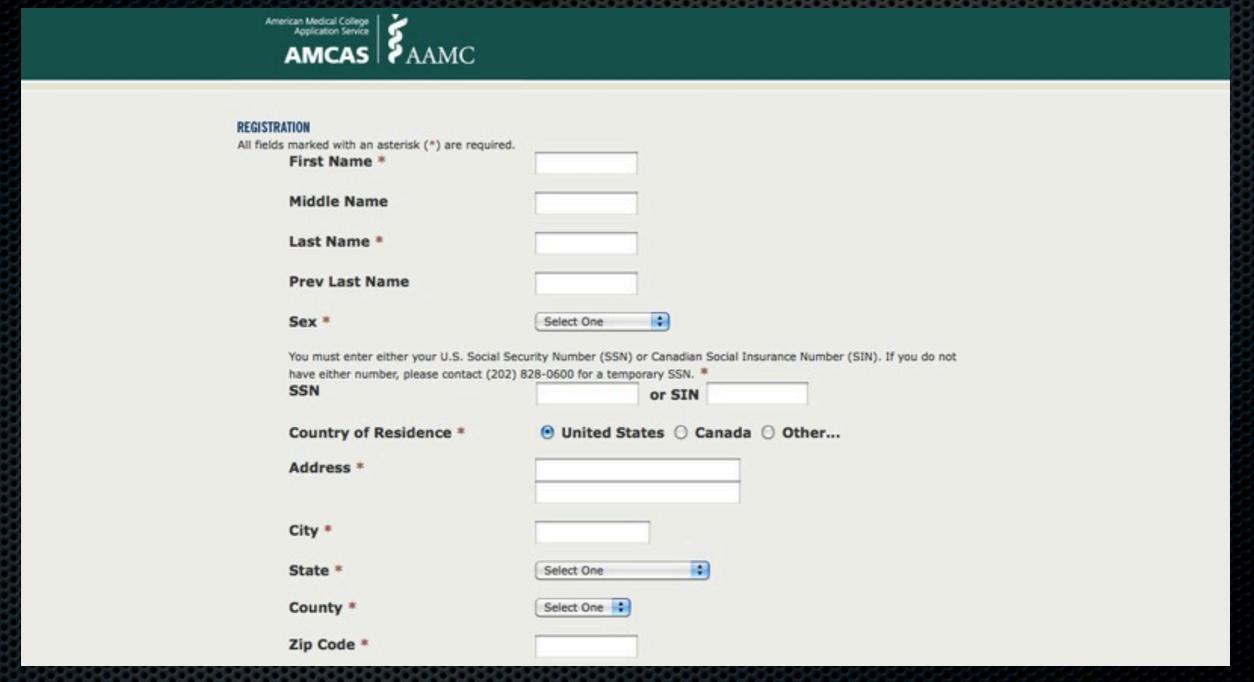
The AMCAS Application

Going through the steps....

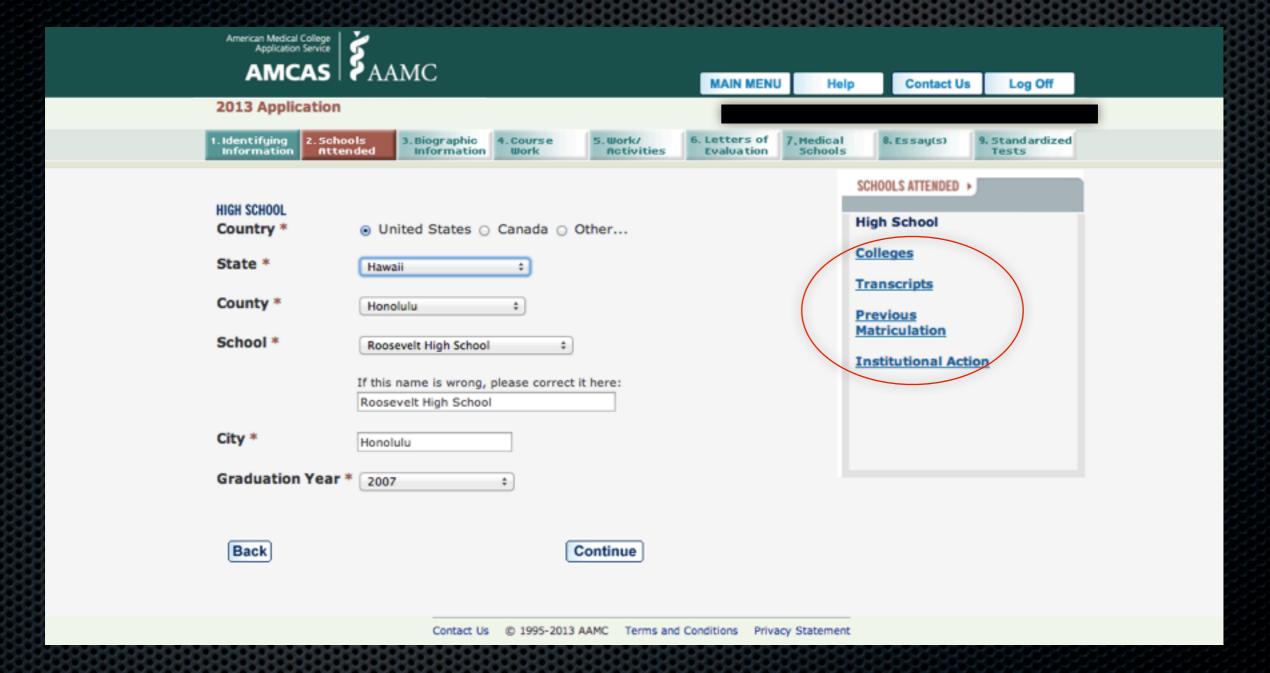
The agenda

- We will briefly mention the components of the AMCAS application
- You may fill in the worksheet as we go, but due to time constraints, we will only go over certain parts together
- The worksheet is designed for you to take home and finish/look over
- We will focus on Work and Activities and Requesting LOR's today

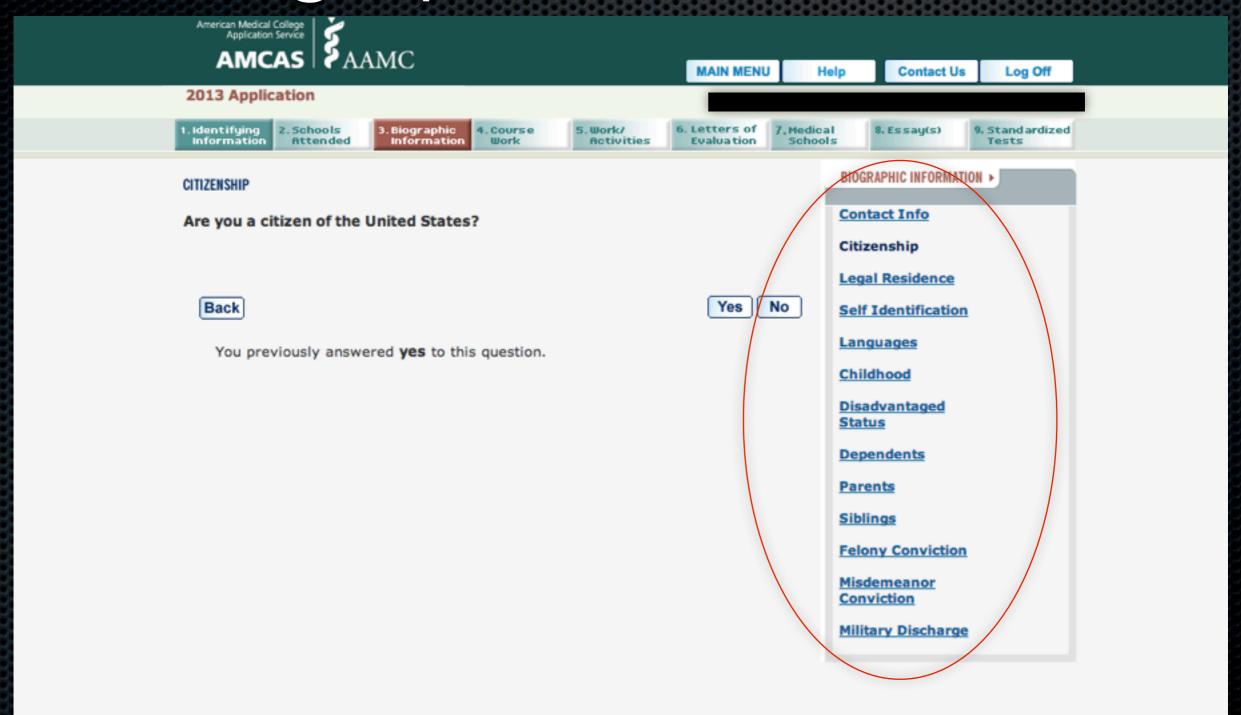
1. Identifying Information



2. Schools attended



3. Biographic Information



4. Coursework

	Course 5. Work/ 6. Letters of Evaluation	7. Medical 8. Essay(s) 9. Standardized Tests
EDIT A COURSE		University of Hawaii at Manoa
Academic Year *	2007-2008 ‡	(2007-2011)
Academic Term *	1st Semester (Fall)	2007-2008 1st Semester (Fall)
Year in School *	Freshman ‡	General Chemistry I
Course Number	CHEM 161	Introduction to Visual Arts Introductory Biology Introductory Biology Lab
Course Name *	General Chemistry I	General Chemistry Lab I Composition I
Course Classification *	Chemistry	AP COURSEWORK
Transcript Grade	A+	2007-2008 2nd Semester (Spring)
Credit Hours	3.00	Introduction to Biology II Intro to Biology II Lab
Did the course include a lab section? * Special Course Types	Did the course include a lab section? * • Lecture Only	
Advanced Placement Incomplete Audit International Baccalaureate (IB) CLEP Military Credit Current/Future No Record Deferred Grade Pass/Fail Exempt Repeat Honors Withdrawal		2008-2009 Summer Semester (Summer) College Physics Laboratory II College Physics College Physics Laboratory I College Physics

5. Work and activities

- This section is similar to your CV
 - includes things like research experience, tutoring, academic awards, volunteer experience, clinical experience, etc
- You will get to fill in 15 slots of work and activities
- Each slot gives you 700 characters (including spaces) for a description
- You may list 3 maximum activities as "most meaningful"
 - You will be allowed an additional 1325 characters for your most meaningful experiences

How to describe your work

- Three schools of thought:
- A Describe the activity only if it needs describing (if you think it is something an Admission Committee Member will not know about) and otherwise, be brief with your description. Many think that talking about what you learned from the activity is not appropriate in this section, and is better saved as material for secondary applications.
- B Another school of thought is that this is exactly the place to address what you learned from an activity because you may not get another chance in a secondary application. Those from California especially feel this pressure since most of the secondaries at California Med Schools are screened (you do not automatically get a secondary; they review your primary application first and decide if you are worthy). Because of this it is tempting to spew as much as possible here.
- C Approach C is a combination of the two approaches. Spew when necessary (an unusual activity that may need a little bit more explanation to understand its depth, and you learned a lot from but you are NOT addressing in your PS) and limited description of commonplace application items (ER scribe, general hospital volunteer, MCAT teacher/tutor)

Work and Activities

How activities are classified

- Paid Employment—Not Military
- Paid Employment—Military
- Community Service/Volunteer—Not Medical/Clinical
- Community Service/Volunteer—Medical/Clinical
- Research/Lab
- Teaching/Tutoring
- Honors/Awards/Recognition

- Conferences Attended
- Presentations/Posters
- Publications
- Extracurricular/Hobbies/Avocations
- Leadership—Not Listed Elsewhere
- Other

Work and Activities

Experience Type: *	Select One
Experience Name: *	
Start Date*	Select One \$ Select One \$
End Date: *	Select One \$ Select One \$
	or □ Until Present
Average Hours/Week:	3
Organization Name:	University of Hawaii at
Country	United States Canada
	C Other
	O Decline to Answer
State	Hawaii ‡
City	Honolulu
Contact's First Name: *	
Contact's Last Name: *	
Contact's Title: (ex. Project Director) *	
Contact's Phone	
Email Address	
(Providing an email address or a	a phone for your contact is required)
Experience Description: (700 or fewer characters)	
,	

Exercises (10 mins max):

- Fill out the worksheet work and activities section
- 1. FIII out your most meaningful experience
 - Consider the transformative nature of the experience: the impact you made while engaging in the experience and the personal growth you experienced as a result of your participation.
- 2. Try to fill in the 14 other slots on the worksheet (but you don't have to fill out all 14)
 - Look at the categories for help thinking of things to put down

Some basic recommendations

- FULL LIST OF RECOMMENDATIONS ON WORKSHEET, BUT SOME BASIC ADVICE:
 - DONT try to fill up space. Put things that were meaningful to you or that you were especially involved in.
 - HS activities=not as important anymore unless you continued in college
 - Lump related activities together (ex: if you did a bunch of random volunteer experiences, it can go under a title like "Service Activities"; or if you received multiple academic honors/ awards, dont list each separately, list it all under "Awards/ Honors"

Work and Activities

- Even medically unrelated work, activities or hobbies may be important to list if they are important to you. LIST MEANINGFUL THINGS NOT JUST MEDICAL THINGS!
- Look at your categories. Medical schools assign points based on how you classify your experiences. Make sure your categories (ie volunteering, tutoring, research, etc) are well rounded
 - ex: if you tutored, it can be classified as leadership or teaching/ tutoring. If you have 5 other teaching categories, but no leadership listed, consider listing some of your tutoring experiences as leadership.

LORs

. Identifying Information 2. Schools Attended 3. Biographic Information 4. Course Work

5. Work/ Activities Letters of Evaluation 7. Medical Schools 8. Essay(s)

Standardized Tests

LETTERS OF EVALUATION/RECOMMENDATION SUMMARY

Provide information about the letters of evaluation that will be associated with your application. Most medical schools participate in the AMCAS Letter Service. See the list of participating schools

* You must contact schools that do not participate in AMCAS Letters to determine their letter of evaluation requirements. AMCAS will not forward your letters to these schools.

Create an entry for each letter of evaluation being sent to AMCAS. A maximum of ten (10) letter entries may be created. Letter entries may be added and assigned to medical schools after you have submitted your application. However, once you have submitted your application, letter entries cannot be edited or deleted; they can only be marked "No Longer Being Sent". Would you like to create an entry for a letter of evaluation now?

■ Watch "How to Add Letter of Evaluation Entries & Assign them to Medical Schools" Tutorial

Back

Yes

No

6. LOR's

- You may attach up to 10 letters of recommendation to your AMCAS account
- This DOES NOT mean you should send 10 letter of recommendation
- Most schools have a 2 minimum and around a 4-5 maximum
- A good number to have is around 3-4 (too much can be as bad as too little if they are not good letters)
- LOR's can come from the following:
 - 1 Individual letter = 1 letter 1 Committee letter = 1 letter 1 Letter packet = 1 letter (just remember that committee letters DO NOT = more than 1 letter)
 - Some schools may have a preference on who you get a letter from (ie, individuals vs. committee, faculty vs. physicians, etc)

ADVICE

- Again, this is GENERAL advice, with more specifics listed on the handout:
 - Request early (at LEAST a month early) and send polite reminders if necessary
 - Request only from those who 1) Know you well and 2) Can write why you'd make a good doctor/ medstudent (you DONT want a bad letter) ie not just "he got an A in my class"
 - Don't limit yourself to doctors and professors. Ask those who know you well (but not family/friends) including bosses, volunteering site managers, etc

Advice

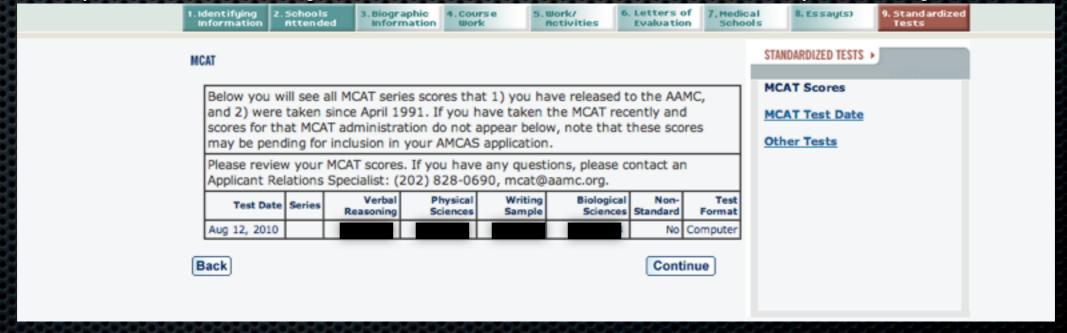
- Have a well rounded range of people (professors (science/nonscience), volunteering managers, physicians etc). All science profs isnt always ideal.
- No ideal number but shoot for more than 2 but no more than 4-5
- AGAIN: DONT GET A BAD LETTER. This doesnt always mean a negative letter, but can mean a WEAK letter (ie, "he shadowed me for 3 hrs for 2 days")
- Always send a thank you

Exercise

- Try to list 2 people (4 if you can) who you can receive STRONG letters from
- Can't list enough? Don't stress.

The rest:

- Pick Medical Schools
 - choose wisely (expensive)
 - you must assign LOR's to each one
- Enter your Personal Statement (discussed in the PS session)
- Your MCAT Scores
 - keep in mind they see EVERY score from the past 3 yrs



To do:

- Complete and look over the worksheet at home
- Complete the AMCAS worksheet found online (both on AMCAS and on MSMP Resources)
- Start thinking about your application early. It takes a long time to complete and gather all the necessary documents (transcripts, LOR's, PS's etc)