

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

American Medical College
Application Service
AMCAS | **AAMC**

REGISTRATION
All fields marked with an asterisk (*) are required.

First Name *

Middle Name

Last Name *

Prev Last Name

Sex *

You must enter either your U.S. Social Security Number (SSN) or Canadian Social Insurance Number (SIN). If you do not have either number, please contact (202) 828-0600 for a temporary SSN. *

SSN **or SIN**

Country of Residence * **United States** **Canada** **Other...**

Address *

City *

State *

County *

Zip Code *

2. Schools attended

American Medical College Application Service
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2013 Application

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HIGH SCHOOL

Country * United States Canada Other...

State *

County *

School *

If this name is wrong, please correct it here:

City *

Graduation Year *

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SCHOOLS ATTENDED

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- [Transcripts](#)
- [Previous Matriculation](#)
- [Institutional Action](#)

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3. Biographic Information

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2013 Application

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CITIZENSHIP

Are you a citizen of the United States?

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You previously answered **yes** to this question.

BIOGRAPHIC INFORMATION ▶

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4. Coursework

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EDIT A COURSE

Academic Year * 2007-2008

Academic Term * 1st Semester (Fall)

Year in School * Freshman

Course Number CHEM 161

Course Name * General Chemistry I

Course Classification * Chemistry

Transcript Grade A+

Credit Hours 3.00

Did the course include a lab section? *

- Lecture Only
- Lab Only
- Combined Lecture and Lab

Special Course Types

<input type="checkbox"/> Advanced Placement	<input type="checkbox"/> Incomplete
<input type="checkbox"/> Audit	<input type="checkbox"/> International Baccalaureate (IB)
<input type="checkbox"/> CLEP	<input type="checkbox"/> Military Credit
<input type="checkbox"/> Current/Future	<input type="checkbox"/> No Record
<input type="checkbox"/> Deferred Grade	<input type="checkbox"/> Pass/Fail
<input type="checkbox"/> Exempt	<input type="checkbox"/> Repeat
<input type="checkbox"/> Honors	<input type="checkbox"/> Withdrawal

COURSE WORK

University of Hawaii at Manoa (2007-2011)

2007-2008 -- 1st Semester (Fall)

- [General Chemistry I](#)
- [Introduction to Visual Arts](#)
- [Introductory Biology](#)
- [Introductory Biology Lab](#)
- [General Chemistry Lab I](#)
- [Composition I](#)
- [AP COURSEWORK](#)

2007-2008 -- 2nd Semester (Spring)

- [Introduction to Biology II](#)
- [Intro to Biology II Lab](#)
- [Culture and Humanity](#)
- [General Chemistry II](#)
- [General Chemistry Lab II](#)
- [Honors Tutorial](#)
- [Survey of Research Methods](#)

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: *	<input type="text" value="Select One"/>
Experience Name: *	<input type="text"/>
Start Date*	<input type="text" value="Select One"/> <input type="text" value="Select One"/>
End Date: *	<input type="text" value="Select One"/> <input type="text" value="Select One"/>
	or
	<input type="checkbox"/> Until Present
Average Hours/Week:	<input type="text" value="3"/>
Organization Name:	<input type="text" value="University of Hawaii at"/>
Country	<input checked="" type="radio"/> United States <input type="radio"/> Canada <input type="radio"/> Other... <input type="radio"/> Decline to Answer
State	<input type="text" value="Hawaii"/>
City	<input type="text" value="Honolulu"/>
Contact's First Name: *	<input type="text"/>
Contact's Last Name: *	<input type="text"/>
Contact's Title: (ex. Project Director) *	<input type="text"/>
Contact's Phone	<input type="text"/>
Email Address	<input type="text"/>
	(Providing an email address or a phone for your contact is required)
Experience Description: (700 or fewer characters)	<input type="text"/>

Exercises (10 mins max):

- Fill out the worksheet work and activities section
- 1. Fill 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

1. Identifying Information

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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](#)

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[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

Below you will see all MCAT series scores that 1) you have released to the AAMC, and 2) were taken since April 1991. If you have taken the MCAT recently and scores for that MCAT administration do not appear below, note that these scores may be pending for inclusion in your AMCAS application.

Please review your MCAT scores. If you have any questions, please contact an Applicant Relations Specialist: (202) 828-0690, mcat@aamc.org.

Test Date	Series	Verbal Reasoning	Physical Sciences	Writing Sample	Biological Sciences	Non-Standard	Test Format
Aug 12, 2010		[redacted]	[redacted]	[redacted]	[redacted]	No	Computer

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STANDARDIZED TESTS

MCAT Scores

[MCAT Test Date](#)

[Other Tests](#)

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)