Applying to Medical School
Kiana Shiroma, PhD
Pre-Health/Pre-Law Advising Center

This webinar will be recorded. The recording and slides will be shared with you so you can refer back to them later!

Type questions in the chat!
Agenda

• Applying: The Basics
• The AMCAS Application
  • Getting Started and Important Dates
  • Sections of the Application
• Secondary Essays and Interview
• Application Tips
• Useful Resources
Are you ready to apply?

- Completed prerequisite courses
- GPA
- MCAT Score
- Experience
- List of Schools

Is your application COMPETITIVE?
### Four-Year Academic Planning Worksheet

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- **MCAT Prep**
- **Prepare your application**
- **Interview**
- **Decide**
- **Graduate**
- **AMCAS App**
- **2° Essays**
- **Enter Medical School**

*Remember that this plan is incomplete without checking this with all of your advisors.*
The AMCAS Application

- AMCAS - American Medical Colleges Application Service
- Provided by the Association of American Medical Colleges (AAMC)
- “Common app” or primary application for most medical schools
Overview of AMCAS

• AMCAS is where you:
  • Complete primary application
  • Have letters of recommendation sent
  • Have transcripts sent
  • Send MCAT scores
  • Pay application fees
How does AMCAS work?

Application Submitted
- Applicant completes & submits AMCAS application online
- Applicant pays submission fees (or uses valid Fee Assistance Program benefits)

Application Processed
- Applicant arranges for all required official transcripts to be sent to AMCAS
- AMCAS performs verification of coursework and calculates AMCAS GPAs

Application Delivered
- AMCAS distributes verified application to designated med schools
- AMCAS delivers letters to designated med schools as they are received
2022 AMCAS Participation

- 144 schools
  - Except: Texas public schools and CUNY School of Medicine Sophie Davis Biomedical Education Program

- Application Fees
  - $170 processing fee, includes 1 school designation
  - $42 for each additional school
2022 Application Dates

- May 3: App opens
- May 27: Can submit app
- June 25: Completed apps sent to schools
- Aug 2: Early Decision deadline
- Sep-Dec: App deadlines

Eastern time!

Most medical schools have rolling admissions, so apply early!
Get started now!

Application Timeline Checklist
## AMCAS Application Timeline Checklist

The application process for medical school takes approximately ONE year to compete, in addition to months of preparation in advance (MCAT, personal statement, letters of recommendation, etc.). Use this checklist to keep track of your application materials to track your programs!

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| Open an [AMCAS account](https://amcas.org/) to preview what is going to be needed. Do **NOT** input any information yet.  
Review PAC’s [Personal Statement](https://www.pac.org/) webpage and start brainstorming ideas.  
Update your Experience Log or create one using [PAC's template](https://www.pac.org/).  
Pick up to **15** top experiences and start brainstorming descriptions for them.  
Pick up to **3** most meaningful experiences (MMEs) and start brainstorming descriptions for them.  
Review PAC’s [Allopathic Medical Schools Letters of Recommendation](https://www.pac.org/) webpage.  
Create a [Letters Grid](https://www.pac.org/) to figure out what types of letters you will need.  
Start thinking about who you will ask for letters of evaluation (LOEs). |
| **FEBRUARY 20** |
| Start composing your personal statement (5,300 characters max.).  
Update your Experience Log with number of hours of each experience and any new experiences.  
Start composing descriptions (700 characters max.) for up to **15** experiences.  
Start composing **3** MMES (1325 characters max.) See the [AMCAS](https://amcas.org/) website for more information.  
Start compiling packets for potential letter writers. See PAC’s [Letter of Recommendation](https://www.pac.org/) webpage for items to include in the packet.  
Attend PAC’s [Applying to Medical School Workshop](https://www.pac.org/). |
| **MARCH 20** |
| Share your personal statement in Google Drive with Dr. Shiroma ([kianak@hawaii.edu](mailto:kianak@hawaii.edu)) or email it for review.  
Have your personal statement reviewed by 2 physicians and/or healthcare professionals.  
Update your Experience Log with number of hours of each experience and any new experiences.  
Share your **15** experience descriptions (700 characters max.) and **3** MMES (1325 characters max.) in Google Drive with Dr. Shiroma ([kianak@hawaii.edu](mailto:kianak@hawaii.edu)) or email them for review.  
Continue compiling packets for potential letter writers. |
| **APRIL 20** |
| Revise your personal statement, experience descriptions, and MMES as needed.  
Update your Experience Log with number of hours of each experience and any new experiences.  
Ask potential letter writers for LOEs. If they say yes, send them your compiled letter writer packet.  
Review the [AMCAS Applicant Guide](https://amcas.org/) for general application information to prepare for the opening of AMCAS in early May. |
Applying to Medical School with AMCAS®

The American Medical College Application Service® (AMCAS®) is the AAMC's centralized medical school application processing service. Most U.S. medical schools use AMCAS as the primary application method for their first-year entering classes.

Getting Started: Log in!
Sections of the Application

I. Identifying Information  
II. Schools Attended  
III. Biographic Information  
IV. Coursework  
V. Work and Activities  
VI. Letters of Recommendation  
VII. Medical Schools  
VIII. Essays  
IX. Standardized Test Scores  
X. Certification and Submission
I. Identifying Information

- Includes basic information, such as legal name, ID numbers, and birth information
- By what gender you would like to be addressed

Tips:
- Include all alternate names (e.g., maiden name) and alternate ID’s (student ID numbers) that may be associated with your application
- Aids AMCAS in identifying your documents
II. Schools Attended

- Colleges
  - Include every post-secondary institution (community colleges, summer school, etc.) that you took at least one course
- Degrees
  - Major(s) and Minor(s)
- Transcripts
  - ALL INSTITUTIONS
  - UHM: Records Office
Transcript Request Process

1. Enter institution information in Schools Attended section of AMCAS app.
2. Click on link:

Transcripts

Required official transcripts must be sent to AMCAS from the Registrar’s Office at each school you have attended. Use the Transcript Request Form to provide the Registrar with the information necessary for sending your transcript to AMCAS.

LEARN MORE ABOUT TRANSCRIPT IDS.

I understand that I must have my schools send my transcripts.

University of Hawaii at Manoa

- Dates of Attendance: May 2003 to December 2006
- Transcript ID: 8784465

CREATE TRANSCRIPT REQUEST FORM
Transcript Request Process

1. Enter institution information in Schools Attended section of AMCAS app.
2. Click on link:

   ![Transcript Request Form](image)

   - Required official transcripts must be sent to AMCAS from the Registrar's Office at each school you have attended. Use the Transcript Request Form to provide the Registrar with the information necessary for sending your transcript to AMCAS.
   - **LEARN MORE ABOUT TRANSCRIPT IDS.**
   - I understand that I must have my schools send my transcripts.

   University of Hawaii at Manoa
   - Dates of Attendance: May 2003 to December 2006
   - Transcript ID: 8784468

   [CREATE TRANSCRIPT REQUEST FORM]

3. Complete the Transcript Request Form that pops up and print form.
   Make sure pop-ups are allowed!
4. This should show. Save as a PDF.
Transcript Request Process

5. Now go to your institution’s transcript request webpage (e.g., UHM’s Records Office).

6. Complete Personal Information section.
7. Select the following and complete the remaining info for the Recipient section:

According to the Family Educational Rights and Privacy Act (FERPA), in certain instances, schools must obtain the student’s permission in order to release information from his or her educational records. The type of consent form that is required is determined by recipient type.

Who are you sending your transcript to?
Education Organization, Application Service, Scholarship and Professional Licensing

Select Organization
American Medical College Application Service

Enter AAMC Account Number
(8 digits)

Enter AMCAS Transcript ID Number
(7 digits)
8. Complete the Processing Details and Delivery Information Sections.

9. Upload the Transcript Request Form that you had downloaded from AMCAS in Step 4.
Transcript Request Process

10. Complete remainder of request and submit payment.

You can check your AMCAS application to make sure that AMCAS has received and processed your transcripts.

This is often the longest part of the application process, so complete it as soon as the application opens!
III. Biographic Information

- Contact information
- Preferred and permanent addresses
- Alternate contact person
- Childhood and family information
- Military status if applicable
- Make sure that your address and contact information is current (this can be changed post-submission if necessary)
IV. Coursework

Before starting, request an official transcript to use as reference

Entering your coursework:
- Academic year and term
- Year in school
- Course number and name
- Course classification
- Transcript grade
- Credit hours
- Special course type

AMCAS Course Classification Guide

| Course classification should be based strictly on the primary content of the course. |
| In the case of interdisciplinary courses, where two or more subject matters are combined into one course, refer to the description of the course on your school’s Web site or consult with your Pre-Health Advisor to choose the most appropriate course classification. |

**Behavioral & Social Sciences (BESS)**
- Anthropology
- Economics
- Family Studies
- Psychology
- Sociology

**Business (BUSI)**
- Accounting
- Finance
- Human Resources
- Management
- Marketing
- Organizational Studies

**Communications (COMM)**
- Journalism
- Media Production & Studies
- TV, Video & Audio

**Computer Science & Technology (COMP)**
- Computer Science
- Computer Engineering
- Information Systems
- Telecommunications

**Education (EDUC)**
- Counseling & Personnel Services
- Curriculum & Instruction
- Educational Administration
- Educational Policy
- Health Education
- Human Development
- Physical Education
- Special Education

**Engineering (ENGI)**
- Aerospace Engineering
- Biomedical Engineering
- Chemical Engineering
- Civil Engineering
- Electrical Engineering
- Environmental Engineering
- Nuclear Engineering

**English Language & Literature (ENGL)**
- Composition & Rhetoric
- Creative Writing
- Literature

**Fine Arts (ARTS)**
- Art History
- Dance
- Fine Arts
- Music
- Photography
- Theatre

**Foreign Languages, Linguistics, & Literature (FLAN)**
- American Sign Language
- Comparative Literature
- Foreign Language(s)
- Linguistics

**Government, Political Science, & Law (GOLV)**
- Criminal Justice
- Government
- International Relations
- Law/Legal Studies
- Political Science
- Public Affairs & Policy
- Urban Policy & Planning

**Health Sciences (HEAL)**
- Allied Health
- Chiropractic
- Dentistry
- Hearing & Speech Studies
- Hospital Administration
- Kinesiology
- Nursing
- Nutrition
- Occupational Therapy
- Optometry
- Osteopathy
- Physical Therapy

**History (HIST)**
- History

**Natural & Physical Sciences (NPSC)**
- Agriculture
- Animal & Avian Sciences
- Environmental Science & Policy
- Forestry
- Geography
- Geology
- Horticulture
- Landscape Architecture
- Meteorology
- Natural Resources
- Oceanography

**Other (OTH)**
(All courses that do not fit appropriately in another classification.)
- Architecture
- Library Science
- Military Science
- Sports (tennis, golf, aerobics, etc.)

**Philosophy & Religion (PHIL)**
- Ethics
- Logic
- Philosophy
- Religion
- Theology

**Special Studies (SSTU)**
- Afro-American Studies
- American Studies
- Gender Studies

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Course classification should be based strictly on the primary content of the course.

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**Biology (BIOL)**
- Anatomy
- Biology
- Biophysics
- Biotechnology
- Botany
- Cell Biology
- Ecology
- Entomology
- Genetics
- Histology
- Immunology
- Microbiology
- Molecular Biology
- Neuroscience
- Physiology
- Zoology

**Chemistry (CHEM)**
- Biochemistry
- Chemistry
- Physical Chemistry
- Thermodynamics

**Mathematics (MATH)**
- Applied Mathematics
- Biostatistics
- Mathematics
- Statistics

**Physics (PHYS)**
- Astronomy
- Physics

**Biology-Chemistry-Physics-Math (BCPM) Courses**

**Behavioral & Social Sciences (BESS)**
- Anthropology
- Economics
- Family Studies
- Psychology
- Sociology

**Business (BUSI)**
- Accounting
- Finance
- Human Resources
- Studies
- Management
- Marketing
- Organizational Studies

**Communications (COMM)**
- Journalism
- Media Production & Studies
- TV, Video & Audio

**Computer Science & Technology (COMP)**
- Computer Science
- Computer Engineering
- Information Systems
- Telecommunications

**Education (EDUC)**
- Counseling & Personnel Services
- Curriculum & Instruction
- Educational Administration
- Educational Policy
- Health Education
- Human Development
- Physical Education (Except for sports courses.)
- Special Education

**Engineering (ENGI)**
- Aerospace Engineering
- Biomedical Engineering
- Chemical Engineering
- Civil Engineering
- Electrical Engineering
- Environmental Engineering
- Nuclear Engineering

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- Government
- International Relations & Studies
- Law/Legal Studies
- Political Science
- Public Affairs & Policy
- Urban Policy & Planning

**Health Sciences (HEAL)**
- Allied Health
- Chiropractic
- Dentistry
- Hearing & Speech Studies
- Hospital Administration
- Kinesiology
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IV. Coursework (cont.)

- Special course types:
  - AP credits
  - Study abroad and foreign coursework
  - Military coursework
  - refer to AMCAS Instruction Manual for full list

- Tips
  - May also include current/future courses
  - Make sure you enter courses exactly as they appear on the official transcript!
  - Multiple errors may cause application to be returned for corrections, will cause processing delays
IV. Coursework Sample

- Example: BIOL 402- Principles of Biochemistry
- Academic Year and Term: 2015-2016, Spring
- Year in School: Junior (JR)
- Course Number and Name: see above
- Course Classification: CHEM
- Transcript Grade: none
- Credit Hours: 4
- Special Course Type: Current/ Future
Your AMCAS GPA

- Calculated once application is submitted and coursework is verified with official transcripts
- Usually different from the GPA at your institution
- Includes cumulative GPA, science and math (BCPM) GPA, and all other (AO) GPA
- Different GPAs for undergraduate, post-baccalaureate, and graduate coursework
Add Work/Activities

Experience Type *
Select Experience Type

Experience Name *

Indicate the total number of hours that you spent completing (or expect to complete) this work experience or activity during the date range that you indicate. If this is a repeated experience, enter the total number of hours for each date range you provide.

- Maximum of 15 entries
  - Applicants can enter 4 separate date ranges for repeated activities
- Maximum of 3 “most Meaningful”

This is one of my most meaningful experiences *

- Yes
- No

Most Meaningful Experience Summary *

This is your opportunity to summarize why you have selected this experience as one of your most meaningful. In your remarks, you might 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.

CANCEL

SAVE & ADD ANOTHER

SAVE
V. Work and Activities

- Enter up to 15 experiences
  - Includes basic information such as experience name, participation dates, total hours, supervisor contact information
  - Description limited to 700 characters
  - Highlight what you learned

- You may list up to three “Most Meaningful” experiences
  - Additional 1325 characters

- This section cannot be edited or updated after the original submission of your application
V. Work and Activities (cont.)

• Tips
  • Start and continue an Experience Log
  • Quality over quantity
  • Don’t exaggerate, but don’t be modest!
  • Order doesn’t matter
  • Treat as additional essays
  • Show, don’t tell
**Experience Log**

Please use this sheet to log your experiences for the ‘Work/Activities’ section of the AMCAS Application.

Each experience will also require an ‘Experience Description’ (700 characters).

You may also designate up to 3 experiences as ‘Most Meaningful’, allowing you to elaborate an additional 1325 characters on these experiences.

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</tbody>
</table>
VI. Letters of Recommendation

- Load up to 10 (2 required for JABSOM)
- Contact info for all letter authors
- Similar process to requesting transcripts:
  - Create letter request form
  - Give letter request form and materials to reference
  - Assign each letter to schools
Types of Letters

- **Committee Letter**: Packet of individual letters sent to pre-health committee who writes letter and sends as packet
- **Packet**: Packet of letters distributed by institution (NOT offered by UHM)
- **Individual Letter**: Letter authored by single writer
VI. Letters of Recommendation (cont.)

How should I ask?

- Ask in person if possible
- Be sensitive of time
- “Do you feel you know me well enough to write a letter?”
- Ask if they think they can write you a strong or meaningful letter
- Pay attention to demeanor

Whom should I ask?

- Check individual schools
- SCIENCE Professors, employers
- People who know YOU
- Write professionally and eloquently
- Address different areas of competencies
## VI. Letters of Recommendation (cont.)

<table>
<thead>
<tr>
<th>Things to provide</th>
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<tbody>
<tr>
<td>Instructions</td>
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<tr>
<td>Deadline</td>
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<tr>
<td>CV</td>
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<tr>
<td><strong>AMCAS Guidelines for Letter Writers</strong></td>
</tr>
<tr>
<td>Transcripts</td>
</tr>
<tr>
<td>List of course(s) you took from them, grade(s) received and submitted work</td>
</tr>
<tr>
<td>Personal Statement</td>
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</table>

<table>
<thead>
<tr>
<th>When should I ask?</th>
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<tbody>
<tr>
<td>Give at least 1 month to write</td>
</tr>
<tr>
<td>Give deadline 2 weeks before letter is due</td>
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<tr>
<td>First: ask in person without packet</td>
</tr>
<tr>
<td>Second: Deliver Packet</td>
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</tbody>
</table>

**Must provide**
Submitting your Letters of Rec.

- Can only submit electronically:
  - AMCAS Letter Service *(recommended)*
  - Interfolio
School deadlines will be posted in early April.

Average # of schools to which accepted applicants applied: 17
VIII. Essays

- Prompt: Use the space provided to explain why you want to go to medical school

- Things to consider:
  - Reasons for going to medical school
  - Particular challenges that have influenced you
  - Comment on significant changes in academic record

- 5300 characters max (1 page)

Tips!
- Do not create essay in AMCAS
- Type directly into AMCAS
- Use appropriate case/capitalization
- Spaces count as characters
Personal Comments Essay

Consider and write your Personal Comments carefully; many admissions committees place significant weight on this section. Make sure you proofread carefully because no changes may be made after you submit your application. What information should I consider including in my personal comments?

Use the space provided to explain why you want to go to medical school. *
IX. Standardized Tests

• MCAT
  • Scores automatically entered
  • Double-check scores
  • Make sure you indicate if you are taking a future test

• Other Standardized Tests
  • Examples: GRE, PCAT, DAT, etc.
# 2022 Schedule for the Medical College Admission Test® (MCAT®)*

<table>
<thead>
<tr>
<th>MCAT Admin</th>
<th>Score Release</th>
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<tbody>
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<td>Oct. 11</td>
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<tr>
<td>Sept. 10</td>
<td>Oct. 11</td>
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</tbody>
</table>
X. Certification and Submission

- Payment: online check/credit card
- Changes after submission: MUST re-certify and re-submit application
- Processing begins once your app and official transcripts are received
- Notify AMCAS if schools have not received material 4-6 weeks after processing completed
How does AMCAS work?

Application Submitted
- Applicant completes & submits AMCAS application online
- Applicant pays submission fees (or uses valid Fee Assistance Program benefits)

Application Processed
- Applicant arranges for all required official transcripts to be sent to AMCAS
- AMCAS performs verification of coursework and calculates AMCAS GPAs

Application Delivered
- AMCAS distributes verified application to designated med schools
- AMCAS delivers letters to designated med schools as they are received
Allowed Post-Submission Changes

- Required and alternate ID’s
- Name(s)
- Contact and birth information
- Letters of Evaluation/Recommendation
- Future MCAT test dates
- Medical Schools

Your app will be re-certified with every approved change with the exception of letters.
Check your application status frequently

You have completed step 1 of the application process

Be on the look-out for secondary essays to be emailed

Application Checklist

☑ Primary AMCAS Application
☐ Secondary essays
☐ Interview

After submission

• Check your application status frequently

• You have completed step 1 of the application process

• Be on the look-out for secondary essays to be emailed
# Four-Year Academic Planning Worksheet

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
<th>✓ List</th>
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<tbody>
<tr>
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<tr>
<td>MCAT Prep</td>
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<td>MCAT Prepare for your application</td>
<td>Decide</td>
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<td>Credits</td>
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</table>

- Remember that this plan is incomplete without checking this with all of your advisors!

---

**Graduate**

**Enter Medical School**

**MCAT**

**AMCAS Apps**

**Interview**

**Prepare for your application**

**Decide**

**Graduate**

**2° Essays**

**Enter Medical School**
Secondary Applications

- Specific to each medical school
- Additional cost PER school ($35-150/school)
- Usually offered beginning early Fall BUT START WRITING AS SOON AS YOU SUBMIT YOUR PRIMARY APPLICATION!

- May include:
  - Additional information
  - School-specific essays or prompts
  - Letters of recommendation
Secondary Applications

Screening

- GPA, MCAT cut-offs, residency requirements, etc.
- Receiving secondary application means you’ve passed first round!

No screening

- Most schools
- All applicants receive secondary
- Does not give indication of applicant standing
### Four-Year Academic Planning Worksheet

<table>
<thead>
<tr>
<th>Year 1</th>
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</table>

**Remember that this plan is incomplete without checking this with all of your advisors!**
Interviews

- Gives admissions committees a more personalized view of applicants
- **All** medical schools screen applicants prior to sending invitations for interviews
- Important: Applicants are responsible for all costs involved in the interview process (e.g. airfare, lodging, etc.)
Interview Formats

- Traditional
  - One-on-one
- Panel
- Group
- Multiple Mini Interview (MMI)
Mock Interview Opportunities

- Mānoa Career Center ([careers@hawaii.edu](mailto:careers@hawaii.edu))
- Pre-Health Career Corps ([phcc@hawaii.edu](mailto:phcc@hawaii.edu))
- Physicians you work with/shadow
- Accepted, current, and graduated med students ([kianak@hawaii.edu](mailto:kianak@hawaii.edu))
- Me! You can schedule an appointment [here](#).
CONGRATULATIONS!
You have finished applying to medical school!

Application Checklist

- Primary AMCAS Application
- Secondary essays
- Interview
AAMC-Facilitated Criminal Background Checks

• National background checks performed upon applicant’s acceptance to medical school

• Applicants able to review results and contest inaccuracies

• Released only to the medical schools you are accepted to

• State- and school-specific policies
# Fee Assistance Program

<table>
<thead>
<tr>
<th>If your application is approved:</th>
<th>Your benefits expire:</th>
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<tbody>
<tr>
<td>Jan. 1 - Dec. 31, 2020</td>
<td>December 31, 2021</td>
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<tr>
<td>Jan. 1 - Dec, 31, 2021</td>
<td>December 31, 2022</td>
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<tr>
<td>Jan. 1 - Dec, 31, 2022</td>
<td>December 31, 2023</td>
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</table>
Benefits

- **MCAT Official Prep Online-Only Bundle** (includes all 14 online MCAT Official Prep products ($268.80 value))
  - What's on the MCAT Exam? Interactive Tool
  - The MCAT Essentials
- Reduced MCAT registration fee from $325 to $130
- Complimentary 2-year access to the Medical School Admission Requirements website ($36 value)
- Waiver for all AMCAS fees for 1 application with up to 20 medical school designations ($968 value), submitted by 12/31/22
Fee Assistance Program

- Website resources to direct your advisees to:
  - What You Need to Apply
  - Application Guide
  - Fee Assistance Program FAQ’s

fap@aamc.org
202-828-0600
M – F, 9 am – 7 pm (EST)

@AAMCPremed
Useful Resources

AMCAS Application
AMCAS Applicant Guide
AMCAS FAQs
Fee Assistance Program (FAP)
Medical College Admissions Test (MCAT)
Pre-Health Advising Center
Osteopathic Medicine?

**Similarities**
- Similar timeline
- Similar info needed

**Differences**
- **AACOMAS**
- Only up to 4 LORs
- Recommend/require LOR from DO

Can apply to both.

$195 app fee + $40 each additional program.
Additional Tips
Tip #1:

Get started now!

Application Timeline Checklist
## AMCAS Application Timeline Checklist

The application process for medical school takes approximately ONE year to complete, in addition to months of preparation in advance (MCAT, personal statement, letters of recommendation, etc.). Use this checklist to keep track of your application materials to track your programs!

<table>
<thead>
<tr>
<th>DATE COMPLETED</th>
<th>Activity</th>
</tr>
</thead>
</table>
| **JANUARY 20** | Open an [AMCAS account](#) to preview what is going to be needed. Do NOT input any information yet.  
Review PAC’s [Personal Statement](#) webpage and start brainstorming ideas.  
Update your Experience Log or create one using [PAC’s template](#).  
Pick up to 15 top experiences and start brainstorming descriptions for them.  
Pick up to 3 most meaningful experiences (MMEs) and start brainstorming descriptions for them.  
Review PAC’s [Allopathic Medical Schools Letters of Recommendation](#) webpage.  
Create a [Letters Grid](#) to figure out what types of letters you will need.  
Start thinking about who you will ask for letters of evaluation (LOEs). |
| **FEBRUARY 20** | Start composing your personal statement (5,300 characters max.).  
Update your Experience Log with number of hours of each experience and any new experiences.  
Start composing descriptions (700 characters max.) for up to 15 experiences.  
Start composing 3 MMEs (1325 characters max.) See the [AMCAS](#) website for more information.  
Start compiling packets for potential letter writers. See PAC’s [Letter of Recommendation](#) webpage for items to include in the packet.  
Attend PAC’s [Applying to Medical School Workshop](#). |
| **MARCH 20** | Share your personal statement in Google Drive with Dr. Shiroma ([kianak@hawaii.edu](mailto:kianak@hawaii.edu)) or email it for review.  
Have your personal statement reviewed by 2 physicians and/or healthcare professionals.  
Update your Experience Log with number of hours of each experience and any new experiences.  
Share your 15 experience descriptions (700 characters max.) and 3 MMEs (1325 characters max.) in Google Drive with Dr. Shiroma ([kianak@hawaii.edu](mailto:kianak@hawaii.edu)) or email them for review.  
Continue compiling packets for potential letter writers. |
| **APRIL 20** | Revise your personal statement, experience descriptions, and MMEs as needed.  
Update your Experience Log with number of hours of each experience and any new experiences.  
Ask potential letter writers for LOEs. If they say yes, send them your compiled letter writer packet.  
Review the [AMCAS Applicant Guide](#) for general application information to prepare for the opening of AMCAS in early May. |
Tip #2

- Create a specific, professional email account
- Check status and email often
- Contact amcas@aamc.org for any questions not answered in the FAQ
Tip #3

Don’t let your app stall!

Reasons Applications are stalled:

- Late (after deadline)
- Incomplete (missing transcripts, test scores, fee, etc.)
- Errors (typos, coursework do not match, etc.)
- Cannot reach you for clarification
Tip #4

- Be professional during the process
- Never get frustrated or irritated with the people involved in the process
- Always be respectful
Questions?
Pre-Health and Pre-Law Advising Center

PRE-HEALTH
FREE VIRTUAL WORKSHOPS

Want to learn some tips and tricks to get into Medical School? Sign up for one of our Workshops listed below!

Applying to Medical School: Wednesday, January 19th, 5-6 PM
ʻImi Hoʻola Program: Wednesday, January 26th, 5-6 PM
Applying to Health Professional School: Wednesday, February 2nd, 5-6 PM
Personal Statement/LORs: Wednesday, February 9th, 5-6 PM
The Gap Year: Wednesday, February 16th, 5-6 PM
WICHE: Wednesday, February 23rd, 5-6 PM
GREs: Tuesday, March 1st, 5:30-6:30 PM
MCAT: Wednesday, March 2nd, 5-6 PM
DAT: Thursday, March 3rd, 5-6 PM
Mock DAT/GRE/MCAT: Saturday, March 5th, 9am

REGISTER HERE AT:
HTTPS://TINYURL.COM/YCKNRT8B
Mahalo!

Please complete our evaluation form!

Kiana Shiroma, PhD
Pre-Health/Pre-Law Advising Center
Sinclair Library 107B, 2425 Campus Road
University of Hawaiʻi at Mānoa

Phone: (808) 956-8646
Email: kianak@hawaii.edu