

DARTMOUTH

Health Professions Program

Medical School Application Newsletter

Choose Your Medical School Tool

2024-2025 Cycle

January 2025

We know there can be questions about whether you can hold multiple acceptances, for how long, and what the process is for making final decisions. By now, you’ve been getting notices from the AAMC about the AMCAS “Choose Your Medical School (CYMS) Tool which is the AAMC system for navigating this process.” In this newsletter, we want to clarify what that is and how it works.

We also want to highlight the section in which we encourage you to be proactive about withdrawing yourself from consideration at schools you would not choose to attend, if you’re lucky enough to already have acceptances at schools you’d choose instead.

As we begin the new year, there is an array of emotions among you! For those of you waiting to receive interview invites – hang in there! Interviews are still active and being offered through February, and for some schools, even in early March. This is a good time for another update and/or letter of continued enthusiasm.

If you have questions or would like to discuss your application, see [Sarah’s](#) or [Nicole’s](#) Calendly to schedule a meeting. If you don’t see available times, feel free to reach out to either directly or Health.Professions.Program@dartmouth.edu where Rae can get back to you quickly.

Best wishes and a happy new year!

Sarah, Nicole, and Rae

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Choose Your Medical School Tool (CYMS)

The AAMC encourages all medical school applicants to understand and utilize the Choose Your Medical School tool (CYMS). See the AAMC chart on the next page. Here are some notes to help translate the AAMC instructions.

APPLICANTS UTILIZE THE TOOL IN THREE DIFFERENT PHASES.

As of February 19:

AAMC encourages all applicants with acceptances to choose “plan to enroll,” at one school they believe—at that moment—is their most likely choice. You can change this selection at any time.

- Applicants are completely de-identified so med schools do NOT know who made these selections.
- Applicants can still hold all the acceptances they are considering.
- This begins to let medical schools gain a crucial sense of how many of their accepted applicants may be seriously considering choosing them in the end. This information assists them in assessing whether they can offer more acceptances and, how many.

As of April 15:

AAMC encourages all applicants with multiple acceptances to narrow their list down to three schools and withdraw from the rest.

- You may continue to hold more than 3 acceptances if you are still deliberating, especially if you are waiting for financial aid offers, or are still on waitlists at this point.
- The information is still de-identified at this point

As of April 30:

You are expected to choose either:

- COMMIT TO ENROLL at the ONE school you are choosing to attend, and withdraw from the rest
- OR
- PLAN TO ENROLL at the ONE school you plan to attend while remaining on a waitlist(s) or awaiting a financial offer.
 - If you choose plan to enroll at this stage IT IS YOUR RESPONSIBILITY to communicate clearly with the school you selected so they know that: 1. they are your intended school and 2. that you are remaining on a waitlist(s) or financial aid offer from another school. It is allowed to remain on waitlists.
 - You must know your “plan to enroll” school’s policies for when you must “commit to enroll” at their school.
 - You must communicate with schools you are waitlisted at, to confirm your continued interest; they don’t automatically know if you still want to be considered.

At this point medical schools CAN see who you are, but not where else you might have been accepted or on a wait-list.

See the charts below and review this process in more detail on the [AAMC website](#).

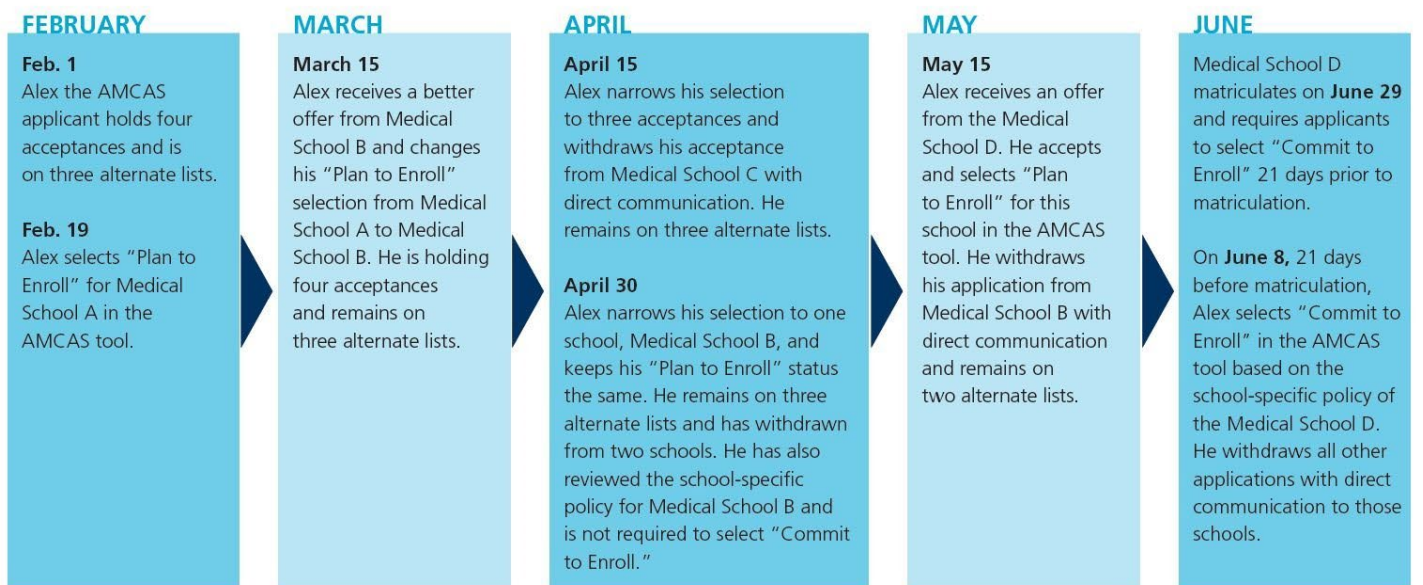
Timeline: What Applicants and Medical Schools Can Do and When

Date	Milestone	Applicant Activity	Medical School Actions
Feb. 19***	"Plan to Enroll" becomes available for applicants to select in the AMCAS application.	Applicants can begin to select "Plan to Enroll" for their top medical school choice. Applicants should use the tool at the direction of the schools to which they have applied.	Medical schools can run an aggregate report to determine how many applicants in their pool have selected "Plan to Enroll" for their school or for another school.**
April 15***	Applicant protocols ask applicants to narrow their acceptance offers to three.	Applicants holding more than three offers should narrow their offers of acceptance to three, with no limit on alternate-list offers.	Medical schools continue to submit timely admissions actions to the AMCAS program.
April 30***	"Commit to Enroll" becomes available to applicants in the AMCAS tool. "Plan to Enroll" remains available to applicants in the AMCAS tool.	Applicants should use the tool at the direction of the schools to which they have applied and can select "Plan to Enroll" or "Commit to Enroll" in the AMCAS tool. "Commit to Enroll" indicates that they have made their final selection and have withdrawn all other applications. <i>This does not automatically withdraw applicants from other medical schools.</i>	Medical schools can run detailed reports to identify their accepted and alternate-list applicants who have selected "Plan to Enroll" or "Commit to Enroll" at their school versus another school.
Post-cycle (around October)	AMCAS application cycle closes.	Applicants have matriculated.	Medical schools can see where applicants in their pool matriculated.

**Schools will only be able to access information on applicants who were accepted to their school. Schools will not be able view students who hold zero acceptances.

***AMCAS will email applicants who have an acceptance about the best practices of the Choose Your Medical School tool and the significance of the protocols.

Example of Applicant Who Reviewed School-Specific Policies



Applicants should use the AMCAS Choose Your Medical School tool after reviewing the school-specific policies of the schools at which they hold an acceptance.

Common Exceptions to CYMS Protocol:

Financial Aid: If you haven't received your financial aid offers yet, please know that you can continue to hold multiple acceptances as long as you communicate with schools, and remain with school-specific deadlines for decisions. If a school is asking you to commit early to receive merit aid before you've heard back from other schools, please let them know your situation. CYMS is meant to facilitate communication between applicants and schools, so do not hesitate to discuss this with your schools. *Applicants should have completed their FAFSA form in a timely fashion so schools can put together financial aid offers.*

Medical School-Specific Deadlines: The AAMC recommends that applicants have a 21-day minimum before matriculation to make final commitments. If a school asks you to commit (or lose your spot) on April 30th please contact AAMC. It is acceptable to ask applicants to plan to enroll on April 30th but not to commit to enroll unless the applicant is ready to make that decision.

Each school has specific deadlines and criteria for committing to enroll (or losing your acceptance). These deadlines do not normally happen as early as April 30th. You need to have a clear understanding of the different deadlines as you wait to hear back from your waitlists. Please create a clear system to keep track of this information. These deadlines are usually listed on medical school websites or emailed to you from schools. For example, Mount Sinai states on its website: "Any time after acceptance and 21 days before orientation: Accepted applicants should select the 'Commit to Enroll' button. It is required to be selected by all accepted students matriculating at the Icahn School of Medicine at Mount Sinai. At this point, accepted students are required to withdraw from all other options for medical school." It is up to you to actively withdraw from other schools, it does not happen automatically.

Waitlists: As noted, if you have acceptance(s) but still have a top choice school at which you've been waitlisted by April 30th, then choose "plan to enroll" at one accepted school, instead of commit to enroll. Let them know why you made that choice. It will be okay with the school, and it is good to let them know. You also need to know the school's commit to enroll criteria. Additionally, let your top choice school (at which you are waitlisted) know that while you have selected plan to enroll at another school, you are serious about staying on their waitlist. If you do not communicate this, they may see that you've selected plan to enroll at another school and skip you on the waitlist.

Holding Multiple Acceptances

Throughout the process, you can continue to hold multiple acceptances. **After April 30 you can only do so for the reason of awaiting financial aid offers, and as noted, with clear communication to schools and in accordance with their specific policies, or they may not hold your acceptance otherwise.** Most medical schools will return any deposits they've asked of you. Osteopathic schools do not necessarily return your deposit. If you are considering DO schools and need to discuss your decisions, feel free to contact HPP.

Withdrawing From Interviews and/or Acceptances

- ❑ If you have started to receive acceptances from schools that you would choose over the ones you have a scheduled interview with, then please consider withdrawing yourself from that interview in a timely fashion. It may be someone else's dream school and that very precious interview slot could be better used by that school.
- ❑ You can also proactively withdraw yourself from consideration at other schools you have yet to hear anything from. This frees them up to focus more on candidates who remain interested.
- ❑ If however, you are not certain about your choices or need to wait until you receive a financial aid offer, then it is your decision to attend the interview/remain under consideration.
 - Make sure to ALWAYS give notice if you do not plan to attend an interview. The sooner the better so they have a chance to offer it to someone else. Not only does it give the school a chance to better utilize that slot, it leaves future Dartmouth candidates in good standing with the school.
 - To withdraw from an accepted school or a school you haven't heard from—Please follow the medical school's protocol for withdrawing your application/acceptance.

What do I do if I haven't heard anything yet?

There is still time to be proactive and send out another update and/or letter of enthusiasm to schools for this cycle!! This could also be a good time to start discussing reapplying with HPP. If you have waitlists or no offers. We can do a full review of your application with you and start forming your plan B.