Creating Your Med School List

Dartmouth Health Professions Program

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CONSIDERATIONS

- Approach to curriculum and education style (lecture? Attendance required? Prefer to work with peers? Problem Based Learning?
- Class size
- School culture (and “vibes”)
- Focus on collaboration? Independence? Research? Service?
- Location—If youhad a choice? (Rural? Urban? , Weather; Proximity to family/friends, Proximity to outdoors; East; West; etc)
- Do they take out of state? What %? (aka OOS)
- Do they take international students?
- GPA+MCAT/? Check out RANGE.
- Any unique pre reqs to be aware of?
- COST of attendance + Average Debt (often quite a bit lower than actual cost)
- How many to apply to? Consider cost of apps! National Avg apps 17; Consider max=25
- Alignment w a school’s mission? (ie: all students do research at this institution-you were service focused and did two terms sophomore year)

3 Important Resources

1. The MSAR: Medical School Admissions Requirements_(maaaybe admit)
2. MSAR Reports
3. FAP

**Another good one is the All Access Podcast: https://podcasts.apple.com/ca/podcast/all-access-med-school-admissions/id1460476826

FYI: The AAMC Financial Assistance Program

If you qualify for the he AAMC Financial Assistance Program (FAP) it will greatly reduce the cost of the application process.

If you haven't already applied do so soon. FAP https://students-residents.aamc.org/fee-assistance-program/fee-assistance-program

(If you haven't signed up for the MCAT yet, and qualify, it will also reduce that cost (and provide AAMC materials for free, including the MSAR)

Getting Started-Getting Organized: The Tasks to Build Your List

- ❑Assess Your Own Experiences, Values, and Priorities as well as stats.
- ❑Assess the Mission, Priorities, Opportunities, Qualities, and Stats, of each school of interest
- ❑Where Are There Alignments?

Assess Your Own Experiences, Values, and Priorities (as well as stats)

Your Own Self-Assessment and Feedback from an Advisor

Assessing your experiences, values, priorities

1. Create an excel spreadsheet or preferred document to collect info about yourself: This will also help in preparing to write your application!

1. Make a list of ALL experiences, work, activities etc. during your time in college (and if there are 1-2 from high school that impacted you strongly).

   Include everything even if it doesn't seem related.

   - Greek life? YES.
   - Worked a retail or restaurant job on or off campus? YES!
   - Play music? YES include it (even if you "only" played music for yourself).
   - ETC

Everything has value and Med School's appreciate what can be gained even if they "don't seem relevant." For now, really, include EVERYTHING

Build your tool

Experience	Role + Responsibilities (if had)	Impacts/Growth/ Insights	Memorable moments	Value to me	Category	Hours

Then:

- For each, jot down roles and responsibilities, and memorable moments.
- Jot down how it may have impacted you, what you may have learned.
- Note Themes, ie: community oriented, skills based, learning about others or yourself
- Take time to go back through your calendar (every term is a little different) to note how many hours you participated in each thing
- Include everything you can think of for now—even if you don't get to write about all of them in your application. Not only will it help you with creating your med school list but it will prepare you well for the writing the application in the next few months.
- What did you value most in your academic experiences including research—jot down what lit you up or were especially engaging
- Take note of what experiences meant the most to you, what you participated in the most, and what engaged you the most (it might have been fewer hours that some things but very impactful).
- On the AMCAS application this is the list of categories you will choose from for each activity/experience.

Reflection…

What do you see about yourself? What are your own priorities and values?

- I really been inspired by service, especially working with kids; people experiencing homelessness; underserved communities; etc
- I know I want to keep doing research—I have been very inspired by biomedical research; clinical research; social research; engineering research etc
- For me I've learned how important it is to be part of community both socially and in learning. I have found a love for teaching/mentoring/tutoring
- Some of my favorite experiences have had a lot of leadership. I like helping to move things forward/facilitate effective collaboration/etc.
- I'm most engaged when I'm working on a new project; contemplating forward thinking; working towards something tangible; new paradigms etc.
- I want to be somewhere that is on the leading edge of discovery
- I keep circling back to experiences that involve working with communities/individuals that are underserved. I want to help make medicine more equitiable/accessible; etc

AAMC Categories: what do you notice for you?

- Artistic Endeavors
- Community Service/Volunteer – Medical/Clinical
- Community Service/Volunteer – Not Medical/Clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Awards/Recognitions
- Intercollegiate Athletics
- Leadership – Not Listed Elsewhere
- Other
- Paid Employment – Medical/**Clinical**
- Paid Employment – Not Medical/Clinical
- Physician Shadowing/Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Social Justice/Advocacy
- Teaching/Tutoring/Teaching Assistant
- Military Service

	BCPM	credit hours	except bcpm	credit hours	Overall	credit hours
Freshman	3.39	26	3.57	10.5	3.44	36.5
Sophomore	3.15	9	3.73	21	3.56	30
Junior	3.3	12.5	3.9	23	3.69	35.5
Senior	4	15	3.88	17.5	3.94	32.5
Cumulative	3.48	62.5	3.8	72	3.65	134.5
BCPM=Bio, Chem, Phys, Math						

- *GPA Calculations will appear only when your application status is Processed*

Quick Word on How GPA shows up on AMCAS app

What conclusions can you observe?

What would align well for me?

- A place where research opportunities are very strong, supported, mentors, built into curriculum
- I want to be immersed in biomedical research along with the clinical training
- I want to do research but I want to focus on public health, clinical etc.
- I seem to be naturally drawn to leadership opportunities
- I have a of consistency with my interest in maternal health
- I want to be somewhere where there is also a strong social community
- I want to be in a very innovative environment, at the forefront of new knowledge
- I just want to go to any med school I get into
- I find myself always drawn to service, I want a school where students work/volunteer out in the community
- I want to learn in a multifaceted and diverse community
- I want a school that demonstrates interest in student wellness
- I'm all about work hard play hard. I want a community that's intense but also likes to have fun
- I can't wait to have clinical exposure. I want a school where that starts right away
- I definitely want to keep playing music with peers, I want a school where that already exists or where there is space to create new opportunities.

Assess the Mission, Priorities, Opportunities, Qualities, and Stats, of each school of interest

Assessing Info and Mission of Schools

- If applying to Medical Schools Get a subscription to the MSAR (Medical School Admissions Requirements) from the AAMC: This will be a tool you will use in making your list.
  - Go to this site to learn more about the MSAR (and at the top of that page click the tab called Applying to Medical School for further resources you may find useful)https://www.aacom.org/content-creation/explorer-lead-form
- If applying to Osteopathic Medical Schools (DO) go here for more resources and here.
- If applying to Dental schools get a subscription to the ADEA Guide to Dental schools
- If applying to Veterinary schools go here.

Great resource for finding missions statements!

CHECK OUT THIS DOCUMENT, MSAR REPORTS

https://students-residents.aamc.org/medical-school-admission-requirements/medical-school-admission-requirements-reports-applicants-and-advisors

INCLUDES A LIST OF ALL SCHOOL'S MISSION STATEMENTS

And, several other reports (ie: styles of interview; who requires SJT's; school policies; secondary app timelines, etc)

Create an excel spreadsheet or preferred document style to gather and store information you gain from the MSAR; from the Medical Schools' (DO, Dental, Vet etc) own websites; and from utilizing some AAMC reports that have useful information as well (will explain the report)
Example: include other factors as desired

School	State	MissionStatement	Focus on?	Curriculum/Teaching Style	Location, Thoughts?	Community	Opportunities that resonate (Research? Public health? Service? Global health? Etc)	% of Out of State	Mean MCAT	Mean BCPM (bio, chem, physics math)	Mean GPA	Cost	Avg Debt

Where Are There Alignments?

Mission Matching: Using Mission Statements

1. Vision**:** To be a leader in making a global impact through innovative care, transformative discovery, and collaborative teaching and learning. We select applicants poised to become exceptional clinicians, physician-scientists, and medical educators. Our holistic admissions process values applicants with a demonstrated interest in serving underserved rural and urban communities, addressing medical disparities, advancing research and innovation, and/or practicing primary care medicine. We are committed to recruiting and training applicants from Alabama, students with close ties to Alabama, and/or students who demonstrate a passion for the mission of the UAB Heersink School of Medicine.

2. To provide a world-class medical education that ignites a passion for learning, a desire to serve, and an unwavering commitment to improve the health and well-being of patients and communities.

3. To improve health and healthcare, Med School will:
o Create world leaders in health and science
o Discover the basis for health and cures for disease
o Optimize health through community partnerships
o Heal humankind one patient at a time

4. X College of Medicine is a research-intensive medical school. For more than 60 years, our diverse faculty and staff have set the standard for excellence in medical and graduate education and patient-centered clinical care, and have made major contributions to scientific research enhancing human health in our communities and beyond. Our mission is to prepare a diverse body of students to become knowledgeable, compassionate physicians and innovative scientific investigators, and to create new
knowledge

5. At X School, our Vision is to be the medical school that sets the standard for educating humanistic physicians, scientists, and educators to be leaders of change. We strive to build a diverse and inclusive community reflective of our world in order to enrich learning, foster innovation, and help tackle the most vexing challenges in health care. We aim to do this by cultivating character, a growth mindset and servant leadership qualities in our students so that they may best serve our communities locally and globally to live healthier and fulfilled
lives.

Building Your List

1. Eliminate state schools that don't take out of staters.
2. Are there any schools at which you have an advantage (state or region, Geisel)
3. What do your activities and choices demonstrate about you? What will come across?
4. What are your priorities—if you could choose, how do the med school's missions/priorities/gpas/mcat scores align?
5. Use this information, plus the addition of your Stats—and begin to develop your list. Include a range—even if not all are your "ideal." All med schools will give you a strong medical education

- We recommemd applying to approximately 20-25 schools.
- The goal is to develop a list that gives you the best chances, taking into account *your* specific, overall application.

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