

# Health Professions Advisory Committee Review Information Meeting: Zoom Session 1.23.24

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For students and alumni considering applying to professional schools (i.e. dental, pharmacy, medicine, optometry, PT, podiatry) that may prefer committee letters from applicants.



# Agenda

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- Announcements/opportunities for current students
- Committee Review overview
- Instructions to request/complete committee review
  - HPAC online application
  - References



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- Review weekly Health Professions update emails that go out every Friday with announcements on meetings, internships, research/clinical opportunities prior to making an appointment.
  - Visit Becker Career Center for guidance on internships, jobs, and other healthcare-related opportunities (i.e. networking with alumni). They fund summer fellowships at non-profit agencies that can be healthcare-related.
  - Community Action, Research and Education (CARE) Fellowship (300 hours with 200+ direct patient contact hours as well as research and coursework in end of life care). Funding is provided through Union's Summer Research program; therefore, you must identify a faculty member who will supervise the research. Priority is given to students who have received caregiver training at a care home such as the Joan Nicole Prince Home.

# 2 Scholarship Opportunities

## Obenzinger Scholarship

**(must be sophomore or junior premedical student receiving need-based financial aid)**

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- The amount of the scholarship for the 2024/25 academic year will be approximately \$38,000. Funds to be used toward meeting your financial need as measured by the FAFSA and CSS Profile.
- Any need in excess of the Obenzinger Award will be met with Union College Scholarship, eliminating your need-based loans.
- \$1,000 cash at prize day in 2025 (next year)
- Paid work-study position doing public health-related work at Hometown Health Center, a federally qualified health center (FQHC) in Schenectady.
- Should be either a Sophomore or Junior with strong grades (above 3.2 math/science gpa and competitive standardized test scores) with plans to apply to allopathic medical (MD) schools

## Harold and Ellen Nagorsky Memorial Prize

- ***Awarded to the premedical student who is in the junior class and contributes the most to the Union College community through extracurricular activities.***
- Prize (approx. \$1,000) to be awarded this year May 2024 at Prize Day

**Both Prizes require that you complete an application (see website under student resources)**

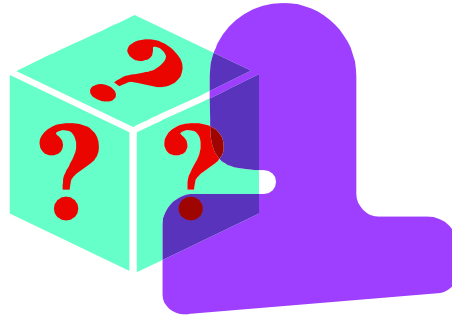
# Goals of Today's Meeting

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At the completion of the meeting, you should be able to...

- Articulate what a “committee letter” is and the process required to obtain one in support of your professional school application
- Assess whether you are *ready* to go through committee review this year
- Realistically estimate your “cohort” year (*earliest* year you would likely begin professional school and draft a timeline of necessary steps to launch an application)
- Understand the steps required to initiate committee review and secure your materials in the future



What is a committee letter?

Why do I need one?

Who writes the letter and  
how?

# What is Discussed in the Committee Letter?

- Motivation for Medicine/Clinical Background
- Involvement in extracurricular activities and leadership roles that you have held
- Interpersonal characteristics
- Academic record

|   |                               |           |          |      |      |           |
|---|-------------------------------|-----------|----------|------|------|-----------|
| EGL 101                                       | Intro to Study of Lit: Fict A |           | 1.00     | 1.00 | 4.00 | HUL       |
|   |                               |           |          |      |      | WAC       |
|   |                               |           |          |      |      | HCM       |
| SPN 201                                       | Intermediate Spanish 2        | B+        | 1.00     | 1.00 | 3.30 | LCSS      |
|   |                               |           |          |      |      | HUM       |
| TERM  |                               |           |          |      |      | GPA 3.433 |
| CUM EARN                                      | 11.00                         | ATT 9.00  | QP 30.50 |      |      | GPA 3.389 |
| Fall Term 2017-18 (09/06/2017 - 11/21/2017)   |                               |           |          |      |      |           |
| CHM 231                                       | Organic Chem 1 W/Lab          | C+        | 1.00     | 1.00 | 2.30 |           |
| PSY 100                                       | Intro to Psychology           | A         | 1.00     | 1.00 | 4.00 | SOCS      |
| STA 104                                       | Introduction to Statistics    | A-        | 1.00     | 1.00 | 3.70 | QMR       |
| TERM  |                               |           |          |      |      | GPA 3.333 |
| CUM EARN                                      | 14.00                         | ATT 12.00 | QP 40.50 |      |      | GPA 3.375 |
| Winter Term 2017-18 (01/03/2018 - 03/20/2018) |                               |           |          |      |      |           |
| SRS 200                                       | Always Connected: Societal    | B+        | 1.00     | 1.00 | 3.30 |           |
| CHM 232                                       | Organic Chem 2 W/Lab          | B         | 1.00     | 1.00 | 3.00 |           |



# Who Writes the Committee Letter and How?

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Prof. Weisse, Director-Health Professions Advising

Prof. Beaton, Asst. Director-Health Professions Advising

Prof. Michelle Osborn, Dean of Studies

Prof. Cohen, Biology

Prof. Gasparovic, Math

Prof. Kehlbeck, Chemistry

Prof. LaBrake, Physics

Prof. Shena McAuliffe, English

Matt Milless, Assistant Dean of Students

Health  
Professions  
Advisory  
Committee  
(HPAC)  
Members



# Committee Letter is Based Upon the Following 3 Sources:

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- On-line portfolio outlining grades, experiences, and goals via personal statement (you provide this)
- Evaluation letters to be submitted to our office (you request these and evaluators provide them)
- Information from 2, 1-hour interviews to be conducted in the spring\* (committee members provide this)



\*if you plan to be abroad, let us know asap

# HPAC Evaluation Grid

Outstanding Top 2%      Excellent Top 10%      Good Top 25%      Fair Next 25%      Poor Lower 50%      Unable To Judge

|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
| Thinking and reasoning                     |  |  |  |  |  |  |
| Quantitative ability                       |  |  |  |  |  |  |
| Communication skills-oral                  |  |  |  |  |  |  |
| Communication skills-written               |  |  |  |  |  |  |
| Ability to work with others                |  |  |  |  |  |  |
| Reliability /dependability                 |  |  |  |  |  |  |
| Resilience / adaptability                  |  |  |  |  |  |  |
| Service orientation / concern for others   |  |  |  |  |  |  |
| Familiarity with field/Clinical Background |  |  |  |  |  |  |

# Overall Committee Rating

(these math/science GPA ranges are approximations)

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| Personal Qualities | Recommendation                          | Academic Abilities |
|--------------------|---|--------------------|
|                    | Recommended very highly                 | 3.8+ bcpm          |
|                    | Recommended highly                      | 3.5-3.8 bcpm       |
|                    | Recommended                             | 3.0-3.5 bcpm       |
|                    | Recommended with reservations           | 2.75-3.0 bcpm      |
|                    | Credentials Presented for Consideration | <2.75 bcpm         |

# Are You the Best You Can Be?




Committee Review is Only Done Once.  
Check out [Anatomy of an Applicant](#)

| Program | GPA  | BCPM | Test Score | Program Accepted | Reapplicant |
|---------|------|------|------------|------------------|-------------|
| MD      | 4.00 | 4.00 | 512        |                  |             |
| MD      | 3.98 | 3.96 | 513        | MD               |             |
| MD      | 3.88 | 3.86 | 514        | MD               | x           |
| MD      | 3.83 | 3.75 | 518        | MD               |             |
| MD      | 3.79 | 3.61 | 503        |                  |             |
| MD      | 3.78 | 3.7  | 499        | MD               | x           |
| MD      | 3.66 | 3.5  | 511        | MD               |             |
| MD      | 3.63 | 3.56 | 514        | MD               |             |
| MD      | 3.61 | 3.33 | 500        | MD               |             |
| MD      | 3.54 | 3.32 | 505        | MD               |             |
| MD      | 3.52 | 3.45 | 517        |                  |             |
| MD      | 3.52 | 3.45 | 517        | MD               | x           |
| MD      | 3.26 | 3.26 | 496        |                  | x           |
| MD      | 3.14 | 2.84 | 496        | MD               | x           |
| MD      | 3.14 | 3.44 | 497        |                  | x           |
| MD      | 2.71 | 2.63 | 508        | MD-              | x           |
| MD      | 2.70 | 2.61 | 508        |                  | x           |
| MD/DO   | 3.98 | 3.97 | 509        | DO               |             |
| MD/DO   | 3.96 | 3.96 | 519        | MD               |             |
| MD/DO   | 3.94 | 3.89 | 521        | MD               |             |
| MD/DO   | 3.89 | 3.87 | 517        | MD               | x           |
| MD/DO   | 3.87 | 3.8  | 509        | DO               |             |
| MD/DO   | 3.74 | 3.55 | 518        | MD/DO            |             |
| MD/DO   | 3.72 | 3.76 | 510        | MD/DO            |             |
| MD/DO   | 3.72 | 3.59 | 504        | DO               |             |
| MD/DO   | 3.65 | 3.57 | 504        | DO               |             |
| MD/DO   | 3.63 | 3.56 | 506        | DO               | x           |
| MD/DO   | 3.58 | 3.41 | 507        | DO               | x           |
| MD/DO   | 3.54 | 3.49 | 500        | DO               |             |
| MD/DO   | 3.49 | 3.29 | 510        | MD/DO            |             |
| MD/DO   | 3.47 | 3.27 | 514        | MD               | x           |
| MD/PhD  | 3.91 | 3.87 | 518        | MD/PhD           |             |
| MD/PhD  | 3.83 | 3.81 | 518        | MD/PhD           | x           |

| Program | GPA  | BCPM | DAT | Accepted Schools | Reapplicant |
|---------|------|------|-----|------------------|-------------|
| Dental  | 3.60 | 3.37 | 19  | DENTAL           |             |
| Dental  | 3.59 | 3.17 | 21  | DENTAL           |             |
| Dental  | 3.55 | 3.22 | 19  | DENTAL           |             |
| Dental  | 3.52 | 3.54 | 23  | DENTAL           |             |
| Dental  | 3.42 | 2.98 | 19  |                  | x           |

Acceptances by Program, GPAs, and Test Scores with Reapplicant Status

 = no acceptances

# How to Calculate Your BCPM

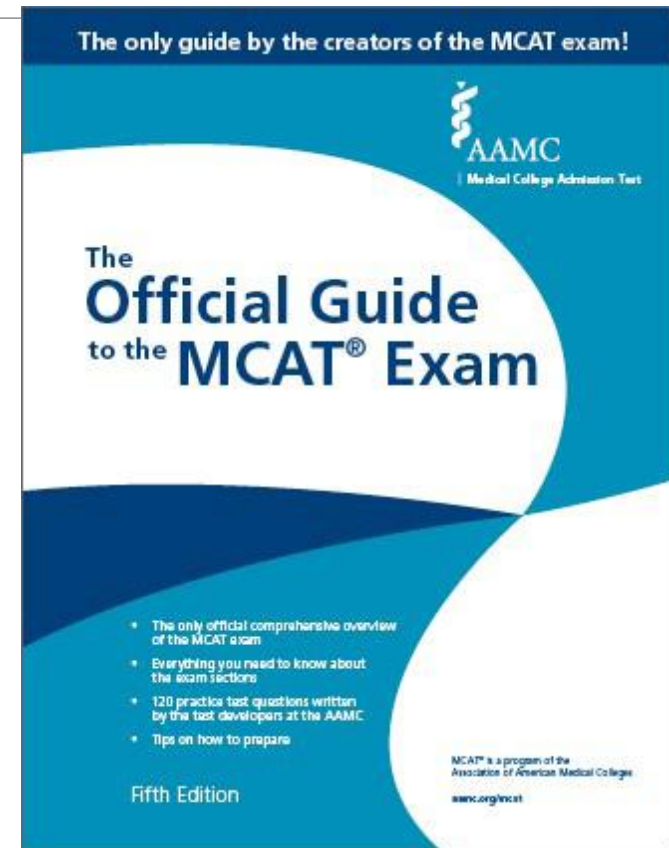
To calculate your math/science gpa (BCPM) and can use the [Course planning guide and gpa tracker](#) on our website

| COURSE              | Course Title                | GRD       | ATT                       | CPT    | GRDPT |                   |       |
|---------------------|-----------------------------|-----------|---------------------------|--------|-------|-------------------|-------|
| CHM 232             | Organic Chem 2 W/Lab        | B         | 1.00                      | 1.00   | 3.00  | SCLB              |       |
| FRN 201             | Intermediate French 2       | A         | 1.00                      | 1.00   | 4.00  | LCCF<br>HUM       |       |
| SOC 100             | Intro to Sociology          | A         | 1.00                      | 1.00   | 4.00  | SOCS              |       |
| TERM                |                             |           |                           |        |       | GPA               | 3.667 |
| CUM                 | EARN 19.00                  | ATT 19.00 | QP                        | 61.20  | GPA   | 3.221             |       |
| Dean's List Awarded |                             |           |                           |        |       |                   |       |
| Fall Term 2020      |                             |           | (09/09/2020 - 11/24/2020) |        |       |                   |       |
| BIO 205             | Topics in Molecular Biology | B         | 1.00                      | 1.00   | 3.00  | SET               |       |
| PSC 160             | Presidential Elections      | A         | 1.00                      | 1.00   | 4.00  | SOCS              |       |
| PSY 210             | Neuroscience: Mind & Behavi | A         | 1.00                      | 1.00   | 4.00  | SET               |       |
| TERM                |                             |           |                           |        |       | GPA               | 3.667 |
| CUM                 | EARN 22.00                  | ATT 22.00 | QP                        | 72.20  | GPA   | 3.282             |       |
| Winter Term 2021    |                             |           | (01/11/2021 - 03/24/2021) |        |       |                   |       |
| BIO 350             | Evolutionary Biology        | A-        | 1.00                      | 1.00   | 3.70  | SET<br>SCLB       |       |
| CHM 245             | Environmental Chemistry     | A-        | 1.00                      | 1.00   | 3.70  | SET               |       |
| PSC 113             | Intro to Political Thought  | A         | 1.00                      | 1.00   | 4.00  | SOCS              |       |
| TERM                |                             |           |                           |        |       | GPA               | 3.800 |
| CUM                 | EARN 25.00                  | ATT 25.00 | QP                        | 83.60  | GPA   | 3.344             |       |
| Spring Term 2021    |                             |           | (03/29/2021 - 06/10/2021) |        |       |                   |       |
| ANT 205             | Men and Masculinity         | A         | 1.00                      | 1.00   | 4.00  | LCC<br>SOCS       |       |
| BCH 335             | Survey of Biochemistry      | B         | 1.00                      | 1.00   | 3.00  |                   |       |
| REL 260             | Zen Buddhism and Meditation | A         | 1.00                      | 1.00   | 4.00  | LCC               |       |
| TERM                |                             |           |                           |        |       | GPA               | 3.667 |
| CUM                 | EARN 28.00                  | ATT 28.00 | QP                        | 94.60  | GPA   | 3.379             |       |
| Dean's List Awarded |                             |           |                           |        |       |                   |       |
| Fall Term 2021      |                             |           | (09/13/2021 - 11/23/2021) |        |       |                   |       |
| BIO 384             | Genetics & Molecular Bio W/ | A-        | 1.00                      | 1.00   | 3.70  | SCLB              |       |
| EGL 100             | Intro to Study of Lit: Poet | A-        | 1.00                      | 1.00   | 3.70  | HUL<br>WAC<br>HUM |       |
| PSC 235R            | African-Amer Political Thou | B+        | 1.00                      | 1.00   | 3.30  | WAC<br>SOCS       |       |
| TERM                |                             |           |                           |        |       | GPA               | 3.567 |
| CUM                 | EARN 31.00                  | ATT 31.00 | QP                        | 105.30 | GPA   | 3.397             |       |



# MCAT

- Recommended resources by the makers of the test (AAMC)
- Additional resources are available at the library reference desk under “Weisse” (including Exam Crackers)
- Resources in our office for current students (UWorld)
- Practice, practice, practice



# Financial Assistance for Test Preparation

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The Health Professions Office has limited funding available to support **currently enrolled students** in need with their preparation for their professional school admission test.

**Note: You must have completed the prerequisites for your professional program, be currently enrolled at Union, and be eligible for financial aid to request funding.** Application form can be found here: [https://union-college.formstack.com/forms/request\\_for\\_test\\_prep\\_support](https://union-college.formstack.com/forms/request_for_test_prep_support)

If approved, funding can be used to:

- Purchase the Official MCAT Guide plus one full length online MCAT practice test for a total of \$65.00. **OR**
- Purchase DAT, OAT, or GRE test preparation items, and the Health Professions Office will reimburse up to \$65.00.

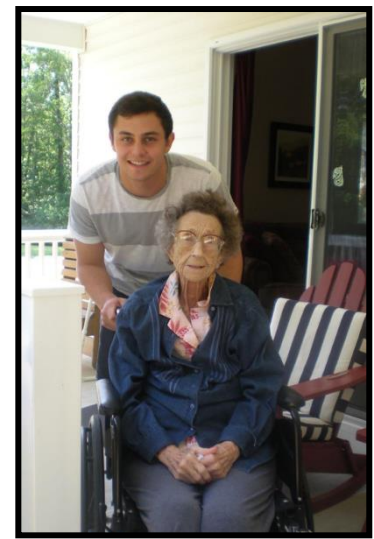
**PLEASE REACH OUT TO THE OFFICE FOR ADDITIONAL MCAT RESOURCES**



# In addition to MCAT/grades...



*Genuine, heartfelt, sustained service that includes interaction with patients.*



Most applicants have 500+ direct patient care hours

# Who Should Seek Committee Review this Year?

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- Alumni/Seniors/Juniors with competitive grades and *significant* clinical outreach and service who hope to enroll in fall 2025.
- Sophomores eligible for early assurance programs.

If your math/science GPA < 3.0 or you have not had much patient contact or community service, please set up a meeting to discuss if a deferral of HPAC review makes sense.

# What if You are Not Ready to Apply?



- Establish plans for addressing any deficiencies. For example, if grades are low, consider additional coursework, graduate programs or post-bac programs found at [www.aamc.org](http://www.aamc.org)
- If lacking in clinical experience, consider seeking out clinical work during gap year(s)
- Consider other options (other health professions? Foreign schools?)

*...doing a gap year has been a fantastic path to medical school, so far. With all of the travelling and expenses associated with applying, I would have struggled mightily had I attempted to do this during the school year... I didn't really think doing a gap year would be good for me, and neither did my parents. But, that was the way it went and it has been great. ~Union alum*

# What do Students do When They are Competitive but Have a Gap Year?

- Scribe, Clinical Research at medical centers or [NIH](#)
- Fellowships (Fulbright, Minerva, Watson)
- Service jobs (i.e. <https://www.projecthsf.org/>)





If You Are Ready To  
Apply...

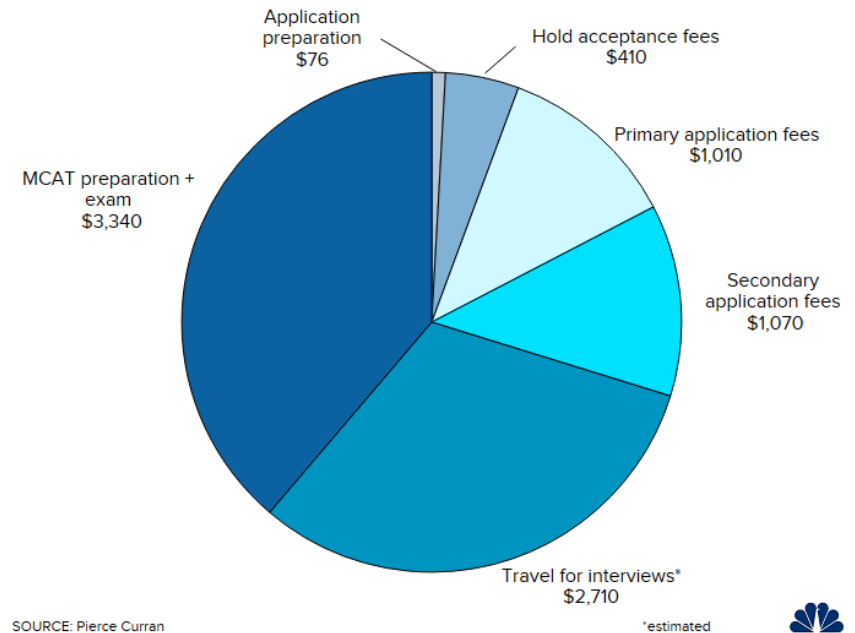
# Estimated Average Cost of Applying (and attending) Medical School

According to the Education Data Initiative, average total cost to attend medical school in 2023 was \$230,296.00 (\$57,574/year)

[AAMC Fee Assistance Program](#)

[Health Professions Scholarship Programs \(Military\)](#)

The high cost applying to medical school



\$8,616.00 for 21 schools in 2019

# Suggested Timeline

## Health Professions Advisory Committee (HPAC) Timeline

All of the following steps must be completed before the committee will write on your behalf and release a committee letter to your designated schools. Please pay attention to deadlines.

### January

- Attend the informational meeting and submit your [Health Professions Advisory Committee Request for Review Form](#).
- Follow multi-step instructions provided via e-mail from [health\\_pro@union.edu](mailto:health_pro@union.edu) to activate and then begin HPAC online portfolio.
- Complete one [Health Professions Advisory Committee Individual Evaluation Letter Request Form](#) for each evaluation letter to be submitted on your behalf.

### February

- Complete HPAC on-line portfolio.
- Evaluation letters are due by **NOON** on the **FIRST MONDAY of March**. You will receive a confirmation email as each letter is submitted to our office.

### March

- Submit the completed HPAC on-line portfolio by **NOON on the FIRST MONDAY of MARCH**.
- Sign up for both HPAC interviews following deadlines/instructions provided via e-mail from [health\\_pro@union.edu](mailto:health_pro@union.edu).

### April/May

- Complete both HPAC interviews and take necessary admissions tests (i.e. MCAT, DAT, OAT etc...).

### May

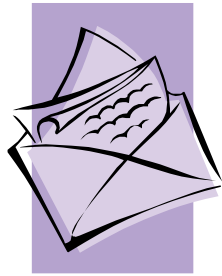
- Attend the informational meeting on the application process. Begin application (i.e. AMCAS, AACOMAS, AADSAS etc...) and make final decision on application after reviewing test scores. Put in transcript requests with registrar's office.

### June

- Use [health\\_pro@union.edu](mailto:health_pro@union.edu) for all inquiries to our office and when providing our office with a PDF version of your submitted application. **Note:** AMCAS applicants must also email a PDF of the letter request form along with the submitted application.

### July

- Submit all secondary applications.



# Evaluation Letters

- For each evaluator who will be writing on your behalf, complete a [Health Professions Advisory Committee Individual Evaluation Letter Request Form](#)
- Individual letter waivers and the Waiver selection made in the Request for Review form must match.
- Only ask people who know you well and whom you think can speak to your suitability for a career in medicine (you may want to consider providing evaluators with relevant information). **Please do not ask us for guidance on whom you should pick.**
- **Evaluation letters are due no later than noon the first Monday of March.** You will receive a confirmation email as each letter is submitted to our office.
- Four total reference letters, including 2 letters from science professors and 2 additional letters, preferably one from a professor from a non-science course or term abroad and one from a supervisor from a substantial activity (i.e. manager/supervisor from a place of employment or volunteer activity, a research lab supervisor etc..). **Note: Evaluators cannot be a member of the HPAC committee.**

NOTE: Evaluation letters and the committee letter can only be sent to professional schools, not other programs (i.e. research, grad school, scholarships, post-bac programs etc.).



# Health Professions Advisory Committee Members

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**Prof. Weisse, Director-Health Professions Advising**

**Prof. Beaton, Asst. Director-Health Professions Advising**

**Prof. Michele Osborn, Dean of Studies**

**Prof. Cohen, Biology**

**Prof. Gasparovic, Math**

**Prof. Kehlbeck, Chemistry**

**Prof. LaBrake, Physics**

**Matt Milless, Director of Student Activities**

**Prof. McAuliffe, English**

You may not request letters from these committee members; however, they will provide input during meetings if they know you.

# How Do I Initiate Review?

(2 STEP PROCESS)

HPAC Portfolio Only available for limited time

1. Complete the Health Professions Request for Committee Review
2. Within 3-4 business days, you should receive an e-mail from health\_pro@union.edu with instructions on how to create an account and general instructions about the application.

Check Spam



## Create HP Application

Preview Save

- Personal Information \*
- Standardized Tests ⓘ
- GPA
- Work / Activities ⓘ
- Essay
- Acknowledgments

The application has the six sections shown above. Always select the **“Save”** button in the upper right corner when working in the application.





## Create HP Application

Preview

Save



### ^ Personal Information \*

First Name \*

Middle Name

Last Name \*

Red asterisks denote the two fields required to Save an application to work on it in the future.

Always select the **“Save”** button in the upper right corner when working in the application.

UQA

Work / Activities ?

Hide row weights

Enter Work / Activities

Experience

Experience Name ?

Experience Type ?

Choose some options

Dates

Dates (value 1) ?

Start date ?

mm/dd/yyyy

End date

mm/dd/yyyy

Clicking on a question mark will provide instructions specific to the field.

Collapse

Fields with small blue triangles must be completed in order to submit the application.

Always select the "Save" button in the upper right corner when working in the application.



# Tips When Completing Online Application



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- Carefully read/follow instructions
  - Alumni should use permanent, non-Union email (i.e. gmail)
  - Save your information in a separate Text Pad or Word Pad document while you work. Be sure to create a PDF of the final product for your records.
  - Don't wait until the last minute to work on the application.

# Institutional Action

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An institutional action at Union College includes sanctions for Honor Code violations issued after either hearings or Chair-Dean Reviews as well as policy violation, including a violation of the code of student conduct or Title IX.



# Institutional Action

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You will be asked to truthfully answer the two questions below in the Personal Information section of the application.

1. Have you ever been the recipient of sanctions as the result of an Honor Code violation? [Explanation of Honor Code Sanctions](#)

(Note: If you are unsure, please contact the Dean of Studies)

If yes, please provide information on the violation and sanction(s) received:

2. Have you ever been the recipient of sanctions as the result of a policy violation, including a violation of the code of student conduct or Title IX? [Explanation of](#)

[Conduct/Title IX Sanctions](#)

(Note: If you are unsure, please contact the Director of Community Standards & Accountability)

If yes, please provide information on the violation and sanction(s) received:



# Create HP Application

[Preview](#) [Save](#) 

## Please carefully read the acknowledgments below.

### ^ Acknowledgments

I affirm that this application has been completed in compliance with the Union College Honor Code. ▲ ?

I acknowledge that the committee to which I submit my portfolio will verify records of my disciplinary points and Academic Honor Code violations with the [Dean of Students](#) office and the [Dean of Studies](#) office.

I acknowledge that the committee to which I submit my portfolio will verify records. ▲

I acknowledge that an institutional action includes sanctions for Honor Code violations issued after either hearings or Chair-Dean Reviews as well as the assignment of points even if they were later reduced. You must briefly explain each instance, the date(s) of occurrence (MM/YYYY), and any sanctions and/or points assigned in your application.

I acknowledge that an institutional action includes sanctions for Honor Code violations. ▲

I acknowledge that it is **my responsibility to verify** all of my institutional actions with both offices (Dean of Students, Dean of Studies) before submitting my portfolio for review by the respective committee.

I acknowledge that it is my responsibility to verify all of my institutional actions with the Dean of Students & Dean of Studies. ▲



# A Memorable and Well-Written Essay Takes Time and Reflection...

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It should be clear to anyone who reads your essay :

- Why you are pursuing the path you have chosen
- How you have prepared for it
- What you hope to contribute to the profession/your patients/your community

# A Memorable and Well-Written Essay Takes Time and Reflection...



- Pull together the highlights of your accomplishments/experiences relevant to medicine over the last 3-4 years before drafting your “story”
- Make appointments with both Becker and the Writing Center before submitting to HPAC. To book a conference and for instructions on how to access a video conference, please visit <https://union.mywconline.com/>
- Keep in mind that it is not really a “personal” statement where you broadcast your thoughts or philosophical position distinct from experiences

# Preparing Professional School Essay-10 Tips

1. **Before you begin, consider doing a 40 second self-survey** and asking: *What are my top 5 strengths? What are my top opportunities for improvement? What has been my biggest demonstration of growth?*
2. Be sure that your essay discusses **specific experiences with details**. Do some “pre-writing” to come up with 5-7 stories about each activity in addition to why you engaged in the activity.
3. Keep in mind that the essay needs to be compelling and convey the following:  
**1. What motivated you to pursue medicine? 2. How are you prepared to enter the medical field? 3. What skills do you have to contribute** to your patients, your colleagues, and your community?
4. **Chronological story is not always best**-Open with the image you want the committee to see. It may be that the arm you broke when you were 7 opened your eyes to medicine as a career, but admissions representatives first impression of you will be as a child.
5. While stories about inspirational parents and grandparents may indeed have shaped who you are, **the reader ultimately wants to know about you.**

# Preparing Professional School Essay-10 Tips (cont.)

6. **Show, don't tell.** For example, instead of stating you are dedicated or compassionate, weave into your essay stories for which the only conclusion that can be made is that you possess these traits.

7. **Use (without defining) medical terms acquired through your experiences** so that admissions committee representatives can easily imagine you as a dentist or doctor or optometrist because of your advanced vocabulary.

8. **Temper the desire to share philosophical views about the healthcare system**, especially given how little experience you are likely to have had with it.

9. **Think twice before naming doctors or researchers** with whom you have worked unless there is a compelling reason to do so. Always ask yourself-is this detail really relevant to the narrative?

10. **Try and capture the context of your experiences** including setting (small rural community hospital? an inner city clinic? an urgent care office in a suburb? a tertiary care trauma 1 center?) and patient population (Pediatric, adolescents, or seniors? Primary care or specialty? Acute/ urgent care? Hospice?) As in any good story, you always want to set the stage with interesting details.

# Next Meeting will be in May

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- Discuss how to complete applications (ACOMAS, AMCAS, AADSAS etc...)
- Discuss how to establish a list of schools to which to apply
- Review procedures for ensuring that your committee letter gets sent to schools
- Hear from successful applicants from the previous year

# AMCAS Application Cycle Dates

- Wednesday, May 1, 2024:  
AMCAS application opens
- Tuesday, May 28, 2024:  
AMCAS application  
submission begins
- Friday, June 28, 2024: Initial  
transmission of application  
data to medical schools

# Final Questions?

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