

Health Professions Advisory Committee (HPAC) Review Information Meeting: Zoom Session 1.21.26

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



- Announcements/opportunities for current students
- Committee Review overview
- Instructions to request/complete committee review
 - Health Professions Advisory Committee (HPAC) application
 - References



- Introducing new Office Assistant Autumn Knight!
Health_pro@union.edu
- 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](#) (200+ direct patient contact hours as well as research and coursework in end of life care). Funding provided through Union's [Summer Research](#) program (deadline February 5th). Priority will be given to students who have caregiver experience at [Joan Nicole Prince Home](#). Past recipients: Rosemary Crooker '26, Elsa Dorrance '26, Annie Cavaluzzi '27, Olivia Belfonti '27 and Allison Kronenberg '28. **Reach out to Prof. Weisse prior to launching an application.**

2 Scholarship Opportunities (for current students)

Obenzinger Scholarship

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

- The amount of the scholarship for the 2026/27 academic year will be approximately \$40,000. 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 2027 (next year)
- Paid work-study position doing public health-related work at Hometown Health Center, a federally qualified health center (FQHC) in Schenectady
- Must be either a Sophomore or Junior with strong grades (above 3.4 math/science gpa and competitive standardized test scores) with plans to apply to allopathic medical (MD) schools
- Past recipients Marissa Gnitzcavich and Rosemary Crooker

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 2026 at Prize Day

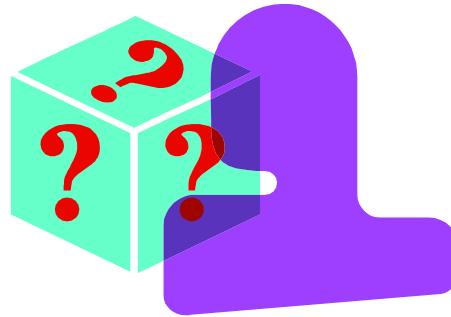
Both Prizes require that you complete an application (see website under student resources)

Goals of Today's Meeting



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 submit all materials in support of your future application



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	
					HUM	
SPN 201	Intermediate Spanish 2	B+	1.00	1.00	3.30	LCGS
						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?

Prof. Beaton, Asst. Director-Health Professions Advising

Prof. Cohen, Biology

Prof. Gasparovic, Math

Prof. Kehlbeck, Chemistry

Prof. LaBrake, Physics

Matt Milless, Assistant Vice President for Student Affairs, Campus & Community Engagement

Prof. Stephanie Mueller, Spanish

Michelle Osborn, Dean of Studies

Prof. Weisse, Director-Health Professions Advising

**Health
Professions
Advisory
Committee
(HPAC) Members**

Committee Letter is Based Upon the Following 3 Sources:

- Application outlining coursework, 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, interviews can be scheduled this term

Please let us know asap.



Health Professions Advisory Committee Evaluation Grid

	Exemplary	Proficient	Developing	Novice	Unable to assess
Critical thinking					
Scientific inquiry					
Communication skills-written					
Communication skills-oral					
Teamwork and collaboration					
Reliability and dependability					
Resilience and adaptability					
Service orientation					
Empathy and compassion					
Familiarity with field/Clinical Background					

Overall Committee Rating

(these math/science GPA ranges are approximations)

Personal Qualities	Evaluation	Academic Abilities	
	Exemplary		3.8+ bcpm
	Proficient		3.4-3.8 bcpm
	Developing		3.0-3.3 bcpm
	Novice		< 3.0 bcpm
	Unable to assess		

Are You the Best You Can Be?



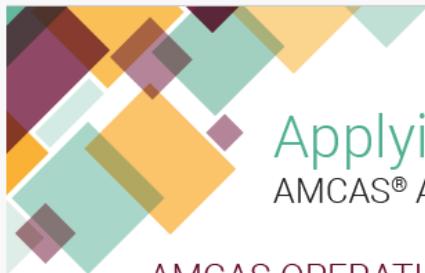
Committee Review is Only Done Once.

Program	GPA	BCPM	MCAT	Program Accepted
MD/DO	3.94	3.89	521	MD
MD/DO	3.96	3.96	519	DO
MD	3.83	3.75	518	MD
MD/PhD	3.91	3.87	518	MD/PhD
MD/DO	3.74	3.55	518	MD/DO
MD/PhD	3.83	3.81	518	MD
MD	3.52	3.45	517	reapplicant
MD	3.52	3.45	517	
MD/DO	3.89	3.87	517	MD
MD/PhD	3.99	3.98	516	MD
MD	3.47	3.27	514	MD
MD	3.63	3.56	514	MD
MD	3.88	3.86	514	MD
MD	3.98	3.96	513	MD
MD	4.00	4.00	512	MD
MD	4.00	4.00	512	reapplicant
MD	3.66	3.50	511	MD
MD/DO	3.72	3.76	510	MD/DO
MD/DO	3.47	3.27	510	
MD/DO	3.49	3.29	510	MD/DO
MD/DO	3.87	3.80	509	DO
MD/DO	3.98	3.97	509	DO
MD/DO	3.9	3.86	508	MD
MD	2.71	2.63	508	reapplicant
MD	2.70	2.61	508	reapplicant
MD	3.58	3.41	507	MD/DO
MD/DO	3.98	3.95	506	MD
MD/DO	3.63	3.56	506	DO
MD/DO	3.83	3.85	505	DO
MD	3.54	3.32	505	MD
MD/DO	3.72	3.59	504	DO
MD/DO	3.65	3.57	504	DO
MD	3.79	3.61	503	
MD	3.79	3.61	503	reapplicant
MD/PhD	3.39	3.11	500	MD/PhD
MD/DO	3.54	3.49	500	DO
MD	3.61	3.33	500	MD
MD	3.78	3.70	499	MD
MD	3.14	3.44	497	reapplicant
MD	3.14	2.84	496	MD
MD	3.26	3.26	496	reapplicant

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



Applying to Medical School

AMCAS® Application Cycle Numbers for 2024 Matriculated Applicants



AMCAS OPERATIONS



Staff spent **13,083 hours** verifying
33,160,572 application data points.

DOCUMENTS PROCESSED

134,322
transcripts



200,306
letters of
evaluation



ASC staff answered:

11,998 emails

33,990 calls

That's **262,964**
minutes on the phone.

APPLICANTS AND ENROLLEES



49,648
applicants



22,515
accepted



21,210
enrolled

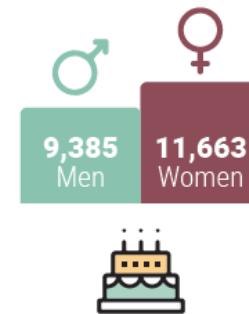
APPLICANTS

Average GPA
3.52



ENROLLEES

Average GPA
3.79



Youngest enrollee: **17**
Oldest enrollee: **55**

WHO ENROLLED?

2,778

AAMC Fee Assistance
Program awardees



40

Enrollees with DACA status

6,131

Number who identified
as disadvantaged

4,986

Enrollees who received
a Pell Grant before
medical school

SELF-IDENTIFICATION*



3.1% Unknown Race/Ethnicity
2.3% Other Race/Ethnicity
0.2% American Indian
or Alaska Native
0.1% Native Hawaiian or
Other Pacific Islander
1.3% Non-U.S. Citizen and
Nonpermanent Resident

MCAT® SCORES

509

Average

475
Low

528
High



55

Average number
of courses taken



1,504.5

Average number of
research lab hours



474.8

Average community
service hours

*Based on AAMC applicant matriculant data file; includes data from AAMC-member medical schools that do not participate in AMCAS.

25-001A (02/29)

American Medical College Application
Service is a program of the Association
of American Medical Colleges.

aamc.org/amcas

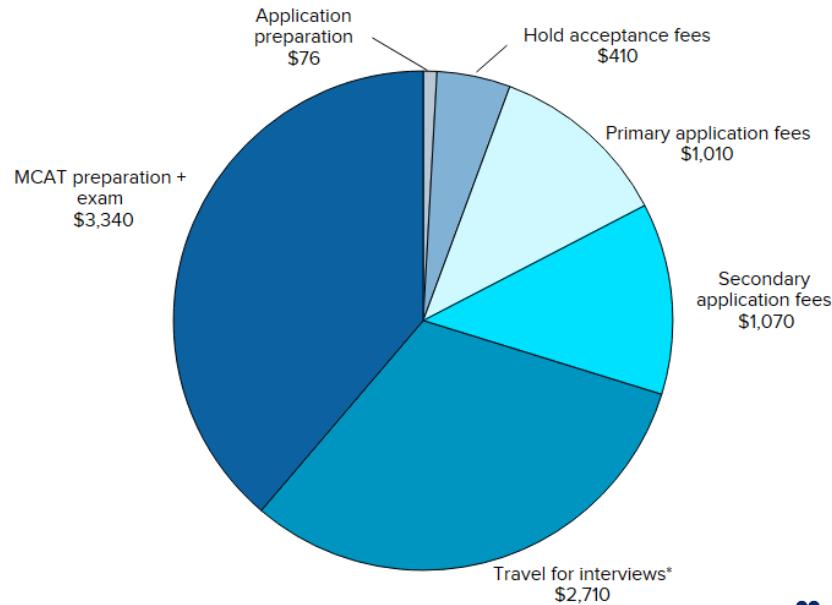
Estimated Average Cost of Applying (and attending) Medical School

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



SOURCE: Pierce Curran

*estimated



The costs of interviews, applications and more can exceed \$10,000 (US News 2020).

Financial Assistance for Test Preparation

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)

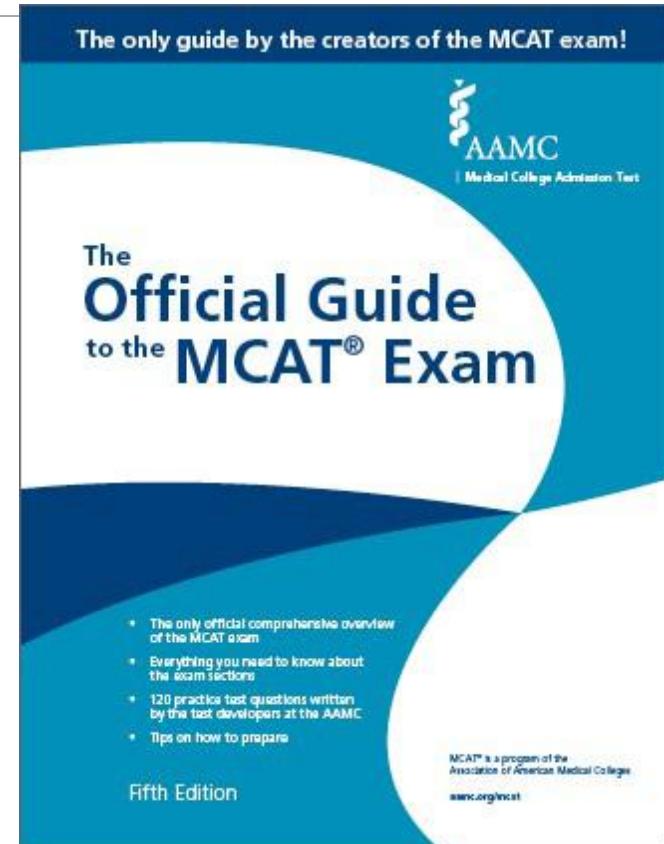
If approved, funding can be used to:

- 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

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



PREview Exam*

“...take the PREview as early as possible in the cycle, as we do not consider an application as “complete” and ready for review for interview consideration until the score has been released. Scores take about 4 weeks to release, and our office considers applications on a rolling basis.”

Schools Requiring PREview Scores

You may submit your application when you are ready, however, schools may not consider your application complete until they have received a PREview score.

- Kaiser Permanente Bernard J. Tyson School of Medicine
- Mercer University School of Medicine
- Saint Louis University School of Medicine
- Spencer Fox Eccles School of Medicine at the University of Utah
- Thomas F. Frist, Jr. College of Medicine at Belmont University
- University of California, Davis, School of Medicine
- University of California, Los Angeles David Geffen School of Medicine
- University of Hawaii, John A. Burns School of Medicine
- University of Massachusetts T.H. Chan School of Medicine

Some schools will require PREview while others will recommend applicants take the exam. Several schools are considering using PREview, so the list will likely change.

In addition to MCAT/grades...



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



Most applicants have at least 500 direct patient care hours. According to AAMC, 5 ways to gain experience without shadowing include hospice volunteer, CNA, volunteer EMT, hospital scribe, caretaker.

Who Should Seek Committee Review this Year?

- Alumni/Seniors/Juniors with competitive grades and significant clinical outreach and service who hope to enroll in fall 2027.
- 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 areas for improvement. For example, if grades are low, consider additional coursework, graduate programs or post-bac programs found at 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...

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, complete the [Self-Assessment Form](#), and submit your [Health Professions Advisory Committee Request for Review](#).
- Complete one [Health Professions Advisory Committee Individual Evaluation Letter Request Form](#) for each evaluation letter to be submitted on your behalf.
- Follow the instructions provided via e-mail from health_pro@union.edu to begin completing the [Course Planning/GPA Tracker](#), [Work/Activities Worksheet](#), and [Application Essay](#) that are required components of the HPAC application.

Note: The application process includes completion of 3 tasks prior to final submission to the HPAC itself:

1) Course/Planning tracker, 2) Work/Activities Worksheet and 3) Application Essay

Because of final submission of the HPAC application must be completed in one sitting, you will need to complete these three tasks in order to submit the final application. Once you have completed these 3 tasks, you will be able to complete and submit the online application.

February

- Complete HPAC application.
- 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

- Complete the HPAC application 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.

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.

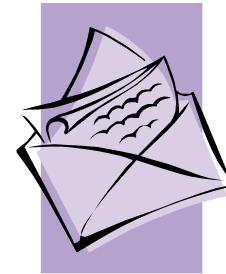
June

- Use health_pro@union.edu 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

Prof. Beaton, Asst. Director-Health Professions Advising

Prof. Cohen, Biology

Prof. Gasparovic, Math

Prof. Kehlbeck, Chemistry

Prof. LaBrake, Physics

Matt Milless, Assistant Vice President for Student Affairs, Campus & Community Engagement

Prof. Stephanie Mueller, Spanish

Michelle Osborn, Dean of Studies

Prof. Weisse, Director-Health Professions Advising

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?

The HPAC Application is only available for limited time.

1. Complete the Self Assessment Form. prior to requesting review
2. Complete the Health Professions Request for Committee Review form.
3. You will receive an e-mail from health_pro@union.edu with a link to the application and instructions for completing the application.

Check Spam

Sample self-assessment form (to be completed prior to requesting review)

Health Professions Advisory Committee Self-Assessment Tool

What Schools Look For	How I Have Demonstrated this Competency
Ethical Responsibility to Self and Others: cultivates personal and academic integrity	
Interpersonal Skills: adjusts behaviors appropriately and treats others with respect	
Oral Communication: listens, recognizes potential barriers	
Reliability and Dependability: Consistently fulfills obligations	

HPAC Application Structure

The application process includes completion of 3 tasks prior to final submission of the HPAC application itself: **1) Course Planning/GPA Tracker, 2) Work/Activities Worksheet, and 3) Application Essay.** **Because final submission of the HPAC application must be completed in one sitting, you will need to complete these three tasks in order to submit the final application.**

You can find the Course Planning/GPA Tracker, Work/Activities Worksheet and Application Essay Instructions in the Forms section of our Student Resources web page. Once you have completed these 3 tasks, you will be able to complete and submit the online application.

The application consists of the following sections:

1. Personal Information
2. Standardized Tests
- 3. GPA**
- 4. Work/Activities**
- 5. Application Essay**
6. Acknowledgements

Due Date: The Health Professions Advisory Committee application is **due by NOON on the FIRST MONDAY of MARCH.** You will receive a copy of your application responses upon submission.

1. Course Planning/GPA Tracker

To calculate your math/science GPA (BCPM) use the [Course Planning/GPA Tracker](#). You will need an unofficial copy of your Union transcripts and transcripts from any other institutions where you received credit for coursework.

The worksheet contains instructions on how to calculate the required GPAs.

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 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 & Behav	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
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 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-	A-	1.00	1.00	3.70 SCLB
EGL 100	Intro to Study of Lit: Poet A-	A-	1.00	1.00	3.70 HUL WAC
TERM	GPA 3.567
CUM	EARN 31.00	ATT 31.00	QP 105.30	GPA 3.397	

Grade Point Average

Grade Point Average

If not applicable, input "N/A"

BCPM Freshman GPA*

BCPM Freshman Hours*

BCPM Sophomore GPA*

BCPM Sophomore Hours*

BCPM Junior GPA*

BCPM Junior Hours*

BCPM Senior GPA*

BCPM Senior Hours*

Is your overall BCPM GPA below 3.0?*

Yes No

Upload your GPA calculation spreadsheet.*

Drag and drop here or [Browse files](#)
Max file size: 20 MB

.xlsx or .xls format only

2. Work/Activities Worksheet

The Work/Activities section of the application gives you the opportunity to highlight your work experience, extracurricular activities, awards, honors, and publications you would like to bring to the attention of the professional schools to which you are applying. **You may enter a maximum of 15 experiences, but 15 experiences are not expected.** Professional schools are interested in clear, concise descriptions and *it is the quality of experiences that is more important than quantity.* Combine related experiences (i.e. research, conference presentations, publications) when possible and appropriate.

When describing work experiences and activities, please start with the most recent experiences first. If there are recurring date ranges, please separate date ranges with a semi-colon.

Work/Activities Worksheet

Work/Activities

The Work/Activities section of the application gives you the opportunity to highlight your work experience, extracurricular activities, awards, honors, and publications you would like to bring to the attention of the professional schools to which you are applying. **You may enter a maximum of 15 experiences, but 15 are not expected.** Professional schools are interested in clear, concise descriptions and it is the quality of experiences that is more important than quantity. Combine related experiences (i.e. research, conference presentations, publications) when possible and appropriate.

Please use the Work/Activities worksheet. When describing work experience and activities, please put these in reverse chronological order with the most recent experiences appearing first. **If there are recurring date ranges, please separate date ranges with a semi-colon.**

Upload your Work/Activities worksheet.*



Drag and drop here or [Browse files](#)
Max file size: 10 MB

.pdf format only

3. Application Essay

Application Essay

Consider and write your essay carefully, as the committee places significant weight on the essay. Here are some questions you may want to consider while writing the essay:

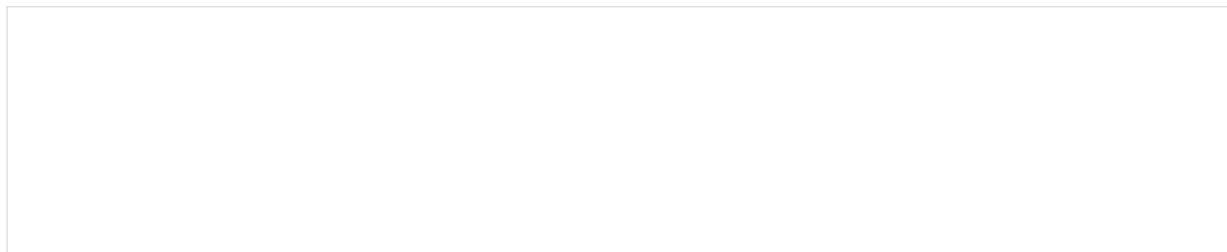
- Why have you selected the field of your choice?
- What motivates you to learn more about this field?
- What do you want the professional schools to know about you that has not been disclosed in other sections of the application?

In addition, you may wish to include:

- Unique hardships, challenges, and obstacles that may have influenced your educational pursuits.
- Insight into significant fluctuations in your academic record that are not explained elsewhere in your application.

Professional schools receive all text-entry responses as plain text. This means that formatting options such as bulleted lists, indented paragraphs, and bold and italic fonts do not appear for reviewers and are not available in the application. You may want to include an extra space between paragraphs because the essay does not permit indentation. We strongly recommend drafting your essay in a text only application like Notepad orTextEdit before copying and pasting your finalized work into this application. **Your completed essay should be entered into the open text box below.**

Please write your essay here.*



0/5300

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



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 “personal” statement should not simply present your thoughts/ideas distinct from experiences

Preparing Application Essay-10 Tips

1. **Before you begin, do a brief self-survey:** *What motivated chosen path? top 5 strengths? top opportunity for improvement or demonstration of growth?*
2. **Include specific experiences with details.** Do “pre-writing” with 5+ stories about each activity and why you chose it.
3. **Essay should convey 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? Colleagues? Community?**
4. **Chronological story is not always best-** Open with the image you want highlighted (current clinical endeavor vs. 7 year old with broken arm).
5. **Reader wants to know about you** (more than parents/grandparents)
6. **Show, don't tell:** instead of stating you are dedicated or compassionate, weave into your essay stories for which the reader will conclude you possess these traits.
7. **Use (without defining) medical terms** so admissions committee can easily imagine you as a dentist or doctor through your vocabulary.
8. **Limit philosophical views about the healthcare system.**
9. **Think twice before naming doctors or researchers** with whom you worked.
10. **Describe context of your experiences** (small rural hospital? inner city clinic? trauma 1 center?) and patients (adolescents? seniors? Primary care? urgent care? Hospice?)

Essay Sample

Through various clinical experiences, I have gained insight into different aspects of medicine while improving on skills that I hope to leverage in my future as a physician. The importance of communication is common throughout all my clinical experiences, both with a diverse population of patients and with the team around me. At the Joan Nicole Prince Home, a home for terminally ill residents, I care for patients through their last weeks of life. I administer medication to the residents to manage pain and other symptoms, assist them with daily tasks such as changing and toileting, and otherwise help comfort them and their families. The Joan Nicole Prince Home has been a fulfilling place to volunteer as it allows me to connect with the residents and their families in their most vulnerable moments, opening my eyes to the reality of life and death.

Acknowledgments

Have you ever been the recipient of sanctions as the result of an Honor Code violation?*

Yes No

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?*

Yes No

Have you ever been convicted of a felony?*

Yes No

Have you ever been convicted of a misdemeanor?*

Yes No

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

Yes No

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

Yes No

Institutional Action

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



You will be asked to 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? (Note: If you are unsure, please contact the Director of Student Conduct and Conflict Resolution)

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

General Advice for Completing the HPAC Application

- Request references NOW (separate from HPAC application)
- Carefully read/follow instructions
- Alumni should use permanent, non-Union email (i.e. gmail)
- Save essay 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.
- 5300 character limit (AMCAS)-keep in mind other professional schools may have different limits (i.e. dental 4500 character)
- Don't wait until the last minute to work on the application.

Next Meeting will be in May

- 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

- The AMCAS application opens May 1 with submissions beginning at the end of the month.

Final Questions?

