

**Disclaimer: These are all just opinions of current students! Feel free to still reach out to others for second opinions and further advice.**

Question	Answer
So, by the time one is a junior then we would start Medical School right away after graduation?	That is correct if you apply during your senior year.
Do you talk about what you did during your gap year or will all application/interviews be done by then?	<p>It depends on when you apply and what time you have your interview days. If you apply before you start any gap year activities it will not be on your application but if you have interviews later on you can definitely talk about your gap years. Some schools also accept application updates.</p> <p>Assuming you interview on the early end, you'll only be a few months into that first gap year. You can also talk about things you're planning to do though; the meaningful activities section was where I included projected hours that I was going to spend "doing the thing" during the rest of the cycle.</p>
I was told that because I'm a full-time MA, I don't "need" shadowing hours. What do you all think of that?	I would disagree with that, personally. While you've got tons of patient contact through your job as an MA, shadowing in other fields will make for valuable experiences, and shows that you're interested in medicine in general - not just in a specific practice type.
Can you apply to schools all at once (i.e. are there different things needed for each school or can you simply click a button and send it off to different schools)?	<p>You apply to all schools at once in the primary application and then each school will send you a secondary application that is specific to their school. Each secondary application has its own deadline.</p> <p>All of the schools are almost identical on AMCAS. What you want to pay particular attention to is the specific LORs they'd like to see. You will have to assign letters to each school. The more specific questions come up on secondaries. The secondary applications are separate from AMCAS and school specific.</p>
Does age matter to the reviewers? People have told me it will be harder since I'm not in my 20's.	There are a lot of different ages across the board in medical school so I would say go for it. There are a good number of older students in our class that are no longer in their 20s.

	<p>To be really honest, it shouldn't, but since I've never been on an application committee, I cannot say it with 100% certainty across the board. I can tell you that the oldest individual in our class is 39-40 y/o, and I've had friends at other schools who had classmates 10-20 years older than that.</p>
<p>Where would you put your research experience?</p>	<p>You can put it in the activities section of your primary application.</p>
<p>How do you denote shadowing hours on the primary app? Just a list of the provider, specialty, date and time?</p>	<p>Yes, there will be an area on the primary application where you put in your activities and this is when you would discuss your hours, specialties, and any other information you need to add.</p> <p>I also put shadowing in the meaningful activities portion of the activities section. I referenced myself as the contact, and then listed name/specialty/location.</p> <p>I did NOT list providers/specialties; I basically said "I've shadowed x many providers across n specialties, including _____, _____, and _____." While I intend to continue to shadow in additional fields/for more hours over the next year, the time I've spent was meaningful because_____."</p> <p>For your most meaningful activities, there is no one activity you are expected to put so I would suggest spending some time reflecting on the activities that have meant the most to you on your journey to medical school as it varies for different people.</p>
<p>If you do not hear from a school during that wave of secondary applications, would that be considered a rejection? Or do most schools send a rejection letter if you do not pass the primary application?</p>	<p>Most medical schools will send in a rejection letter if they do not send you a secondary application. You may also need to look at the specific school's application portal to check the status of your application.</p> <p>If you don't hear ANYTHING from a school, check your spam! Keep in mind that different schools run on different timelines - CU has switched to reviewing primaries by hand before selectively sending secondaries. Other schools will just send BLAST emails for their secondaries to anyone</p>

	<p>who met any pre-screening requirements they might've had.</p>
<p>How important is research and the length of research? Do all applications require it?</p>	<p>Having some research experience is advised but I do not think there are any hard and fast rules for the amount of research. I did about a semester or 2, and it was not a big part of my application.</p> <p>The advice I was given re: research was to check the MSAR % of admitted students who had it. If it was something insane, like 99% (Case Western, Mayo, etc.), I figured those were research-prioritizing universities, and I did NOT apply there.</p> <p>I had my senior honors thesis (in liberal arts, too!), and that was it. It's advisable to have some, but I'm of the opinion that you can afford to be picky - do research that excites you and that you get fired up about. It'll help you down the road, and then it won't be a slog to do it/write about it/talk about it!</p>
<p>Do schools give preference to applicants from certain regions?</p>	<p>Generally speaking, yes; but TMDAS very much more so than other states. Other similar programs include WWAMI (Washington, Wyoming, Alaska, Montana and Idaho) which are designed to encourage students from those areas to stick around and practice as physicians long-term. I'd encourage you to take a look at specific schools and their matriculant data to see where most students come from. For TMDAS schools, a vast majority apply as residents of TX.</p>
<p>In your personal statement, how do you come off as less "robotic" if that makes sense?</p>	<p>I think a big thing with that would be having people review your application who can be honest with you, I would suggest having at least one person who is great at English (I personally had an English major I trusted read my personal statement).</p>
<p>I do not have a CNA license but I have worked at a dementia care facility in a CNA role - is the license required for med schools to value this experience?</p>	<p>You can write about your role and talk about your role and explain that it's sort of a CNA-like position, but that you're not a CNA.</p> <p>I held a similar role that was similar to being an EMT/EMT-I but because of where we were/how</p>

	<p>medical direction worked, etc. I was not required to actually HOLD that license.</p> <p>I am not sure about this specific question and would recommend reaching out to a pre-med advisor if you have one or reaching out to schools you are interested in applying to.</p>
<p>I've also been told that certain hobbies can actually be more detrimental to mention. I wanted to talk about motorcycle racing but was told to not write it because it's a "red flag". This also came from the doctor I work with, who was in medical school 30 years ago.</p>	<p>I have personally not heard of anything like that before. There are multiple people in our class who ride motorcycles but I am not sure if they wrote about it in their application.</p>
<p>I am nearing graduation in terms of credits, but I still haven't taken the MCAT, or have too much volunteering or shadowing experience really. Is it advisable to just take some time after graduation before taking the MCAT or after to work on the different requirements?</p>	<p>I think the key advice I got over the years is do not apply if you do not feel that you can have everything ready by the time you apply and put forth the best application. It would be better to take some time to gather all the things you need so you can put your best foot forward.</p> <p>I'm a big proponent of taking your time. Your application will only get stronger, and you will (hopefully!) enjoy a number of rich and vibrant experiences that you wouldn't get if you rushed right into things.</p> <p>For what it's worth, I know of at least 1 classmate of ours who had an entire career as a nurse before coming to medical school!</p>
<p>Is it true that individuals (particularly women) who have children have a harder time getting into med school? I have a great support system.</p>	<p>More women than men are entering medical school each year. No one is allowed to ask about your marital or parental status - and it shouldn't matter at all.</p>
<p>What if you spend a lot of time reading? Is that a hobby that would be considered "not interesting"?</p>	<p>I put reading as a hobby on my application and got some questions about it during my interviews and I got to talk about some of the books I liked! I discussed why I liked reading and my favorite book at the time for my application.</p>
<p>In regards to shadowing, how much time should we be looking to get?</p>	<p>Some schools will have hard and fast requirements, so that's the first thing to look out for. I had ~107 hours when I submitted my primary application (and again, expectations may</p>

	<p>be different peri/post-COVID). The hours add up faster than you think, but I would also focus a little on getting a variety of experiences - shadowing 100 hours in ortho will look a lot different than 100 across 5-6 specialties.</p>
<p>Would you mind telling us again how to access 3rd party sites where we can store our LORs?</p>	<p>Interfolio and the AMCAS letter service are the most popular.</p> <p><a href="https://students-residents.aamc.org/how-apply-medical-school-amcas/section-6-amcas-application-letters-evaluation">https://students-residents.aamc.org/how-apply-medical-school-amcas/section-6-amcas-application-letters-evaluation</a></p> <p><a href="https://www.interfolio.com/">https://www.interfolio.com/</a></p>
<p>What is the philosophy of submitting applications two weeks after they open? I have heard since it's a rolling deadline you don't want to be one of the first ones they review, but still want to be early.</p>	<p>During my cycle, my goal was to turn in my application as soon as possible so I think the earliest you can turn it in the better!</p> <p>You will see ALLLLL kinds of crazy suggestions on SDN, Reddit, and the Internet at-large. I waited until my MCAT score came back (~6/15), submitted 6/20. I didn't want to wait a whole lot longer because secondaries etc. do take time. You don't need to be on day 1, but I don't think you want to submit deep into August either since it takes time for them to verify your app before it goes out.</p>
<p>How are the different components of the application weighted? Like MCAT vs gpa vs leadership, etc.</p>	<p>That varies for different medical schools but you can use the MSAR (Medical School Admission Requirements) to see which students have been accepted to a particular medical school. It shows you a profile of accepted students so you can get a sense of what the school prioritizes.</p> <p>+1 to using the MSAR for assembling a list of schools that fits your data metrics and preference for certain kinds of applicants based on geography, research, and other stuff that is catalogued by the MSAR. The Medical School Directory is a free alternative to MSAR as well!</p> <p>I applied as a California resident; applied to 40, interviewed at 5, waitlisted at 4 and accepted at CU and decided to withdraw the rest. Nobody has ever applied with your story and your journey so don't let other people's numbers define you!</p>

<p>Any advice for postbac students? Study techniques or getting research opportunities as an older student (with a BA not in science).</p>	<p>If you're in a structured postbacc, I think you'll be set on a studying standpoint. As for research, you can look for professional research positions on campuses, you can cold-email folks in labs that do work you're interested in. For getting research, if there is a professor who is teaching one of your classes and you are interested in their work, I recommend emailing them. You could also cold contact some researchers in your university!</p>
<p>Please feel free to reach out to:</p>	<p>Dr. Krista Walker - Director of Office of Diversity and Inclusion at CUSOM – Krista.walker@cuanschutz.edu</p> <p>Dean Jeffrey SooHoo - Associate Dean of Admissions at CUSOM - jeffrey.sooHoo@cuanschutz.edu</p>