Assessing My Competitiveness for Medical School

ACADEMIC - OBJECTIVE

Metrics

☐ MCAT - UASOM Class Average for Matriculating Applicants = 29.2-30.9
  - Minimal Total MCAT Score Given Consideration = 24
    (Predicts performance on USMLE Step 1)

☐ GPA - UASOM Average Overall GPA and BCPM GPA
  - Overall GPA – Average for UASOM Matriculating Applicants: 3.70-3.78
  - BCPM GPA – Average for UASOM Matriculating Applicants: 3.70-3.73
    (Predicts potential for success in medical school curriculum)

☐ Rigors of Academic Curriculum - Science and Other Courses

NONACADEMIC-SUBJECTIVE

☐ Desirable Personal Attributes
  - Examples: Ethically Responsible to Self and Others, Honesty, Integrity,
    Empathy/Compassion, Reliable and Dependable, Resilience and Adaptability, Self-aware,
    Socially and Culturally Competent, Effective Team Member, Capacity for Improvement

☐ Communication Skills/Personal Interview
  - Overall ability to communicate effectively and specific ability to convey a
    realistic understanding of patient’s experiences in the Doctor - Patient relationship
  - Know the importance and the qualities of skillful listening

☐ Service/Volunteer Experiences
  - Evidence of a Demonstrated Concern for Others, particularly those with unmet
    needs, through a pattern of on-going, face-to-face, hands-on service to others

☐ Medical Related Experiences
  - To better understand what is involved in caring for patients and how medical services are delivered

☐ Shadowing - To develop an understanding of the Patient-Doctor relationship
  - Focus- To begin to develop insight into the patient’s experience in the Patient-Doctor
    relationship
  - Shadowing is ESSENTIAL to be considered competitive for Admission
  - Shadowing primary care physicians (Family Medicine, Internal Medicine, Pediatrics) is highly
    recommended as this provides the best opportunity for observing the Patient-Doctor relationship

☐ Research Experience
  - Opportunity to develop fundamentals of scientific inquiry important for evidence-based medicine

☐ Leadership Roles
  - Leadership is highly desirable in roles with responsibility for developing and promoting
    service to meet unmet needs, oversight of significant financial and/or people resources

☐ Extracurricular Activities/Campus Activities/Work Experience
  - How have you invested your time? We all have the same amount of time, how do you use your time?

☐ Contribution to a Diverse and Creative Class Experience

☐ Potential to Meet Unmet Medical Service Needs

☐ Letters of Recommendation

☐ Distance Traveled - Overcoming adversity

Notice to applicants: Feedback from the Admissions Committee is provided as a service to applicants to aid them in potentially strengthening their applications for the coming admissions year. It is important to be aware that there is no assurance that the applicant will be admitted if all items of feedback are addressed by the applicant. Since each application year is a different experience and the applicant will be evaluated in light of the applicant pool each admissions year, addressing the recommended improvements may not be adequate to achieve admission in a subsequent year. Given the number of variables in the admissions process it is impossible to predict with certainty that an applicant will be successful based on addressing identified areas of weakness in their applications. Re-applicants are advised to maintain ongoing medically related and service activities in order to be competitive.

Commitment to becoming a physician is demonstrated by continued actions to improve one’s application.

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