ACADEMIC METRICS

- **GPA**
  - Predicts potential for success in medical school curriculum
  - **3.83** Average Overall GPA for matriculating students at UAB Heersink
  - **3.77** Average Science (BCPM) GPA for matriculating students at UAB Heersink
  - **3.0** BCPM requirement for AL residents
  - **3.3** BCPM requirement for out of state applicants

- **MCAT**
  - Predicts performance on standardized exams
  - **509** School of Medicine class average for matriculating applicants
  - **495-525** Range of MCAT scores for matriculating applicants
  - **495** Minimum total MCAT score given consideration

- **Rigor of Academic Curriculum**
  - Including science and other courses

- **Successful Completion of Prerequisite Coursework**
  - General Biology (with lab) – 8 semester hours
  - Biochemistry – 3 semester hours
  - General Physics (with lab) – 8 semester hours
  - Biostatistics/Statistics or College Mathematics – 3 semester hours
  - English – 6 semester hours
  - Behavioral and Social Sciences – 3 semester hours

NON-ACADEMIC ATTRIBUTES AND EXPERIENCES

- **Desirable personal attributes**
  - Responsible to self and others, honesty, integrity, empathy, compassion, reliable, dependable, resilience, 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 skilful listening
Service & volunteer experiences
Evidence of a demonstrated concern for others, particularly with unmet needs, through a pattern of on-going, face-to-face, hands-on service

Medically Related Experiences and Shadowing
Medical exposure is an essential part of being considered competitive for admission. Through experiences in a medical setting, you will begin to:

- Develop an understanding of what happens when doctors and patients interact
- Develop insight into the patient’s experience in the patient-physician relationship
- Better understand what becoming a physician would mean to you

Extracurricular & campus activities / Work experience
How have you invested your time in extracurricular activities and work experience?

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

Teamwork & Leadership roles
Experience collaborating with others toward a common goal. Ability to hold self and others accountable.

Contribution to a diverse and creative class experience
Learning from others is enhanced in educational settings that include learners with diverse backgrounds and life experiences.

Potential to meet unmet medical service needs
Demonstrated interest and experiences working with underserved populations.

Distance traveled to overcome adversity
The admissions committee considers an applicant’s experiences and attributes in the context of adversity, when applicable.

WHAT HAVE YOU LEARNED AND HOW HAVE YOU GROWN IN YOUR PURSUIT OF MEDICINE?

For each of your meaningful premedical experiences reflect on:

- How did I grow and/or what did I learn through participation in this experience?
- How did this experience support and/or challenge my motivation for a career in medicine?
- What have I learned as a result of activities that involved stepping outside my comfort zone?
- Reflect on a specific example of a learning experience or “a-ha” moment from each experience.