

Applying to Medical School It's a Marathon, not a Sprint

For Application Beginning Spring/Summer 2024 for
Entrance in Fall 2025

Yale Office of Career Strategy

The application is long – Slow and steady is the way to approach it



Application and Standardized Tests

- AAMC (medical, MD)
 - AMCAS (centralized application) and MCAT (standardized test)
- AACOM (osteopathic)
 - AACOMAS (centralized application) and MCAT (standardized test)
- ADEA (dental)
 - AADSAS (centralized application) and DAT (standardized test)
- AAVMC (veterinary)
 - VMCAS (centralized application) and GRE (some schools accept MCAT)
- Other health professions have own application services
 - NP, PA, PT, OT, etc.

What is the AAMC?

- AAMC is the Association of American Medical Colleges, they oversee:
 - MCAT (Medical College Admissions Test)
 - AMCAS (American Medical College Application Service)
- There are MCAT 30 test dates scheduled in 2024
 - www.aamc.org/mcat
 - Registration opens in October for the January – June dates
 - Opens in February for remainder of the year
- AMCAS is a centralized application service that collects information sent to the medical schools to which you apply – they do not make any admissions decisions

MCAT Sections

- Biological and Biochemical Foundations of Living Systems
 - Chemical and Physical Foundations of Biological Systems
 - Psychological, Social, and Biological Foundations of Behavior
 - Critical Analysis and Reasoning Skills
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- ▶ Test Administration: ~7.5 hours
 - ▶ Free and low-cost prep materials at [aamc.org/mcat](https://www.aamc.org/mcat)
 - ▶ Check commercial sites for additional free resources and tips

AMCAS

- The primary application is available each cycle in early May so applicants can begin entering information
 - Biographical info, coursework from all colleges attended, work/activities, personal statement
 - If you are applying MD/PhD there are two additional statements – Why MD/PhD? and description of Research Experiences
- The application opens for submission in late-May
 - To begin the verification process, send in all transcripts and submit the application
 - Processing typically takes 4-8 weeks

Health Professions on OCS Website

- <https://ocs.yale.edu/channels/health-professions>
 - General info, specific Yale statistics, Post-Baccalaureate Program info, and links to financial aid resources
- From this health professions main page, link to application timelines for dental, medical, veterinary, public health and other health professions programs
 - The timelines include links to preparation information including the Applicant Prep Process, asking for letters of evaluation, creating a school list, writing the personal statement, and situation judgement tests (CASPER & PREview)

Health Professions Applicant Preparation

- The Health Professions Evaluation Profile is a comprehensive, unique profile document for undergraduates and alums of Yale College to complete as you reflect on your candidacy preparation. This document is only shared with the OCS health profession advisors.
- After completing the form – due to the Health Professions Advisory Program (HPAP) between Jan. 8 – Feb. 16, 2024 – you will schedule an hour-long advising appointment with a HPAP advisor to discuss your upcoming application in detail. These appointments will take place between mid-January to late-April 2024.
- <https://ocs.yale.edu/resources/health-professions-applicant-preparation/>

Holistic Review in Admissions

- Admissions criteria are tied to institutional mission and goals, so can vary by school.
- For example, one school may emphasize research while another school emphasizes primary care.
- CBA (Competency-Based Admissions)
 - Employs processes intended to determine each applicant's ability to demonstrate a core set of entry-level competencies needed to succeed in medical school, residency and in practice.

Competency-Based Admissions

Anatomy of an Applicant

- Tool by the AAMC
- Valuable for all health professional applications

Service Orientation

- Cultural Competence
- Social Skills
- Teamwork

Communication

- Critical Thinking
Ethical Responsibility

Resilience/Adaptable

- Reliability
- Dependability
- Capacity for Improvement

What Does This Mean For You?

- Admission will vary by school
 - Check school websites, particularly your home state
 - YOU are ultimately responsible for fulfilling prerequisites
- Strong academics and standardized test scores
- Informative letters of recommendation/evaluation
- Emotional maturity, integrity, and professionalism
- Broad understanding of the profession beyond “I like science and want to help people”
- Excellent communication skills
- Exposure to research
- Service to others
- What is YOUR Narrative?

Financial Planning

- Medical School Indebtedness for Class of 2022 (www.aamc.org/first)
 - Public Schools
 - Percentage with education debt: 73%
 - Median education debt of indebted students: \$193,000
 - Median 4-year cost of attendance: \$268,476
 - Private Schools
 - Percentage with education debt: 68%
 - Median education debt of indebted students: \$224,000
 - Median 4-year cost of attendance: \$363,836
- Application costs decreased due to virtual interviews since COVID
- Start financial budgeting now
 - If you qualify for fee assistance, visit www.aamc.org/fap

Final Notes

- The application is your responsibility
 - Health Professions advisors are available to support and discuss your preparation materials with you
- Organization and planning is key
- Self-Care is important throughout the process
- Upcoming Q&A Sessions (check info on OCS Calendar):
 - Monday, December 11, 2023 at 4pm (virtual)
 - Tuesday, December 12, 2023 at 1pm (virtual)
 - Wednesday, December 13, 2023 at 2pm (in-person at OCS)