



How to Get Into Medical School

Contents



Application Requirements



The Well-Rounded Application & Choosing Where to Apply



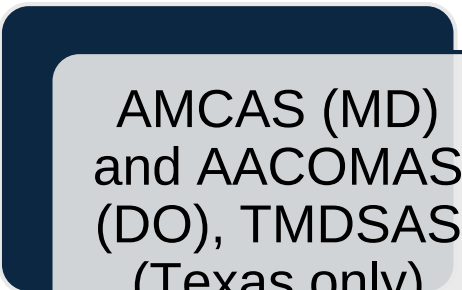
Application Process



Q&A



Application Services



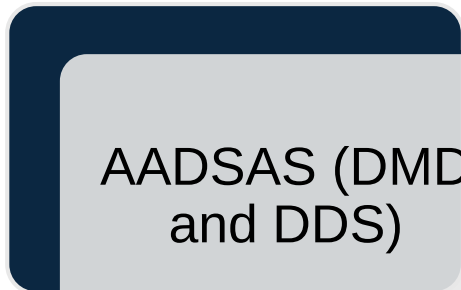
AMCAS (MD)
and AACOMAS
(DO), TMDSAS
(Texas only)



CASPA (PA)



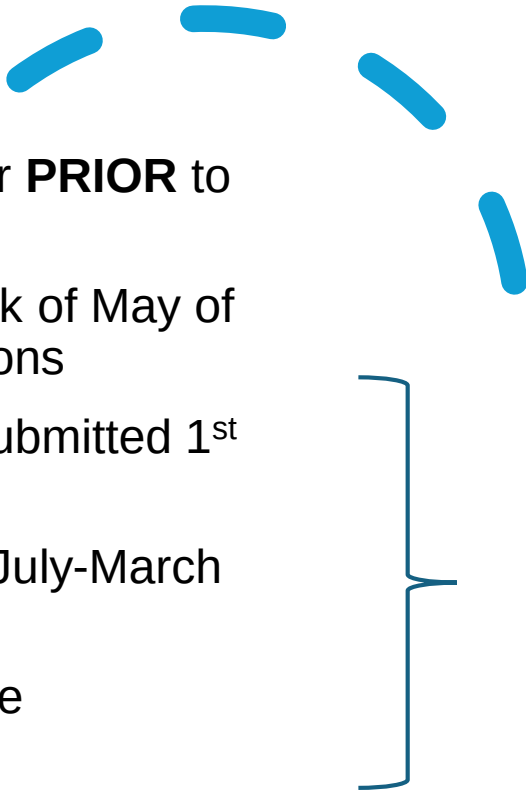
VMCAS (DVM)



AADSAS (DMD
and DDS)



MD & DO Application Process

- Applications are submitted the year **PRIOR** to matriculation
 - AMCAS / AACOMAS open 1st week of May of “application year” – rolling admissions
 - **Primary** Application verified and submitted 1st week of June of application year
 - **Secondary** Applications received July-March (generally)
 - **Interviews** typically conducted Late Summer/Early Fall-Mid Spring
 - Matriculation typically in Late Summer/Early Fall
- 

Primary Application: What is Required?

Prerequisite Coursework

MCAT

LORs

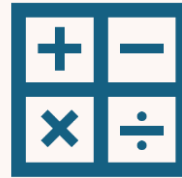
Personal Statement

Prerequisite Coursework



Pre-requisite Coursework Required by **Most** Medical Schools

- *Chemistry: 2 semesters with lab
- *Organic Chemistry: 2 semesters with lab
- *Biology: 2 semesters with lab
- *Physics: 2 semesters with lab
- *Biochemistry: 1 semester



Pre-requisite Coursework Required by **Some** Medical Schools

- Math: 2 semesters
- Requirements vary, some require calculus & statistics
- English: 2 semesters
- *Social Sciences: Psychology and Sociology (1 semester each)



Medical School Admissions Requirements (MSAR)

<https://students-residents.aamc.org/media/7041/download>



Pre-Requisite Coursework Tips

- Your Major does not matter for medical school as long as prerequisite coursework is satisfied
 - Biology majors are a popular choice for MCAT preparation
 - Bio, Chem, Ochem, Biochem, Psych, and Soc are tested on the MCAT
 - Pursuing your interests makes you a unique applicant
-

Primary Application: What is Required?

MCAT



What is the MCAT?

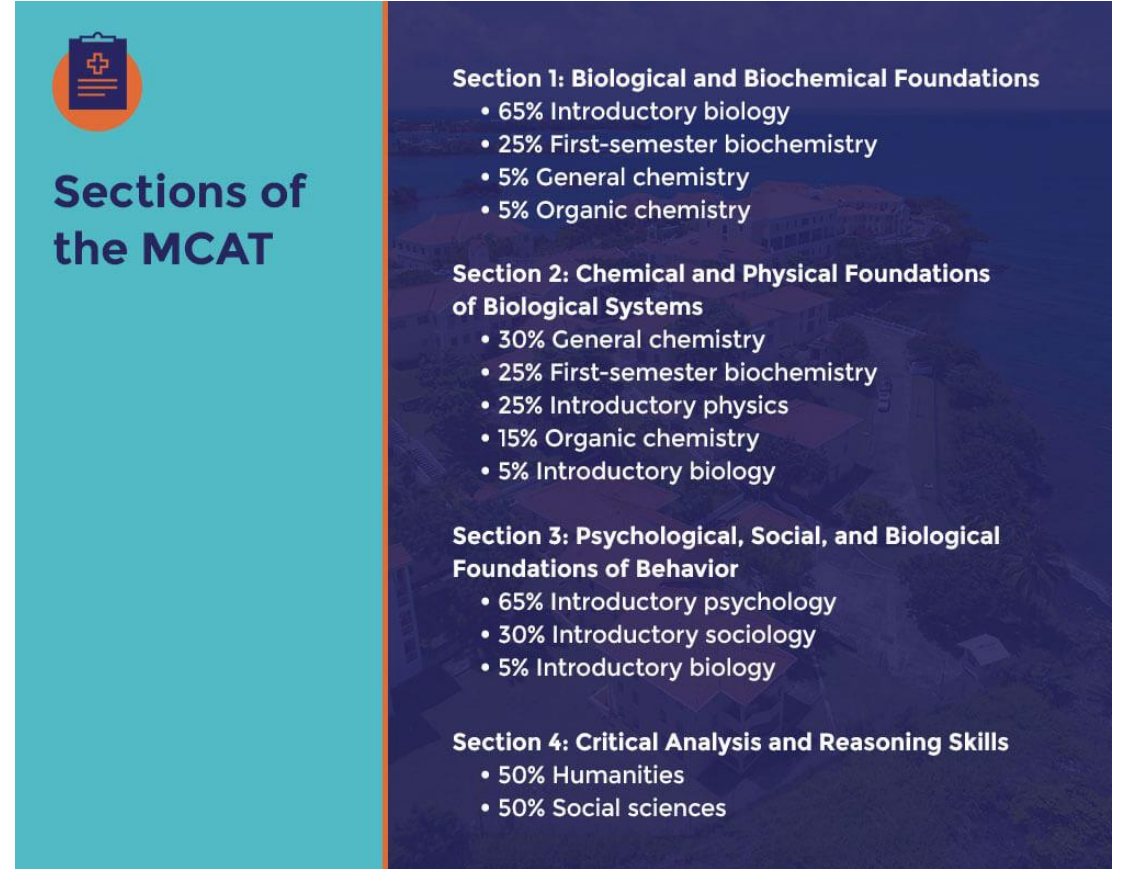
- “The Medical College Admission Test® (MCAT®) is a standardized, multiple-choice examination designed to assess your problem-solving, critical thinking, and knowledge of natural, behavioral, and social science concepts and principles prerequisite to the study of medicine.” – AAMC
 - Required for admission except for BS/MD or BS/DO programs
 - LECOM does have an AIS score using SAT/ACT scores
 - Necessities for the MCAT:
 - Understanding the test
 - Scoring
 - Signing-up
 - Preparation
-

Understanding the MCAT: A Detailed Breakdown

4 sections

260 questions

6 hours and 15 minutes + breaks



The infographic is titled "Sections of the MCAT" and features a teal background on the left with a clipboard icon. The right side has a dark blue background with a faint cityscape. It lists four sections with their respective topics and percentages.

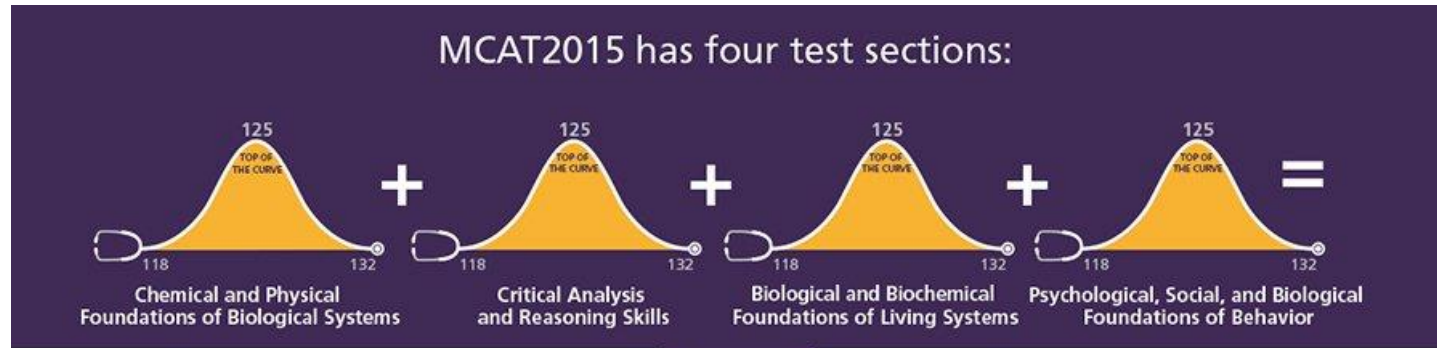
Sections of the MCAT

- Section 1: Biological and Biochemical Foundations**
 - 65% Introductory biology
 - 25% First-semester biochemistry
 - 5% General chemistry
 - 5% Organic chemistry
- Section 2: Chemical and Physical Foundations of Biological Systems**
 - 30% General chemistry
 - 25% First-semester biochemistry
 - 25% Introductory physics
 - 15% Organic chemistry
 - 5% Introductory biology
- Section 3: Psychological, Social, and Biological Foundations of Behavior**
 - 65% Introductory psychology
 - 30% Introductory sociology
 - 5% Introductory biology
- Section 4: Critical Analysis and Reasoning Skills**
 - 50% Humanities
 - 50% Social sciences

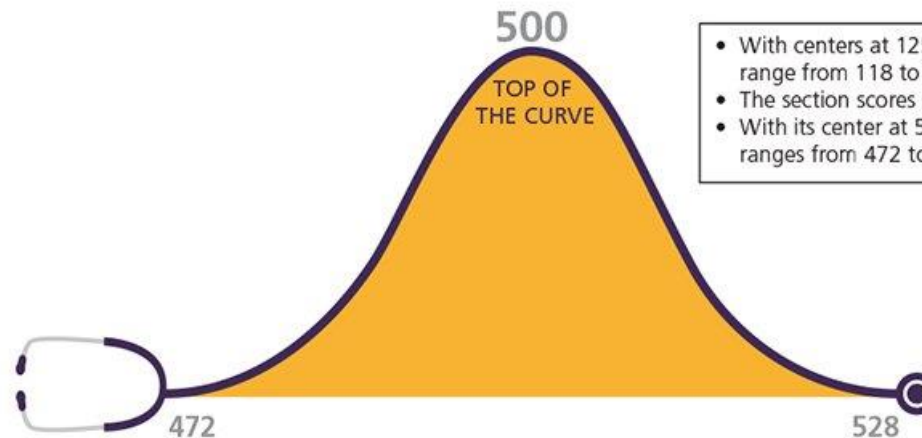
<https://www.sgu.edu/blog/medical/mcat-sections/>

Understanding the MCAT: Scoring

- Scaled from 472-528
- 4 sections scored 118-132
- Bell Curve



MCAT2015 Total Score



- With centers at 125, section scores range from 118 to 132.
- The section scores sum to the total score.
- With its center at 500, the total score ranges from 472 to 528.

Signing up for the MCAT

 **AAMC | Students & Residents**

Choosing a Medical Career

Applying to Medical School

Attending Medical School

Applying to Residency

Training in a Residency or Fellowship

Quick Links

Home / Applying to Medical School / Taking the MCAT® Exam / Register for the MCAT® Exam

Register for the MCAT® Exam

The MCAT® exam is offered multiple times in 2025 from January and March through September at hundreds of test sites in the United States, Canada, and around the world.

2025 Calendars, Scheduling Deadlines, and Score Release Dates

- [U.S. Testing Calendar, Scheduling Deadlines, and Score Release Dates](#)
- [Canadian Testing Calendar, Scheduling Deadlines, and Score Release Dates](#)
- [International Testing Calendar](#)

[Registration for July-September 2025 MCAT exam dates](#) is now open. [Watch the recording of the MCAT 2025 Testing Year Update for Examinees](#) to learn more about the 2025 MCAT testing year and MCAT preparation resources to help you get ready for the exam.

Stay connected and sign up to receive updates about the testing year and MCAT preparation at <https://cloud.email.aamc.org/MCAT-signup>.

Register For The MCAT Exam

Get Your Test Scores

MCAT Official Prep Hub

Contact the MCAT Program

🕒 Monday-Friday, 9 a.m.-7 p.m. ET
Closed Wednesday, 3-5 p.m. ET
[Online Contact Form](#)

📞 202-828-0600

<https://students-residents.aamc.org/register-mcat-exam/register-mcat-exam#>

<https://students-residents.aamc.org/register-mcat-exam/register-mcat-exam>

Signing up for the MCAT



Sign In

*User Name

*Password

[SIGN IN](#)

[FORGOT YOUR USERNAME?](#)

[FORGOT YOUR PASSWORD?](#)

[NEED HELP?](#)

Don't have an account?

Register for an AAMC account to begin accessing products and services.

[CREATE ACCOUNT](#)

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17 12 0 20250112 115136

Signing up for the MCAT

Justin Kramer
15548349

JK

AAMC Medical College Admission Test® (MCAT®) Registration System

Dashboard

Justin Kramer

1

Your displayed name will be verified on test day. If this displayed name does not match your [MCAT-Accepted identification](#), you WILL NOT be allowed to test. Please note, middle names/initials are not required, even if they appear on your identification. This name will also appear on your score report.

AAMC ID

Email

Date of Birth

EDIT INFORMATION

Exam Registration

You are not registered for an exam.

START EXAM REGISTRATION

Exam History (since January 2018)

1

Examinees must adhere to the following testing limit restrictions: You may attempt the exam no more than three (3) times in a testing year; no more than four (4) times over two consecutive testing years; and no more than seven (7) times in your lifetime (beginning with the April 2015 test dates and beyond).

Test Attempts Remaining

Lifetime Limit Remaining

Testing Year Remaining ①

Previous Exam Attempts

Quick Links

[Review MCAT Essentials](#)
[View Scheduling Deadlines](#)
[View Scheduling Fees](#)
[Learn More about the Fee Assistance Program](#)
[Visit the MCAT website](#)
[Follow Us on X](#)

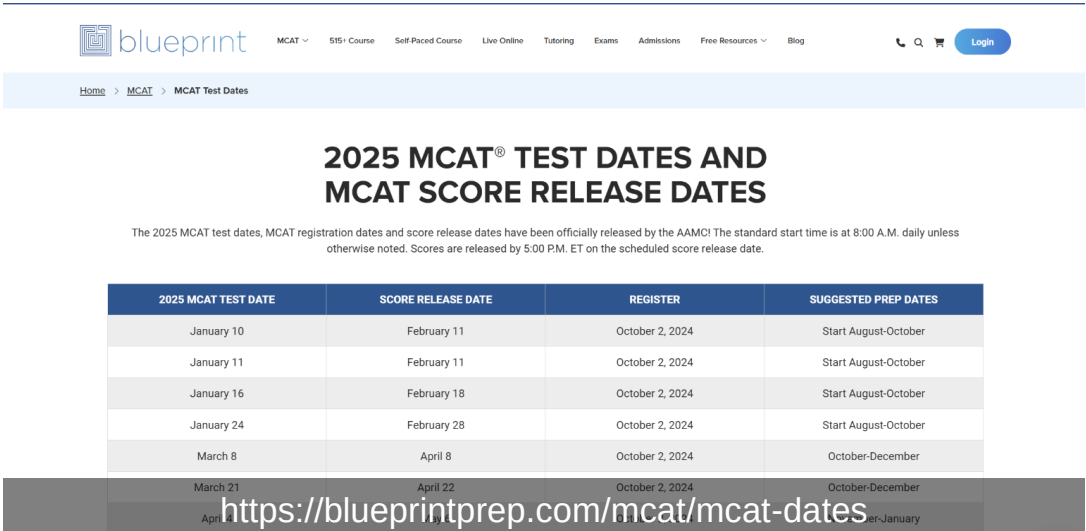
Contact Us

aamc.org/contactmcat
Phone: 202-828-0600

*Maximum of
7 attempts*

Scheduling the MCAT

- Testing occurs at Pearson Professional Centers
 - Exam spots are LIMITED
- Registration opens on a set date, first come first serve
 - Registration for July-September MCAT dates opened Feb. 19, 12pm ET
- Exam scores are released 1 month after exam date (see exam schedule)
- Costs \$345



The screenshot shows the Blueprint MCAT website. The header includes the Blueprint logo and navigation links for MCAT, SIS+ Course, Self-Paced Course, Live Online, Tutoring, Exams, Admissions, Free Resources, and Blog. A search bar and a Login button are also present. Below the header, a breadcrumb trail reads Home > MCAT > MCAT Test Dates. The main heading is "2025 MCAT® TEST DATES AND MCAT SCORE RELEASE DATES". A disclaimer states: "The 2025 MCAT test dates, MCAT registration dates and score release dates have been officially released by the AAMC! The standard start time is at 8:00 A.M. daily unless otherwise noted. Scores are released by 5:00 P.M. ET on the scheduled score release date." Below this is a table with four columns: 2025 MCAT TEST DATE, SCORE RELEASE DATE, REGISTER, and SUGGESTED PREP DATES. The table lists several test dates from January to April, with corresponding score release dates and registration dates. A URL is overlaid at the bottom: <https://blueprintprep.com/mcat/mcat-dates>.

2025 MCAT TEST DATE	SCORE RELEASE DATE	REGISTER	SUGGESTED PREP DATES
January 10	February 11	October 2, 2024	Start August-October
January 11	February 11	October 2, 2024	Start August-October
January 16	February 18	October 2, 2024	Start August-October
January 24	February 28	October 2, 2024	Start August-October
March 8	April 8	October 2, 2024	October-December
March 21	April 22	October 2, 2024	October-December
April 1	May 2	October 2, 2024	October-December

Tips for Scheduling

- Fee Assistance Program
 - The MCAT costs \$345, but \$140 with FAP
 - <https://students-residents.aamc.org/fee-assistance-program/fee-assistance-program>
 - The entire application process is expensive (more later)
- **Pick a test date appropriate for your application cycle**
 - MCAT scores affect where you can and should apply
 - Scores are released 1 month after exam date
- **Have a study plan for your test date**

Studying for the MCAT

- Plethora of resources available
- Content Review
 - Kaplan, The Princeton Review, Khan Academy
 - Anki
 - Anking, MileDown
 - Common medical school study method *active recall*
- Question Banks
 - Uworld is gold standard
 - The majority of the MCAT is conceptual, **practice questions are key**
- Practice Tests
 - Take diagnostic full-length tests before, during, and concluding your study period
 - Free AAMC Full Lengths
 - Simulate the testing environment

Studying for the MCAT

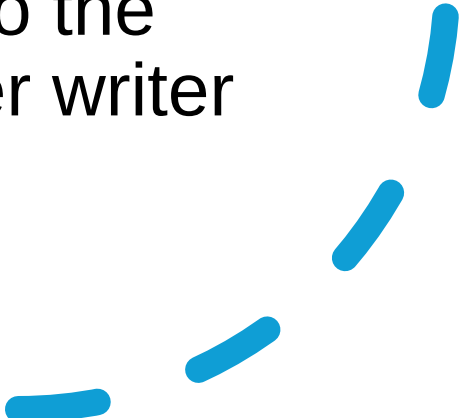
- Many recommend at least 3 months of full-time studying to prepare
- Plan your test date and application accordingly
 - Summer vs. Gap Year vs. Studying during semester?
- Have an appropriate score **BEFORE** you apply
 - It is possible to apply and re-take during the application cycle
- Burn out from MCAT studying is real

Primary Application: What's Required?

Letters of
Recommendation

A large orange circle is positioned on the left side of the slide, partially cut off by the edge.

Letters of Recommendation

- Most schools require a Committee LOR and a Physician LOR
 - If not a committee letter, a letter from 2 science faculty
 - If applying DO, it is preferred to have a letter from a DO
 - vice versa
 - Letters are uploaded directly to the application service by the letter writer
- 
- A series of four blue curved line segments are arranged in a dashed, upward-curving path in the bottom right corner of the slide.

Primary
Application:
What's
Required?

Personal
Statement

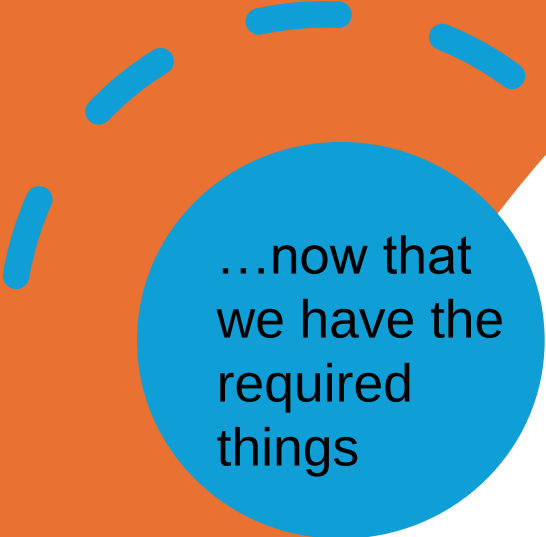
Personal Statement

“Why Medicine?”

- Tell your story and convince the Admissions Committee you are passionate about medicine
- More than just “to help people”

Character limits

- 5,300-character limit (about 1.5 pages)
- Give yourself enough time to write



...now that
we have the
required
things

What Makes a Well- Rounded Application?

Requirements + Extracurriculars

Being Well-Rounded

GPA

MD program average
3.79

(3.73 sci and 3.87 non-
sci)

DO program average 3.6
(3.53 sci and 3.71 non-
sci)

MCAT

Matriculant Averages:
~511 (MD)
~504 (DO)

Strong LORs

Huge relief with a
committee

Make connections with
science faculty,
physicians from
jobs/shadowing, etc

- Upward trends in GPA can outweigh bad grades
- Great GPA can offset and subpar MCAT and vice versa
 - Beware of being “screened out”

Being Well Rounded: Extracurriculars



Clinical Experience

#1 thing that can boost or tank your application

Paid, volunteering, shadowing

- EMT, MA, Scribe, CNA, anything involving direct patient care experience

Schools want confidence in knowing that you will be comfortable in a health care role



Leadership Roles

University clubs

Sports teams

TA/tutoring

Volunteering



Research

Not a definite requirement

Publication is great, experience suffices



Hobbies

Be a human

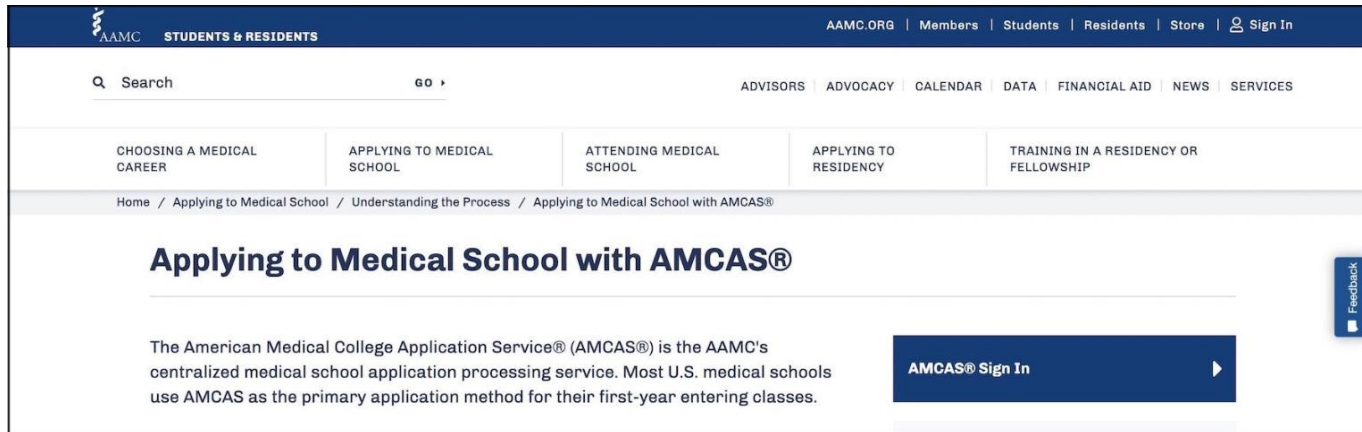
Schools want to know you'll fit in and be happy there



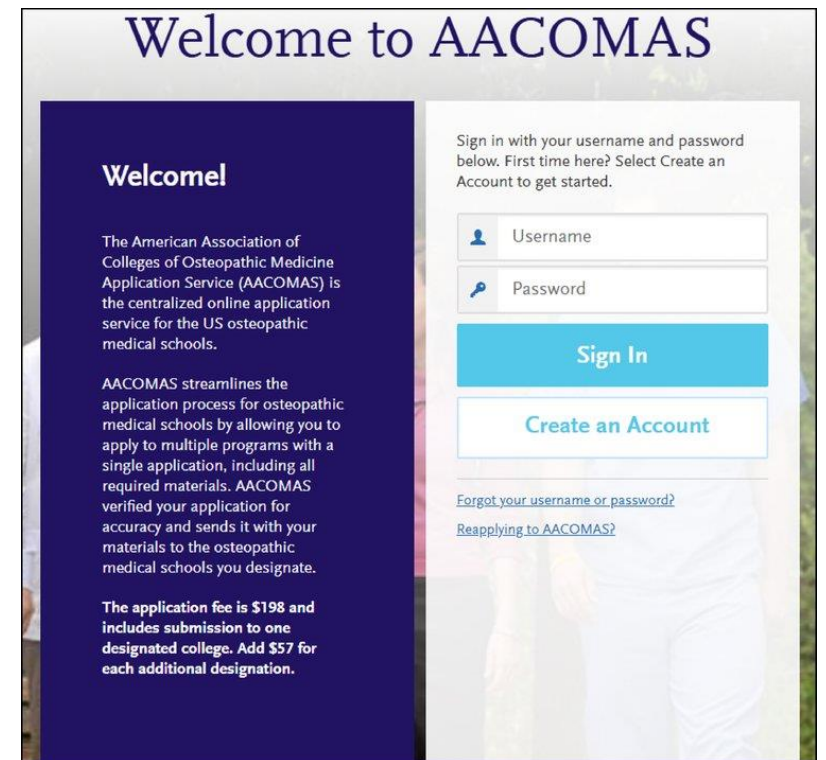
Dive into AMCAS & AACOMAS

- Use Shemmassian Academic Consulting for general guides
 - <https://www.shemmassianconsulting.com/blog/amcas-application>
 - <https://www.shemmassianconsulting.com/blog/aacomas-application>
 - Applicant guides on AAMC and AACOM websites as well
-

Registration



The screenshot shows the AAMC website's navigation bar with links for AAMC.ORG, Members, Students, Residents, Store, and Sign In. Below the navigation bar is a search bar and a row of links: ADVISORS, ADVOCACY, CALENDAR, DATA, FINANCIAL AID, NEWS, and SERVICES. A horizontal menu contains five categories: CHOOSING A MEDICAL CAREER, APPLYING TO MEDICAL SCHOOL, ATTENDING MEDICAL SCHOOL, APPLYING TO RESIDENCY, and TRAINING IN A RESIDENCY OR FELLOWSHIP. The breadcrumb trail reads: Home / Applying to Medical School / Understanding the Process / Applying to Medical School with AMCAS®. The main heading is 'Applying to Medical School with AMCAS®'. The text below states: 'The American Medical College Application Service® (AMCAS®) is the AAMC's centralized medical school application processing service. Most U.S. medical schools use AMCAS as the primary application method for their first-year entering classes.' A blue button labeled 'AMCAS® Sign In' is positioned to the right of the text. A 'Feedback' button is located on the right side of the page.



The screenshot displays the AACOMAS website's login and registration interface. The header reads 'Welcome to AACOMAS'. The main heading is 'Welcome!'. The text below states: 'The American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS) is the centralized online application service for the US osteopathic medical schools.' The text continues: 'AACOMAS streamlines the application process for osteopathic medical schools by allowing you to apply to multiple programs with a single application, including all required materials. AACOMAS verified your application for accuracy and sends it with your materials to the osteopathic medical schools you designate.' The text concludes: 'The application fee is \$198 and includes submission to one designated college. Add \$57 for each additional designation.' On the right side, there is a sign-in section with the text: 'Sign in with your username and password below. First time here? Select Create an Account to get started.' Below this text are two input fields: 'Username' and 'Password'. There are two buttons: 'Sign In' and 'Create an Account'. At the bottom of the sign-in section, there are two links: 'Forgot your username or password?' and 'Reapplying to AACOMAS?'.

Main Screen

Application

Identifying Information

Incomplete

Schools Attended

Incomplete

Biographic Information

Incomplete

Course Work

Incomplete

Work/Activities

Incomplete

Letters of Evaluation

Incomplete

Medical Schools

Incomplete

Essays

Incomplete

Standardized Tests

Incomplete

Not Submitted to AMCAS

PRINT TRANSCRIPT
REQUEST FORMS

PRINT LETTER REQUEST
FORMS

PRINT APPLICATION

VIEW APPLICATION STATUS HISTORY

AMCAS

Personal
Information



0/8
Sections Completed

Academic
History



0/5
Sections Completed

Supporting
Information



0/4
Sections Completed

Program
Materials



0/1
Sections Completed

AACOMAS

Academic History/Course Work

- Input transcripts manually
- Send official transcripts
- Send MCAT scores
- Updates can be sent during application
- Don't use the transcript service, it's not worth it

* Indicates required field

*TERM	*YEAR	*ACADEMIC STATUS	*COMPLETION STATUS
Select ▼	Select ▼	Select ▼	Select ▼

* COURSE CODE	* COURSE TITLE	* SUBJECT	* CREDITS	* GRADE	CAS GRADE
		Select Subject ▼	00 ▼		
e.g., BIO 101	e.g., Introduction to Biology		e.g., 3.00	e.g., 85 or B	

+ Add A Course + Add A Semester

Cancel Save

Enter your courses first. For any courses you took that fall outside of the typical academic statuses, choose Freshman. After you enter all courses, you will start Transcript Review where you will be asked to identify courses that are Repeated, Advanced Placement, Other Tests, Honors, and Study Abroad.

Experiences

- Experience types
- Elaboration/description is impactful
- Describe your experiences, what you did, and how they relate to professional development and medicine

Add Work/Activities

Experience Type * Community Service/Volunteer - Medical/Clinical Experience Name * Hospice Volunteering

Indicate the total number of hours that you spent completing (or expect to complete) this work experience or activity during the date range that you indicate. If this is a repeated experience, enter the total number of hours for each date range you provide.

Start Date * January End Date * May Total Hours * 60

2021 2021

Repeated *
☐ Yes
☒ No

Organization Name

CANCEL SAVE & ADD ANOTHER SAVE

Add Work/Activities

292 characters left of 700

This is one of my most meaningful experiences *
☒ Yes
☐ No

Most Meaningful Experience Summary*

This is your opportunity to summarize why you have selected this experience as one of your most meaningful. In your remarks, you might consider the transformative nature of the experience: the impact you made while engaging in the experience and the personal growth you experienced as a result of your participation.

1325 characters left of 1325

CANCEL SAVE & ADD ANOTHER SAVE

Experience Type

* What type of experience do you want to add?

Type

- Extracurricular Activities
- Healthcare Experience
- Non-Healthcare Employment
- Research
- Teaching Experience
- Non-Healthcare Volunteer or Community Enrichment

Organization

* Name

Address

Address 2

City

* Country Select Country

Zip Code

* State/Province Select a State/Province

Experience Details

* Title Meals on Wheels Volunteer

* Type of Recognition
☐ Compensated
☐ Received Academic Credit
☒ Volunteer

* Average Weekly Hours 4

* Number of Weeks 30

* Total Hours 120

* Description/Key Responsibilities

* Release Authorization (May we contact this organization?) ☒ Yes ☐ No

1 word 2/600

AACOMAS

AMCAS

Submitting Letters of Recommendation

- Sends a letter request to evaluators with a link to upload
- Committee letters or packet letter can be uploaded as one set
- Talk with your evaluators, provide them appropriate time to write and upload a letter

Add Letter of Evaluation/Recommendation



Many medical schools determine whether or not an applicant has met their letter of evaluation/recommendation requirements by the type of letters they receive in support of an application. For example, a medical school may require a committee letter OR three individual letters in support of your application.

Please review the [AMCAS Applicant Guide](#) for more information about Letters of Evaluation.

Please identify the type of letter you wish to enter. If you are uncertain as to the type of letters provided by your school/institution, please ask your pre-health advisor or career center prior to answering this question.

- ☐ **Committee Letter:**
A committee is a letter authored by a pre-health committee or pre-health advisor and intended to represent your institution's evaluation of you. A committee letter may or may not include additional letters written in support of your application. A Committee Letter is sometimes called a composite letter.
- ☐ **Letter Packet:**
A packet or set of letters assembled and distributed by your institution, often by the institution's career center.
- ☐ **Individual Letter:**
An individual letter refers only to a letter authored by, and representing, a single letter writer. **If you have already included an individual letter within either a committee letter or letter packet, you do not need to add a separate entry for the individual letter.**

Awards

- Another impactful section
- Describe the award, what it is for, and its significance in your journey towards application

Achievement Details

* Type

* Name

Name of Presenting
Organization

Issued Date

Brief description

✓

Awards

Honors

Presentations

Publications

Scholarships

0 word

0/600

Personal Statement

Personal Comments Essay



Consider and write your Personal Comments carefully; many admissions committees place significant weight on this section. Make sure you proofread carefully because no changes may be made after you submit your application. [What information should I consider including in my personal comments?](#)

Use the space provided to explain why you want to go to medical school. *

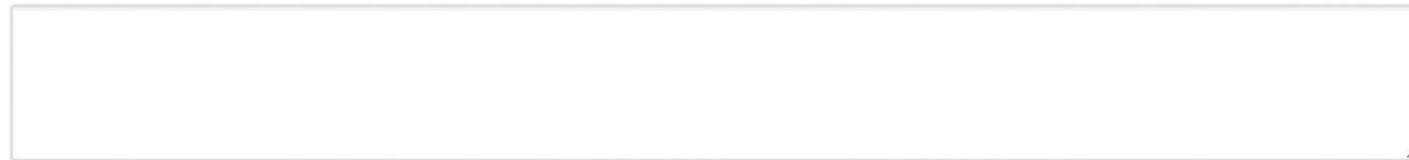


5300 characters left of 5300

AMCAS

Personal Statement

* The colleges will see your personal statement exactly as you enter it in the box below. You are advised to check your spelling, syntax, and grammar before submitting your personal statement.



0 word

0/5300

AACOMAS



Choosing Schools

- Programs are selected in the application service
- **Apply to programs with intent**
 - If you absolutely don't see yourself going there, don't apply, but medical school is medical
- Research the program and its mission to see if you are a good fit
- Be aware of the program's average GPA and MCAT scores of matriculants
 - Some may have different pre-requisite requirements
- Some programs have different curriculums
 - Traditional, PBL, Pass/Fail, how much is mandatory?

Submitting the Primary Application

- **A note on costs:**
 - \$176 initial fee + \$46 per additional program (AMCAS)
 - \$196 initial fee + \$57 per additional program (AACOMAS)
 - Fee Assistance Program Fee Waivers
- Beware of timing
 - Primary should be submitted no later than the end of July

Required for Verification	Not Required for Verification
Demographic information	MCAT score
Work and Activities section	Letters of recommendation
Personal statement	School list (besides the one school required to submit)
Grades and official transcripts received	CASPer

***DISCLAIMER: Your application can be submitted and verified, but will not be complete and reviewed by schools until all materials are received ***



Secondary Application

- Once a primary application is submitted, screening occurs, and schools send an individual, supplemental application
 - Schools screen with MCAT and GPA cutoffs
 - These can cost \$0-\$200
 - Be conscious of averages, as most schools will send you a secondary regardless of whether or not you meet criteria for admission
 - MCAT score screening/cutoffs for interview
 - Submit secondaries as soon as possible after receipt
 - Delayed secondary shows lack of interest
 - Pre-write secondaries for this reason
 - Student-Doctor Network lists secondary questions for each school
-



Interviews

- After submitting a secondary, your applications are complete
 - Interview season occurs from when schools submit secondaries to early spring
 - Waiting for interview invites is brutal, but no news is better than rejection
 - Some require travel, most have online options
 - Interview days typically include 1on1 or group style interviews as well as presentations from admissions regarding curriculum and financials
 - Practice common interview questions and research the school!
 - Student-Doctor-Network
 - Mock-interviews
-

Matriculation

- Securing your seat
 - More Fees
 - DO schools have more expensive fees
 - Decision deadlines & Traffic Guidelines differ
 - Decision for MD programs must be narrowed down by April 30th
- Most programs begin late summer/early fall

Applicants will be asked to submit necessary matriculation documents, including a deposit, according to the following **AACOMAS traffic guideline schedule**:

- **Those accepted prior to November 15** will have until December 14.
- **Those accepted between November 15 and January 14** will have 30 days.
- **Those accepted between January 15 and April 30** will have 14 days.
- **Those accepted on or after May 1** may be asked for an immediate deposit.
- **After May 1 of the year of matriculation**, each medical college may implement college-specific procedures for accepted students who hold one or more seats at other medical colleges.

<https://www.aacom.org/become-a-doctor/apply-to-medical-school/aacomas-traffic-guidelines>

Points to Emphasize

- A complete and well-rounded application is paramount
- **Pursue optimal timing for your best chance at admission**
- Write well in personal statement and secondaries
- Practice your interview skills
- Reddit and SDN have great information but do not dive too deep into the rabbit hole

A circular graphic with a glowing, fiery border made of sparks and light trails. The text "GO AT YOUR OWN PACE" is written in large, white, sans-serif capital letters in the center of the circle.

GO AT
YOUR
OWN
PACE



Q&A

- ASK ME ANYTHING
 - Application process/timeline
 - Difference between MD/DO & Caribbean
 - Specifics of my application and extracurriculars
 - Gap years
 - Experiences at medical school



THANK YOU