University of Washington
School of Medicine

The Application - Holistic Review
What are we looking for?
Carol C. Teitz, MD
Associate Dean for Admissions
Professor, Orthopaedics and Sports Medicine

Holistic review
What makes you who you are?

See AAMC website
“Roadmap to Excellence”
Why do we look at different areas?

**Motivation:** passion for the career; thoughtful decision

Why are you interested?
In what ways are you suited for medicine?
Show us how you know that this is the right career for you
Will you weather stress and disappointment?

Why do we look at different areas?

**Broad interests and Life Experiences:** Understanding the human condition; maturity; independence & responsibility

Cultural competence
Ability to handle stress
Leadership
Team player
Why do we look at different areas?

**Clinical Exposure:** Make an informed decision; understand what you are getting into.

- Shadowing is very important preferentially in the U.S.
  - Observing Patient/Doctor relationship
  - Paid: Interpreter or Scribe
- Find experiences that are consistent with your interests and goals
- Pros and Cons
- Reflect on your experiences

Why do we look at different areas?

**Understanding what you are getting into:** Do you know what your life will be like? Are you likely to enjoy your career or be disillusioned?

- What types of medical practices are there?
- How does rural medicine differ from academic medicine?
- What is the role of a doctor in a community?
- What frustrates doctors?
- Who pays for medical care? How?
- How has technology changed medicine? (for better or worse)
- How will health care likely be delivered in the near future?
Why do we look at different areas?

**Service:** Medicine is inherently about helping others and making a difference. Does this really interest you? Find out.

Volunteer
Local, regional, national, international
Work with disenfranchised

---

Why do we look at different areas?

**Leadership:** Doctors lead a health care team and advocate on behalf of their patients or an entire community.

Motivate and help team members to be the best they can be
Work together toward a common goal
Guiding others, creating commitment
Make a difference, initiate change
Being responsible
Why do we look at different areas?

**Academic ability:** Can you pass your licensure exams?

2017 Mean GPA: 3.70/4.0
2017 MCAT Average: 80.15 percentile

Timing MCAT: fall or spring is ideal.
If you don’t inform school of intent to retake, you are screened with your previous scores.

Academic standards grid showing a matrix of GPA and MCAT scores and the number of students accepted from each combination

<table>
<thead>
<tr>
<th>E-2016 MD Statistics</th>
<th>0-14</th>
<th>15-26</th>
<th>27-42</th>
<th>43-60</th>
<th>61-78</th>
<th>79-90</th>
<th>91-96</th>
<th>97-100</th>
</tr>
</thead>
<tbody>
<tr>
<td>Undergraduate GPA</td>
<td>acc</td>
<td>tot</td>
<td>acc</td>
<td>tot</td>
<td>acc</td>
<td>tot</td>
<td>acc</td>
<td>tot</td>
</tr>
<tr>
<td>3.80-4.00</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td>3</td>
<td>1</td>
<td>6</td>
<td>3</td>
<td>25</td>
</tr>
<tr>
<td>3.60-3.79</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>7</td>
<td>2</td>
<td>21</td>
<td>11</td>
<td>37</td>
</tr>
<tr>
<td>3.40-3.59</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>9</td>
<td>2</td>
<td>27</td>
<td>12</td>
<td>56</td>
</tr>
<tr>
<td>3.20-3.39</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>5</td>
<td>1</td>
<td>21</td>
<td>5</td>
<td>28</td>
</tr>
<tr>
<td>3.00-3.19</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td>3</td>
<td>1</td>
<td>11</td>
<td>1</td>
<td>19</td>
</tr>
<tr>
<td>2.80-2.99</td>
<td>0</td>
<td>5</td>
<td>0</td>
<td>3</td>
<td>0</td>
<td>4</td>
<td>1</td>
<td>10</td>
</tr>
<tr>
<td>2.60-2.79</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>2.40-2.59</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>2.20-2.39</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>2.00-2.19</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>1.47-1.99</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Totals</td>
<td>0</td>
<td>19</td>
<td>1</td>
<td>35</td>
<td>7</td>
<td>93</td>
<td>33</td>
<td>179</td>
</tr>
</tbody>
</table>

Statistics as of 4/21/2016
WWAMI applicants only
Includes WA MSTP
Latest MCAT Percentile Rank was used
GPA is total undergraduate GPA

Most applicants who were accepted with lower than average college GPAs had taken additional post graduate course work and performed well.

---

Green acc = all those accepted
Grey tot = total applied
Red = not accepted
Why do we look at different areas?

**Research:** Curiosity, advancing science, problem solving, asking the right question, analyzing results, changing plan based on new information

Wanting to learn more
Interest in fundamentals
How do things work?
Helping thousands of people

Why do we look at different areas?

**Letters of Recommendation:** What do people who know you well have to say?

Ask the right person - get different perspectives
   - Academic ability
   - Interpersonal skills
   - Work ethic
   - Leadership qualities
   - Ability to function on a team

Direct the letter writer
Obtain and file letters
How do I stand out vs. What do I bring to the table?

• Meet our expectations
• Be yourself-be sincere
• Be sure you really want to be a doctor

Experiences
watch labels

Reflect

DON’T list
Reapplying

• If you were offered no interviews
  • Something is missing
  • Timing
  • Selection of schools
• Get feedback
• Demonstrate change
• Make the effort to rewrite your personal statement

Personal statement

• Structure rather than random
  • Tell us what you are going to tell us = topic paragraph or sentence
  • Tell us what you are telling us = use examples
  • Tell us what you told us = closure
• Grammar and spelling check
• Why do you want to be a doctor?
• How do you know?
• What is your understanding of medicine?
• Who are you?
Shadowing:

**PURE DESCRIPTION**

Shadowed several physicians during high school and college. Through exposure to a variety of specialties, I’ve learned which types of medicine interest me the most. Shadowing has definitely helped confirm my strong desire to attend medical school and become a physician. Observed physicians include: gastroenterologist, endocrinologist, orthopaedic surgeon, plastic surgeon, neurosurgeon, and ER physician.

Shadowing:

**LEAVES US HANGING**

I shadowed Dr B, D.O. for an entire day. Dr B is an internist and therefore presented a different aspect of the medical field that I had not previously seen. It was very interesting seeing the way that osteopathic medicine is performed versus allopathic but also to see the many similarities.
Shadowing:

Emergency medicine has an extremely wide scope. During this experience, it seemed to me like no two people came in with the same complaint and I learned how difficult it can be to treat patients whom you have never interacted with before. The relationship is very different from that of a doctor with a long term patient. While emergency medicine is very exciting, I learned that it isn’t the specialty for me. In a day, one doctor saw upwards of 15 patients. While the cases were very interesting, the inability to actually see a case to the end was a little frustrating for me. I realized that I prefer the continuity of being able to help a patient from beginning to end.

Leadership

I worked as lead camp counselor in charge of three staff and 30+ children. Though I had tutored college students and taught a weekly science class, I lacked formal teacher training. Because the staff I oversaw were teachers with years of experience, I worried they wouldn’t accept my authority and chaos would ensure. As summer progressed, I realized my leadership wasn’t tied to my teaching ability and I could maintain order by respecting and utilizing my staff’s teaching skills. I ultimately led the team by supporting them in the classroom. I realized leadership is setting aside ego and drawing on the team’s skills so that each person flourishes and the whole team is strong.
Service

As a volunteer in the emergency department I am involved in room turnover, patient comfort, helping people to rooms and out to their cars, and general errand running.

Service

The community was rural and underserved with a population of 600. I worked alongside many individuals that came from far different backgrounds than my own: drug addiction, prostitution, and gang life, to name a few. Getting to know the stories behind these people’s troubled lives changed my perspective on survival and challenged me to abandon my judgement of others no matter how different from me they first appear.
Don’t apply until you are ready- “just to see”

• Waste time (yours and ours)
• Waste money
• Lose one of 3 tries at UW
• You are screened based on what you’ve done, not on what you are planning to do.
• “Gap year”- do something appealing to you

Who is giving you advice?

• Pre-health advisor
• Medical schools websites
• AAMC
• Physicians in practice
• Individual faculty
• Significant other
Bottom Line

- Know yourself and why medicine is the right career for you
- Know what you’re getting into and demonstrate it on application
- Make information easy to find on your application
- Watch the deadlines
- Use our resources

Questions?
If you have further questions after the session please email them to:

askuwsom@uw.edu

Thank you