

University of Washington School of Medicine



Carol C. Teitz, MD
Associate Dean for Admissions
Professor, Orthopaedics and Sports Medicine

Preparing your Medical School Application



Transparency of the Admissions Process

Website

<http://www.uwmedicine.org/admissions>

Admissions Forum sessions

<http://www.uwmedicine.org/education/md-program/admissions/applicants/advice>

Your general questions

- What is the UW looking for?
 - See our website
- How holistic of an application process is it really?
 - The review is very holistic. It is rare that one feature can determine your success or failure.
- If you aren't 100% sure you want to be a doctor should you still pursue medical school?
 - Not yet. You should first get additional exposure to the practice of medicine to test your assumptions and address your concerns.

Your general questions

- What should I do during my “gap” year?
 - Personal and Professional development opportunities
 - What have you always wanted to do ?
- How do I stand out?
 - Be yourself, be sincere, meet our expectations
 - Demonstrate insight and nuanced understanding of yourself and medicine
 - Show that you have been caring, interested in others, and curious for a long time



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?



Re-applicants: Your questions

- What do schools expect from re-applicants?
 - Change and growth in areas of deficiency
- How much detail do we have to change in our application?
 - At the least: Personal statement and updated letters of recommendation
- What should I do about trying to change my MCAT score?
 - Change your method of preparation. Consider more course work. Check in with a learning specialist or psychologist. Note: Scores on practice tests are often 3-5 points higher than on the real test.

Reapplying

- Realistically appraise your application and/or interview
 - What was missing or insufficient?
- If you were offered no interviews, something is missing
- Get feedback
- If you got feedback and we suggested taking a year or more before reapplying, take that seriously
- Letters need new dates or updated content
- Demonstrate change

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

Be realistic about choosing schools

- Use the MSAR to find pre-reqs, expectations, metrics
 - <https://apps.aamc.org/msar-ui/#/landing>
- Applying to other “state schools” is risky
 - They prefer their own
 - They typically have less scholarships than private schools

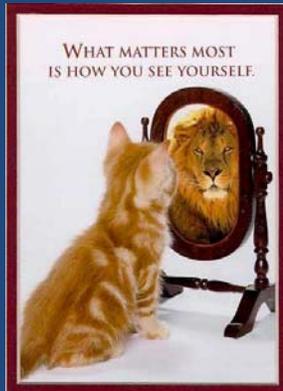
“Non-traditional” applicant Career change

- Do you know what you really want?
- What attracted you to your college major and/or first career?
- What’s missing from your current situation?
- Show that you are making an informed decision

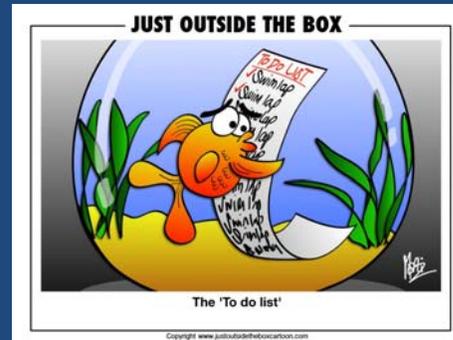
Experiences

watch labels

Reflect



Don't list



Shadowing



I shadowed psychiatrist Dr. X of whom I met through working as a scribe at Hospital A during his consultations in the emergency department. My shadowing experience included time spent seeing patients in the inpatient psychiatric unit and observing consultations throughout the hospital. This experience has served as a real opening to what the true medical field is like, and has been invaluable in solidifying my decision to pursue medicine.

Shadowing:



While exploring healthcare careers, I observed a variety of providers in both inpatient and outpatient settings. They included a-b-c-d-e-f-g. For 3 months I also observed rounds with medical students. These experiences gave me a more intimate understanding of the duties and lifestyles of healthcare providers and revealed the benefits and limitations of different health care professions ultimately affirming that I want to become a physician.

Shadowing:



The needs of a parent and child at a checkup differ from those of a patient struggling with depression or one with a traumatic injury. One requires a teaching focus, the second, empathy, and the third decisive action.

Service



I volunteered 4 hours a week transferring wheelchairs to and from the hospital parking garage and stocking patient rooms with supplies. I provided relief to nurses and used this opportunity to create genuine conversation with patients and their families.

Service



I learned to be self-directed and collaborative, working as efficiently as I could to support the team. I also observed the interactions between physicians and other staff. I saw firsthand that team-based care largely benefitted the patient, so long as each member can effectively communicate, take responsibility for his or her actions, and work towards a common goal.

Common mistakes

- Application not complete
- Description rather than reflection
- No proofreading (grammar and/or spelling errors)

QUESTIONS

