

# University of Washington School of Medicine



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## Preparing your Medical School Application





## Transparency of the Admissions Process

### Website

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

### Admissions Forum sessions

<https://www.uwmedicine.org/school-of-medicine/admissions/resources>



## Your general questions

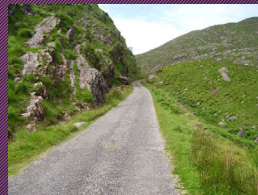
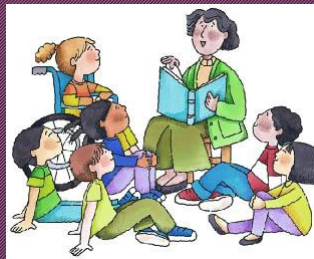
- What is the UW looking for?
  - See our website
- How holistic of an application process is it really?
  - The review is very holistic. It is rare that one feature can determine your success or failure.
- If you aren't 100% sure you want to be a doctor should you still pursue medical school?
  - Not 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
  - Be intentional
- 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
  - Better: Review and update experiences through your current lens
- 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 - be intentional



## 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-requisites, expectations, metrics, mission
  - <https://apps.aamc.org/msar-ui/#/landing>
  - Most schools' websites will have this information as well
- Applying to other “state schools” can be risky
  - They prefer their own
  - They typically have less scholarships than private schools
  - Often mission-driven



## “Non-traditional” applicant Career change

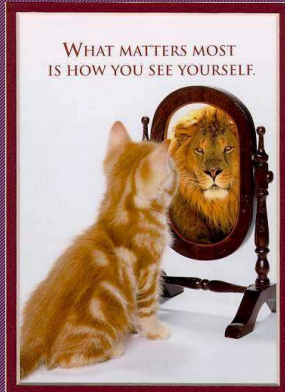
- Do you know what you really want?
- What attracted you to your college major and/or first career?
- What's missing from your current situation?
- Show that you are making an informed decision



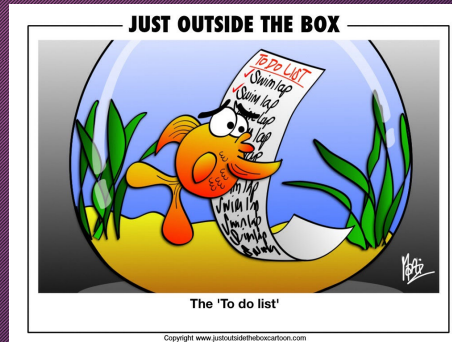


## Experiences

Reflect



Don't list



## Shadowing



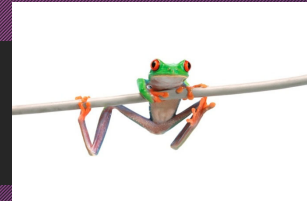
I shadowed psychiatrist Dr. X of whom I met through working as a scribe at Hospital A during his consultations in the emergency department. My shadowing experience included time spent seeing patients in the inpatient psychiatric unit and observing consultations throughout the hospital.

...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



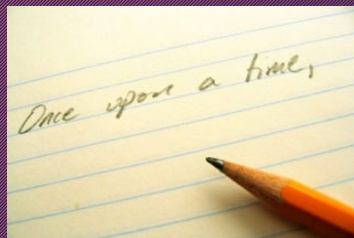
I learned to be self-directed and collaborative, working as efficiently as I could to support the team. I also observed the interactions between physicians and other staff. I saw firsthand that team-based care largely benefitted the patient, so long as each member can effectively communicate, take responsibility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





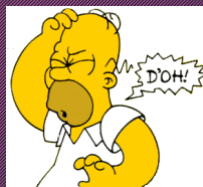
## Personal Statement

- The story of you
- Make sure it flows, has a point
- Sometimes less is more
- You don't have to be dramatic to stand out



## Common mistakes

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





# QUESTIONS

