

# MEDICAL SCHOOL APPLICATION GUIDE

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# APPLICATION QUICK LIST

## January

- Take MCAT (Finish by April)
- Create medical school list
- Write personal statement
- Write activities and most meaningful activities essays
- Letters of Recommendations
  - Composite Letter
  - 2 Science and 1 Non-Science  
*If your school doesn't have a composite letter writer*

## May-June

- Send Transcripts from all schools
- Take CASPer (if required)
- Take AAMC PREview (if required)
- Begin pre-writing secondaries as soon as possible

## Submit your application as early as possible!

*Prior to your applications getting sent to medical schools, these portals will have to verify your applications. Application verification can take up to one month. Any issues with your application can cause further delays.*



# MATRICULANT PROFILE

## What is a matriculant?

- Matriculants are students who have been accepted and enrolled into medical school

## Applicants (2025-2026)

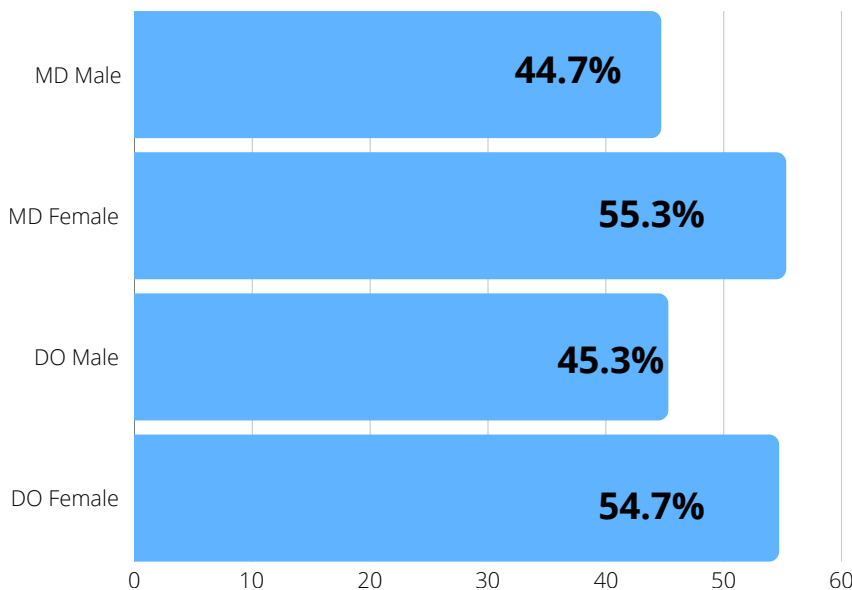
- First-Time Applicant: 41,830
- Re-Applicant: 12,869

## Average statistics of 2025-2026 Matriculants

	Science GPA	Non-Science GPA	Total GPA	MCAT
MD	<b>3.75</b>	<b>3.88</b>	<b>3.81</b>	<b>512.1</b>
DO	3.54	3.69	3.59	504.9

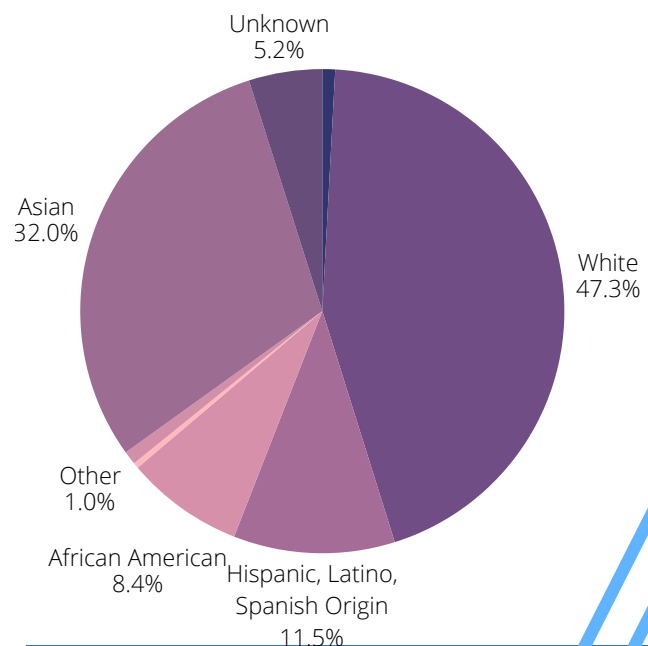
## Gender (2025-2026)

-American Medical Association



## Race (2025-2026)

-AAMC



## MEDICAL COLLEGE ADMISSIONS TEST (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.org

**Cost:** \$355

**Length of Exam:** Approximately 7.5 Hours

### MCAT Sections

- Biological and Biochemical Foundations of Living Systems (95 minutes)
- Chemical and Physical Foundations of Biological Systems (95 minutes)
- Psychological, Social, and Biological Foundations of Behavior (95 minutes)
- Critical Analysis and Reasoning Skills (CARS) (90 minutes)
- \*10 minute break between sections

### MCAT Scoring

- Each section is scored from 118 to 132. The mean and median of all exam takers is 125.
- The composite score ranges from 472 to 528. The mean and median of all exam takers is 500.

### When to take the MCAT

- The MCAT is offered between January and September
- Schedule the exam 3-5 months ahead
- Recommended to take the MCAT the year prior to your application cycle

### How long should I study for?

- Generally, it's recommended to study 8 hours a day for 3 months (with a full day break each week). This equates to 576 hours.
- It's important to do as many practice questions as possible and review missed questions.

### How many times can you take the MCAT?

- Maximum of 3 attempts each year
- Maximum of 7 life-long attempts

**How long is my score good for?** 3 years



# PRIMARY APPLICATION

## Cost to Submit

- AMCAS: \$175 for the first school, \$47 per school thereafter
- AACOMAS: \$198 for first school, \$60 per school thereafter
- TMDSAS: \$230 flat fee, no fee waivers

## What do I need for my primary application?

- Medical school list
- Personal statement
- Activities list and 3 Most Meaningful Activities essays
- Transcript(s)
- MCAT scores

## Sections of the primary application

- Background information
- Coursework
- Work and Activities
- Letters of Recommendation- not required for application verification
- Medical school selection
- Essays
- Standardized tests
- Certification and submission

## Transcripts

- Transcripts need to be sent directly from your school's registrar. E-transcripts can be sent through Parchment or National Student Clearinghouse.
- Transcripts must be sent for every post-secondary institution you have attended.
- E-transcripts take 15 days to process. Paper transcripts take 25 days to process.
- You will also be required to enter coursework classifications and grades manually into your application portal. Be sure to keep a copy of your transcript next to you while you are entering your courses. You will be required to designate any withdrawals, failures, remediations here.



## When should I submit my application?

- We recommend submitting within the first week of the application opening, typically in May-June. Schools receive numerous applications in waves and will start giving out interviews as soon as August. There is often a limited number of interview invites offered by each school.

## Why should I submit my application early?

- Application verification can take up to one month and is required before your application is forwarded to your schools. Any discrepancies, such as coursework classification not matching transcripts, can delay your application verification.

## How do I submit my applications?

- The primary application will be submitted through a portal. Once these portals verify your application, they will forward your application to your designated schools.
- To apply to allopathic (MD) programs, submit your application through AMCAS.
- To apply to osteopathic (DO) programs, submit your application through AACOMAS.
- To apply to Texas MD or DO programs, submit your application through TMDSAS. Texas is the only state that has a separate portal for their MD and DO schools.

## What else do I need to do after submitting my primary application?

- While it's a great feat to finish submitting your application, there's still a long way before the finish line. Begin pre-writing your secondary essays. In July-August, there will be an influx of secondary application requests, and a quick reply is often expected from admissions offices.
- Once schools receive your application, they will often ask you to set up a school specific portal. The admissions offices will usually communicate with you through these portals, so be sure to check them frequently!
- We also recommend checking your emails and spam box daily for any communication from your schools. Occasionally, secondary requests and interview invites will be automatically filtered into your spam box.



# LETTERS OF RECOMMENDATION (LOR)

## When should I request LORs?

- As soon as possible. Be sure to give your letter writers plenty of time to write your letter
- Most schools require letters to be dated within a year

## Do I need to give my letter writers a deadline?

- Yes! Give your letter writers a May deadline, so all your letters can be ready by June. Letters must be received before your application is considered complete. You cannot receive any interview invites until your application is complete.

## How many letters are required?

- Most schools require 2 science letters and 1 non-science letter OR a composite letter
- It is recommended to send no more than 5 letters of recommendation to each school
- You may include letters from your place of work or volunteer, especially if you are in your gap year

## How many letter writers should I ask for LORs?

- Ask at least 5 people to write your core letters of recommendations (science and non-science letters). Obtain more letters in case one of your letter writers falls short
- Consider asking people who have known you and the stronger the letter.
- DO Schools: Some schools require a letter from an osteopathic physician

## Who can write my science letter?

- Any biology, chemistry, physics, or math professor
- Any other professor would count as a non-science professor

## Can a teaching assistant (TA) write my LOR?

- Letters of recommendations should not be written by teaching assistants. However, they may contribute to the contents of your letter that is signed by the professor.

## What should my be included in my LOR?

- Ask your letter writer to discuss their assessment of your academic abilities and personal qualities.
- Mentioning specific stories about how you demonstrated strong qualities that would make you a great medical student and physician are important.
- These qualities include, but are not limited to: proactiveness, goal-oriented, leadership, team player, curiosity, resilience.



# LETTERS OF RECOMMENDATION (LOR)

## What is a composite or committee letter?

- A composite or committee letter is a letter of recommendation written your school's health profession advisor.
- Not all schools offer this type of letter. If your school does offer this, check with them on their specific requirements to write your letter.

## What information should I provide my letter writers?

- Personal Statement (if available)
- Curriculum Vitae
- A list of qualities or stories that you want them to highlight
- For extracurricular advisors or workplace supervisors, include a list of your responsibilities

## How do I submit my LORs to schools?

- We recommend using a dossier service, such as Interfolio or Privatefolio, to store and send your letters to AMCAS, AACOMAS, and TMDSAS
- You will need to print a "Letter Request Form" for each designated letter writer on each application portal. This will generate a Letter ID to match the letter to your application when you send your letters from the dossier
- Important: When selecting which letters of recommendations that you want to send, make sure to double check the maximum amount of letters that a school allows. Exceeding a school's maximum could demonstrate "inability to follow directions" and eliminate your chances of interviews at that school.



# CREATING YOUR MEDICAL SCHOOL LIST

**Cost:** Average cost is \$45, ranging up to \$100 per school

## How many schools should I apply to?

- Recommended 20 to 30 schools

## Factors to consider

- School's in-state and out-of-state preference; state ties may also be considered
- Location
- Target and reaches: GPA and MCAT averages/ cut off scores
- Research-heavy schools often favor robust research activities and publications
- Tuition cost
- Determine if you want to apply to allopathic (MD), osteopathic (DO), or Texas schools (separate application required)

## Schools with In-State Preferences

- Alabama
  - University of Alabama at Birmingham
  - University of South Alabama
- Arkansas
  - University of Arkansas
- California:
  - California Northstate University
  - University of California, Davis
  - University of California, Irvine
  - University of California, Los Angeles
  - University of California, Riverside
  - University of California, San Diego
- Florida
  - Florida Atlantic University
  - Florida International University
  - Florida State University
  - University of Florida



## Schools with In-State Preferences (Cont'd)

- Georgia
  - Medical College of George at Augusta University
  - Mercer University
- Illinois
  - Southern Illinois University
  - University of Illinois
- Indiana
  - Indiana University
- Louisiana
  - Louisiana State University New Orleans
  - Louisiana State University Shreveport
- Kansas
  - University of Kansas
- Kentucky
  - University of Kentucky
- Minnesota
  - University of Minnesota- Duluth
- Mississippi
  - University of Mississippi Medical Center
- Missouri
  - University of Missouri
  - University of Missouri- Kansas City
- Nebraska
  - University of Nebraska
- Nevada
  - University of Nevada- Reno
  - University of Nevada- Las Vegas (NV residents, significant ties to NV, or Western Region applicants)
- New Jersey
  - Rutgers New Jersey Medical School
- New Mexico
  - University of New Mexico



## Schools with In-State Preferences (Cont'd)

- New York
  - CUNY
  - SUNY- Down State Medical Center (Brooklyn)
  - SUNY- University of Buffalo
  - SUNY- Upstate Medical University
- North Carolina
  - University of North Carolina- Chapel Hill
  - East Carolina University- Brody School of Medicine
- Ohio
  - Northeast Ohio Medical University
- Oregon
  - Oregon Health and Sciences (OR residence or heritage, MD/PHD and MD/MPH candidates, underrepresented students, or exceptional students)
- Oklahoma
  - University of Oklahoma
- South Carolina
  - Medical University of South Carolina
- South Dakota
  - University of South Dakota
- Tennessee
  - East Tennessee State University
- Texas- All Schools (Maximum 10% out-of-state only)
- Washington
  - University of Washington (prefers WA, WY, AK, MT, ID)
  - Washington State University

## Should I include osteopathic (DO) schools?

As medical schools become more competitive, it's important to diversify your school list.

Osteopathic schools generally have lower GPA and MCAT requirements, and tend to review the application more holistically.

Osteopathic philosophy emphasizes treating patients holistically, focusing on the body, mind, and spirit. Osteopathic education has a similar curriculum to allopathic schools, with the addition of 200 hours of training osteopathic manipulative medicine (OMM/ OMT). OMM is hands-on treatments that realign the musculoskeletal system to help the body heal itself.



## Should I include Caribbean schools?

Caribbean medical schools are considered international schools that can offer a similar education to that of U.S. medical schools. If you plan to return to the U.S. to practice, the most important consideration is if the program can help you match into a U.S. residency. St. George's, SABA, American, and Ross have some of the best U.S. residency match rates among Caribbean medical schools.

Caribbean schools generally have the most forgiving GPA and MCAT requirements. This is a great alternative option for those with very low chances of matriculating into MD or DO schools. Consider applying to Caribbean schools if you have had 2-3 unsuccessful attempts at gaining admissions to U.S. MD and DO programs.

Your specialty of interest is also an important consideration. It is particularly difficult to match into competitive specialties such as surgery, dermatology, ENT, and orthopedic surgery from Caribbean programs. However, if you plan to pursue a primary care specialty, such as family medicine, internal medicine, or pediatrics, then Caribbean schools can still be great options.

Caribbean schools have a rolling admissions program. This means that these schools do not follow the traditional process; you can apply anytime during the year and matriculate shortly after.

Caribbean schools typically do not provide as much support to students as U.S. medical programs. This can affect first time USMLE pass rates and securing clinical rotations. However, students who are determined and able to work independently should be able to overcome these obstacles.

## Other Considerations

- School's missions: Underserved, Urban, Primary Care-focused, Global Health, Research
- Curriculums: Team-based learning, Problem-based learning, Small Groups, Systems-Based Curriculum
- Family Support
- Extracurriculars/ Research Opportunities
- Mentorship
- School Support
- Rotation sites/ hospital affiliations
- First time boards pass rate
- Match rate/ Residency placements



## PERSONAL STATEMENT

### When should I start my personal statement?

- At least 6 months before the application cycle to ensure adequate time to write and revise drafts

### How long should my personal statement be?

- AMCAS and AACOMAS: 5300 characters, including spaces
- TMDSAS: 5000 characters, including spaces
- \*Breaks in between paragraphs count as 2 characters!

### What should I include in my personal statement?

- Determine what characteristics you want to highlight to medical schools. Check the AAMC Core Competencies to see what traits are valued as a medical student
- Discuss your journey into medicine and how you developed this interest
- Show, Don't Tell: Use a series of stories to demonstrate these characteristics.
- Discuss the significance of your stories:
  - What did you learn?
  - Why are these lessons important?
  - How will you apply these lessons in medical school and/or in your career as a physician?

### Should I talk about academic struggles?

- Yes, it is advised to discuss any unusually low grades or MCAT scores. Discuss if there were any life events that attributed to your academically struggles. Some examples include:
  - Mental health
  - Severe health issues in you or your family
  - Working full time
- More importantly, discuss what you did to overcome these struggles, and how you will prevent them from recurring in medical school.

### Who should revise my personal statement?

- Professional editor (like our Moon Prep essay coaches!)
- Mentors
- Trusted friends and family
- Carefully select who you want to review your application, as multiple people can have differing opinions on how to change your personal statement



## ACTIVITIES LIST

### How many activities can I list?

- AMCAS: 15 total activities, although you don't need to fill all 15 activities
- AACOMAS and TMDSAS: Unlimited
- Be sure to include 1-2 hobbies at the end

### How long should the description be?

- AMCAS: 700 characters each, including spaces
- AACOMAS: 600 characters each, including spaces
- TMDSAS: 300 characters

### What should I include in the description?

- Think of these as mini essays. Most students will write about what they did in each activity. To help your application stand out, include a story and discuss the significance of the activity

### What are most meaningful essays?

- In addition to your activity description, you will be allowed to further discuss 3 most meaning activities. Highlight why these activities have contributed to your personal growth. These do not all have to be medically related.
- AMCAS: 1325 characters, including spaces
- AACOMAS: No most meaningful designations
- TMDSAS: 500 characters, including spaces

### Do I need a supervisors contact information?

- Yes, you will need to submit either a phone number or email address. Don't worry, medical schools usually are too busy to confirm them!

### How do I combine my experiences?

- Shadowing: Most shadowing experiences are pretty similar. It is generally recommended to combine these experiences together
- Publications: For multiple publications, list a link to your Google Scholar profile with all of your publications.



# IMPACTFUL EXPERIENCES ESSAY

## What is the Impactful Experiences essay?

- Beginning with the 2023-2024 cycle, AMCAS changed their Disadvantaged Essay to the Other Impact Experiences essays. This change is intended to capture lived experiences that align with the schools' missions and served communities.
- This change is only pertinent to the AMCAS application.

## How long should is this essay?

- AMCAS: 1325 characters

## I don't consider myself disadvantaged. Should I still write the Impactful Experiences essay?

- Yes! This change is to help admission officers with a more holistic review. This gives them a chance to understand hardships or obstacles that you have overcome, and how these experiences have shaped you.

## What should I write about?

- Consider challenges you have overcome related to your family background, financial background, community setting, educational experiences, or other life circumstances. This may also be a great place to talk about poor grades or standardized testing.

## How should I write this section?

- Like most sections in your application, use a narrative style format to convey your story.
- Refrain from repeating stories already discussed in your personal statement. However, you may consider giving more context as it relates to your background.

## Where can I find more information about this?

- <https://students-residents.aamc.org/media/14261/download>



## SECONDARY ESSAYS

**Cost:** Average cost is \$100 per school. Ask schools about fee waivers even if you don't qualify for assistance.

### When should I start my secondaries?

- As soon as you have completed your primary application, start pre-writing your secondary essays. Each medical school can require 1-6 secondary essays.

### How quickly do I need to submit my secondaries?

- We recommend submitting secondaries under 1 week but as quickly as possible. When you submit them within a short timeframe, it shows medical schools that you're interested in their program.

### When will I receive the secondary essays ?

- You should expect secondaries after your primary application has been verified and forwarded to the schools. Some schools will automatically send every applicant a secondary application, while other schools will only send a secondary application after initial screening. Be sure to check your email and spam folders frequently!

### What kind of questions should I expect?

- How will you contribute to our school's diversity?
- Why our school?
- Tell us about a challenge and how you overcome it.
- How do you envision your career as a doctor?
- Where do you see yourself in 10 years?
- Anything else you would like us to know?
- Why DO? (for DO schools only)

### How do I format my secondaries?

- Like the personal statement, it is recommended to use personal stories to show the admissions office your attributes. Use stories that highlight different characteristics than those you have already discussed in your personal statement and activities section. This is also where you can show how your values align with the school's mission or vision.

### Many schools ask similar questions. Can I reuse my secondary essays?

- Absolutely, but be sure to check that the essay is within the appropriate character limit.



## CASPer TEST

**Cost:** \$85 (includes score distribution to 8 schools). Additional distribution fee is \$15 per program.

### What is the CASPer test?

- "Casper is an online, open-response situational judgment test (SJT). It asks what you would do in a tough situation, and more importantly, why. This helps determine behavioral tendencies of applicants pursuing people-centered professions." - takealtus.com

### When should I take CASPer?

- CASPer runs from May to December for each cycle.
- We recommend taking it in May to June, as the scores are required to be received by your school prior to sending interview invites.

## Schools the require CASPer

### Allopathic Schools

- Baylor College of Medicine
- Boston University
- Burnett School of Medicine at Texas Christian University
- California University of Science and Medicine
- Hofstra University
- Drexel University
- East Tennessee State University
- Hofstra University
- Marshall University
- Medical College of Wisconsin
- Meharry Medical College
- Michigan State University
- Netter School of Medicine Quinnipiac University
- New York Medical College
- Renaissance School of Medicine, Stony Brook University
- Rush University Medical College
- Rutgers, Robert Wood Johnson Medical School
- Temple University
- Texas A&M University
- Texas Tech University El Paso
- Texas Tech University Health Science Center
- University of Colorado Denver (Anschutz)
- University of Illinois at Chicago
- University of Nevada, Reno
- University of Texas at Tyler Health Science Center
- University of Texas Health Science Center, Houston
- University of Texas Medical Branch
- University of Texas Southwestern
- University of Vermont
- Virginia Commonwealth University
- Wake Forest School of Medicine



## Schools that require CASPer (Cont'd)

### Osteopathic Schools

- Alabama College of Osteopathic Medicine
- California Health Sciences University
- Idaho College of Osteopathic Medicine
- Michigan State University
- Sam Houston State University
- Touro College - New York
- Touro College - Nevada
- William Carey University

### What is the format of the CASPer test?

- There are 2 types of response sections: typed response and video response
- Typed Response
  - 3 word-based scenarios and 6 video-based scenarios
  - After reviewing the scenario, you have 30 seconds to reflect and 5 minutes to type your answers to 3 open-ended questions.
  - Optional 5-minute break after first 5 scenarios
- Video Response
  - 2 word-based scenarios and 4 video-based scenarios
  - After reviewing the scenario, you have 30 seconds to reflect, 10 seconds to read the question, and 1 minute to record your response to 3 open-ended questions.

### Will I receive a score for CASPer?

- No, but you will receive a quartile. Scores will only be sent to your designated schools.



## AAMC PREview™ Exam

**Cost:** \$100 (includes unlimited school distribution)

### What is the PREview™ Exam?

- "The AAMC PREview™ professional readiness exam (formerly known as the AAMC Situational Judgment Test), was developed and administered by the AAMC. It is a standardized exam designed to help admissions officers assess your readiness to learn about issues related to professionalism in medical school.." -AAMC

### When should I take the PREview™ Exam?

- PREview™ runs from June to September for each cycle.
- We recommend taking it in June, as the scores are required to be received by your school prior to sending secondary invites.

### Schools that use PREview™

A growing number of medical schools have adopted the AAMC PREview professional readiness exam into their admissions process. A list of participating schools for the 2026 testing year is available [here](#).



## What is the format of the PREview™ Exam?

- PREview is not taken in a testing center and can be taken at home
- There are 30 sets of scenarios and 186 items on the exam
- You will have 75 minutes to complete the entire exam. It will be proctored online.
- In each scenario, you will be asked a series of questions where you will have to rate the effectiveness of each response from a scale of 1-4 (1 being very ineffective and 4 being very effective).

## How is the PREview™ Exam scored?

- The score depends on if your ratings for each question in the scenario matches the ratings with those of medical educators. You receive full credit if your ratings match, and partial credit if your ratings were close.

## How do I prepare for the PREview™ Exam?

- The AAMC provides a free full-length practice exam with an answer key to help you prepare.
- The AAMC post-exam survey shows that the majority of students spent 3 hours or less preparing for the exam.



# Interviews

**Cost:** Depends on travel costs (flights, hotels, car rentals/ transportation)

## When are interview invites sent out?

- The timeline depends on the school. It can be as early as July or as late as March.
- Check your email inbox, spam folders, and school application portals frequently to ensure you don't miss any communication with the admissions offices.

## When should I start preparing for interviews?

- Typically, you should start preparing ahead of your interview invites. Students often make the mistake of waiting for an interview invite to begin preparation. However, some interview invite dates will be short notice.

## How should I prepare for interviews?

- Practice the most commonly asked questions.
- We recommend doing at least 3 mock interviews with a skilled interviewer, as they are able to provide detailed feedback of how to improve your answers

## What qualities are medical schools looking for during interviews?

- Maturity- ability to appropriately respond in different situations
- Life-long learning- dedication to continued learning even after medical school
- Humanism- ability to provide compassionate care to patients
- Leadership- ability to lead a team and make appropriate decisions
- Teachable- ability to apply what you've learned and work towards improving yourself
- Perseverance- ability to overcome hardships

## What are the different types of interviews?

- Traditional- one-on-one, two-on-one, panel
- Group Interview- multiple students with one interviewer
- Multiple Mini Interview (MMI)

## Which interviews should I schedule first?

- If you receive multiple interviews in the same time frame, schedule less desired schools first to get more practice for your top schools.



## What is MMI?

- MMI typically consists of different interview stations, with each station posing a different question or scenario. Students are allotted a few minutes to prepare and deliver their answer before moving on to the next station. The purpose of MMI is to assess communication, teamwork, ethics, and professionalism, all of which are part of the core competencies of being a physician.

## Types of MMI Questions

- Traditional interview questions
- Ethical scenarios
- Current events
- Problem-solving
- Role-playing

## Schools that use MMI

### Allopathic Schools

- Albany Medical College
- Central Michigan University
- Chicago Medical School at Rosalind Franklin University
- Duke University
- Geisinger Commonwealth
- Hofstra/ Northwell
- Kaiser Permanente
- Medical College of Georgia at Augusta University
- Michigan State University
- New York Medical College
- New York University Grossman
- New York University Long Island
- Nova Southeastern University
- Oregon Health & Science University
- Rutgers, Robert Wood Johnson Medical School
- Stanford University
- SUNY Upstate Medical University
- Texas Christian University (TCU)
- Texas Tech University
- University of Arizona
- University of California, Davis
- University of California, Los Angeles (PRIME)
- University of California, Riverside
- University of California, San Diego
- University of Cincinnati
- University of Colorado
- University of Houston
- University of Illinois
- University of Massachusetts



## Schools that use MMI (Cont'd)

### Allopathic Schools

- University of Michigan
- University of Mississippi
- University of Missouri- Kansas City
- University of Nevada, Reno
- University of North Carolina at Chapel Hill
- University of South Carolina School of Medicine Greenville
- University of Texas Medical Branch
- University of Toledo
- University of Utah
- University of Vermont
- Virginia Commonwealth University
- Virginia Tech Carilion
- Wake Forest School of Medicine
- Washington State University
- Wayne State University

### Osteopathic Schools

- A.T. Still University- Arizona
- Pacific Northwest University
- University of North Texas
- University of the Incarnate Word
- Western University

## Interview Etiquette

- Dress Code: Business (stick to neutral colors)
- Show up at least 15-30 minutes prior to your interview
- Bring extra copies of your CV
- Bring a notebook to write down facts or questions
- Be kind to everyone you meet at the school!
- Prepare questions to your interviewer
- Turn off your phone

## Post-Interview Communication

- Send a thank you letter to your interviewers- add in something that you liked or learned about the school, or something specific that you discussed to help them remember you.



# Communicating with medical schools

## Should I send a letter of intent?

- While a letter of intent can help give your application a second look, make sure you only send this to your top school. If multiple schools see that you're sending letters of intent, it is possible you may automatically be rejected from these schools.

## Should I send an update letter?

- Update letters can be used to keep in touch with medical schools and express your continued interest. If you have not received an interview invite or you are waitlisted, it is worthwhile to send an update letter. Make sure to double check that your schools allow for update letters.

## What do I write in an update letter?

- New leadership opportunities
- New research, especially publications or poster presentations
- New awards or major accomplishments
- New professional development
- New volunteer work

