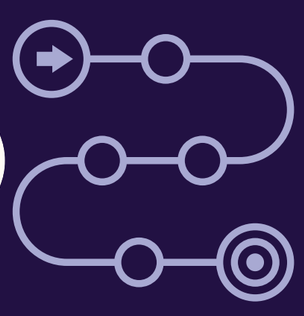
5 TIPS TO GUIDE

YOUR MED SCHOOL APPLICATION

FROM ADVANCE STRATEGIZING TO POLISHING THAT PERSONAL STATEMENT, THERE ARE SIMPLE WAYS TO CRAFT A STAND-OUT APPLICATION MEDICAL SCHOOL.

COMPLETING YOUR MED SCHOOL APPLICATION IS THE FIRST STEP ON YOUR JOURNEY TO THE PROFESSION, AND IT'S AN IMPORTANT ONE. WE'VE COMPILED OUR BEST TIPS TO HELP YOU STAY SANE DURING THE PROCESS.

01



PLAN AHEAD AND BUILD A STRATEGY.

There's no right time to apply to medical school — some students apply the summer between junior and senior year, others wait until after graduation or take a gap year. Once you've decided when, make a plan. If applying during college, work with your pre-med advisor to choose which experiences to highlight, who should write your recommendation letters, and how to craft a standout personal statement. If you're taking a gap year, use it strategically: seek employment and academic experience that strengthens your application, and pay down debt where you can.

02



MAKE A LIST OF EVERYTHING YOU'LL NEED.

The application process is stressful enough in itself. There's no need to create additional stress through a last-minute scramble for transcripts and letters of recommendation. Familiarize yourself with the components of the application in advance. Problems with transcripts are a leading cause of delays in processing and missed deadlines, so plan well in advance!

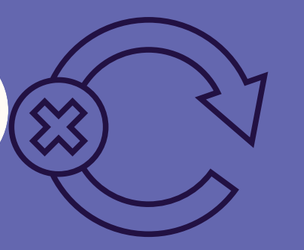
03



HIGHLIGHT YOUR EXPERIENCES TO STAND OUT FROM THE CROWD.

There are many paths to medicine, and your application lets you show yours by listing multiple extracurricular experiences. You'll get 1,325 additional characters to elaborate on the three you designate as "most meaningful" — so choose wisely. Clinical experience, research, academic activities like TAing or tutoring, and extracurriculars are all fair game. For extracurriculars, highlight leadership, unique interests, and character traits like compassion and follow-through. Medical schools want the whole picture: a strong science foundation paired with wide-ranging intellect and the ability to connect with future patients. Which parts of your story show that?

04



KNOW HOW TO TALK ABOUT INCONSISTENCIES.

Yes, numbers count — a lower GPA means you'll need to make up for it with strong MCAT scores. But GPA and MCAT aren't everything. Honesty is essential: fabricating application information is a serious offense that can get you put on probation or expelled, even after acceptance. Instead, highlight other strengths:

- Clinical experience, including professional or volunteer work in healthcare settings
- Academic research
- Extracurriculars where you held a leadership role
- Personal skills and unique interests

05



DON'T GIVE UP.

The medical field is a tough one, and no one makes their way to it without some perseverance " perseverance to keep chipping away at those applications even when it's the last thing you'd like to do, and perseverance to try again if it doesn't work out this year. You might be surprised to find that many of the doctors you look up to applied more than once.