Medical & Dental School
Application Details & Checklist

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Before Making the Decision to Apply

Be Prepared

- Register for the Pre-Med/Pre-Health Newsletter for information about scholarships, internships, jobs, and application details.
- Make and maintain professional connections. This includes faculty as well as people who supervise you in clinical experience, research experience, volunteer work, and extracurricular activities.
- Connect in person or via phone with the Pre-Health Advising team at least once each semester, even if you are an alum. It’s easier for us to write you a strong committee letter if we know you.

Take the MCAT or DAT

Fee Assistance and Registration

**MCAT**
- If applicable, apply for [AMCAS Fee Assistance](#) before taking the MCAT.
  - Fee Assistance qualifies you for discounts on the following: registration for the MCAT, MCAT prep materials, a medical evaluation if it’s required to support your application for MCAT testing accommodations, application fees, and the Medical School Admission Requirements (MSAR) website.
  - The Fee Assistance application cycle opens in January and benefits can be used for up to two calendar years. If you are approved for fee assistance between January 1 and December 31, 2020, then your benefits will expire on December 31, 2021.
- Register early for the MCAT as exam sessions can fill. See the AAMC website for the exact registration deadlines.

**DAT**
- If applicable, apply for the [DAT Partial Fee Waiver](#) in the January before you take the DAT.
  - Fee waivers are granted on a first-come, first-served basis at the beginning of each calendar year to eligible candidates who provide the needed documentation. The waivers are often exhausted within two or three months.
- Register early for the DAT, which is offered year-round, as testing sessions can fill.

Preparation and Completion of the MCAT or DAT

- Prepare for the MCAT or DAT.
  - MCAT: Plan to study for at least 500 hours. When possible, take the exam when you will have over three months of uninterrupted study time without having to balance full-time employment or course work, i.e. the summer after junior year or after graduation. Use the [AAMC Study Guide Document](#) to help guide your preparation along with the [AAMC website](#), which offers suggestions on how to make a study guide along with other resources. Use the free [Kahn Academy Tutorials](#) and questions along with any other resources you find helpful. Past candidates have reported Next Step, Exam Crackers, UWorld, and Princeton Review to be helpful. Many applicants have not seen positive results from Kaplan.
  - DAT: Plan to study for at least 150 – 200 hours. Use the [ADEA website](#) to help guide your preparation. Students have reported preferring Bootcamp and DAT Destroyer materials. Chad Videos, which require a monthly subscription, have been helpful to some in the month before taking the exam. [This PDF](#) from Student Doctor Network outlines the pros and cons of these resources well.
  - Be cautious about spending money on MCAT or DAT prep courses or boot camps. The only way you will get a great score is if you put in the time to study and do many full-length practice exams.
  - Take lots of timed practice exams in conditions that mirror those that you will see on test day, i.e. number of breaks, time of day, etc. Do not take the MCAT or DAT until you are earning a score on the practice tests that is the score you aspire to earn on the actual test in at least three consecutive attempts.
Complete the MCAT/DAT after finishing the courses tested on the exam and preferably by the spring of the year you intend to apply. The DAT does not cover physics and, for some, may be taken prior to junior year.

- The DAT takes two weeks and the MCAT takes four weeks to be both scored and connected with your application. As such, the exam should be taken for medical school by late June and for dental school by mid-July at the latest since admissions are rolling.
- The MCAT or DAT must be taken by the timelines listed above, or UMass will not be able to write your committee letter. We have a firm August 4th deadline for receiving all committee letter materials.

Release your MCAT or DAT test score and application to your advisors. We cannot tell you what scores are competitive if you are not yourself willing to give your advisors access to this information.

Be wary of trying to “double count” volunteer clinical hours as both service and clinical experience. Schools are looking for students who go above and beyond, not those who seek to do the minimum required.

Become a Well-Rounded, Competitive Applicant

- Acquire significant, sustained, and meaningful clinical experience. For medical school, this means direct patient care. For dental school, this means shadowing a dentist and developing manual dexterity.
- Demonstrate a sustained and meaningful commitment to service, both to UMass and to the community.
- Earn a competitive GPA in the sciences and overall as well as a strong MCAT/DAT score. After calculating your science GPA, consult with a Pre-Health Advisor to learn if your academic record is competitive for the programs to which you plan to apply and how to make it so. For context, in the 2018 – 2019 application cycle:
  - 80% of UMass Amherst applicants to MD programs were admitted if they had at least a 3.70 science GPA and a 510 on the MCAT.
  - 90% of UMass Amherst applicants to DO programs were admitted if they had at least a 3.50 science GPA and a 500 on the MCAT.
  - 94% of UMass Amherst applicants to dental programs were admitted if they had at least a 3.5 science GPA and a 19 on Total Science section of the DAT.

Getting Letters of Recommendation and a Committee Letter

Overview of the Recommendation and Committee Letter Process

Applicants typically have 4 to 6 letters of recommendation, which they have their letter writers upload to veCollect. Then, in the AMCAS/ACOMAS/AADSAS application, the applicant denotes that he/she is submitting a “committee letter.” The Pre-Health Advising team writes the committee letter and includes the letters of recommendation that have been posted in veCollect in one very long PDF.

Since the Pre-Health Advising team has around 200 letters to write over the summer, the team will only begin writing the committee letter after the candidate has submitted the application in full, including the MCAT/DAT score he/she plans to use for the cycle. The application typically takes 2-6 weeks to be verified as AACOMAS/AMCAS/AADSAS check that the grades entered in the application match those found on the transcript and that they were correctly categorized. The application will not be sent to schools until this verification process is complete. Once the application is verified, the vast majority of schools will request a secondary application be completed by the applicant. The letters of recommendation are needed when the full application, both primary and secondary application, is complete. As such, the Pre-Health Advising team has ample time to write the committee letter and will make every attempt to have it submitted either before a candidate’s application has been verified or as soon as possible after.

Please do not contact an advisor about the status of the committee letter prior to your application being verified.

Choose a Breadth of Letter Writers

Think about who you will ask for letters of recommendation and ask if they are open to writing you a letter. The list below is a suggestion. Keep in mind (1) those writing letters should know you well (2) no letter is better than a lukewarm letter (3) one person might fill multiple categories in the recommendation list below:
• 2 science faculty members who have graded your work.
• 1 faculty member outside the sciences who has graded your work.
• 1 person who has supervised your research, job, or internship, if applicable.
• 1 person who has supervised your clinical experience.
• 1 person who has supervised your community volunteer work or extracurricular activities.

If you know who you would ask to write you a letter but are not yet ready to apply to medical school, you can ask that person if he or she would be open to writing you a letter in the future and then be certain to stay in touch: get coffee, stop by office hours, send updates via email, and/or send casual emails (like passing along an article that may interest the person).

**Collect Letters of Recommendation Using veCollect**

*VeCollect* is a fee-based service that collects, stores, and packages your letters of recommendation. The cost is $25 and renewable annually. Your recommenders will upload their letters to veCollect. The version of veCollect that UMass Amherst uses does not send letters of recommendation directly to ACOMAS/AMCAS/AADSAS; instead, the Advising team will upload the committee letter, in which we include the letters posted in veCollect, to the application services. As such, you do not need to enter your school list into veCollect.

- Set up a *veCollect* account when you are ready to begin collecting letters of recommendation—no sooner than six months before you apply because schools want letters that are current.
  - Log in and fill in the request form.

- An advisor from the Pre-Med/Pre-Health Advising team must approve your request for an account, so once you’ve completed the form, send your advisor an email requesting authorization.
  - You will receive an invoice notice, and your account will be fully activated after payment is processed.

- **Re-applicants:** If you have used *veCollect* previously, you should have received an email when your year-long subscription was about to end that explained how to renew your account. If you cannot find the email, contact veCollect and ask them to resend it.

- In March, ask for letters of recommendation providing at least 1-2 months’ notice. For people, like faculty, who will be writing many letters this time of year, give as much notice as possible.
  - Give the person you ask the option of saying no and ask someone else if there is hesitancy.
  - If you struggle to think of people who can write you strong letters of recommendation, consider taking an additional year before applying so that you can cultivate strong, supportive professional relationships.

- Follow up with a thank you email once someone has agreed to write you a letter of recommendation. The email should:
• Explain that the letter writer will soon receive an email from veCollect with instructions for how to submit the letter online and relevant deadlines.

• **Request that the letter be written on letterhead.** If the person who is writing your letter does not have letterhead, ask him/her to state that in the letter. For example, “I am self-employed, so I do not have letterhead.” Then ask him/her to include full contact information at the conclusion of the letter: name, address, phone number, and email address.

• **Request that the letter be signed.** This can be done either through a digital signature or by printing the letter and signing it. You can help your letter writer (if needed) to create a digital signature by having him/her sign a white piece of paper and taking a picture of it. The picture can then be inserted into the letter of recommendation using any basic word processing software.

    To Whom It May Concern:
    
    The applicant is the best and should be admitted to your medical school for all of the following reasons....

    Sincerely,

    [Signature]

    Name

    Address
    Phone Number
    Email Address

• Provide along with the email, your resume, graded papers that you have written for the instructor (if applicable) and an explanation of why you want to be a doctor/dentist or personal statement if you have a draft. Also, share the [AAMC’s guide to letter writing](https://www.aamc.org), especially if you are applying to medical school.

    **Delayed letters, unsigned letters, and letters that are not on letterhead are the most common reasons that a committee letter is delayed.**

    - Request letters of recommendation through veCollect.
      - Enter the contact information for each of your evaluators, including their email addresses.
      - Click on the envelope icon, and the system will send an automatic email to your evaluator, requesting your letter of recommendation. Do not do this until the person has agreed to write your letter, AND you have sent him/her an email explaining veCollect as described above.
      - Indicate whether you waive your right to see the letter. Schools prefer confidential letters.
      - Evaluators will upload an electronic version of your letter, which will be added within TWO BUSINESS DAYS to your account. A PDF icon will appear in the checkbox next to your evaluator’s name once he/she has uploaded your letter.
    - Create a Quiver after all of your letters have been uploaded.
      - The quiver helps the Pre-Health Advising Team to know which letters to send to which application services and to download all of your letters quickly.
      - If you want all of your letters sent to both MD and DO schools, write “MD and DO AY19.” If you want certain letters sent to MD schools and other letters sent to DO schools, make two quivers: “MD AY19” and “DO AY19.” You can also use the quiver to differentiate which letters will be sent to MD-PhD programs.
Re-applicants: You may have letters in veCollect from a previous cycle. If this is the case, be sure when you request updated letters from those who have submitted letters in the past to label the newly requested letter with the current year, so you can distinguish the new and the old letters. Then, use the Quiver function so the Advising team knows which letters you want to be sent to schools this cycle. While re-applicants may be tempted to use letters from a previous cycle, it doesn’t look as strong to submit letters that are over a year old. The Pre-Health Advising team suggests that you reach out to your letter writers, asking them if they can, at a minimum, update the date on their previous letter and have them resubmit it to veCollect.

Make sure your letter writers upload their letters to veCollect by May 29th of your application year. Once all of your letters have been submitted, you may email Faith Nussbaum (fnussbaum@cns.umass.edu) to have her confirm that they are signed and on letterhead.

Request a Committee Letter
A committee letter is a thorough and candid assessment of the many facets of your candidacy for the health professions program you have chosen—including your readiness for the scientific rigor of school, your depth and commitment to clinical experience, and your depth and commitment to serving and engaging your community. The Pre-Health Advising team relies upon your advising appointments, your self-assessment, and insights from your other letter writers in drafting the letter. It is compiled with your other letters of recommendation and provides additional insight into what you have to offer as a candidate, offering context in how you compare to the rest of the UMass Amherst applicant pool. As such, a good committee letter starts with your keeping regular contact with the Pre-Health Advising Team. It is easier to write a strong and thoughtful letter if we know you.

The committee letter that the Pre-Health Advising team submits to AMCAS/AACOMAS/AADSAS will be one PDF document that includes the letter written by the Advising team and followed by all of the letters of recommendation that were submitted through veCollect.

April 24th: Complete the online self-assessment by this deadline. The self-assessment forms the basis of the committee letter.

- Fill out all of the sections and do NOT simply refer the Pre-Health Team to your resume. Instead, go beyond what is on your resume and tell us what you learned about yourself through your activities. Tell us how you’ve grown over time. Give us insight into who you are and share things that you might not have space to squeeze into your application.
- Be clear about when each activity took place. If you did an activity over the course of five years but only while you were at home, state that.

For MD Programs: In Section 6 of the AMCAS application, you will indicate who your letter writers are, what types of letters will be sent to AMCAS, and which schools should receive each letter.

- When entering information about your letter of evaluation, select that you will be submitting a Committee Letter and enter the contact information for the UMass Pre-Health Advisor with whom you have worked most closely. Do not enter the contact information for your individual letter writers who posted to veCollect.
- Save the Letter Request Form from the Main Menu of the application from within the Letters of Evaluation section and email it to the Pre-Health Advisor who will be writing your committee letter.
- If you are applying to MD programs as well as MD-PhD programs, you can receive two committee letters, one for MD programs and the other for MD-PhD programs. Be sure to have two Quivers in veCollect and to send two Letter Request Forms to your advisor.

For DO and dental programs: Go to the Evaluations page and select to create an evaluation request.

- Enter the contact information for the Pre-Health Advisor who will be submitting your committee letter, typically the advisor with whom you have worked the most. Do not enter the contact information for your individual letter writers who posted to veCollect.
While you can designate a deadline for when the reference should be completed, please realize that no matter the date you select, we prioritize writing committee letters as described in the “Overview” section above.

August 4th: Submit your application by this deadline, complete with MCAT or DAT score, to get a committee letter.

Send Your Transcript
While you want to check SPIRE to be sure all of your grades have been posted before sending your transcript, you can (and should) provide the application service with your transcript prior to submitting your application to prevent delays. UMass Amherst can send an electronic transcript to the application service. The cost is $3.

If you took college courses at another institution, be sure to check the requirements for AADSAS/AACOMAS/AMCAS to determine whether you need to provide a transcript from that school as well.

Application Details

Medical Schools: Applying through the Early Decision Plan
Applying through Early Decision limits candidates to applying to only one school; hence, we strongly discourage this path. Consult with the Pre-Health Advisors before submitting an EDP application.

Medical School Application Costs
For AMCAS, the 2020 application fee is $170 for the first school and $40 for each additional school. Be sure to apply for the Fee Assistance Program (described above) if you qualify. Secondary application fees typically range from $30 to $150 with the average being around $110. For AACOMAS, the cost of the application was $195 for the first application and $45 for each additional school in 2019, and, again, schools will have secondary applications with fees. As such, applying to 20 schools through AMCAS or AACOMAS will cost around $3,200. Around 30 – 50 percent of schools also require the CASPer Exam, which costs $10 for the test and $10 to distribute to each schools, bring the cost to $110 for 10 schools. Additionally, interviews can cost up to $3,000, depending upon where candidates are interviewing and how many interviews they attend. Applicants to DO programs should be prepared to pay $500 - $2,000 as a deposit to an admitted school.

AACOMAS also offers a Fee Assistance Program. Waivers are limited and often run out by August. It takes about ten days for an application for Fee Assistance to be processed and then benefits must be used within the next fourteen days.

Dental School Application Costs
The 2019 application fee was $251 for the first school and $108 for each additional school. Secondary application fees typically range from $75 to $100. As such, applying to 10 schools will cost around $2,020. The Fee Assistance Program can help with costs for those eligible. It takes about five days for an application for Fee Assistance to be processed and then benefits must be used within the next fourteen days. Interviews can cost up to $1,500, depending upon where you interview and how many interview you attend. Also, applicants should be prepared to pay $500 to $2,000 as a deposit to an admitted school to reserve a spot in the first-year class.

Deciding upon Schools to which to Apply
Given the rates of admission—even among qualified applicants—the Pre-Med/Pre-Health Advising Office typically recommends that candidates apply to around 20 medical schools and 8 to 10 dental schools. The resources listed below, which can be purchased the spring prior to application submissions, include a summary of admission requirements of each accredited school in the United States and Canada, including profiles of accepted applicants from the previous year such as GPA, MCAT/DAT scores, and financial aid information. You should also review the schools’ websites to learn more about their programs.

Allopathic medical schools: Medical School Admissions Requirements (MSAR)
Osteopathic medical schools: Choose DO Explorer
Dental schools: ADEA Official Guide to Dental Schools
When selecting schools to which to apply, keep a primary focus on programs for which you meet or are a bit above the averages. Schools where you are within 3 points of the median MCAT or 1 point of the median DAT are also good to consider. Reach schools should comprise no more than 10 percent of your school list. Especially for medical programs, Ivy League schools should nearly always be considered a reach. Since all their applicants have top metrics, they often select candidates who have incredible personal stories or life experiences on top of exemplary academics, clinical experience, and service.

When selecting schools, also pay special attention to the percentage of students accepted from out of state if you are not a resident as well as the mission of the school. As an example, Howard University will not be a good fit if you have not established that you in some way align with their mission: “Particular focus is on the education of disadvantaged students for careers in medicine.” Lastly, visit the Pre-Med/Pre-Health Advising Office to review the binder of data on where on admissions outcomes for alumni. This information can also be found on the applicant Moodle, the linked page includes registration instructions in the Required Forms section. Also review the Director’s Letter about making a school list.

**Taking the CASPer Exam**
The CASPer exam is an online situational judgment exam that tests applicants on personal competencies. The exam is 90 minutes. While it can be completed on your personal computer anywhere, the test is only offered on certain days and times, so you will need to register in advance. The test results are valid for one cycle. The CASPer site includes some suggestions on how to prepare, and previous applicants have shared that being ready to type very quickly is essential. The exam costs $10, and it costs $10 to send to any school that requires the CASPer exam. A growing number of medical schools require the CASPer.

**Preparing the Application**

**AMCAS – M.D. Medical School Programs**
The AMCAS application has a number of sections to complete. These include the following: identifying information, schools attended, biographic information, course work, work/activities, letters of evaluation, medical schools to which you will apply, essay(s), and standardized tests. While most sections will be fairly straightforward, you will want to spend significant time on the essay(s) and the work/activities sections.

The essay includes the personal statement, a space to go into depth about who you are, why you want to be a doctor, and what you hope to accomplish as a physician. Candidates to MD-PhD programs complete two additional essays – the MD-PhD Essay and the Significant Research Experience Essay. The Applicant Support Moodle (registration instructions found under Required Forms) offers suggestions for writing the personal statement.

The work/activities section permits up to fifteen entries for work, extracurricular activities, awards, honors, and publications. Candidates then select up to three experiences that were their most meaningful and will have extra space to elaborate on those experiences.

**AACOMAS – D.O. Medical School Programs**
The AACOMAS application is similar to the AMCAS application; however, the Work/Activities section is replaced with an Experience section, which requires applicants to share professional experiences under the following categories: non-healthcare employment, extracurricular activities, non-healthcare volunteer or community enrichment, and healthcare experience. Note that you cannot report experiences that began before college nor can you report experiences that have not yet begun. Additionally, there is a section of the application for listing “Achievements” including publications and research.

**AADSAS – Dental School Programs**
The application for dental school includes the following sections:

- The Fee Assistance Program (optional)
- Add Programs, Submit Application, and Check Status Tabs – designate and apply to schools
- Personal Information – share your background and respond “yes” to the Advisor Release
• Academic History – list schools attended as well as grades in coursework and DAT score
• Supporting Information – provide letters of evaluation and personal statement; list experiences, achievements, and certifications
• Program Materials – review information about selected schools, answer additional questions dental schools may have, provide transcripts, and designate which courses fulfill the pre-requisites.

Within Program Materials, the Experiences section details the following: academic enrichment, dental shadowing, employment, extracurricular activities, research, and volunteer. Each experience permits up to 600 characters.

Experiences or Work/Activities Section Explained
On each application there is space to list experiences. Though each is organized differently, as outlined above, your approach to describing experiences should be similar. Namely, use this space to denote the experiences on your resume while providing more depth. The best descriptions of activities will begin by detailing the job, itself, but keep going to tell the admissions committee what you learned about yourself through an activity and detailing how it helped you to grow. When completing the most meaningful prompts for AMCAS, be sure to emphasize how these activities changed you, not just what you did. How did the activity help you to mature? What did it teach you about yourself, and how will you apply that to your career as a physician? Remember, these are unique experiences that are especially meaningful to you. As you answer these questions, be sure to highlight the ways in which you have mastered the Core Competencies for Entering Medical Students or the skills you will undoubtedly need as a dentist—critical thinking, professionalism, communication and interpersonal skills, leadership, and patient care.

Reporting Past Infractions
AMCAS, AACOMAS, and AADSAS application portals will ask whether you have ever been subject to a disciplinary action by the university. They will also ask if you have ever been accused or convicted of a felony or a misdemeanor. Schools will run background checks on accepted applicants, so be upfront. If you had a criminal record that was supposed to be expunged after time, get a criminal background check on yourself to be sure that it has actually been removed from your record or simply disclose it. The appearance of being dishonest is certain to get you a rejection.

If there is something you must disclose, get a copy of the police report or report from the Dean of Students, so you know what the schools will read. Then, explain what happened, stating the facts, not your opinions, and sharing only relevant information and being succinct. Be sure to both express regret and to talk about what you learned from the situation. How did you take responsibility for your actions and grow from the experience? Be sure to run your response by a Pre-Health Advisor. See “Facing Your Past: Disclosing Conduct Violations on Applications” by the Director of Pre-Health Advising.

Secondary Applications
Secondary applications are usually sent via email about a month after verification of your primary application. Although every school is different, most schools have a set of unique prompts ranging from why you want to enter into their class, discussing any personal hardships you have encountered, sharing the diversity you will add to their class, or what life experiences have prepared you to become a physician. These secondary applications can be time consuming, and your application won’t be reviewed until they are complete. Consequently, it is a good idea to review prompts from previous years to get an idea of what sort of questions will be asked and to begin preparing responses ahead of time. Try to return the secondary within 2 weeks of receiving it.

After Submitting Your Application
Once you submit your application, you should start freshening your interview skills. Our Moodle site (register here under Required Forms) has some suggestions on how to get started. Current students and those who have graduated within the past six months can use Career Services for mock interviews. Others can look to friends, family, supervisors, HR employees, work colleagues, etc. for help in practicing. Beyond interview practice, applicants should take an honest look at their applications and spend the upcoming year strengthening it. This Director’s Letter shares some useful insight on how to spend time after submission. If while your application is being reviewed you have a significant update to share with schools, you should read this post about how to approach providing an update to your prospective schools.
### Appendix A: Application Checklist

<table>
<thead>
<tr>
<th>Deadline</th>
<th>Formal Deadline</th>
<th>Task Description</th>
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<tbody>
<tr>
<td>OCTOBER</td>
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<tr>
<td>A.S.A.P.</td>
<td>---</td>
<td>Register for the Pre-Med/Pre-Health Newsletter.</td>
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<tr>
<td>Mid-Oct.</td>
<td>Varies</td>
<td>Register for the MCAT or DAT if you have not yet taken it. MCAT: Each of the 30 exam dates has its own registration deadline. Desirable exam dates fill early. DAT: The exam is offered at Prometric testing centers year-round. Desirable exam dates fill early.</td>
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<tr>
<td>NOVEMBER</td>
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<td>Mid-Nov.</td>
<td>Attend the mandatory meeting for applicants announced through the email list. If you cannot attend, speak with someone in the Pre-Med/Pre-Health Advising Office.</td>
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<tr>
<td>Nov. 30</td>
<td>----</td>
<td>Make an appointment with a pre-health advisor if you haven’t spoken this semester.</td>
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<tr>
<td>DECEMBER</td>
<td></td>
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<tr>
<td>Dec. 30</td>
<td>---</td>
<td>Register for Applicant Support Moodle here under Required Forms.</td>
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<tr>
<td>Dec. 30</td>
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<td>Decide who to ask to write a letter of recommendation.</td>
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<td>Dec. 30</td>
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<td>Google yourself; review to ensure only appropriate information appears.</td>
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<tr>
<td>Dec. 30</td>
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<td>If you have a record of university sanctions or a criminal background, obtain a copy of the report from the Dean of Students Office or the police to learn what it says.</td>
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<tr>
<td>JANUARY</td>
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<tr>
<td>Jan. 1</td>
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<td>Apply for DAT Partial Fee Waiver if applicable.</td>
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<td>Jan. 21</td>
<td>Apr. 24</td>
<td>Complete a draft of your personal statement.</td>
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<td>Jan. 31</td>
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<td>Begin to research school options if you have your MCAT or DAT score.</td>
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<tr>
<td>Jan. 31</td>
<td>---</td>
<td>Review AMCAS Applicant Guide and Instruction Manual (MD), ACOMAS Application Instructions (DO), and/or ADEA AADSAS Application Instructions (DDS).</td>
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<tr>
<td>FEBRUARY</td>
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<tr>
<td>Feb. 28</td>
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<td>Check your unofficial transcript to ensure that all grades are accurate.</td>
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<tr>
<td>Apr. 30</td>
<td>---</td>
<td>Speak with a pre-health advisor between now and April to ask questions and to provide an update on your academic and extracurricular activities.</td>
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<tr>
<td>MARCH</td>
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<tr>
<td>May 1</td>
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<td>If applicable, set up an appointment to do a mock interview with Career Services before you leave campus for the summer.</td>
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<tr>
<td>Early Mar.</td>
<td>Sept. 1</td>
<td>Research your target schools and look at what their secondary applications questions have been in past years. Begin to prepare drafts.</td>
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<tr>
<td>APRIL</td>
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<tr>
<td>---</td>
<td>Apr. 24</td>
<td>Complete the self-assessment and waiver forms and provide a draft of your personal statement on the UMass Pre-Health website. These forms must be complete before the advising team can write your committee letter.</td>
</tr>
<tr>
<td>Apr. 24</td>
<td>---</td>
<td>If you have your MCAT/DAT score, make a tentative list of schools for application. For medical school, apply to ~20 schools. For dental school, apply to ~10 schools. Be sure to apply primarily to schools for which you match the admissions criteria. Review your list with an advisor.</td>
</tr>
<tr>
<td>MAY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Early May</td>
<td>July 1</td>
<td>Begin to complete online application(s) for medical school. For dental school, use AADSAS website to find application components; compile responses in a Word doc. ACOMAS application opens and may be submitted. AMCAS applications are open but cannot be submitted until June. Within the application, release your test score and application to advisors.</td>
</tr>
<tr>
<td>Early May</td>
<td>Sept. 1</td>
<td>Research if CASPer is required by your target schools. If so, take the exam.</td>
</tr>
<tr>
<td>---</td>
<td>May 29</td>
<td>Have all letters of recommendation on file with veCollect. All letters must be in veCollect before the advising team can write your committee letter.</td>
</tr>
<tr>
<td>Late-May</td>
<td>---</td>
<td>If you qualify for the AADSAS/ACOMAS Fee Assistance Program, which helps to pay for dental/DO school application fees, fill out the appropriate forms.</td>
</tr>
<tr>
<td>May 31</td>
<td>---</td>
<td>Send thank you notes to those who wrote you letters of recommendation, preferably hand written and within two weeks of receiving. Stay in touch!</td>
</tr>
</tbody>
</table>
### JUNE

<table>
<thead>
<tr>
<th>Date</th>
<th>Action</th>
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<tbody>
<tr>
<td>June 1</td>
<td>After beginning the application and having your spring grades posted, send transcripts from each college you have attended to AMCAS/AACOMAS/AADSAS. AMCAS/AACOMAS/AADSAS must receive all transcripts by August 4th for a committee letter.</td>
</tr>
<tr>
<td>1st wk. June</td>
<td>Submit application to AMCAS/AACOMAS/AADSAS. Release your application and test scores to advisors. You will need to submit before the committee letter will be written.</td>
</tr>
<tr>
<td>June 2</td>
<td>Take MCAT—preferably done the summer or winter prior—if not already complete. Admissions are rolling, so odds of admission go down the longer you wait. It will take a month to receive your scores. The 30th is the deadline if you want a committee letter.</td>
</tr>
<tr>
<td>--- June 15</td>
<td>AACOMAS begins sending processed applications to medical schools.</td>
</tr>
<tr>
<td>June 30, ongoing</td>
<td>Complete secondary applications as they come and continue to prepare for additional secondary applications.</td>
</tr>
<tr>
<td>--- Late June</td>
<td>AADSAS/AMCAS begin sending verified applications to dental/med schools.</td>
</tr>
</tbody>
</table>

### JULY

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>June 27</td>
<td>Submit application to AMCAS/AACOMAS/AADSAS. Release your application and test scores to advisors. You will need to submit before the committee letter will be written.</td>
</tr>
<tr>
<td>--- July 21</td>
<td>Take DAT if not already complete. Admissions are rolling, so odds of admission go down with waiting. It will take two weeks for your scores to post to the AADSAS application. The 17th is the deadline for a committee letter.</td>
</tr>
<tr>
<td>Ongoing</td>
<td>Prepare for interviews—doing research, watching tutorials, doing mock interviews.</td>
</tr>
</tbody>
</table>

### AUGUST

<table>
<thead>
<tr>
<th>Date</th>
<th>Action</th>
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<tbody>
<tr>
<td>1st wk. June</td>
<td>FINAL DEADLINE: Submit application to AAMC/AACOMAS/AADSAS. Candidates must submit an application and have all materials received (transcripts, test score) by AAMC/AACOMAS/AADSAS by August 4th to receive a committee letter. MD applicants must also send the committee letter request form to the appropriate Pre-Health Advisor by this date.</td>
</tr>
<tr>
<td>Late Aug.</td>
<td>Obtain an interviewing outfit, preferably a black or navy suit. Those wearing a skirt or dress should be sure it reaches the knees. Only your brilliant responses should stand at an interview.</td>
</tr>
<tr>
<td>ASAP</td>
<td>Schedule interviews as requested to do so.</td>
</tr>
<tr>
<td>Late Aug.</td>
<td>Mid-March Interview(s). Ongoing through March.</td>
</tr>
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### FALL

<table>
<thead>
<tr>
<th>Date</th>
<th>Action</th>
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<tbody>
<tr>
<td>October 15</td>
<td>Medical schools begin notifying applicants of admissions decisions.</td>
</tr>
<tr>
<td>December 1</td>
<td>Dental schools begin notifying applicants of admissions decisions.</td>
</tr>
<tr>
<td>Ongoing</td>
<td>Send updates to medical and dental schools as necessary. Follow protocol established by your prospective schools to send meaningful updates only.</td>
</tr>
<tr>
<td>January 15</td>
<td>Complete online interview reflection form, even if you have not had interviews.</td>
</tr>
</tbody>
</table>
| Ongoing    | Assume that you will not be admitted to medical/dental school in this cycle:  
- Evaluate your application for weaknesses—working in concert with the UMass Pre-Health Advising team—and begin to address them.  
- Continue to work hard in all three areas that schools evaluate: service, clinical experience, and academics (if relevant).  
- Maintain your connection with your letter writers. |

### SPRING

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>April 15</td>
<td>Complete online interview reflection form if there have been any updates.</td>
</tr>
<tr>
<td>A.S.A.P.</td>
<td>Initiate the financial aid process with the school you plan to attend.</td>
</tr>
<tr>
<td>Ongoing</td>
<td>Update and maintain connection with Pre-Health Advisor and letter writers.</td>
</tr>
</tbody>
</table>

### AUGUST

<table>
<thead>
<tr>
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<th>Action</th>
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<tbody>
<tr>
<td>---</td>
<td>Matriculate to medical or dental school. Come back to UMass in April to share your experience at the Pre-Health Networking Dinner.</td>
</tr>
</tbody>
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