

How to Get into Professional School: A Starting Point for Research



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** This guide was created by a student for students to help start the research process and to highlight major points. This guide also tries to draw attention to opportunities at West Chester that would increase your chances of admission into professional school. However, this should be a starting point in your research of professional schools. You should make sure to check with school websites to make sure that requirements have not changed to give yourself the best chance of being accepted.

General

GPA:

Your GPA is a very important factor of your application. So no matter what year you are it's very important to focus on your grades and keep your GPA as high as possible to make yourself a competitive applicant. Make sure to study hard freshman year and keep your grades up; you can wait on getting involved until you are acclimated to the demands of college. The GPA requirement for each school varies. While researching schools that you are interested in; you will want to check each school's GPA requirement to see where you fall.

Medical School

The national average GPA of accepted students for a MD school is 3.7 and the national average GPA of accepted students for a DO school is 3.5 to 3.6.

Dental School

The national average GPA of accepted students for dental schools is generally between 3.5 and 3.6.

Veterinary School

The national average GPA of accepted students is 3.5 to 3.6.

Physician's Assistant School

The national average GPA for PA schools is 3.3 to 3.5.

Optometry School

The national average GPA of accepted students is between a 3.2 and 3.3.

Podiatry School

The national average GPA of accepted students is 3.2 to 3.3.

TESTING:

MCAT

If you are looking to go to medical, podiatry, or (some) PA school then you want to take the MCAT. However, before you start to study and take the test make sure to check with the schools you are going to be applying to and check to see if they require the MCAT.

There is a new MCAT. It has four sections which are: chemical and physical foundations of biological systems; critical analysis and reasoning; biological and biochemical foundations of living systems, and psychological, social and biological foundations of behavior. Each section is worth 132 points; therefore, the total test is worth 528 points.

You will want to dedicate around 6 months to study for the MCAT. This can be done while taking classes if you plan properly. Also you want to make sure to take the MCAT during or after your junior year. If you take it after you apply to medical school, realize it will take a month to get your scores and a month to verify them.

Make sure that you have taken all the classes you need to do well on the MCAT, and have had ample time to prep for the test. You do not want to have to take the MCAT more than once. Some schools will average your scores; so do not take the MCAT one time as a “practice” to see how you do, because it could affect your chances of getting accepted to medical school. When taking practice exams make sure to simulate the testing environment; practice taking the full seven hour test all at once. There are free practice tests available through the AAMC website. You can also take prep classes or study from prep books; there are books available to borrow from the Pre-Medical Office.

GRE

If you are looking to apply to veterinary or (some) PA schools you want to take the GRE. However, before you start to study or take the test make sure that the schools you are applying to require the test.

The GRE has three sections: verbal reasoning, quantitative reasoning, and analytical writing. You want to make sure to give yourself enough time to prep for the test. Generally, you will want to study for about three months before taking the test. Usually, students take the test their junior year but, if you are planning on taking a year off you could take the GRE during your senior year.

You also want to check the minimum scores that the schools require. Generally, the average for the GRE is around 155 for verbal and 155 for quantitative. The minimum required scores vary depending on the school. Therefore, you should compare all the schools you are interested in, and strive to

meet the score of the school with the most difficult requirements. You still want to get the highest score you can to give yourself the best chance of being accepted, but be sure to at least get the minimum score.

OAT

OAT is the standardized entrance test that optometry schools use. There are four sections to the OAT which are: Natural Sciences (Biology, General Chemistry, and Organic Chemistry); Reading Comprehension; Physics; and Quantitative Reasoning. The OAT is scored out of 400 and you want to score at least a 320. Before studying, check the recommendations of how long you should study. For most tests they recommend studying between three and six months to properly prepare for these tests. Before taking the OAT, it's important to allow yourself ample time to prepare and to take all the required classes. This will help you achieve a higher score and improve your chances of getting into optometry school.

DAT

If you want to go to dental school then you will need to take the DAT. Generally, students will take their DAT during their junior year. It is important to be prepared to take the test. Make sure that you have taken all of the classes that will be on the DAT, and to allow yourself ample time to study for it. You do not want to take the test once for "practice" to see how you will do, because this could affect you when you apply to dental school. If you want to take a practice test, there are many available that you can take for free and others you can buy online.

There are six sections on the DAT. They are Survey of Natural Science; General Chemistry; Organic Chemistry; Perceptual Ability; Reading Comprehension; and Quantitative Reasoning. The scores can range from 1-30 and the average score is an 18 for each section.

Applying:

Medical School

The application process starts a year before you want to begin school. Therefore, if you apply in summer of 2014 you would start in fall of 2015. The application opens in the beginning of June. Depending on whether or not you want to go to MD or DO medical school will dictate which system you use. If you are applying to MD schools you would use the AMCAS, and if you are applying to a DO school you would use AACOMAS. It is also very important to get the PreMed Committee recommendation letter, which will be discussed in the Junior Year section. When applying make sure to take into account that it takes up to two months to verify your application. Submit your application as soon as possible, so you have the best chance of getting accepted. The Pre-Med Office is also available to help with personal statements, applications, and interview prep.

Dental School

The application process starts a year before you want to start school. Therefore, if you apply in summer of 2014 you would start in fall of 2015. The application opens in the beginning of June. Dental Schools use the AADSAS

system for their applications, so you will need to use that system to apply. You want to make sure to apply early and get all your material in early. This will give you the best chance of getting in since many schools use rolling admission and will still have all empty seats at the beginning of the cycle. Another reason to apply early is because it can take up to two months for the AADSAS to verify your application. This means that it can take two months from the time you submit your application to the time the schools will be able to see it. You do not want to delay this process! You also want to make sure to have a letter from a dentist. This letter will be the most important letter for you to get since Dental Schools want to see you have experience and are passionate about becoming a dentist.

Veterinary School

The application process starts a year before you want to start school. Therefore, if you apply in summer of 2014 you would start in fall of 2015. The application opens in the beginning of June. The veterinary schools use a central system for applications, which is the VMCAS so you will need to use that system to apply. You want to make sure to apply early since it can take up to a month to verify your application. Also the VMCAS slows down when many applicants are applying at once, so if you get your material in early you can make sure to beat the rush.

While you are applying you will have to submit a personal statement. It's important to address your area of interest in veterinary medicine. However, you want to make sure that your interest matches up with your experiences. It is also acceptable to say that you tried a particular field and have decided that it is not for you (you can say you learned a lot from working with large animals but found that you enjoyed working with small animals a lot more because...). You also want to write your personal statement well before you apply so you can have many people review it and check it for any mistakes. You also want to make sure to have a letter from a veterinarian. This letter will be the most important letter for you to get since Veterinary Schools want to see you have experience and are passionate about becoming a Veterinarian.

PA School

The application process starts a year before you want to start school. Therefore, if you apply in spring/summer of 2014 you would start in fall of 2015. To apply you want to use CASPA, which is the system that the PA schools use for the applications. The application will open in the middle of April and closes the beginning of October. You want to try and have all of your material in as soon as possible. The PA schools use rolling admissions so you want to apply while they still have all of their seats open. You also want to keep in mind that it can take up to four months to verify your application. So if you wait to apply it will take four months from when you submit your application before any schools will even see it.

It is important to apply to PA school because you really want to be a PA, not

because you are unable to pursue another medical career. PA schools do not want students who were rejected from medical school or other schools. It is fine to apply if you want to change your career, but you should have a real desire to be a PA when you apply. So make sure to do your research and shadow a PA to make sure you are making the right decision. Schools also want a recommendation letter from a PA so they can see you have experience and are passionate about becoming a PA.

Optometry School

The application process starts a year before you want to start school. Therefore, if you apply in summer of 2014 you would start in fall of 2015. The application opens in the beginning of July. You will have to use the OptomCAS system since this is the central system that the optometry schools will be using. You want to make sure to apply early. The system has to verify your application which can take up to two months. Remember that it also takes a month to get your scores sent. You really want to make sure to get all of your materials in early to make sure you have the best chance of getting accepted. Most schools use rolling admission so as the year goes on the spots will fill up. Therefore, you want apply early while all of the seats are still open. Also be sure to find out the deadline for each school you are applying to. The deadlines are not set by the OptomCAS, they are set by the individual schools. However, you want to try and get all of your material in as early as possible.

Podiatry School

The application process starts a year before you want to start school. Therefore, if you apply in summer of 2014 you would start in fall of 2015. The application opens in the beginning of August. The application system that you will want to use is the AACPMAS which is a centralized system that the podiatry schools use.

You want to make sure to apply early. The system has to verify your application. The verification process can take up to two months. It also takes a month to get your scores sent. You really want to make sure to get all of your materials in early to have the best chance of getting accepted. Most schools use rolling admission so as the year goes on the spots will fill up. Therefore, you want to apply early while all of the seats are still open.

Looking at Schools:

Medical School

If you are applying to medical school you should decide if you want to apply to MD or DO schools or both. It is important to research the differences of both to figure out which would be a better fit for you. You can also use the MSAR, Medical School Admissions Requirements, to learn more about MD school or you can use the CIB, College Information Book, to learn more about DO schools. Both MD and DO schools have their advantages and disadvantages, you have to figure out which one would fit you the best. The Pre-Med Office and Committee can help you with this decision.

If you want to go into a particular specialty then find a school that is strong in that field. You can see how strong their focus is in that field by seeing how many people they place in those residencies. Remember the residency match for DO and MD will be merging, so there will only be one match in the future. Many schools have their match lists available, showing where students were placed for residency. If you check this list, and many of the students are going in the field you are interested in, then the school would probably be a good one to look at.

While researching schools you will also notice that schools present material in different fashions, so figure out which style you would prefer and see which schools have that style. Professional schools can present the information in mainly lecture format or in small group discussions (problem solving format); it depends on the school. Some schools have both tracts and you can decide which is better for you. Schools have analyzed performance on the boards for both formats and found no difference between them. Some schools have a heavy emphasis on early patient exposure and others will wait.

Dental School

When applying to dental school you want to make sure that the schools you are looking at will allow you to get plenty of patient exposure. Many times it is hard to get certain experiences that are necessary to graduate. So find out what the school does to make sure that you will be able to complete all requirements and get exposed to a wide range of cases that you will face in practice.

Veterinary School

If you want to go to veterinary school you should know the type of veterinary medicine you are interested in, whether it is large animal, small animal/pet, or exotic animals. You can research the schools to see which type medicine they specialize in, and choose those that match your needs. This is important because you want to go to a school that will give you the most opportunities possible.

PA School

While researching PA schools you will also notice that schools present material in different fashions, so it is important to figure out which style you would prefer and to see which schools have that style. For example, some schools will do live dissections and others will do virtual dissections. Some schools have a heavy emphasis on early patient exposure and others will wait.

Podiatry School

While researching Podiatry schools you will also notice that schools present material in different fashions, so it is important to figure out which style you would prefer and to see which schools have that style. Professional schools can present the information in mainly lecture format or in small group discussions; it depends on the school. Some schools have a heavy emphasis on early patient exposure and others will wait.

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COURSE REQUIREMENTS:

You do not have to be a science major to apply to any of the professional schools. You are able to pick any major that you want as long as you complete all of the class requirements that the school wants. However; the majority of applicants are science majors and will have a strong science background when they start school. If you major in science you can minor in another subject; it looks good to have minors in areas that you are interested; this will also give you something more unique to talk about on your application.

Before applying you want to make sure that you have completed (or will complete before graduation) all the classes that are required by the schools you are applying to. Requirements vary from school to school, so pick around six schools and complete the requirements of the most difficult one. That way you will qualify for all of the schools.

Here is a general list of requirements for each particular school (if no schools are noted, then it is required for all schools):

- Minimum 1 year of Biology
- 1 year of General Chemistry with Labs
- 1 year of Organic Chemistry with labs (Lab requirements vary for PA School)
- 1 year of anatomy and physiology (PA School)
- 1 year of Physics (Medical and Veterinary School)
- 1 semester of Statistics (Optometry School)
- 1 semester of Biochemistry (Medical and Veterinary School)
- 1 semester of Calculus (Optometry and Some Medical Schools)
- 1 semester of Psychology (Medical School)
- 1 semester of Sociology (Medical School)

Tip

Also while looking for information about professional school be careful of what sources you use. People and blogs will be talking about their personal stories not necessarily the facts. You want to make sure to use credible sources such as:

- Veterinary School - the AAVMC website
- Medical School – AAMC website for MD or AACOM website for DO
- Podiatry School – AACPM website
- Optometry School – ASCO website
- PA School – PAEA website
- Dental School – ADEA website

Freshman Year

Involvement:

During your freshman year you need to spend time getting acclimated to the workload of college and dedicate a lot of time to keeping your grades up.

When you are ready to start getting involved there are a few places to go. First, you can go to the involvement fairs; there is an involvement fair in the fall and spring semester during the second week of class. Most organizations will be there and they will be able to tell you more about the club and requirements to be a member. You can also go on orgsync, which is a website affiliated with West Chester University. This website has every organization on it. Each organization has a page that describes their club, what they do, and gives you a contact if you want to learn more. If you want to use orgsync you can either scroll through all the organizations or search for specific clubs that you are interested in. Some of the clubs include the Pre-Med Club, the Alchemist Club, and the Darlington Biological Society.

You can also get involved in other extracurricular activities. You could join an intramural sports team or do volunteer work. When you volunteer make sure to keep a log of all of the hours you do and provide detail of the work you do. Many scholarships or applications will want a detailed breakdown of how many hours you did and what you were doing so starting a log early will be really helpful. However, the main focus of your freshman year should be your grades.

Shadowing:

You can also start looking for shadowing opportunities. Many professional schools strongly recommend having some type of medical experience because it shows that you have spent time in the field, know what medicine is really about, and are still interested in pursuing a career in medicine. There is generally no specific amount of time that is required, but you want to be able to get a letter from the doctor you shadowed so that you can prove to the schools that you want to be a physician. This is really important because professional school is a big time and financial commitment and the schools want you to be sure you are making the right decision. There are also summer research programs that you can get involved in that would also allow you to shadow physicians. You have to find many of these programs and doctors on your own; however, if you are having trouble you can go to the Pre-Med office and ask for help in finding these opportunities.

If you are planning on going to veterinary, dental, or PA school then shadowing is essentially required since these schools put a lot of weight on letters of recommendations from professionals. Therefore, you need to shadow or work with people in your desired field to make sure that you will increase your chances of getting accepted when applying. If you are going to any of the other schools it is also very strongly recommended that you shadow.

Most PA schools will require hands-on patient care experiences. They also set a minimum of hours that they require; the hour requirements could be anywhere from 400 hours to 4,000 hours! It is very important to research schools you are interested in early to find out what they require. If you want to go to PA school right after college you will need to find out how many hours you need to complete as soon as possible so you can get started on them. It will be difficult to complete 4,000 hours in your senior year. However, by looking early and planning on doing so many hours a year you can go straight to PA school after college. It is also not uncommon to take a year off to complete the required hours and gain more experience.

These hours will need to be documented well since schools will want proof that you actually did complete all the hours you said you did. Therefore, as you are doing this work make sure to hold onto important information such as contact information of a supervisor. You will also want to make sure to take notes about what you did to make sure that you can write about it later with good details.

To determine the type of dentistry that interests you, you will definitely want to shadow many dentists and in different settings. This will also prove to the dental schools that you are dedicated to dentistry and are passionate about pursuing a career as a dentist. While shadowing you want to make a strong connection with the dentist, so that when your shadowing is over you can ask them for a letter of recommendation. Many dental schools will require, or strongly recommend, a letter

of recommendation from a dentist. Not having one could really hurt your application.

Be sure to check the requirements of the dental schools you are applying to, because some schools will require up to 100 hours of dental experience while others will strongly recommend having the experience. You want to make sure you know what the requirements are before applying so you do not apply to a school you do not qualify for.

Professors:

While taking classes it is important to establish a relationship with your professors. You can do this by talking to the professor after class, going to office hours, and showing that you are committed to succeeding in their class or lab. This is important to do since you will need recommendation letters from professors, and you are going to want the professors to know you so that they are able to write the best letter possible.

You will need to get a letter of recommendation from at least one biology professor and one chemistry professor. However, you are going to want to have a few letters so it is a good idea to be able to ask a few professors; they do not all have to be science professors.

Sophomore Year

Involvement:

This year you should get involved in some clubs on campus. You can find out about clubs by going to the involvement fair. There is an involvement fair in the fall and spring during the second week of classes. Also you can find out what clubs West Chester has by going onto orgsync. All organizations have a page on orgsync that describes the club and will give you a contact if you want to find out more information.

If you meet the requirements to be a member you can also run for a position on an executive board to gain leadership experience. This is a good experience to have but make sure to run for positions in clubs that you are enthusiastic about so that they will be meaningful experiences.

You do not have to get involved in clubs on campus. You can do community service with your religious organization or find a volunteer opportunity on your own. There are also jobs on or off campus that you could apply for to show that you are more than just a good student. While finding an activity, make sure that you find one that you are passionate about so you will be able to talk about it on your application.

If possible, you still want to find medical opportunities to get involved with. These can range from shadowing to being a scribe or working in a doctor's office. You want to try to get experience with medicine in some form to make

sure that this is really the career for you and to show the professional schools that you did your research and this is what you are passionate about.

Professors:

During your second year you will want to continue to build relationships with your professors by going into office hours and asking questions after class. This will help them get to know you so that when you ask them for a letter of recommendation they will be able to write a good one.

If you made a connection with a professor in your freshman year make sure to continue talking to them and letting them know how you are doing. You do not want to have a good relationship with a professor and then stop talking to them until you want your recommendation letter. Make a conscientious effort to maintain your relationship with the professor so they can write a comprehensive letter about you.

You are able to start asking for letters of recommendation as soon as you think that you have a good relationship with a professor and you think that they will be able to provide a good letter. If you want to get a letter early you must give the professor the waiver/evaluation form from the Pre-Med office that you have signed. This waives your right to see the letter and gives the professor the address of the Pre-Med office so they know where to send it. The Pre-Med office will then create a file for you and hold the letter for you until you need it.

Junior Year

Involvement:

You should continue with the involvement that you have established whether it is a club, volunteering, or work. If you are able to, try to get a leadership position since this will be a good experience to have and talk about on applications.

You can still get involved in new activities. If you have not joined any clubs you can still join one but whatever new commitment you take on make sure that it is meaningful because you might be asked about it at some point in the application process.

Also make sure to continue shadowing or getting exposure to the medical field. This will show schools that you are passionate about medicine especially if you have a long-term commitment that you can get involved in. Also you want to have a letter from a professional so having this experience helps not only to show that you know what medicine is about, but to show that a current doctor thinks that you would make a good doctor.

Professors:

You should start to ask for letters of recommendation from professors as early as possible in your junior year. This will make your spring semester less hectic. You should have professors from previous classes that you are comfortable asking for letters of recommendation. Let them know as soon as possible that you would like a letter of recommendation from them. Then go and sit down with the

professor; it's helpful to give them a resume and talk to them about your letter so they have a good idea of what to write.

You can also ask professors during your spring semester but try to get this done as early as possible. This will give the professor more time to write a good letter and it will reduce your stress level since your letters will most likely be in by the March 1st deadline. You need a minimum of five to interview with the committee; get more than five so there are no problems.

You will still need to get the waiver/evaluation form to give to the professors if you want to get the committee letter. This will waive your right to see the letter and then the professor can send it directly to the Pre-Med office. The Pre-Med office will then hold all of your letters until you need them.

Pre-Med Committee:

Many medical and podiatry schools will require a committee letter or will strongly recommend getting one. If you want to go to medical school you should get a letter from the committee as your recommendation letter. For many schools it is a red flag when you do not have one. However, the committee letter is recommended for all schools.

In order to get a committee letter you need to get a letter from at least one biology professor and at least one chemistry professor. You also have to get at least three other letters but whom you get them from is up to you. However, it is strongly recommended that you get a letter from a professional to prove that you know what a career in medicine would be like. You can also give your recommenders the guide

to writing a good letter of recommendation which can be found on AAMC's website (www.aamc.org).

It is also recommended that you get more than the required five letters. You want to get more than five to make sure that you have all of your letters in on time and to make sure that the committee can write you a good letter from the letters you gathered.

The letters are due by March 1 in order to get a spring interview. It is strongly recommended to interview in the spring so that the committee can write your letter over the summer after they get your test scores so it does not slow your application down. If you are not able to get your letters in by March 1 they are due by September 1 to interview in the fall.

Looking at Schools:

During your junior year you are going to want to start looking at the different professional schools. There are many factors that go into picking which schools to apply to and on average students will apply to ten to twelve schools. There are many resources where you can go to get information about the schools. The best resource would be to use the actual school's website.

While looking at professional schools it is important to consider where the schools are located. This is going to be your home for the next four years and you want to make sure that it is somewhere you will be happy. Also if you like to do a lot of outdoors activities or like to go to museums make sure to consider that when applying to schools. You want it to be easy to do the activities that make you happy

so you will enjoy professional school with as little hassle as possible. Also consider the location if you are applying far from home since you will not be familiar with area. You will want to do more research on the surrounding areas if you are applying to schools far from home to make sure they are safe and that you will enjoy the area. Location is also important since it will determine what type and volume of cases you will see. Generally, schools in an urban setting will see a larger volume and case variety than schools in suburban or rural settings; however, you have to decide what is most important to you.

Another important factor to consider while applying is what the school can offer you. You want to find out what their facilities are like and how that benefits current students. Also see how the professors are and how willing they are to help the students since you will need help at some point in your medical education. You should also look into what student resources the school has such as tutors, mentors, psychological assistance, financial assistance and planning, and other resources that would be important to you.

If you have the opportunity, you should definitely ask current students about their school. You should see what they like about the school and what they would change and see if those are things that are important to you. You can ask why they chose this particular school over other schools, and that will help give you insight on the strengths of the school. Also ask the students what the atmosphere is like at the school; are the students very competitive with each other or do they want everyone to succeed?

Testing:

During your Junior year you want to start studying for the standardized test required for the professional schools you will be applying to (see “applying” in general section). You want to start studying at least three to six months before you plan on taking the test to make sure that you are prepared. You do not want to take the real exam as a “practice” since some schools will average your scores when looking at your application and your “practice” could ruin your chances of getting accepted. If you are interested in taking practice tests there are many available online. You can also take review courses as well as use review books, which are available in the Pre-Med Office.

Applying:

You will need to start thinking about applying in your Junior year. The application process for the professional schools opens up in the beginning of summer (see applying in general section or online for the exact dates). Therefore, you want to start to prepare your application to make sure you have essays that are error free and ready to submit once the application opens. You can have the Pre-Medical Office look over your personal statement. The PreMed office has books about how to write a good personal statement. Generally, you want to give yourself at least a month to be able to revise your personal statement since this is an important component of your application. You want to make sure that it is the best personal statement you can write and that it contains no errors.

Senior Year

Interview at Professional School:

Once you get an interview make sure to congratulate yourself! Only about ten percent of applicants get an interview so this is a big deal!

If the school gives you the choice of when you want to interview, try to pick the earliest date possible. You want to have a complete file, which has to include your interview information, to receive your decision as soon as possible. This means that you could be accepted before winter break!

While prepping for your interview you want to do a lot of research on the school. Most of this should already be done since you decided to apply there, but it is always a good idea to brush up on your facts. Make sure you know about their mission statement and their curriculum style. You also want to make sure that you go to the interview prepared with questions. Most schools will give you a chance to ask some questions during the interview and you want to make sure you have a few questions prepared to show that you did your research and that you really are interested in the school.

However, there is more to prepping than just knowing the facts. You want to make sure that you are comfortable in an interview setting. If you think that you need more practice, the Pre-Med office can help you with mock interviews or you could have your friends interview you. Also make sure to practice answering tough questions to see how well you can keep your

composure. You can also go to the Pre-Med office with a picture of the outfit that you are planning to wear to make sure that it is appropriate.

Before you go to your interview you want to find out which style of interviewing the school will be using. The main types are the tradition interview, group interview, or the multiple mini interview (MMI). The tradition interview is similar to having a conversation with someone on the admissions committee where they will ask you questions and you will answer. A group interview is several students at once in front of one or more interviewers. The MMI is similar to having interview stations. Generally, you have different rooms that you go into and outside of the room you will get a few minutes of prep time to read a prompt which you will be talking about when you go into the room.

When you get to the school make sure to be on your toes as soon as you get to campus. Anyone that you meet could be on the admissions committee and you could meet them at any point in the day; so make sure you are friendly and smiling all day! While in the actual interview you want to maintain eye contact with your interviewer. If they ask a question that you are not sure how to answer, you should ask for clarification to make sure that you give the best answer you can. When you are leaving the interview thank your interviewer. Then when you get home make sure to send a thank you note with something specific from the interview. You want to send the thank you note within forty eight hours.

Decisions:

Once you have interviewed, you now have to wait to hear back from the admissions committee. Some will call and others will send a letter or email. Most will tell you how they will let you know in the interview and they will also give you an idea of when to expect to hear back. If they do not tell you when or how to expect a decision you can ask them how they send out decisions. There are three decisions you could receive: accepted, waitlisted, or denied.

If you are accepted, congratulations! You did it! Now you have to figure out when they need a deposit by and make sure to turn the deposit money in on time. If you have other interviews you can still go to them and you could receive multiple acceptances!

If you are waitlisted you have not been denied. You should still go to any and all other interviews that you have. You could hear about being taken off the waitlist at any time, and as late as June or July. So if you have not received an acceptance you should still contact the school if you have anything to update them about as well as express your interest in the school. This could help your chances of getting off the waitlist.

If you are denied make sure to go to any other interviews that you have scheduled. That school might just not have been the right fit for you. If you get denied to all of the schools you applied to, you should contact the admissions office and request feedback on your application so you can improve your chances of getting accepted the next cycle. Remember...don't give up!

Resources

For general information you can check out these websites:

www.explorehealthcareers.org

www.Aamc.org

www.Aacomas.org

www.adea.org

www.aacpm.org

www.opted.org

www.paeaonline.org

www.Studentdoctor.net

To find out about information about clubs on campus go to:

www.orgsync.com

For specific requirements check the school's website by googling the school's name.

For information on the MCAT go to:

<https://www.aamc.org/students/aspiring/330910/mcat2015.html>

For a direct link for the guide on writing a good letter of recommendation to give to professors/doctor go to:

<https://www.aamc.org/download/349990/data/lettersguidelinesbrochure.pdf>

For tips on interviewing check out:

<http://www.xula.edu/premed/PMInfo/a.AppSeries/App11Interviews.htm>