

## AMCAS Work & Activities / Common Secondary Prompts

### AMCAS Work & Activities Section Preparation

- Up to 15 Work & Activities entries allowed. Med schools prefer quality over quantity; they value experiences that applicants have engaged in over time.
- You are allowed to group experiences, such as multiple one-day shadowing experiences, into just one entry.
- College experiences preferred; if including high school experiences, they must be significant.
- **Experience Type** - This will be a drop-down list containing the following categories:
  - Artistic Endeavors
  - Community Service/Volunteer – Medical / Clinical
  - Community Service/Volunteer – Not Medical / Clinical
  - Conference Attended
  - Extracurricular Activities
  - Hobbies
  - Honors/Awards/Recognition
  - Intercollegiate Athletics
  - Leadership – Not Listed Elsewhere
  - Military Services
  - Other
  - Paid Employment – Medical / Clinical
  - Paid Employment – Not Medical / Clinical
  - Physician Shadowing / Clinical Observation
  - Presentations / Posters
  - Publications
  - Research / Lab
  - Social Justice / Advocacy
  - Teaching / Tutoring / Teaching Assistant
- **Experience Name:** 60 character limit
- **Start Date / End Date / Total numbers of hours / Repeated:** You may add up to 4 time periods by choosing “repeated”. This is helpful for summer only experiences.
- **Organization Name / Country / City**
- **Contact’s First Name / Last Name / Title / Phone / E-mail address:** You must enter either a contact’s phone or e-mail address.
- **Experience Description:** 700 characters, including spaces and punctuation. You can save space by not repeating information that is already expressed in the above headers.
- **Most Meaningful Experience (MME):** If you check this box, an additional text box of 1325 characters will appear. You may choose up to three and some medical schools have an expectation that you will choose three. This is the MME prompt: This is your opportunity to summarize why you have selected this experience as one of your most meaningful. In your remarks, you might consider the transformative nature of the experience, the impact you made while engaging in the experience and the personal growth you experienced as a result of your participation.

# Common Types of Secondary Application Essay Questions

## 1. Why Us

- Why are you applying to our medical school?
- Please discuss your interest in XYZ School of Medicine.
- Please explain your reasons for applying to the XYZ College of Medicine

## 2. Diversity - Your own qualities and/or your experiences working with people with a culture different from your own.

- How will you contribute to the diversity of our medical school?
- Please describe how any personal characteristics or life experiences will contribute to the diversity of, and bring educational benefits to, our student body.
- Describe any unique personal characteristics and obstacles you may have overcome that will contribute to the diversity of, and bring educational benefits to, the entering class.
- Describe personal attributes you possess or life experiences you have had that will enable you to better understand patients with a culture different from your own. Please include your self-reflection on how this experience has changed insights, beliefs, and/or values.

## 3. Challenges

- Discuss a time when you stepped out of your comfort zone. What were the challenges? What did you learn?
- What is the most difficult obstacle you have faced? What resources did you marshal to confront it? How did the experience affect you and/or transform your life?
- Describe a situation in which you were really stressed. Tell us how you dealt with it. Please detail your reaction(s), and how it affected you. If this situation, or a similar one, were to happen again, how would you handle it?
- Please describe the greatest personal challenge you have faced which you feel has helped to shape you as a person. Examples may include a time when you felt you were “in over your head,” or a time when you felt personally criticized. You may also discuss a moral or ethical dilemma, a situation of personal adversity, or a hurdle in your life that you worked hard to overcome. Please include how you got through the experience and what you may have learned about yourself.
- Describe an ethical situation you have encountered.

## 4. Miscellaneous

- What do you want the Admissions Committee to know about you that is not addressed elsewhere in your application? Secondly, what can being a physician offer that other professions do not?
- Tell us something you are passionate about and why.
- Briefly describe the one clinical experience you have had that has most significantly influenced your decision to study medicine.
- List the five most important attributes you feel a physician should possess. Choose one attribute from the above list, and describe one personal experience that best exemplifies that attribute.
- If you were working on a small group project and you thought that another student wasn't carrying his/her/their load, how would you handle it?