CONGRATULATIONS!

You've just finished your Committee Letter Meeting.

Now, take a look at the contents of this folder and prepare for application submission. Please reach out to your designated PreHealth advisor if you have any additional questions.

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REMAINING DEADLINES

What are the next steps in the Committee Letter and application submission process?

Remaining Deadlines

First Time Applicants
March 15: Required Letters of Evaluation due.
April 15: Deadline to complete required Committee Letter Meeting with your assigned PreMed/PreHealth Advisor
June 30: Deadline to sit for MCAT (MD, DO)
July 31: Deadline to sit for DAT (Dental)
July 31: Deadline to complete MAP and submit primary application (MD, DO, and Dental)
August 31: Deadline to sit for MCAT (Podiatry ONLY)
September 30: Deadline to complete MAP and submit primary application (Podiatry)

Re-Applicants
May 1: Committee Letter Agreement & Completed Self-Assessment due.
May 1: Updated Letters of Evaluation due.
May 15: Deadline to complete required Committee Letter Meeting with your assigned PreMed/PreHealth Advisor
June 30: Deadline to re-take MCAT (MD, DO), if applicable
July 31: Deadline to re-take DAT (Dental), if applicable
July 31: Deadline to update MAP and submit primary application (MD, DO, and Dental)
August 31: Deadline to re-take MCAT (Podiatry ONLY)
September 30: Deadline to update MAP and submit primary application (Podiatry)

Application Dates
The 2021 AMCAS Application will launch in early May. Applications will open for submission in late May or early June. We will announce the specific dates as they become available. This means you are able to work on your application for four weeks before you are able to submit your application. We encourage you to begin your application when it becomes available, and to spend ample amounts of time reviewing it for accuracy, typos, grammar, etc. Before you submit, print out your application and read it over for any errors. You cannot make changes to any section of the application other than the Medical Schools and Evaluations sections after you submit!

The 2021 AACOMAS Application will launch and open for submission in early May. We will announce the specific date as it becomes available. We encourage students to begin their application when it becomes available, and to spend ample amounts of time reviewing it for accuracy, typos, grammar, etc. (at least 2-3 weeks). Before you submit, print out your application and read it over for any errors. You cannot make changes to any section of the application after you submit!

The 2021 ADEA AADSAS Application will launch on Tuesday, May 12. Applications will open for submission on Tuesday, June 2. This means you are able to work on your application for three weeks before you are able to submit your application. We encourage students to begin their application when it becomes available, and to spend ample amounts of time reviewing it for accuracy, typos, grammar, etc. Before you submit, print out your application and read it over for any errors. You cannot make changes to any section of the application after you submit!

The 2021 AACPMAS Application will open in early August.

The 2021 TMDSAS Application will launch in early May.

For more detailed instructions on your specific application, please refer to the final section of this packet.
COMPETENCIES & SAIL

What are the key values that health profession programs look for?

While the competencies derive from the AAMC, they are applicable to all health profession admission processes. Review the competencies throughout your application process, making sure to reflect these values in your answers. Additionally, we encourage you to reexamine the SAIL dimensions, which are built into the Committee Letter process. How has your Northeastern journey prepared you in the following facets to begin your health graduate program?

AAMC Competencies

Pre-Professional Competencies

- **Service Orientation**: Demonstrates a desire to help others and sensitivity to others’ needs and feelings; demonstrates a desire to alleviate others’ distress; recognizes and acts on his/her responsibilities to society; locally, nationally, and globally.

- **Social Skills**: Demonstrates an awareness of others’ needs, goals, feelings, and the ways that social and behavioral cues affect peoples’ interactions and behaviors; adjusts behaviors appropriately in response to these cues; treats others with respect.

- **Cultural Competence**: Demonstrates knowledge of socio-cultural factors that affect interactions and behaviors; shows an appreciation and respect for multiple dimensions of diversity; recognizes and acts on the obligation to inform one’s own judgment; engages diverse and competing perspectives as a resource for learning, citizenship, and work; recognizes and appropriately addresses bias in themselves and others; interacts effectively with people from diverse backgrounds.

- **Teamwork**: Works collaboratively with others to achieve shared goals; shares information and knowledge with others and provides feedback; puts team goals ahead of individual goals.

- **Oral Communication**: Effectively conveys information to others using spoken words and sentences; listens effectively; recognizes potential communication barriers and adjusts approach or clarifies information as needed.

- **Ethical Responsibility to Self and Others**: Behaves in an honest and ethical manner; cultivates personal and academic integrity; adheres to ethical principles and follows rules and procedures; resists peer pressure to engage in unethical behavior and encourages others to behave in honest and ethical ways; develops and demonstrates ethical and moral reasoning.

- **Reliability and Dependability**: Consistently fulfills obligations in a timely and satisfactory manner; takes responsibility for personal actions and performance.

- **Resilience and Adaptability**: Demonstrates tolerance of stressful or changing environments or situations and adapts effectively to them; is persistent, even under difficult situations; recovers from setbacks.

- **Capacity for Improvement**: Sets goals for continuous improvement and for learning new concepts and skills; engages in reflective practice for improvement; solicits and responds appropriately to feedback.

Thinking and Reasoning Competencies

- **Critical Thinking**: Uses logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.

- **Quantitative Reasoning**: Applies quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world.

- **Scientific Inquiry**: Applies knowledge of the scientific process to integrate and synthesize information, solve problems and formulate research questions and hypotheses; is facile in the language of the sciences and uses it to participate in the discourse of science and explain how scientific knowledge is discovered and validated.

- **Written Communication**: Effectively conveys information to others using written words and sentences.

Science Competencies

- **Living Systems**: Applies knowledge and skill in the natural sciences to solve problems related to molecular and macro systems including biomolecules, molecules, cells, and organs.

- **Human Behavior**: Applies knowledge of the self, others, and social systems to solve problems related to the psychological, socio-cultural, and biological factors that influence health and well-being.

Self-Authored Integrated Learning (SAIL)

Foundational Masteries

The five overlapping learning dimensions build upon a set of foundational masteries. Foundational masteries are those skills and attributes that are critical across all five SAIL dimensions.
COMMITTEE LETTER CRITERIA

What goes into the writing process and what do we review when summarizing your experiences?

The PreMed and PreHealth Advising Program works collectively to write and compile each Committee Letter for eligible students. Keeping in mind the SAIL framework and the AAMC Core Competencies, our staff evaluates applicants based on a variety of essential competencies, which are reflected throughout the Committee Letter Process. This evaluation is an honest, experienced-based assessment of the applicant's preparedness and ability to succeed in a professional health program and beyond.

Starting with the Self-Assessment, applicants must identify strengths and weakness in their experiences. Specifically, our Program focuses on:

Academic Competencies
Our staff aims to portray the applicant's coursework and academic journey by drawing upon the Self-Assessment, MAP, and the applicant's degree audit. Particular focus is drawn to the real-world application of knowledge obtained in the classroom. While the Program does not consider GPA and entrance exam scores for Committee Letter eligibility, please understand that this data is considered as part of the applicant's academic competency.

Experiential Learning
The following section explores the out-of-classroom experiences the applicant has been involved with that have prepared them not only to become a student in a professional health program, but to thrive once they have completed their program. This section is divided into three subsections:

- **Clinical**
  A review of patient-centered employment, co-ops, volunteering and shadowing is provided, highlighting key skills and abilities the applicant learned that prepare them for future practice.

- **Community Engagement**
  A review of campus, local, and global involvement and non-clinical volunteering is provided, emphasizing personal growth through leadership and service.

- **Research**
  A review of all research opportunities including employment, co-ops, directed studies, and volunteering is provided, highlighting the applicant's role in the scientific process and key contributions to the progress of the project(s).

Interpersonal and Intrapersonal Competencies
An overview of the applicant's professional strengths and weakness is provided. This evaluation draws not only upon the Self-Assessment and MAP, but also the professionalism displayed throughout the applicant's relationship with the Program.

Summary
Finally, the applicant's experiences and preparation are summarized in a brief statement at the end of the document.

Letters of Evaluation
Following the PreMed and PreHealth Program's evaluation, all of the applicant's internal faculty letters and external letters of evaluation are appended in full for the admissions committee to review.
LIST OF SCHOOLS

What is the recommended number of schools to apply to and how do I go about making my final list?

There are several important factors to consider when compiling your final list of schools. We advise applying to around 15 MD schools, 9 DO schools, or 7 Dental schools - give or take a few. This allows you to include a range of schools that will ultimately lead to a higher chance of success.

MCAT/DAT & GPA
Most likely, you will not be able to create a final list until you have received your entrance exam score and can utilize the MSAR, DO Explorer, or ADEA Dental School Explorer to understand where you fall against each school's past data. If data is available on highest and lowest GPA/exam score per school, use this data to understand if you are a realistic applicant.

Mission Statement/Institutional Fit
Browsing a program's website is vital to understanding the key factors that set it apart from its peers. The mission statement will provide a window into the guiding principles that drive the goals of its medical or dental program. Additionally, you should consider if you would personally be happy at the institution regarding factors like geographical location, minority representation, religious affiliation, etc.

Creating a Spread
We advise that applicants make an effort to spread their schools list out by utilizing past data. Depending on your entrance exam scores and GPA, applicants should include schools they believe may be highly competitive, schools they believe are a great match, and schools for which they believe they are highly qualified.

Geographic Location
Would you be satisfied living in a rural area? Is an urban population what you see yourself working with in the future? As much as you explore the internal aspects of the schools on your list, it is important to be cognizant of their location on the map. This may ultimately play into a decision you make after interviewing and speaking to current students.

Clinical/Research Opportunities
Outside of the academic nature of each school, you will find specific clinical and research opportunities that are unique. Are you able to find transparency regarding research funding? Is there flexibility for you to create your own projects? What kinds of patients do the school's students typically work with? Keep these questions in mind as you create your final list.

Public vs Private
When considering institutional acceptance rates, public vs private can play a large role. Public institutions typically reserve a certain number of seats for in-state applicants for a variety of reasons, including funding. Private institutions are not bound to the same expectations and are more accessible to out-of-state applicants. School status can also affect the cost of tuition, with private medical programs often costing more per year on average.
THE PERSONAL STATEMENT

What are some key ideas to remember as your complete your final draft?

At this point, you most likely have crafted more than one draft of your personal statement and had more than a few friends and advisors review it. As you prepare to lock your statement into place for the final application, remember the following.

Creativity
Though you may feel as though your statement needs to contain a specific number of details, experiences, and references, please remember that your personality and ideals should shine through the words on the page. This is an admissions committee’s closest look at who you are as an applicant before making the decision to invite you on campus for an interview.

Themes
One of the best way to construct a statement if you are truly struggling is to form the backbone first. Now that you have completed your Self-Assessment, look back on all of your experiences and identify one or more themes that have persisted throughout. How have these theme informed your current choice to apply to a health graduate program? How have all of your experiences connected either in real life or in your mind to create a larger picture of healthcare or patient care? (For example, a theme of “Overcoming Adversity” in your journey could easily translate into how you help patients facing a difficult road ahead. A theme of “Discovery/Self-Motivation” could translate into your excitement for research or advancing best practices in a clinical setting.

Who’s The Main Character?
Remember that you are the protagonist of your own personal statement. This may sound obvious, but applicants frequently misjudge how little they inject themselves, their reactions, their lessons-learned into their essay. Introducing doctors, PI’s, professors, supervisors, etc. can be a great way to demonstrate an experience you hope to emulate, but keeping yourself in the background throughout will lead to a lack of understanding of who you are as an applicant.

A Balance of Humility
This is the time to talk about your accomplishments, your victories and bright spots along your PreHealth journey. It is not the time, however, to push the boundaries of reality to brag. An essay that exudes arrogance or superiority will not impress an admissions committee, but instead act as a concern that the applicant would not be able to work well within a team.

One Statement = One Writer
While we wholeheartedly advise you to ask for feedback from various sources, both professional and informal, we ask that at the end of the day the statement is a document wholly written by you in your own voice. If you receive heavy edits or content suggestions from others, make sure to ultimately rewrite them from your own perspective rather than copying and pasting. Different voices can cause a dissonance when reading through a personal statement.

Further Assistance
If you are experiencing trouble coming up with a strong statement or would like additional editing, we encourage applicants to reach out to the Writing Center. Walk-in and scheduled appointments are available to current students and alumni. Appointments can be made on their website.
NU SPECIFICS

*How can I highlight Northeastern-specific experiences on my application?*

**Co-op**
One of the most unique experiences that the majority of NU students enjoy is co-op. These months-long, full-time employment experiences can easily set you apart from your peers around the country. Make sure to refer to it as full-time employment, not just as an "internship". Many students have a full year of employment in the industry before submitting an application. Take advantage of this experience when reflecting on your professionalism, your adaptability, and your preparedness for graduate education.

**Dialogues of Civilization and Study Abroad**
Bringing some sort of global experience into your application demonstrates your ability to think on a global scale, appreciate and collaborate with cultures different than your own, and in some cases showcase exposure to foreign healthcare systems. If you had the opportunity to travel abroad, make sure to weave these experiences into your application.

**NUin**
For students that were abroad in their first semester before starting their time at Northeastern, this may feel like a distant experience. In many ways, an NUin semester can demonstrate your ability to be adaptable, overcome fears, and be open to new experiences. Depending on the country you lived in, you may have had to learn the basics of a new language. It may have been your first time away from home. Perhaps you were involved in service work. Don't forget to highlight the nature of these events and explain what lessons you brought with you to campus.

**The Honors Program**
Applicants in the Honors Program should consider the additional academic rigor and opportunities they have experienced while at Northeastern. Highlight your experience investing in a common theme as part of an Honors LLC, your travels on an Honors Dialogue of Civilization, or your research through an Honors Early Research Award.
APPLICATION SUBMISSION
When to submit and what to do next!

How important is it to apply early? The graph below reflects all applicants applying with a Committee Letter for matriculation in 2019. Students applying early (May or June) have a significantly higher chance of success compared to their peers who applied later in the cycle.

REQUESTING YOUR COMMITTEE LETTER
We only write Committee Letters after you have met all Committee Letter requirements and deadlines including submitting your application, completing MAP, and obtaining your entrance exam scores. Applicants will also be required to complete a Committee Letter Request form, which we will email to you closer to when applications open.

We write letters in the order requests are received. Please note, invitations to interviews do not begin until mid-to-late summer. With many requests for letters, it is not possible for us to write all of your letters at once. It may take a few weeks before yours is submitted to your application, so please be patient.
SECONDARY APPLICATIONS

When should I start writing secondaries and what is appropriate to include?

Depending on the application service you use, some secondary applications may be attached to your central application. In this case, you will need to answer these school-specific questions immediately. Traditionally, however, secondary applications will be sent to you by each school you applied to after submitting the central application. We advise completing and submitting each secondary application within two weeks of receipt.

Pre-Writing
Applicants may elect to begin writing secondary application responses before they receive them. This is possible due to the databases of past prompts available at both prospectivedoctor.com (MD) and secondaryapps.com (MD and DO). At the moment, there is no such database for dental programs.

Mission Statement/Institutional Fit
Browsing a program's website is vital to understanding the key factors that set it apart from its peers. The mission statement will provide a window into the guiding principles that drive the goals of its medical or dental program. Additionally, you should consider if you would personally be happy at the institution regarding factors like geographical location, minority representation, religious affiliation, etc.

Reminders
Secondaries will arrive after schools begin receiving applications. Secondaries are sent in batches and are often filtered to spam/junk. Check your junk mail often! Prioritize your top choice schools to return faster, but look at each secondary when it comes. Some may only take an hour or so to submit, in that case it’s worth doing sooner.

Find a way to organize all your schools. For each school, include not only secondary questions and answers, but also their mission, why you are a good fit for the school, and other essential information. Once you receive secondaries you can add the date you received & submitted your secondary application. Later, you can refer back to this information if you’re invited to an interview.
AMCAS NEXT STEPS

COMPLETING YOUR APPLICATION

Schools Attended: Transcripts
AMCAS requires official transcripts from all US colleges and universities you have attended including: Northeastern University, US colleges abroad (i.e. American College of Thessaloniki), and/or any US college/university where you earned credit, including dual enrollment courses taken in high school. Request transcripts early, once the AMCAS application opens! Your application cannot be verified until they are received.

If you are graduating in May, make sure to request that your degree is posted on your transcript. All transcripts sent to AMCAS should include a signed AMCAS Transcript Request Form (which will be generated once you complete the Schools Attended section of the application).

Instructions on requesting transcripts from Northeastern can be found on the registrar's website here: https://registrar.northeastern.edu/article/transcript-requests/. Northeastern transcripts CANNOT be sent electronically to AMCAS. For all other US colleges and universities you attended, follow their process to request transcripts and include the AMCAS Transcript Request Form in your request.

For courses taken at foreign institutions, follow the AMCAS Instructions on entering Study Abroad courses here: https://students-residents.aamc.org/applying-medical-school/article/how-enter-study-abroad-coursework/. Dialogues of Civilization are NU courses, and do not need to be entered separately from your NU coursework.

Course Work
This section of the application requires you to input your coursework exactly as it appears on your transcript. Request a transcript for personal use and set aside ample time to complete this section of the application, as it is the most labor intensive. Co-op semesters should be entered exactly as they appear on your transcript.

Work/Activities
You will be able to add up to 15 activities and experiences to your application. Be sure to designate 3 as most significant and talk about them in depth. Remember you are writing for medical school admissions. Write in terms of the AAMC competencies. Talk about what you learned and contributed – outcomes, not tasks!
Letters of Evaluation
Enter only one letter for your Committee Letter, listing Ciara O'Donnell as the author.

Use the following data in the Evaluator Information field:
Name: Ciara O'Donnell
Address: 360 Huntington Ave
City: Boston
Phone: 617-373-3310
Email: c.odonnell@northeastern.edu

MCAT & Medical Schools
MCAT Scores are automatically sent to AMCAS.
If you will not have an MCAT score in time to apply in early June, you may opt to submit your AMCAS application to only one school to begin Verification while you wait for scores. Verification usually takes about 4-6 weeks, and medical schools will not receive your applications until verification is complete (please note: AMCAS verifies applications on a first-come-first-served basis, but will not send ANY verified applications to medical schools until several weeks after the application opens for submission).

Once you receive your MCAT score, and have confirmed you're satisfied with it, then you can add the rest of your schools to your AMCAS application. We advise that the ONE school you apply to is NOT your top choice, should you decide to withdraw your application after receiving your MCAT.

Biographic Information: Institutional Actions, Misdemeanors, and Felonies
In addition to basic biographic information, this section will ask about felonies, misdemeanors and institutional actions (i.e. OSSCR write-up). If you are unsure of whether or not you may have been documented for a conduct violation in the past, please contact the Office of Student Conduct and Conflict Resolution at osccr@neu.edu or 617.373.490. Their office is located in 204 Ell Hall. An important note is that student conduct records are destroyed when a student graduates. However, if you have anything, no matter how minor, disclose. Admissions committees are unlikely to have concerns about minor incidents, but will rescind an acceptance if they find out you failed to disclose.

CASPer® Test:
Some medical schools require the CASPer® situational judgement test as a part of their secondary application. CASPer® is a selection tool run and developed by Altus Assessments Inc. It is used by academic programs to help assess applicants for non-academic attributes or people skills. Learn more about CASPer® here. For a full list of schools that require CASPer® look here: https://takecasper.com/schools-and-programs/

For all other questions, please refer to the AMCAS Applicant Guide, which can be found at https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/applying-medical-school-amcas/ or by following the QR code below.
The statistics below can help you understand trends in the application process and where your application stands. Where does my GPA and MCAT put me compared to national applicants?
'21

A note from your advisors.

Congratulations on making it to your application year! This is an exciting and important period. However, should the application process at any point feel overwhelming, we are here to guide you through - no matter what. Reach out when you're not sure. We'll be in Richards 315 or a phone call away.

Best of luck,

Doug, Ciara, & Rob