MCATBros Mock Medical School Application for TMDSAS Applicants

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Note on character count: Spaces are counted as characters in the TMDSAS portal

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- Photo Upload
- You are required to upload a digital photo of yourself. It must be smaller than 100KB and be in one of the following file formats: jpg, gif, png or bmp.
- If the photo expands to take up the entire page once you've uploaded it, that's not an issue. You should continue as normal.
- Military Service
    - Essay:
- Felonies and Misdemeanors
- You will be asked questions regarding any past or current felonies or misdemeanors. Specifically, you will be asked if you have ever been arrested or charged with any violation of the law regardless of outcome.
- Note: A charge is not required to be revealed if it has been expunged
- Unless the offense involved alcohol or drugs, you may exclude:
- 1. Traffic tickets, and
- 2. Violations with fines of $250 or less
- If you answer YES, you will have 600 characters to provide details. Remember that unless the offense fits one of the above exceptions, it must be reported to TMDSAS. If you have doubts about whether or not to report something, it is best to err on the side of full and honest disclosure.
- TMDSAS Policy: Applicant Responsibility to Disclose Changes to Felony/Misdemeanor - Post Submission
- After the date of submission of your TMDSAS application and prior to matriculation, if you are charged, convicted of, plead guilty, or no contest to a felony or misdemeanor crime, you must inform TMDSAS as well as the admissions office of each school to which you have applied. You must notify TMDSAS and each school within ten (10) business days of the occurrence of the criminal charge or conviction.
- Failure to disclose this information is grounds for rejection of your application, withdrawal of any offer of acceptance, dismissal after enrollment or rescission of any degrees granted.
        - Non Traditional Essay
        - (Yes/No) Has your education or vocation ever been interrupted for any reason?
- Institutional Action Essays
        - (Yes/No) Were you ever the recipient of any action by any college or professional school for unacceptable academic performance?
        - (Yes/No) Were you ever the recipient of any action by any college or professional school for conduct violations?
        - (Yes/No) Have you ever been sanctioned or received disciplinary action by a State Licensure Board of any kind (i.e., nursing, pharmacy, legal, etc.)?

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Activities

3 Things to Remember About Activities

Entering Asynchronous Activities

Experience #1:

Experience #2:

Experience #3:

Experience #4:

Experience #5:

Experience #X: (copy and paste if more activities fit this description)

Non-Academic Recognition

Experience #1:

Experience #2:

Experience #3:

Experience #4:

Experience #5:

Experience #X: (copy and paste if more activities fit this description)

Leadership

Experience #1:

Experience #2:

Experience #3:

Experience #4:

Experience #5:

Experience #X:

Employment

Experience #1:

Experience #2:

Experience #3:

Experience #4:

Experience #5:

Experience #X:

Research Activities

Experience #1:

Experience #2:

Experience #3:

Experience #4:

Experience #5:

Experience #X:

Healthcare Activities

Experience #1:

Experience #2:

Experience #3:

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Experience #4:

Experience #5:

Experience #X:

Community Engagement

Use the guidance outlined below to understand the rationale behind this category. Reflect on your activities, focusing not only on what you did, but also on the skills you developed and the impact of your work to create meaningful descriptions that support your overall narrative.

List any non-healthcare-related community service or volunteer activities you have participated in since graduating from high school.

Experience #1:

Experience #2:

Experience #3:

Experience #4:

Experience #5:

Experience #X::

Extracurricular Activities

Use the guidance outlined below to understand the rationale behind this category. Reflect on your activities, focusing not only on what you did, but also on the skills you developed and the impact of your work to create meaningful descriptions that support your overall narrative.

List any significant extracurricular, leisure activities, or hobbies you have participated in since graduating from high school.

Experience #1:

Experience #2:

Experience #3:

Experience #4:

Experience #5:

Experience #X:

Top Meaningful Activities

Most Meaningful Activity #1:

Most Meaningful Activity #2:

Most Meaningful Activity #3:

Planned Activities

Experience #1:

Experience #2:

Experience #3:

Experience #4:

Experience #5:

Personal Statement - Personal Essay

The personal essay asks you to explain your motivation to seek a career in medicine. You are asked to include the value of your experiences that prepare you to be a physician.

Letters of Evaluation

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Letters of Evaluation Must Include

Introduction

Please fill this out for your records throughout your journey and/or before the application opens so you can have everything organized for when you decide to apply for medical school. Please also feel free to share this tracker with your mentor, pre-med advisor (if they're willing to accept it and/or you trust them with it), with us (mcatbros@gmail.com) if you would like, and with yourself as well.

The goal should be to have this completely finalized by March of your application year (which is a bit over one year before you plan to matriculate into medical school). This goal allows you to spend a few months gaining feedback and perfect everything from various sources. It also allows you to meet your pre-health committee's deadline (which will require much of what this document contains if you have one) and provide information to your letter writers before writing your letter. To help you accomplish this goal, the optimal goal should be to take the MCAT by January of the year you apply (obviously, later is okay, but this is OPTIMAL to plan for even though you may hear otherwise from other places).

MCATBROS Mission & Purpose of this Document: MCATBROS' mission is to make the premedical & MCAT journey more productive with information and guidance and allow students to achieve their goals. We believe this centralized mock application system & premedical tracker will enable students to do just that.

We created this document to allow students to begin working on critical components of their application before they officially open. This document outlines general guidelines and descriptions, and character limits for the many essays you will have to write for your medical

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school application with the information sourced from that particular application system company. Over time we will be adding more tips and advice to this document to help you along with your premedical journey. We believe in “DOING” rather than “reading about doing,” and as a result, we think the exercise of trying to fill this out will illuminate your application piece by piece and allow you to seek guidance (if/when you need it).

Please make a copy to edit it yourself AND keep this bookmarked to see future changes.

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OUR MOCK APPLICATIONS ARE AVAILABLE FOR FREE, BUT WE DO NOT WANT TO DISTRIBUTE THEM BECAUSE WE DO MAKE UPDATES TO THEM. You can find the most up-to-date version on our website, MCATBros.com. You can direct your friends to download a copy here.

For other valuable MCAT and medical school-related resources and tools, check out our Free Resources page on our website MCATBros.com. Here you can find easy access to resources such as our famous 300-page Psychology and Sociology Content Review Notes!

Please fill out this Form to Receive This Document and stay updated on our FREE MCAT & Application Advice: https://docs.google.com/forms/d/e/1FAIpQLScR1XR5S_k5Y_DVzX5mbJ8NJ80nF-7nlN1oCb9nu9HrKzLlJw/viewform (Signing up means you will be the first to know about a cool feature we are going to be releasing soon!). You can also ask students to DM us @mcatbros to receive this planner.

Have questions? Did you know you can get FREE help on our Facebook group: www.facebook.com/groups/mcatbros regarding any aspect of your pre-med journey or DM us at @mcatbros for our Pre Med advising team (FREE)! We also have subsection groups at: www.mcatbros.com/telegram

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TMDSAS Submission and Deadlines

The Texas Medical and Dental Schools Application Service (TMDSAS) is the central organization through which participating member institutions in Texas unite to foster the success of aspiring dentists, physicians, and veterinarians. TMDSAS achieves this through leadership, personalized support, education, and communication. We simplify the application process for both the applicants and the participating schools by providing ONE standardized application.

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The participating schools design the questions on the application and therefore receive uniform information on all applicants.

Participating medical schools:

- Baylor College of Medicine
- Long School of Medicine at UT Health San Antonio
- McGovern Medical School at UT Health Houston
- Sam Houston State University College of Osteopathic Medicine
- Texas A&M University College of Medicine
- Texas Tech University Health Sciences Center El Paso, Paul L. Foster School of Medicine
- Texas Tech University Health Sciences Center School of Medicine in Lubbock
- University of Houston College of Medicine
- University of North Texas Health Science Center, Texas College of Osteopathic Medicine
- The University of Texas at Austin, Dell Medical School
- The University of Texas Medical Branch at Galveston
- The University of Texas Rio Grande Valley School of Medicine
- The University of Texas Southwestern Medical School

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Getting Through the TMDSAS Application Like a Champ!

1

What's the best way to make sure you get everything done on time? Start early!

Do not wait until the last minute to submit the TMDSAS Application. Develop a timeline in advance, taking into account deadlines plus your unique set of circumstances. Then use your time wisely to complete your application and submit it in a timely manner.

2

Be Prepared

The application is lengthy and requires planning to ensure that you submit one that best conveys who you are. Having the following items ready to go before you start the application will ensure that you submit the best application possible:

- Copy of transcript from every college attended to complete the [College Coursework] section
- Dates and hours of employment, community service, research, leadership, and healthcare activities
- Dates that DAT/MCAT exams were taken or will be taken
- Contact information for your evaluators

3

Quality Matters

Although you may be tempted to rush through the application process, remember that the quality of the items you submit will make a difference. During review, the schools consider every factor that has contributed to your academic and personal achievements. Every item entered on the application will be considered and compared to others in that same group. Therefore, the quality of your application may be the thing that makes you stand out from the crowd, and that results in getting the decision you're looking for.

4

Tech Tip

Do not use the "back" button while completing the application.
Using the navigation buttons and features of your browser will likely cause errors and other unpredictable behavior. Instead, use the application's internal navigational features to move from section to section. Also, avoid losing data by saving each section of the application. It is especially important to do this frequently when completing the lengthy sections on the application, as the app can time out.

5

Deadlines

Do not be tardy for the party! Submit your Letters of Evaluation and Test Scores as soon as possible to avoid delaying the review of your application by the schools.

During peak periods, TMDSAS can receive hundreds of supporting documents by mail each day. We process these documents as they arrive, but it may take several days for an item to be processed, uploaded into the system, and appear on your [Status] page.

Be patient and check your [Status] page regularly. Given the number of applications TMDSAS receives, we cannot verify the receipt of supporting documents by phone or email.

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TMDSAS has released a detailed handbook outlining everything you need to know about applying via TMDSAS. To view, visit this link: https://tmdsas.com/ApplicationHandbook.pdf. They release a new version for every application cycle; thus, if you want a detailed checklist for the application cycle you are applying during, go to TMDSAS.com and view their updated Application Handbook.

Photo Upload

You are required to upload a digital photo of yourself. It must be smaller than 100KB and be in one of the following file formats: jpg, gif, png or bmp.

If the photo expands to take up the entire page once you've uploaded it, that's not an issue. You should continue as normal.

Upload Photo:

Military Service

Essay:

If you have served in the USA military -
Describe how your military experience prepared you for a career as a healthcare. (1000 character limit)

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Felonies and Misdemeanors

You will be asked questions regarding any past or current felonies or misdemeanors. Specifically, you will be asked if you have ever been arrested or charged with any violation of the law regardless of outcome.

Note: A charge is not required to be revealed if it has been expunged

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Unless the offense involved alcohol or drugs, you may exclude:

1. Traffic tickets, and
2. Violations with fines of $250 or less

If you answer YES, you will have 600 characters to provide details. Remember that unless the offense fits one of the above exceptions, it must be reported to TMDSAS. If you have doubts about whether or not to report something, it is best to err on the side of full and honest disclosure.

TMDSAS Policy: Applicant Responsibility to Disclose Changes to Felony/Misdemeanor - Post Submission

After the date of submission of your TMDSAS application and prior to matriculation, if you are charged, convicted of, plead guilty, or no contest to a felony or misdemeanor crime, you must inform TMDSAS as well as the admissions office of each school to which you have applied. You must notify TMDSAS and each school within ten (10) business days of the occurrence of the criminal charge or conviction.

Failure to disclose this information is grounds for rejection of your application, withdrawal of any offer of acceptance, dismissal after enrollment or rescission of any degrees granted.

Felonies and Misdeamor Details Essay (600 characters, including spaces)

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Non Traditional Essay

- **"Describe the factors that have defined you as a non-traditional candidate and how they impact your application." (1000 character limit)**
    - **Note: This essay is required of any applicant who self-identifies as non-traditional.**
      Typically, non-traditional applicants had career changes, went back to school after many years, were in the military, etc.
    - **Participating institutions are interested in getting a better sense of how your own experiences have contributed to a formation of non-traditional identity.**
    - **This information also aids in data collection for TMDSAS to help us improve resources for non-traditional applicants.**

(Yes/No) Has your education or vocation ever been interrupted for any reason?

Education and Vocational Interruption Essay (600 characters, including spaces)

Institutional Action Essays

(Yes/No) Were you ever the recipient of any action by any college or professional school for unacceptable academic performance?

Academic Performance Action Essay (600 characters, including spaces)

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(Yes/No) Were you ever the recipient of any action by any college or professional school for conduct violations?

Conduct Violation Essay (600 characters, including spaces)

(Yes/No) Have you ever been sanctioned or received disciplinary action by a State Licensure Board of any kind (i.e., nursing, pharmacy, legal, etc.)?

Licensure Revoked Essay (600 characters, including spaces)

Activities

It is important to note that your [Activities] will be automatically built from the information you enter in all other sections of the application. Your chronology MUST account for all time between high school graduation and to when you are planning to matriculate into medical school; therefore, you must account for this time period in all the subsections of the [Employment & Activities] section.

TMDSAS allows current activities, past activities, and future planned activiites to go on the application.

3 Things to Remember About Activities

1. **Trust Your Judgement** - **You** know your activities best. You are the only one in the position to categorize your activities based on what you would like to highlight from each activity. TMDSAS does not provide advising to applicants on activity category selection.
2. **Category Selection is Flexible** - There isn't a "right" or "wrong" way to categorize an activity, as long as the chosen category makes sense within the context of your **application narrative**.

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- Use the guidance found within each link on the right-hand side to understand the rationale behind each category, and choose the one that best aligns with what you want to communicate to the schools and your overall narrative.

3. **Focus On the Narrative** - What do you want to convey to the schools? Activity categorization should support the overall story (narrative) you want to tell the schools about your skills, experience, and personal growth. Review the AAMC Core Competencies for a list of skills that the schools look for in an applicant.

Since graduating highschool and later only.

Double counting activities for TMDSAS - Do Not Include Same description if you put in many categories

Healthcare and Employment: An activity may be listed in both categories if the experience was a paid position and fits under BOTH Healthcare and Employment.

Leadership: Any activity that results in a leadership role may be entered in both categories.

1. What did I learn?
2. What was valuable about this activity?
3. What was meaningful to me (your personal connection)?

You can write descriptions either as a story format, paragraph, or in bullet points. Unlike other application services, you do not need to enter the contact information in the activity descriptions.

Entering Asynchronous Activities

In some instances, you may have engaged in an activity for short periods of time but over a long time span (e.g., volunteering at a summer camp). You may enter these activities in one of two ways:

1. Enter each instance individually. This is the best option if your role, or the activity, changed over time. Make sure the description reflects the changes in your role.
2. Enter it once as a single activity. This option may be best if the breaks in the activity were short, such as having a winter or summer break as a peer tutor. Be careful not to overinflate your total hours.
3.

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Select the activity category that best describes each of your experiences. The character count is limited to 300 characters (including spaces) or 500 characters (including spaces) depending on the activity type.Note: for all current activities, you will only be able to add activities up through the application deadline. Any activities beyond this range must be entered again in the [Planned Activities] section. If both are true for an activity, you put both date ranges.

When Activities Might Qualify for More Than One Section: There are a few exceptions. Healthcare and employment activities may be listed in both categories if the experience was a paid position. Additionally, any activity that also results in a leadership role may be listed in both of those categories. We understand that it may be difficult to decide under which category to list your activities. However, this is an opportunity to show the schools how your experiences have shaped and prepared you for professional school. Use this moment to highlight the value and lessons gained from your activities as you see fit.

Unlike AMCAS, TMDSAS does not have a limit to the number of experiences you can list in your application (For reference, AMCAS only allows for a max of 15 experiences to be listed in their Work and Activities Section)

Types of Activities:

- **Academic Recognition:** List academic honors, awards, and other recognitions received since beginning college.
- **Non-Academic Recognition:** List non-academic honors, awards, and other recognitions received since beginning college.
- **Leadership:** List all jobs (paid work experience) held since graduating from high school, including military service. Paid healthcare activities may be listed here in addition to the healthcare activities section.
- **Employment:** List all jobs (paid work experience) held since graduating from high school, including military service. Paid healthcare activities may be listed here in addition to the healthcare activities section.
- **Research Activities:** List any significant research activities (paid or volunteer) you have participated in since graduating high school. (Veterinary applicants should list activities since beginning high school.)
- **Healthcare Activities:** List all direct healthcare-related activities you have participated in since graduating high school. For example, these may include: shadowing, scribing, clinical research, serving or working as a patient care tech, a nurse, and any direct observation or participation in patient care in a clinic, hospital, or with a physician or dentist.
- **Community Service:** List any non-healthcare-related community service or volunteer activities you have participated in since beginning college. (Veterinary applicants should list activities since beginning high school.)

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- **Extracurricular Activities:** List any significant extracurricular, leisure activities, or hobbies you have participated in since beginning college. (Veterinary applicants should list activities since beginning high school.)
- **Top Meaningful Activities:** Here you will talk about which of your previously listed activities (from each of the [Activities] sections) were most meaningful and why. You are required to identify the most meaningful activity and may list up to three total (500 character limit, each entry). These should only be activities that have been completed or are on-going. Do not include activities with a future start date.
- **Planned Activities:** Indicate future activities you plan on participating in between the application deadline and August 2024. This should include any future employment as well as any future research, healthcare, community service, or extracurricular activities.

Academic Recognition:

Use the guidance outlined below to understand the rationale behind this category. Reflect on your activities, focusing not only on what you did but also on the **skills** you developed and the impact of your work to create meaningful descriptions that support your overall narrative.

List academic honors, awards, and other recognitions received since graduating from high school.

Experience #1:

Award Title:	
Date Received:	
Organization Name:	
City/State/Country:	

Award Description (300 characters, with spaces):

Experience #2:

Award Title:	
Date Received:	

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Organization Name:	
City/State/Country:	

Award Description (300 characters, with spaces):

Experience #3:

Award Title:	
Date Received:	
Organization Name:	
City/State/Country:	

Award Description (300 characters, with spaces):

Experience #4:

Award Title:	
Date Received:	
Organization Name:	
City/State/Country:	

Award Description (300 characters, with spaces):

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Experience #5:

Award Title:	
Date Received:	
Organization Name:	
City/State/Country:	

Award Description (300 characters, with spaces):

Experience #X: (copy and paste if more activities fit this description)

Award Title:	
Date Received:	
Organization Name:	
City/State/Country:	

Award Description (300 characters, with spaces):

Non-Academic Recognition

Use the guidance outlined below to understand the rationale behind this category. Reflect on your activities, focusing not only on what you did, but also on the **skills** you

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developed and the impact of your work to create meaningful descriptions that support your overall narrative.

List non-academic honors, awards, and other recognitions received since graduating from high school.

Experience #1:

Award Title:	
Date Received:	
Organization Name:	
City/State/Country:	

Award Description (300 characters, with spaces):

Experience #2:

Award Title:	
Date Received:	
Organization Name:	
City/State/Country:	

Award Description (300 characters, with spaces):

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Experience #3:

Award Title:	
Date Received:	
Organization Name:	
City/State/Country:	

Award Description (300 characters, with spaces):

Experience #4:

Award Title:	
Date Received:	
Organization Name:	
City/State/Country:	

Award Description (300 characters, with spaces):

Experience #5:

Award Title:	
Date Received:	
Organization Name:	
City/State/Country:	

Award Description (300 characters, with spaces):

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Experience #X: (copy and paste if more activities fit this description)

Award Title:	
Date Received:	
Organization Name:	
City/State/Country:	

Award Description (300 characters, with spaces):

Leadership

Use the guidance outlined below to understand the rationale behind this category. Reflect on your activities, focusing not only on what you did, but also on the **skills** you developed and the impact of your work to create meaningful descriptions that support your overall narrative.

List any leadership roles or positions of responsibility held since graduating from high school.

Experience #1:

Role Title:	
Start Date:	
End Date:	
City/State/Country:	

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Brief Description of Position (500 characters, with spaces):

Experience #2:

Role Title:	
Start Date:	
End Date:	
City/State/Country:	

Brief Description of Position (500 characters, with spaces):

Experience #3:

Role Title:	
Start Date:	
End Date:	
City/State/Country:	

Brief Description of Position (500 characters, with spaces):

Experience #4:

Role Title:	
Start Date:	

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End Date:	
City/State/Country:	

Brief Description of Position (500 characters, with spaces):

Experience #5:

Role Title:	
Start Date:	
End Date:	
City/State/Country:	

Brief Description of Position (500 characters, with spaces):

Experience #X:

Role Title:	
Start Date:	
End Date:	
City/State/Country:	

Brief Description of Position (500 characters, with spaces):

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Employment

Use the guidance outlined below to understand the rationale behind this category. Reflect on your activities, focusing not only on what you did, but also on the **skills** you developed and the impact of your work to create meaningful descriptions that support your overall narrative.

List all jobs (paid work experience) held since graduating from high school, including military. Paid healthcare activities may be listed here in addition to the healthcare activities section.

- If you held a job every summer, enter each time period as a separate record.
- Additionally, if you held this job for consecutive terms, select "Other" for the question "When did you hold this job?" You will be able to provide more details if you wish.

Experience #1:

Job Title:	
Start Date:	
End Date:	
City/State/Country:	
Employer	
Hours Worked Per Week	
When the Job Was Held	

Brief Description of Position (300 characters, with spaces):

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Experience #2:

Job Title:	
Start Date:	
End Date:	
City/State/Country:	
Employer	
Hours Worked Per Week	
When the Job Was Held	

Brief Description of Position (300 characters, with spaces):

Experience #3:

Job Title:	
Start Date:	
End Date:	
City/State/Country:	
Employer	
Hours Worked Per Week	
When the Job Was Held	

Brief Description of Position (300 characters, with spaces):

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Experience #4:

Job Title:	
Start Date:	
End Date:	
City/State/Country:	
Employer	
Hours Worked Per Week	
When the Job Was Held	

Brief Description of Position (300 characters, with spaces):

Experience #5:

Job Title:	
Start Date:	
End Date:	
City/State/Country:	
Employer	
Hours Worked Per Week	
When the Job Was Held	

Brief Description of Position (300 characters, with spaces):

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Experience #X:

Job Title:	
Start Date:	
End Date:	
City/State/Country:	
Employer	
Hours Worked Per Week	
When the Job Was Held	

Brief Description of Position (300 characters, with spaces):

Research Activities

Use the guidance outlined below to understand the rationale behind this category. Reflect on your activities, focusing not only on what you did, but also on the **skills** you developed and the impact of your work to create meaningful descriptions that support your overall narrative.

List any significant research activities (paid or volunteer) you have participated in since graduating high school

- Include any publications (submitted as well as published), abstracts, presentations, and posters.
- Indicate the research activity name, start date, end date, city, approximate hours worked per week, total cumulative hours, country, state, and a brief description of the research (500 character limit). Click on [Submit] to save the record.
- **If research culminated in any publications, abstracts, presentations, or posters**, you will have the opportunity to provide details. (500 character limit)
- Additional records can be added by clicking the [Add a Research Activity] link.

Note on character count: Spaces are counted as characters in the TMDSAS portal

Experience #1:

Activity Name	
Start Date:	
End Date:	
City/State/Country:	
Employer	
Hours Worked Per Week	
Total Cumulative Hours	
Total Cumulative Hours	

Description (500 characters, with spaces):

+ **If research culminated in any publications, abstracts, presentations, or posters**, you will have the opportunity to provide details. (500 character limit)

Experience #2:

Activity Name	
Start Date:	
End Date:	
City/State/Country:	
Employer	
Hours Worked Per Week	

Note on character count: Spaces are counted as characters in the TMDSAS portal

Total Cumulative Hours	
Total Cumulative Hours	

Description (500 characters, with spaces):

+ **If research culminated in any publications, abstracts, presentations, or posters**, you will have the opportunity to provide details. (500 character limit)

Experience #3:

Activity Name	
Start Date:	
End Date:	
City/State/Country:	
Employer	
Hours Worked Per Week	
Total Cumulative Hours	
Total Cumulative Hours	

Description (500 characters, with spaces):

+ **If research culminated in any publications, abstracts, presentations, or posters**, you will have the opportunity to provide details. (500 character limit)

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Experience #4:

Activity Name	
Start Date:	
End Date:	
City/State/Country:	
Employer	
Hours Worked Per Week	
Total Cumulative Hours	
Total Cumulative Hours	

Description (500 characters, with spaces):

+ **If research culminated in any publications, abstracts, presentations, or posters**, you will have the opportunity to provide details. (500 character limit)

Experience #5:

Activity Name	
Start Date:	
End Date:	
City/State/Country:	

Note on character count: Spaces are counted as characters in the TMDSAS portal

Employer	
Hours Worked Per Week	
Total Cumulative Hours	
Total Cumulative Hours	

Description (500 characters, with spaces):

+ **If research culminated in any publications, abstracts, presentations, or posters**, you will have the opportunity to provide details. (500 character limit)

Experience #X:

Activity Name	
Start Date:	
End Date:	
City/State/Country:	
Employer	
Hours Worked Per Week	
Total Cumulative Hours	
Total Cumulative Hours	

Description (500 characters, with spaces):

+ **If research culminated in any publications, abstracts, presentations, or posters**, you will have the opportunity to provide details. (500 character limit)

Note on character count: Spaces are counted as characters in the TMDSAS portal

Healthcare Activities

Use the guidance outlined below to understand the rationale behind this category. Reflect on your activities, focusing not only on what you did, but also on the **skills** you developed and the impact of your work to create meaningful descriptions that support your overall narrative.

List all direct healthcare-related activities you have participated in since graduating high school. *For example, these may include: shadowing, scribing, clinical research, serving or working as a patient care tech, a nurse, and* ***any direct observation or participation in patient care in a clinic, hospital, or with a physician or podiatrist in a formal way.***

- Reminder: Both paid and unpaid healthcare activities may be listed here.
- Multiple doctors, same location: If you shadowed multiple doctors at the same location DO NOT create multiple entries. Instead, create ONE entry per location and list each doctor in the description. If each doctor you shadowed had a different specialty, you may make a separate entry per specialty.

Experience #1:

Activity Name:	
Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Week	
Total Cumulative Hours:	

Experience Description (500 characters, with spaces):

Note on character count: Spaces are counted as characters in the TMDSAS portal

Experience #2:

Activity Name:	
Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Week	
Total Cumulative Hours:	

Experience Description (500 characters, with spaces):

Experience #3:

Activity Name:	
Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Week	
Total Cumulative Hours:	

Experience Description (500 characters, with spaces):

Note on character count: Spaces are counted as characters in the TMDSAS portal

Experience #4:

Activity Name:	
Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Week	
Total Cumulative Hours:	

Experience Description (500 characters, with spaces):

Experience #5:

Activity Name:	
Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Week	
Total Cumulative Hours:	

Experience Description (500 characters, with spaces):

Experience #X:

Activity Name:	

Note on character count: Spaces are counted as characters in the TMDSAS portal

Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Week	
Total Cumulative Hours:	

Experience Description (500 characters, with spaces):

Community Engagement

*Use the guidance outlined below to understand the rationale behind this category. Reflect on your activities, focusing not only on what you did, but also on the **skills** you developed and the impact of your work to create meaningful descriptions that support your overall narrative.*

List any non-healthcare-related community service or volunteer activities you have participated in since graduating from high school.

Experience #1:

Activity Name:	
Start Date:	
End Date:	
City/State/Country:	

Note on character count: Spaces are counted as characters in the TMDSAS portal

Hours Worked Per Week	
Total Cumulative Hours:	

Activity Description (500 characters, with spaces):

Experience #2:

Activity Name:	
Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Week	
Total Cumulative Hours:	

Activity Description (500 characters, with spaces):

Experience #3:

Activity Name:	
Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Week	
Total Cumulative Hours:	

Note on character count: Spaces are counted as characters in the TMDSAS portal

Activity Description (500 characters, with spaces):

Experience #4:

Activity Name:	
Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Week	
Total Cumulative Hours:	

Activity Description (500 characters, with spaces):

Experience #5:

Activity Name:	
Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Week	
Total Cumulative Hours:	

Activity Description (500 characters, with spaces):

Note on character count: Spaces are counted as characters in the TMDSAS portal

Experience #X::

Activity Name:	
Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Week	
Total Cumulative Hours:	

Activity Description (500 characters, with spaces):

Note on character count: Spaces are counted as characters in the TMDSAS portal

Extracurricular Activities

*Use the guidance outlined below to understand the rationale behind this category. Reflect on your activities, focusing not only on what you did, but also on the **skills** you developed and the impact of your work to create meaningful descriptions that support your overall narrative.*

List any significant extracurricular, leisure activities, or hobbies you have participated in since graduating from high school.

Experience #1:

Activity Type/Name:	
Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Month	
Total Cumulative Hours:	

Activity Description (500 characters, with spaces):

Note on character count: Spaces are counted as characters in the TMDSAS portal

Experience #2:

Activity Type/Name:	
Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Month	
Total Cumulative Hours:	

Activity Description (500 characters, with spaces):

Experience #3:

Activity Type/Name:	
Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Month	
Total Cumulative Hours:	

Activity Description (500 characters, with spaces):

Note on character count: Spaces are counted as characters in the TMDSAS portal

Experience #4:

Activity Type/Name:	
Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Month	
Total Cumulative Hours:	

Activity Description (500 characters, with spaces):

Experience #5:

Activity Type/Name:	
Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Month	
Total Cumulative Hours:	

Activity Description (500 characters, with spaces):

Experience #X:

Activity Type/Name:	

Note on character count: Spaces are counted as characters in the TMDSAS portal

Start Date:	
End Date:	
City/State/Country:	
Hours Worked Per Month	
Total Cumulative Hours:	

Activity Description (500 characters, with spaces):

Top Meaningful Activities

Use the guidance outlined below to understand the rationale behind this category. Reflect on your activities, focusing not only on what you did, but also on the **skills** you developed and the impact of your work to create meaningful descriptions that support your overall narrative.

Select 3 of your previously listed activities from any of your activity categories to expand upon (from each of the [Activities] sections) You are to pick the ones that are the most meaningful and why.

- You are required to identify the most meaningful activity and may list up to three total (500 character limit, each entry).
- Add an identifier so the schools know which activity you are referring to.
- These should only be activities that have been completed or are on-going. Do not include activities with a *future* start date.

Note on character count: Spaces are counted as characters in the TMDSAS portal

Most Meaningful Activity #1:

Most Meaningful Description #1:

Activity Description (500 characters, with spaces):

Most Meaningful Activity #2:

Most Meaningful Description #2:

Activity Description (500 characters, with spaces):

Most Meaningful Activity #3:

Most Meaningful Description #3:

Activity Description (500 characters, with spaces):

Planned Activities

Use the guidance outlined below to understand the rationale behind this category. Reflect on your activities, focusing not only on what you did, but also on the **skills** you developed and the impact of your work to create meaningful descriptions that support your overall narrative.

Indicate future activities that you plan on participating in between the application deadline (November 1st) and matriculation (August 2026). The schools are aware that planned activities are plans and they might change between the time you submit your application, and the time you matriculate. Do your best to fill out this section.

Note on character count: Spaces are counted as characters in the TMDSAS portal

- This includes any future employment as well as any future research, healthcare, community service, or extracurricular activities.
- Indicate the Activity Type, start date, planned end date, city, total projected hours, country, state, and a brief description of the activity (500 characters). Click on [Submit] to save the record

Experience #1:

Activity Type:	
Start Date:	
End Date:	
City/State/Country:	
Total Projected Hours:	

Activity Description (500 characters, with spaces):

Experience #2:

Activity Type:	
Start Date:	
End Date:	
City/State/Country:	
Total Projected Hours:	

Activity Description (500 characters, with spaces):

Note on character count: Spaces are counted as characters in the TMDSAS portal

Experience #3:

Activity Type:	
Start Date:	
End Date:	
City/State/Country:	
Total Projected Hours:	

Activity Description (500 characters, with spaces):

Experience #4:

Activity Type:	
Start Date:	
End Date:	
City/State/Country:	
Total Projected Hours:	

Activity Description (500 characters, with spaces):

Experience #5:

Activity Type:	
Start Date:	
End Date:	

Note on character count: Spaces are counted as characters in the TMDSAS portal

City/State/Country:	
Total Projected Hours:	

Activity Description (500 characters, with spaces):

Personal Statement - Personal Essay

The personal essay asks you to explain your motivation to seek a career in medicine. You are asked to include the value of your experiences that prepare you to be a physician.

Personal Essay (5,000 characters):

Personal Characteristics: Required of All Applicants (2500 characters)

A key aspect of holistic review includes the consideration of applicants' attributes within the context of their experiences and academic metrics.

Describe your personal qualities, characteristics, skills, or strengths, and how they will contribute meaningfully to the lives of others.

Optional Essay – There is One Optional Essay Available for All Applicants

Prompt: Briefly discuss any unique circumstances or life experiences that are relevant to your application, which have not previously been presented (2500 characters)

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DO/PhD & MD/PhD Program Essays:

1. **Explain your motivation to seek a MD/PhD or DO/PhD dual Discuss your research interests and career goals as an applicant to a dual degree program. (5000 characters)**

2. **Describe your significant research Include the name and title of your research mentor as well as your contributions to the project. List any publications that have resulted from your work. (5000 characters)**

Letters of Evaluation

- **Individual Letters**
  - Three individual letters of evaluation or evaluation forms
  - Option to submit one additional letter (or Evaluation Form)
    - You must indicate in the application if you are submitting an extra letter.

OR

- **HPAC or Committee Letter**

Note on character count: Spaces are counted as characters in the TMDSAS portal

- One Health Professions Committee Letter or Packet
- Option to submit one additional letter (or Evaluation Form)
  - You must indicate in the application if you are submitting an extra letter.

Letters of Evaluation Must Include

Be sure to inform evaluators of letter requirements, as letters missing any of this information may be rejected, and further delay delivery to the schools.

- **Official Letterhead** - personal or professional letterhead is accepted
- **Evaluator Contact Information** – telephone number and/or email address
- **Applicant 's Name**
- **Date**– Admissions committees will take the date of the letter into consideration during review, with a strong preference for letters written after May 1, 2025.
- Letter must be **written in English**
- **Evaluator Signature**

  - **Direct Upload and Evaluation Forms**: E-signatures are accepted when delivering letters to the TMDSAS Evaluator Portal.
  - **Letters Submitted via Interfolio**: E-signatures on an actual letter (using Adobe Acrobat, Docusign, etc.) are accepted.

Type of Letter (Committee, Letter Packet, Individual Letter)	Name of Letter Writer	Date of Letter Request	Status of Letter (Completed, In Progress, Request not sent)	Marked as Received on TMDSAS?
1.				
2.				
3.				
4.				

Note on character count: Spaces are counted as characters in the TMDSAS portal