

INSTRUCTIONS FOR COMPLETING THE HPC APPLICANT INFORMATION FORM

- The information form will be held in your HP advising account to be read by the Health Professions Committee. This entire document will be available to each health professions committee member with whom you will be interviewing.
- We will upload your Middlebury transcript to a secure platform for committee review prior to your interviews.
- The general order of this template (appearing in the form below), follows the AMCAS application as much as possible. It has proven to be very useful for applicants.
- All writing, including personal comments, essays for MD-PhD applicants, and descriptions of work/activities, should be your own. Although you may utilize mentors, peers, advisors, and/or AI tools for brainstorming, proofreading, or editing, your final submission must be a true reflection of your own work and an accurate representation of your experiences.
- Click [here](#) for a link to the *Guide to the Health Professions Committee Applicant Information Form*. This is a really helpful resource! Please take advantage of it.

*Delete this page and delete or edit everything currently in red font -
It is meant for your aid only.*

This document must be uploaded to the [HPC Internal Review Docs form](#) by
JANUARY 15, 2026!

The Middlebury College Health Professions Committee application has 4 components:

- Applicant Information

- Educational Background (coursework taken at/outside Middlebury)
- Experiences: Work and Activities Section
- Written Reflections: Short Answer Prompts and Personal Statement

The HPC application is intended to replicate the format of the AMCAS/AACOMAS applications, and this [2026 AMCAS Applicant Guide](#) can serve as a helpful resource when completing the HPC application.

**** I certify that, to the best of my knowledge, the information in this application and associated materials is current, complete, accurate, and follows the AI guidelines above. Initial Here**

HEALTH PROFESSIONS COMMITTEE APPLICANT INFORMATION FORM

Applicant Information

Full Name: _____ **DOB:** _____
Last First M.I.

Legal Residence: _____
Street Address Apartment/Unit #

City State ZIP Code Country

Current Residence: _____
Street Address Apartment/Unit #

City State ZIP Code Country

Mobile Phone: _____ **E-mail:** _____

Legal State of Residency: _____

Your answer represents the residency or domicile of your true, fixed, and permanent home. If you moved into a state for the sole purpose of attending school, do not count that state as your state of legal residence. Each state determines legal residency differently. You should contact your individual state for legal residence qualifications.

International: _____ **Citizenship:** _____

Gender: Male: Female: Xe: Choose not to report:

Languages:	Proficient?			
Language 1 _____	YES <input type="checkbox"/> NO <input type="checkbox"/>	Language used in childhood home?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Language 2 _____	YES <input type="checkbox"/> NO <input type="checkbox"/>	Language used in childhood home?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Language 3 _____	YES <input type="checkbox"/> NO <input type="checkbox"/>	Language used in childhood home?	YES <input type="checkbox"/>	NO <input type="checkbox"/>

Education

High School: _____ Address: _____

Entered Middlebury College in: Sept/Feb, 20XX

Graduated: May/Feb, 20XX

Major(s) at Middlebury: _____

Minor(s) at Middlebury: _____

COURSEWORK TAKEN AT MIDDLEBURY

Your Middlebury College transcript will be made available to the Health Professions Committee for review prior to your interviews.

For reference, Medical School Admissions and our committee will review your GPA in several ways: Your **Overall (OA) GPA** (average GPA for all courses taken), your **BCPM GPA** (or science GPA), and your **All Other (AO) GPA** (or non-science GPA).

COURSEWORK TAKEN OUTSIDE OF MIDDLEBURY

Course	Institution	Date	Grade
Physics I	ABC University	Summer 2019	A-

EXPERIENCES: WORK AND ACTIVITIES

The purpose of the EXPERIENCES section is to help the HPC and medical schools understand what matters to you, about your commitments, and how your experiences have shaped your readiness for medical school and have allowed you to test and explore your WHY. You may list up to 15 experiences, and will designate 3 as your “Most Meaningful Experiences”. There is no strict word or character limit for these responses, but keep in mind that AMCAS allows **700 characters** for experience descriptions, and **1325 characters** for a “Most Meaningful Experience.”

For each experience, you will designate an experience category, complete the template provided, and cut and paste the table for each experience you list.

Please list your experiences beginning with your 3 “Most Meaningful” followed by the remaining experiences in chronological order starting with the most recent.

The Experience Categories that you will use are as follows:

- artistic endeavors
- community service/volunteer – medical/clinical
- community service/volunteer – not medical/clinical
- conferences attended

- extracurricular activities
- hobbies
- honors/awards/recognition
- intercollegiate athletics
- leadership – not listed elsewhere
- military service
- 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

And you'll use these [Premed Competencies](#).

Sample Experience Formatted Below - Duplicate up to 15 times

Remember to list your experiences beginning with your 3 "Most Meaningful" followed by the remaining experiences in chronological order starting with the most recent.

You may use the same experience category more than once. Oftentimes, an experience will have elements of several categories. Part of the review process is beginning to think through the most appropriate designation.

Experience Category:	SELECT ONE FROM ABOVE LIST OF EXPERIENCE CATEGORIES
Premed Competencies:	List no more than 3
Experience Name:	
Contact Name & Title:	
Contact Email:	
Organization Name:	
City/State/Country:	
Experience Description:	
Dates:	
Total Hours:	
Most Meaningful Experience?	Y/N
Most Meaningful Experience	Often a paragraph or two in length
Remarks:	

SHORT ANSWER PROMPTS

For the purpose of the Health Professions Committee Applicant Information Form, we've included a suggested word count for these short answer prompts. Aim for striking a balance between reflective and succinct. Looking ahead to the short answers you will be preparing for medical school, there will be word counts ranging anywhere from 50 to 1000 words.

- 1. Share with us your story. This is your opportunity to allow us to know how you wish to be addressed, recognized and treated. (500 Words)**
- 2. Trust and rapport are essential in your day-to-day interactions with people. How do you cultivate a relationship with a person who may be very different from you? (250 words)**
- 3. Describe a situation in which you chose to advocate for someone who was different from you or for a cause or idea that was different from yours. Define your view of advocacy. What risks, if any, might be associated with your choice to be an advocate? (250 words)**
- 4. Not achieving a goal or one's desire can sometimes be disheartening. What have you discovered from your setbacks and disappointments and how does this translate to your current way of thinking? (250 words)**
- 5. What do you value most as a leader and as a contributor? What attributes do you possess as a leader and as a team member and how do you apply them on a daily basis? (250 words)**
- 6. Critical thinking involves a number of characteristics. Research experience enhances critical analysis skills. Describe any research experience or similar experience in which you utilized critical thinking. How will critical thinking be important in your future career? (250 words)**
- 7. Potential sources of health inequities exist. Discuss your experience with disparities in health, health care and society. (250 words)**
- 8. Your career in medicine may place increasing demands for your time. While in medical school, how will you balance your educational commitment and your outside interests? (250 words)**
- 9. Medical schools value diversity as a driver of excellence and are committed to building an educational community made up of members with diverse talents, experiences, opinions and backgrounds. In reflecting on your personal background/experiences, how might you contribute to the overall diversity of a medical school community? (250 words)**

(Short answer prompts adapted from the 2024-25 Duke University School of Medicine Secondary Questions)

PERSONAL STATEMENT

Every applicant is required to submit a personal statement of about 5,300 characters or approximately one page. For the purpose of our health professions committee review, we do not have a word limit. If you're applying to an MD/PhD program, you must complete two additional essays.

All Candidates:

- Explain why you want to go to medical school (about 5,300 characters)

MD/PhD Candidates:

- State your reasons for wishing to pursue the combined MD-PhD degree (about 3,600-character limit)
- Please describe your significant research experiences. In your statement, please specify your research supervisor's name and affiliation, the duration of the experience, the nature of the problem studied, and your contributions to the project. (10,000-character limit)