APPLICATION PROCESS

Thank you for your interest in the University of Utah School of Medicine. Our goal is to select the most capable students to attend our school and to have a balanced, but heterogeneous group that will excel in both the art and science of medicine. We recognize that a diverse student body promotes an atmosphere of creativity, experimentation and discussion that is conducive to learning. Exposure to a variety of perspectives and experiences prepares students to care for patients in all walks of life and in every segment of society.

RESIDENCY
- A minimum of 82% of positions are awarded to Utah residents or non-residents who graduated from a Utah high school, college or university.
- Eight positions are reserved for Idaho residents.
- The remaining positions are open to all applicants, including non-residents.

PREMEDICAL EDUCATION

Bachelor's Degree
A bachelor's degree is required to enter the University of Utah School of Medicine. Applicants must complete their schooling from a regionally-accredited institution in the United States or Canada prior to matriculation to medical school.

Required Premedical Coursework
Premedical courses must be taken for a passing grade from a regionally-accredited college/university in the United States or Canada prior to matriculation to medical school. Advanced Placement, CLEP credit, independent study and correspondence courses do not satisfy these requirements; however, AP credit may be used to satisfy 1 semester of chemistry with a score of 4 or 5. One course may not be used to fulfill two course requirements.

Chemistry: 2 years that should include both a general chemistry series including all applicable laboratories and an organic chemistry series that includes all applicable laboratories. AP credit earned with a 4 or 5 is acceptable toward fulfillment of 1 semester of this requirement. You must complete the applicable labs.

Physics: 1 year with all applicable laboratories.
Writing/Speech: 1 year that emphasizes written and/or verbal communications.
Biology: 2 courses. 1 must be in cellular biology or biochemistry.
Social Sciences: 1 course. (English, history, economics, anthropology, psychology, etc.)
Humanities: 1 course (art, music, drama, literature, etc.)

ACADEMICS

GPA:
Minimum: 3.2 in science, non-science, and overall.
Average: Approximately 3.6 in science, non-science, and overall.

To determine average criteria, the applicant’s GPA is compared to the average GPA of students who have gone on to attend medical school from the applicant’s undergraduate institution.

MCAT:
Minimum: 7 on each section: Biological Science, Physical Science, Verbal
Average: Total score of 30 or higher

Medical College Admission Test (MCAT)
All applicants are required to take the MCAT within 3 years of their application.

The minimum acceptable score for each section of the 2013, 2014 and January, 2015 MCAT is 7. The average overall score is 30. For tests taken in 2013, 2014 and January, 2015 only, the best score for each section will be considered. If the test is taken after April 1, 2015, only the scores from the latest test will be accepted. The minimum acceptable score is 123 in each of the four sections.

This information is intended to provide a basic overview of requirements for applying to the University of Utah School of Medicine. Visit our website at https://medicine.utah.edu/admissions for complete information.

*Requirements are subject to change.
SELF-ASSESSMENT

The self-assessment is a useful tool to assist current and prospective applicants as they prepare to apply to the University of Utah School of Medicine (UUSOM).

MCAT scores and grades are carefully scrutinized and are an important part of the application process. However, as important as grades and test scores are, by themselves they do not predict who will be successful in medical school. We consider how you balance outside activities and responsibilities with schoolwork to be an indicator of your ability to deal with the rigors of life as a physician. The School of Medicine Admissions Committee is interested in your motivation for attending medical school and your understanding of the medical profession as well as your diversity of experience. Commitment to community service, ethical behavior, compassion, leadership and communication skills are valued and important characteristics of physicians.

Getting into medical school is increasingly more and more competitive, so we encourage you to meet with your premedical advisor to discuss ways in which you might strengthen your application.

**Instructions:** Section one asks you to list your involvement in the required activities. Section two allows you to review the activities you listed in section one and determine if you meet the minimum and average requirements. Please visit our website for detailed information at [http://medicine.utah.edu/admissions](http://medicine.utah.edu/admissions).

Your assessment is not used or accessible by the School of Medicine as part of the application process and thus will not guarantee an interview or an offer of acceptance.

If you have any questions, please send an email to deans.admissions@hsc.utah.edu.

Thank you for your interest in the University of Utah School of Medicine.

*Requirements are subject to change.*
Section 1 – Experiences Worksheet

The Admissions Committee evaluates applicants based on their involvement in the following activities. It’s important that you focus on the value of your experiences rather than taking a checklist approach. Please complete each section as completely as possible.

Many preparatory experiences could reasonably be considered under more than one heading and you should list them in each applicable area so that you do not fall short of meeting the criteria in any areas. You should always strive to be average or above average in each area. Successful applicants list different activities for each individual category. The admissions committee suggests that you make your decisions about where to list your activities based on the impact that they have had on you and on your personal development. Overlapping or “double dipping” experiences may be viewed negatively if done in excess.

Community/Volunteer Service

Community/Volunteer service is defined as involvement in a service activity without constraint or guarantee of reward or compensation. Work performed in service learning courses and community service performed as part of employment does not satisfy this requirement.

Instructions: List your community/volunteer service for the past 3 years and your current activities for 2015. List each of your services separately.

- Minimum: 36 hours completed within the last 4 years.
- Average: 100 hours completed within the last 4 years.

One year is based on a calendar year that begins in January and ends in December.

<table>
<thead>
<tr>
<th>Service Activity</th>
<th>Provide a Detailed Description of Your Responsibilities</th>
<th>Year</th>
<th>Total Service Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Habitat for Humanity</td>
<td>I spent 3 weeks building homes for low income families. I helped in several different capacities from framing to installing bathroom fixtures. Seeing the joy each of the families felt upon completion of the home was extremely rewarding.</td>
<td>2013</td>
<td>60</td>
</tr>
</tbody>
</table>

Do you meet the minimum requirement? YES NO
Are you average or above? YES NO
Leadership

Leadership is defined as a position of responsibility, with a purpose to guide or direct others. Leadership capacity can be demonstrated in a variety of ways. Positions in employment, church, community and school organizations including coaching, tutoring, and mentoring will satisfy this requirement.

Enter a Description of Experience, Year of service and the Length of Time (e.g. 2 months, 1 year, etc.) in the fields below. If one activity applies to multiple years, only list the experience once. For example if you were a teaching assistant from January, 2013 through May, 2015, you would select 2013 as the year and then enter the length of time 29 months. Do not include time completed prior to 2013.

- **Minimum**: 1 leadership experience lasting 3 months within the last 4 years.
- **Average**: 3 different leadership experiences each lasting 3 months within the last 4 years.

One year is based on a calendar year that begins in January and ends in December.

<table>
<thead>
<tr>
<th>Description of Experience</th>
<th>Year</th>
<th>Length of Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: President of Students for a Better Tomorrow. Responsible for organizing fund drives and events. Designed flyers and website.</td>
<td>2013</td>
<td>6 months</td>
</tr>
</tbody>
</table>

Do you meet the minimum requirement? **YES** **NO**
Are you average or above? **YES** **NO**

Research

Research is defined as involvement in a scholarly or scientific hypothesis investigation that is supervised by an individual with verifiable research credentials. Research may be in any discipline and performed at any site. However, it must involve the testing of a hypothesis.

- **Minimum**: Part of class where you answered or tested a hypothesis and received a grade. Examples: A writing project, laboratory work, etc. Research completed as part of a premedical course requirement does not meet this requirement.
- **Average**: Hypothesis based research that is supervised by an individual with verifiable research credentials. May include independent research or senior thesis.

If your research was part of a class, complete the following information:

| Course Title: | Hypothesis: | Your role in the research: |

If your research was not part of a class, complete the following information:

| Hypothesis: | Your role in the research: |

If your research was published, enter the following information:

| Article or Poster Title: | Publication or Conference: |

Include link to publication if applicable:

Do you meet the minimum requirement? **YES** **NO**
Are you average or above? **YES** **NO**
Physician Shadowing

Physician shadowing is defined as the observation of a physician as that individual cares for and treats patients. Shadowing must be done with an allopathic (M.D.) or osteopathic (D.O.) physician in the United States. Time spent shadowing medical students, interns, residents, fellows, physician assistants, podiatrists, veterinarians, nurses, EMT’s, PhD’s, etc., will not be considered.

It is our recommendation that applicants shadow several physicians who work in various specialties including primary care. Shadowing family members who are physicians is discouraged.

- **Minimum:** 8 hours shadowing a physician(s).
- **Average:** 24 hours shadowing a physician(s).

<table>
<thead>
<tr>
<th>Physician’s Name</th>
<th>M.D.</th>
<th>D.O.</th>
<th>Specialty/Primary Care</th>
<th>Hours Shadowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Examples: J.P. Hooper</td>
<td>X</td>
<td></td>
<td>Internal Medicine</td>
<td>9 hours</td>
</tr>
</tbody>
</table>

Do you meet the minimum requirement? **YES**  **NO**
Are you average or above? **YES**  **NO**

**Patient Exposure**

Patient exposure is defined as direct interaction with patients and hands-on involvement in the care of conscious people in a health care related environment, attending to their health maintenance, progression, or end of life needs. It is important that the applicant be comfortable working with and around people who are ill, sick, injured, or diseased. Patient contact does not include indirect patient care such as housekeeping (cleaning operating or patient rooms), staffing the hospital information desk or working in a pharmacy. Direct patient exposure can be gained in a variety of ways e.g. volunteering or working in hospitals, emergency rooms, clinics, nursing care facilities, hospice, or physical rehabilitation centers. List each experience separately.

**Note:** Physician shadowing and caring for friends and family members cannot be used to meet this requirement.

- **Minimum:** 32 hours.
- **Average:** 48 hours.

<table>
<thead>
<tr>
<th>Provide a Detailed Description of Your Responsibilities</th>
<th>Number of Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Assistant-Taking vital signs, history, charting and assisting the doctor with procedures.</td>
<td>140</td>
</tr>
</tbody>
</table>

Do you meet the minimum requirement? **YES**  **NO**
Are you average or above? **YES**  **NO**
Section 2 – Criteria Evaluation

Applicants must achieve at least the minimum level of performance in all 7 areas and be average or above in 5 of the 7 areas in order to be eligible for further consideration.

<table>
<thead>
<tr>
<th>Does not meet minimum criteria</th>
<th>Meets minimum criteria</th>
<th>Average or above in criteria</th>
<th>Required Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>GPA</em> All grades received for college credit are included in the AMCAS GPA calculation.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Minimum**: 3.2 in science, non-science, and overall.
- **Average**: To determine average criteria, the applicant’s GPA is compared to the average GPA of students who have gone on to attend medical school from the applicant’s undergraduate institution.

**MCAT**: 

- **Minimum**: 7 on each section: Biological Science, Physical Science, Verbal
- **Average**: Total Score of 30 or higher.

**2015 MCAT**: **Minimum** is 123 in each of the four sections.

**Community/Volunteer Service**: 

- **Minimum**: 36 hours completed within the last 4 years
- **Average**: 100 hours completed within the last 4 years

**Leadership**: 

- **Minimum**: 1 leadership experience lasting 3 months within the last 4 years
- **Average**: 3 different leadership experiences each lasting 3 months within the last 4 years

**Research (Hypothesis Based)** 

- **Minimum**: Research experience part of class.
- **Average**: Independent hypothesis based research.

**Physician Shadowing (Observing)** 

- **Minimum**: 8 hours
- **Average**: 24 hours

**Patient Exposure (Experience)** 

- **Minimum**: 32 hours
- **Average**: 48 hours

**Note**: Time spent shadowing a physician cannot be used to meet the patient exposure requirement.

| Total Each Column | 5 |