

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. 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

- 85 positions for Utah residents
- 30 positions for Non-residents*
- 10 positions for Idaho residents**

125 Total positions

*Up to half are reserved for non-residents who graduated from a Utah high school, college, or university.

**At least 2 reserved for Idaho residents who graduated from a Utah high school, college, or university.

PREMEDICAL EDUCATION

Bachelor's Degree

You must have a bachelor's degree 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 institution 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 score of 4 or 5 satisfies one semester of this requirement.

Physics: 1 year with all applicable laboratories.

Writing/Speech: 1 year that emphasizes written and/or verbal communication.

Biology: 2 courses. 1 must be in cellular biology or biochemistry.

Social Sciences: 1 course. (history, economics, anthropology, psychology, etc.)

Humanities: 1 course (art, music, drama, literature, etc.)

ACADEMIC PREPARATION

Grade Point Average (GPA) and the Medical College Admission Test (MCAT) are important factors in determining academic readiness for medical school.

GPA

All grades received for college credit are included in the AMCAS GPA calculation. If a course is repeated, both grades for that course are included in the GPA. Applicants should strive to have a science, non-science and overall GPA above 3.00.

MCAT

All applicants are required to take the MCAT within 3 years of their application. Only the most recent MCAT score is considered. Applicants should strive to have an MCAT score at or above 492 with a score of at least 123 in each section of the MCAT.

Superior performance in MCAT and GPA are one factor, among many that determine whether an application will be eligible for further consideration.

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 <http://medicine.utah.edu/students/programs/md/> for complete information.

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 GPA although important in the application process and an indicator of your success academically, do not predict who will be successful in medical school.

Therefore, our Admissions Committees will review applications looking for indications of favorable personality characteristics for the medical profession such as:

- Lifelong learners & curiosity
- Balanced life - spiritual, physical, mental etc.
- Good leadership and decision making skills & confidence
- Commitment to service, ethical & compassionate
- Communication Skills
- Sincere motivation for medicine and realistic knowledge of the profession
- Teamwork skills

Each applicant should express a personal and unique journey in preparation for a career as a medical doctor. There are many careers in medicine and our committees review applications with one goal: filling each class with qualified, unique, dedicated, compassionate, mature, and completely prepared students.

Medical school will be life changing, rewarding and satisfying when it is the right career choice from the beginning. Applying to medical school and gaining admissions is increasingly more and more competitive. We recommend that applicants endeavor to be above average in each of the recommended areas.

Instructions: Section 1 asks you to list your involvement in the recommended activities. Section 2 allows you to review the activities you listed in section 1 and determine how strong you are in each activity. Complete this form as thoroughly and accurately as you can.

Please visit our website for detailed information at <http://medicine.utah.edu/students/programs/md/>.

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

You may also use this document to assess your qualifications as you discuss them with your premedical advisor.

Note: When you submit your secondary forms to the School of Medicine, you may only list activities and hours completed at the time of submission.

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.

Section 1 – Experiences Worksheet

The Admissions Committee evaluates applicants based on their involvement in the following activities. It is 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 may list them in each applicable area; however, successful applicants list different activities for each individual category. You should always strive to be average or above in each area. 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 experiences may be viewed negatively if done in excess; however, should be done if necessary.

Only hours and activities completed at the time an applicant submits their application should be listed.

Community/Volunteer Service

Community/Volunteer service is defined as involvement in a service activity without constraint or guarantee of reward or compensation. The medical profession is strongly oriented to service in the community. Applicants should demonstrate a commitment to the community by involving themselves in service and volunteer activities.

Instructions: List your community/volunteer service for the past 3 years and your current activities for **2017**. List each of your services separately. Do not list community service prior to **2014**.

We recommend that you complete at least 36 total hours within the last 4 years. To be a competitive applicant, we recommend that you endeavor to complete at least 100 hours within last 4 years.

Service Activity	Provide a Detailed Description of Your Responsibilities	Years	Total Hours
<i>Example: Habitat for Humanity</i>	<i>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.</i>	<i>2014- 2015</i>	<i>60</i>

Have you completed at least 36 hours within the last 4 years? YES NO
 Have you completed at least 100 hours within the last 4 years? 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, the community and school organizations including coaching, tutoring, and mentoring will satisfy this requirement.

Instructions: Enter a detailed 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, 2014 through May, 2016, you would select 2014 as the year and then enter the length of time 29 months. Do not list leadership positions prior to **2014**.

We recommend that you have at least 1 leadership experience lasting 3 months within the last 4 years. Competitive applicants will have 3 different leadership experiences each lasting 3 months within the last four years.

Description of Experience	Year	Length of Time
<i>Example: President of Students for a Better Tomorrow. Responsible for organizing fund drives and events. Designed flyers and website.</i>	2014-2015	9 months

Do you have at least 1 leadership experience lasting 3 months? YES NO

Do you have at least 3 leadership experiences lasting 3 months? 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 should involve the testing of a hypothesis.

We recommend that you participate in hypothesis-based research. This may be part of a class where you answered or tested a hypothesis and received a grade. Examples: A writing project, laboratory work, etc.

Applicants with a stronger research experience will have completed hypothesis-based research outside of the classroom 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:**

How many hours have you devoted to research? _____

Was your research completed as part of a class?

YES NO

Was your hypothesis based research completed outside of the classroom?

YES NO

Physician Shadowing

Physician shadowing is defined as the observation of a physician as that individual cares for and treats patients and carries out the other responsibilities of a medical practice.

Shadowing should 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. is not considered physician shadowing.

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.

We recommend that you shadow a physician(s) for at least 8 hours. Competitive applicants will have shadowed a variety of physicians for at least 24 hours.

Physician's Name	M.D.	D.O.	Specialty/Primary Care	Hours Shadowed
<i>Examples: J.P. Hooper</i>	X		<i>Internal Medicine</i>	<i>9 hours</i>

Have you completed at least 8 hours of shadowing? YES NO

Have you shadowed a variety of physicians for at least 24 hours? 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. 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. 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. List each experience separately.

Note: Physician shadowing and caring for friends and family members is not considered patient exposure.

We recommend that you complete at least 32 hours of direct patient care. Competitive applicants will have completed at least 48 hours.

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

Have you provided direct patient care for at least 32 hours? YES NO

Have you provided direct patient care for at least 48 hours? YES NO

Section 2 –Evaluating your Activities

Please use the summary section below to help determine the strength of your activities. We strongly recommend that you strive to be average or above in each area.

Check one box for each section			Recommended Activities
Does not meet minimum recommendation	Meets minimum recommendation	Average or above recommendation	
			<p>*GPA- All grades received for college credit are included in the AMCAS GPA calculation.</p> <p>GPA: Our minimum GPA recommendation is 3.00 in science, non-science, and overall. Your GPA is compared to the average GPA of students who have gone on to attend medical school from your undergraduate institution.</p>
			<p>MCAT: For tests taken in January 2015, our minimum recommendation is a 7 in each area. The average score for the previous class was 30. For tests taken after January 2015, the minimum recommendation is 123 in each of the four sections. The average score for the previous class was 509. Only the scores from the latest test are accepted.</p>
			<p>Community/Volunteer Service: We recommend that you complete at least 36 total hours within the last 4 years. To be a competitive applicant, we recommend that you endeavor to complete at least 100 hours within last 4 years.</p>
			<p>Leadership: We recommend that you have at least 1 leadership experience lasting 3 months within the last 4 years. Competitive applicants will have 3 different leadership experiences each lasting 3 months within the last four years.</p>
			<p>Research (Hypothesis Based): We recommend that you participate in hypothesis-based research. This may be part of a class where you answered or tested a hypothesis and received a grade. Examples: A writing project, laboratory work, etc. Applicants with a stronger research experience will have completed hypothesis-based research outside of the classroom that is supervised by an individual with verifiable research credentials. May include independent research or senior thesis.</p>
			<p>Physician Shadowing (Observing): We recommend that you shadow a physician for at least 8 hours. Competitive applicants will have shadowed a variety of physicians for at least 24 hours.</p>
			<p>Patient Exposure (Experience): We recommend that you complete at least 32 hours of direct patient care. Competitive applicants will have completed at least 48 hours.</p> <p>Note: Physician shadowing and caring for friends and family members is not considered patient exposure.</p>
			<p>Total Each Column</p>

DISCLAIMER

Although this information is current at the time of printing, it is subject to change. Direct all inquiries concerning the admissions process to the University of Utah School of Medicine Office of Admissions to assure that you receive the most up to date information available.

NONDISCRIMINATION

The University of Utah School of Medicine has specific policies against discrimination with respect to applicant's age, color, gender, sexual orientation, race, national origin, religion, status as a person with a disability, status as a veteran or a disabled veteran. The University of Utah provides reasonable accommodation to known disabilities of applicants. Evidence of practices not consistent with these policies should be reported to the Office of Equal Opportunity at 801.581.8365, 135 Park Bldg., Salt Lake City, Utah 84112. A copy of the University of Utah School of Medicine Qualifications for Doctor of Medicine Degree Candidates may be obtained by visiting the following website: [http://medicine.utah.edu/admissions/criteria/qualifications%20 MD.pdf](http://medicine.utah.edu/admissions/criteria/qualifications%20MD.pdf)

Website: medicine.utah.edu/students/programs/md

Facebook: UUSOMOfficeofAdmissions

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Twitter: @UUSOMAdmissions

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Talking Admissions and Med Student Life: medicine.utah.edu/students/programs/md/admissions/radio.php

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