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 creating 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.

Bachelor's Degree
You must have a bachelor's degree and complete your premedical courses at a regionally accredited institution in the United States or Canada prior to matriculation to the University of Utah School of Medicine.

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.

Chemistry: 4 semesters that should include both a general chemistry series including all applicable laboratories (incorporating both quantitative and qualitative analysis) and an organic chemistry series that includes all applicable laboratories. Advanced Placement credit earned with a score of four or five satisfies one semester of this requirement.

Physics: 2 semesters with all applicable laboratories.

Writing/Speech: 2 semesters of courses, that emphasizes written and/or verbal communication.

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

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

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

Note: 1 course may not be used to fulfill 2 course requirements.

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

GPA
Grade point average (GPA) is calculated for all grades received for college credit using the AMCAS GPA calculation. If a course is repeated, both grades received for that course are calculated into the GPA. Applicants must have a science, non-science and overall GPA of at least 3.00 or above to be eligible for consideration.

MCAT
All applicants are required to take the Medical College Admissions Test (MCAT) within three years of their application. Only the most recent MCAT score is considered. For the 2021 application cycle, a minimum MCAT score of 124 in all sections is required, but the combined score must be equal or higher than 500 to be considered further.

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 detailed information.
SELF-ASSESSMENT

The self-assessment is designed to assist you in evaluating whether a career as a medical doctor is right for you and to help you determine if your qualifications, personal characteristics, and goals are a good match for applying to the University of Utah School of Medicine.

Applicants are reviewed to determine if they have favorable personality characteristics for the medical profession such as:

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

As important as grades and test scores are, by themselves they do not predict who will be successful in medical school.

The demands of medical education and life as a physician are not for everyone. We consider how you balance outside activities and responsibilities with school work to be an indicator of your ability to deal with the rigors of life as a physician. The committee is interested in your motivation for attending medical school. As such, we require letters of recommendation and activity forms to better get to know you. See below for requirements in each area.

Commitment to community service, ethical behavior, compassion, leadership ability and communication skills are valued and important characteristics of physicians.

Applying to medical school is increasingly more competitive. We recommend that applicants endeavor to be above average in each of the recommended areas.

We strongly encourage students to meet with their premedical advisor as they prepare to apply to medical school. Premedical advisors are familiar with the admissions requirements of most medical schools.

If your college/university does not have premedical advisors, contact the National Association of Advisors for the Health Professions (NAAHP) for assistance.

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.

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.

*Subject to change
Section 1 – Experiences Worksheet

Applicants are evaluated 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 should list them in each applicable area so that you do not fall short of meeting the criteria in any areas. 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. 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. Work performed in service learning courses and community service performed as part of employment does not satisfy this requirement.

We require 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 the last 4 years.

<table>
<thead>
<tr>
<th>Service Activity</th>
<th>Provide a Detailed Description of Your Responsibilities</th>
<th>Years</th>
<th>Total 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>2018-2019</td>
<td>60</td>
</tr>
</tbody>
</table>

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

*Subject to change*
Leadership

Leadership is defined as a position of responsibility, with a purpose to guide or direct others. Dedication, determination, ability to make decisions and a willingness to contribute to the welfare of others are indicators of one's ability to succeed in medicine. Individuals with these characteristics readily accept positions of leadership and are an asset to their community and profession. 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.

We require 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 4 years.

<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>2018-2019</td>
<td>9 months</td>
</tr>
</tbody>
</table>

Do you have at least 1 leadership experience lasting 3 months within the last 4 years? **YES**  **NO**

Do you have at least 3 different leadership experiences each lasting 3 months within the last 4 years? **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.

We require 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 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:**

How many hours have you devoted to research? _______________

Was your research part of a class?  **YES**  **NO**

Was your hypothesis-based research outside of the classroom?  **YES**  **NO**

*Subject to change*
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 must be done with an allopathic (MD) or osteopathic (DO) physician in their practice in the United States. Time spent shadowing medical students, interns, residents, fellows, physician assistants, podiatrists, veterinarians, nurses, EMTs, PhDs, 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.

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

<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>

Have you completed at least 8 hours of shadowing?  
Have you shadowed a variety of physicians for at least 24 hours?  

Patient Exposure

Patient exposure is defined as direct interaction with patients and hands-on involvement in the care of conscious people in a healthcare-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 or 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.

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

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

Have you provided direct patient care for at least 32 hours?  
Have you provided direct patient care for at least 48 hours?  

*Subject to change*
Section 2 – Evaluating your Activities

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

<table>
<thead>
<tr>
<th>Check one box for each section</th>
<th>Recommended Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does not meet minimum</td>
<td><em>GPA</em>- all grades received for college credit using the AMCAS GPA recommendation. If a course is repeated, both grades received for that course are calculated into the GPA.</td>
</tr>
<tr>
<td>meet recommendation</td>
<td><strong>GPA</strong>: Minimum GPA is <strong>3.00 in science, non-science, and overall</strong>. To determine the 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.</td>
</tr>
<tr>
<td>Meets minimum</td>
<td><strong>MCAT</strong>: The minimum score of 124 in all sections is required, but the combined score must be equal or higher than 500 to be considered further. Exam must be within three years of their application. Only the most recent MCAT score is considered.</td>
</tr>
<tr>
<td>recommendation</td>
<td><strong>Community/Volunteer Service</strong>: We require 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 the last 4 years.</td>
</tr>
<tr>
<td>Average or above</td>
<td><strong>Leadership</strong>: We require 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 4 years.</td>
</tr>
<tr>
<td>recommendation</td>
<td><strong>Research (Hypothesis Based)</strong>: We require that you at least participate in hypothesis-based research. This may be part of a class where you answered or tested a hypothesis and received a grade. Applicants with stronger research experience will have completed hypothesis-based research outside of the classroom that is supervised by an individual with verifiable research credentials.</td>
</tr>
<tr>
<td></td>
<td><strong>Physician Shadowing (Observing)</strong>: We require that you shadow a physician for at least 8 hours. Competitive applicants will have shadowed a variety of physicians for at least 24 hours.</td>
</tr>
<tr>
<td></td>
<td><strong>Patient Exposure (Experience)</strong>: We require that you complete at least 32 hours of direct patient care. Competitive applicants will have completed at least 48 hours.</td>
</tr>
<tr>
<td></td>
<td><strong>Total Each Column</strong></td>
</tr>
</tbody>
</table>

*Subject to change*
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.

Website: medicine.utah.edu/students/programs/md
Facebook: UUSOMOfficeofAdmissions
Twitter: @UUSOMAdmissions
YouTube: University of Utah School of Medicine Office of Admissions
Talking Admissions and Med Student Life: medicine.utah.edu/students/programs/md/admissions/radio.php

CONTACT INFORMATION
University of Utah School of Medicine
Office of Admissions
Eccles Health Sciences Education Building
5th Floor, Room 5900
26 South 2000 East
Salt Lake City, Utah 84112

Telephone: 801.581.7498
Fax: 801.581.2931
Email: deans.admissions@hsc.utah.edu