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.

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.

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 of courses 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.)

Note: One course may not be used to fulfill two 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
All grades received for college credit are included in the AMCAS GPA calculation we use. 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 above 3.00.

MCAT
All applicants are required to take the MCAT within three years of their application. Only the most recent MCAT score is considered. For the 2020 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.

*Subject to change

May 2019
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).

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 the applicant balances outside activities and responsibilities with schoolwork to be an indicator of ability to deal with the rigors of life as a physician. The committee is interested in the applicant's motivation for attending medical school and his/her understanding of the medical profession as well as their diversity of experience.

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.

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 you make your decisions about where to list your activities based on the impact 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.

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.

<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>2017-2018</td>
<td>60</td>
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</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
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.

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.

<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>2017-2018</td>
<td>9 months</td>
</tr>
</tbody>
</table>

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 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:

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 must be done with an allopathic (MD) or osteopathic (DO) physician in the United States. Time spent shadowing medical students, interns, residents, fellows, physician assistants, dentists, 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.

<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:</td>
<td>X</td>
<td></td>
<td>Internal Medicine</td>
<td>9 hours</td>
</tr>
<tr>
<td>J.P. Hooper</td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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.

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.

<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?  YES  NO
Have you provided direct patient care for at least 48 hours?  YES  NO
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 recommendation</td>
<td>Meets minimum recommendation</td>
</tr>
</tbody>
</table>

*GPA-All grades received for college credit are included in the AMCAS GPA calculation. GPA: Minimum GPA is **3.00 in science, non-science, and overall**. To determine average criteria, your GPA is compared to the average GPA of students who have gone on to attend medical school from your undergraduate institution.

**MCAT:** 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.

Only the most recent MCAT score is considered.

**Community/Volunteer Service:** Recommend that you complete at least 36 total hours within the last 4 years. Competitive applicants will have at least 100 hours within last 4 years.

**Leadership:** 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.

**Research (Hypothesis Based):** 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. 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.

**Physician Shadowing (Observing):** Recommend at least 8 hours. Competitive applicants will have shadowed a variety of physicians for at least 24 hours.

**Patient Exposure (Experience):** Recommend that you complete at least 32 hours of direct patient care. Competitive applicants will have completed at least 48 hours.

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

| Total Each Column |
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.

CONTACT INFORMATION
University of Utah School of Medicine
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5th Floor, Room 5900
26 South 2000 East
Salt Lake City, Utah 84112

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