



Tomorrow's Doctors, Tomorrow's Cures®

# AAMC and Your Pathway to Medicine

Brandon J. Hunter, Director of Student Affairs

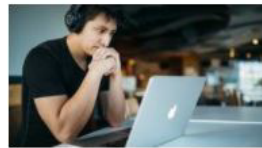
# Premed Resources Hub

- A one-stop-shop for print-friendly premed resources
- Easily receive information for each phase of your premed journey
- Check out the new Premed Webinars section that includes all recorded webinars and PDF slides

## Premed Resources

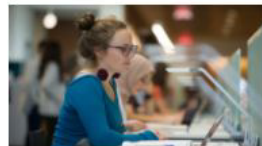
We have created this collection to enable any advisor or student to access our most requested Premed materials.

The AAMC is dedicated to providing resources to aspiring physicians and advisors that will assist in guiding students on their journey to medical school. While working remotely, our outreach teams do not have access to any printed materials or mailing facilities.



### Premed Webinars

Watch webinars containing resources, guidance, and tips about the AAMC's services (SHPEP, FAP, FIRST, MCAT, AMCAS) to help you conquer the medical school application process.



### Choosing a Medical Career

Are you challenged with deciding whether a career in medicine is right for you? Check out the AAMC's premed resources to learn about medically related experience, preparing for the application process, and get inspired by personal stories from medical students, residents, and physicians.

### Follow us

 [@aamcpremed](#)

 [@AAMCPreMed](#)

### Contact the AAMC Premed Team

 [amcasevents@aamc.org](mailto:amcasevents@aamc.org)

### Addressing Questions From MCAT® Examinees

[LEARN MORE ▶](#)

### Premed Calendar

See upcoming events, webinars, and important deadlines.

[LEARN MORE ▶](#)

[aamc.org/premedresources](https://aamc.org/premedresources)



# Premed Navigator

Sign up to receive:

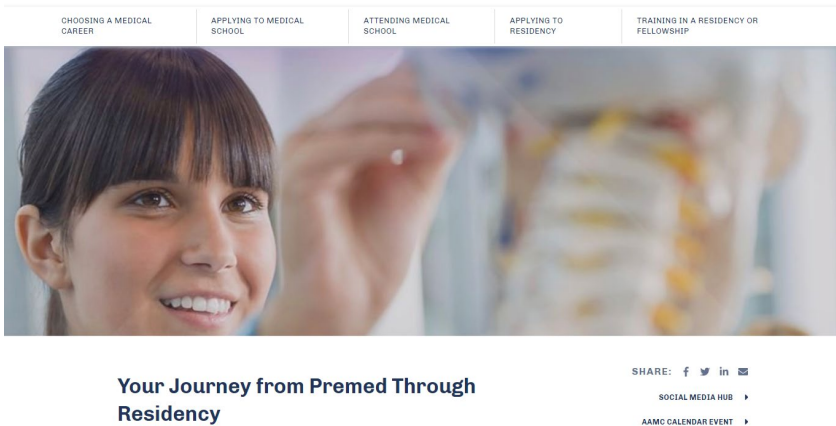
- Information
- Resources
- Tools & Tips
- Premed Calendar Reminders

The screenshot shows the AAMC Premed Navigator website. At the top, there is a purple and blue header with the AAMC logo and the text "AAMC Premed Navigator" and "Guiding You on Your Path to Medical School". Below the header, there is a section titled "Premed Navigator" with a sub-header "Guiding you on your path to medical school." and a paragraph: "The AAMC Premed Navigator features important topics, resources, tips, and key dates for aspiring physicians. Subscribe to receive updates each month right to your inbox." Below this is a search bar and two dropdown menus for "Services" and "Content Type". The main content area features several articles with images and titles: "Subscribe to the Premed Navigator" (with a "Subscribe" button), "The Do's and Don'ts of a Global Health Experience: An Interview with Jessica Evert, MD" (with a "Learn More" button), "What You Should Know: Applying and Paying for Medical School" (with a "Learn More" button), and "Top 10 Questions Pre-Meds Should Ask Medical School Financial Aid Officers" (with a "Learn More" button). The bottom right corner shows a group photo of medical students.

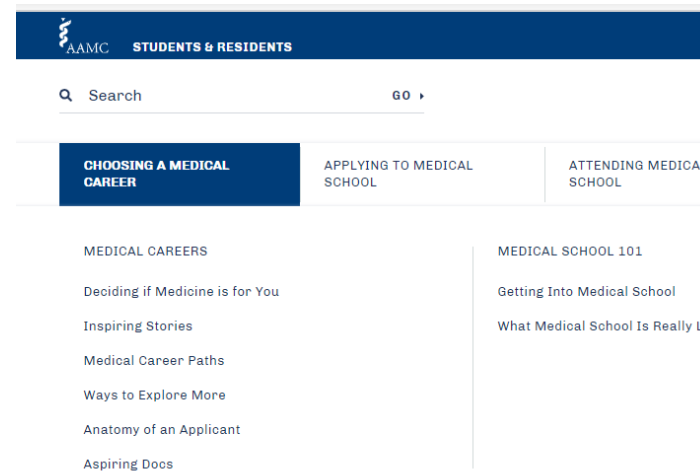
[aamc.org/premednavigator](https://aamc.org/premednavigator)

# Students & Residents Website

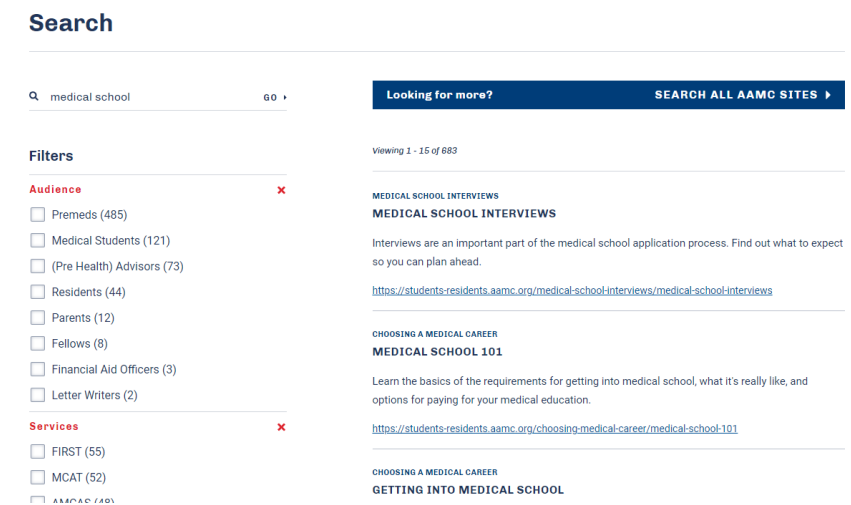
## Navigate to premed info at our home page



## Use the menu to view premed topics



## Search for valuable premed resources



<https://students-residents.aamc.org/>



# Aspiring Docs

Resources and inspiration to help you get started on your path to medicine

- Fact Sheets
- Inspiring Stories
- Aspiring Docs Diaries Blog

[aamc.org/aspiringdocs](https://aamc.org/aspiringdocs)

← aamc.org

**Aspiring Docs Diaries**

AAMC

Inspiration and resources for aspiring physicians

Sep 21, 2022

**4AM Night**

 **Neha Panigrahy**  
Med Student



It's 4 AM. The hospital—once a lively and bustling place with residents responding to codes, nurses checking vitals, physical therapists [...]


[READ MORE >](#)


# Inspiring Stories

## Inspiring Stories

There's a story behind every application. Read about some of the inspiring journeys others have made from applicant to medical student to physician.

### CATEGORIES

 Search

GO 

Viewing 16 - 30 of 93



### Ogochukwu Marietta Ezeoke

Motivated by a personal family experience with cancer, Ogochukwu is pursuing oncology and medical research.



### Osose Oboh

A daughter of immigrants, Osose witnessed the complexities of navigating the healthcare system from an early age and felt called to pursue a career in medicine.



### Pavan Mehat

Pavan on why he's glad he took time to get a master's degree before medical school, and the importance of doing activities because you're passionate about them, not just because you think

# Medical School Admission Requirements™

Resources to help you:

- Prepare for the application process
- Choose where to apply to medical school

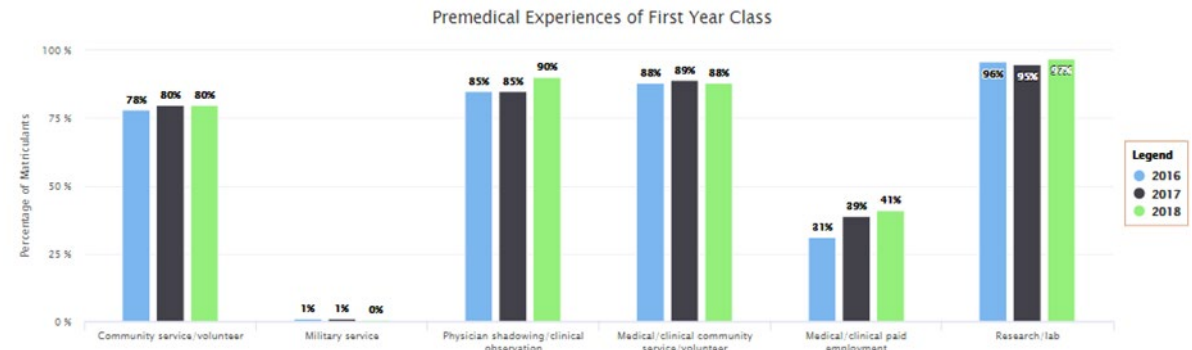


[aamc.org/msar](https://aamc.org/msar)

# MSAR Features

- Search by location, MCAT, GPA
- Review school-specific data
- Save & rank favorite schools
- Enter premedical coursework

Premedical Experience [?](#)



## My Favorites

Email Favorites

Order <a href="#">?</a>	Rank	School Name	My Status	Why I'm Interested in this School	Actions
⋮ ↑ ↓	1	California University of Science and Medicine-School of Medicine	Applying	<span>✓</span> <span>✗</span> <input type="text" value="Ask my pre-health advisor about this program!"/> <small>45 / 1000</small>	<input type="checkbox"/> Compare <input type="button" value="★ Remove"/>
⋮ ↑ ↓	2	Hackensack-Meridian School of Medicine at Seton Hall University	Considering	<input type="text" value="Enter comments"/>	<input type="checkbox"/> Compare <input type="button" value="★ Remove"/>

aamc.org/msar





# Anatomy of an Applicant



## PRE-PROFESSIONAL

- Capacity for Improvement
- Cultural Competence
- Ethical Responsibility to Self and Others
- Oral Communication
- Reliability and Dependability
- Resilience and Adaptability
- Service Orientation
- Social Skills
- Teamwork

## THINKING AND REASONING

- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Written Communication

## SCIENCE

- Human Behavior
- Living Systems

# Summer Health Professions Education Program (SHPEP)

- Free summer career-enrichment program for college freshman and sophomore students
- Students may choose up to 3 health career tracks, including: dentistry, medicine, nursing, optometry, pharmacy, physical therapy, and public health

Application closes Sunday, Feb. 5 at 11:59 p.m. ET



# SHPEP Eligibility Requirements

Applicants must meet the following requirements:

- Be a college freshman or sophomore at the time of application
- Have a minimum overall GPA of 2.5
- Be a US citizen, a permanent resident, or an individual granted deferred action for childhood arrivals (DACA) status by the U.S. Citizenship and Immigration Services
- Have not previously participated in the program



# Fee Assistance Program

[aamc.org/fap](https://aamc.org/fap)


## Contact the Fee Assistance Program


AAMC Attn: Fee Assistance Program 655 K  
Street N.W., Suite 100 Washington, DC  
20001

Fax: 202-828-1120

Sending Email? Please include your name, AAMC ID, and a detailed explanation of how we can help in your email. Sorry, we're unable to accept attachments.

## Canadian Fee Assistance Program

Questions? Visit AFMC's website at <https://www.afmc.ca/en/learners/fee-assistance-programs> 

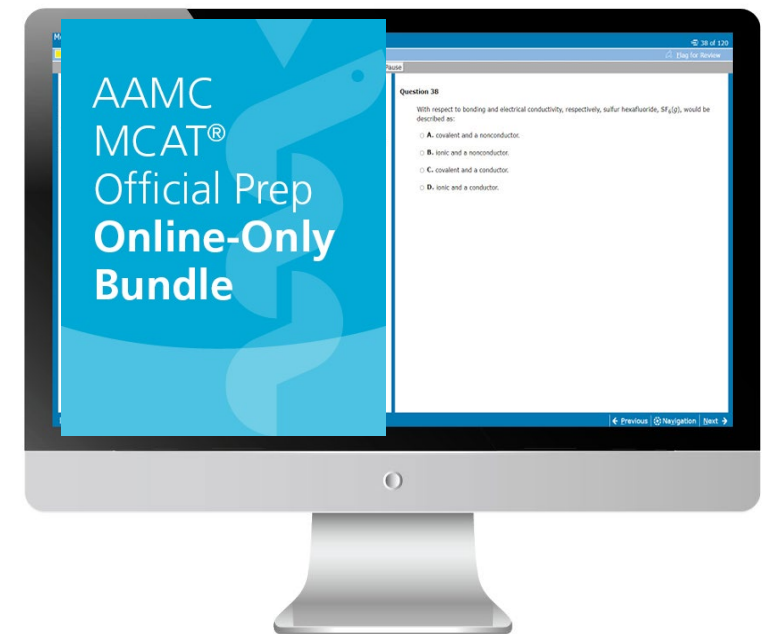
 Monday-Friday, 9 a.m.-7 p.m.  
ET, Closed Wednesday, 3-5 p.m. ET

 [fap@aamc.org](mailto:fap@aamc.org)

 202-828-0600

# AAMC Fee Assistance Program Benefits

- Reduced MCAT registration and rescheduling fees
- Free MCAT preparation resources
- Complimentary access to the MSAR
- Waiver for all AMCAS fees for up to 20 medical school designations
- Waiver for AAMC PREview™ exam registration fees
- Consideration for a stipend to assist with the cost of an updated evaluation, if needed for MCAT Accommodations (Requires an additional application)



**Benefits are NOT retroactive!**

# AAMC Fee Assistance Program Eligibility

- U.S. based home address
- Approval tied to U.S. Department of Health and Human Services' poverty level guidelines
- Parental information required for applicants under age 26



# AAMC PREview™ Professional Readiness Exam

[aamc.org/preview](https://aamc.org/preview)

Engage with Your Peers

 [AAMCpremed](https://www.facebook.com/AAMCpremed)

 [@AAMCpremed](https://twitter.com/AAMCpremed)

# AAMC PREview™ Professional Readiness Exam





# An Overview of PREview

- 75-minute exam administered online via live, remote human proctors
- Technology requirements
- There is a flat fee associated with taking the exam
  - Includes unlimited score distribution to participating schools
  - Fee waived through AAMC Fee Assistance Program
- Testing window

# Preparation resources

## Examinee Preparation Guide

- Provides preparation advice and strategies for completing the PREview exam
  - Overview of test format
  - Instructions for examinees
  - Guidance on how to evaluate responses

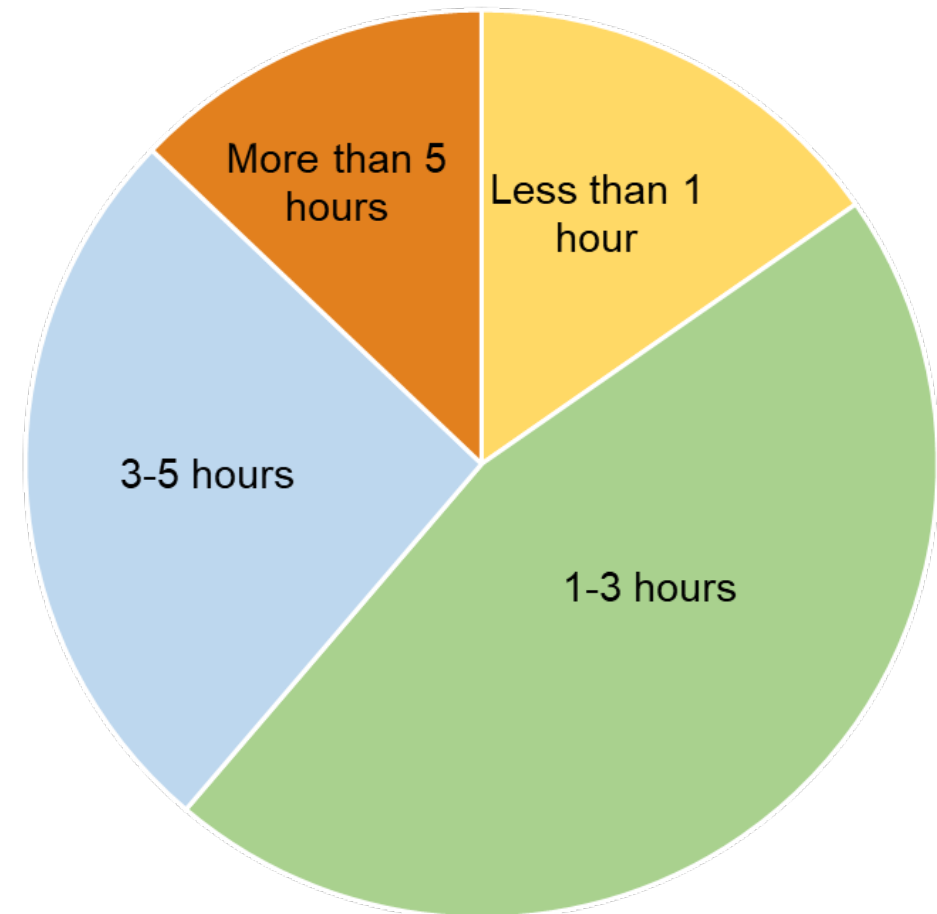
## PREview Practice Exam Booklet

- Provides an opportunity to become familiar with the exam format (scenarios, responses, rating scale) and process for evaluating responses
  - Full-length practice exam
  - Scoring key and rationales

# PREview Post-Exam Survey 2022: Examinees Reported on their PREview Preparation

## Top 5 Preparation Tools as Reported by Survey Respondents

- **AAMC PREview Website:** ([aamc.org/preview](https://aamc.org/preview))
- **AAMC PREview Essentials:** ([aamc.org/previewessentials](https://aamc.org/previewessentials))
- **AAMC PREview Practice Exam Booklet**
- **AAMC PREview Pre-Professional Competencies**
- **Yardstick/Measure Software Tutorial**




# MCAT<sup>®</sup>

## Medical College Admission Test<sup>®</sup>

[aamc.org/mcat](https://aamc.org/mcat)

### Contact the MCAT Program

 Monday-Friday, 9 a.m.-7 p.m.  
ET Closed Wednesday, 3-5 p.m.  
ET

[Online Contact Form](#)

 202-828-0600

# Medical College Admission Test (MCAT)

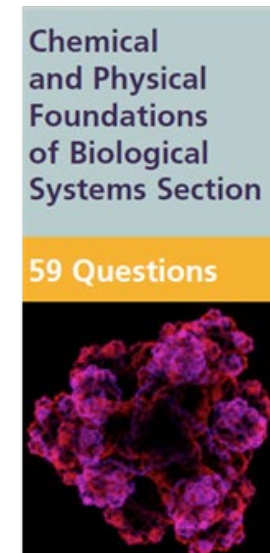
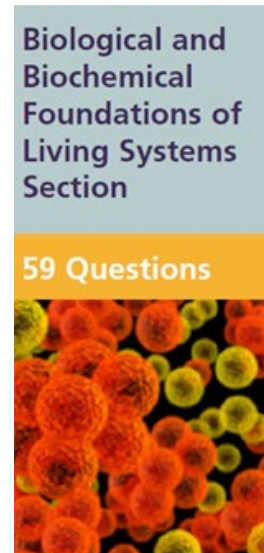
- Standardized, multiple-choice, computer-based exam
- Required by almost all U.S. & Canadian medical schools
- Problem solving, critical thinking, knowledge of scientific concepts and principles



# MCAT Structure

## 4 Sections

- Biological & Biochemical Foundations of Living Systems
- Chemical & Physical Foundations of Biological Systems
- Psychological, Social, & Biological Foundations of Behavior
- Critical Analysis and Reasoning Skills



# When Is the Right Time to Take the MCAT Exam?

## Questions to ask yourself:

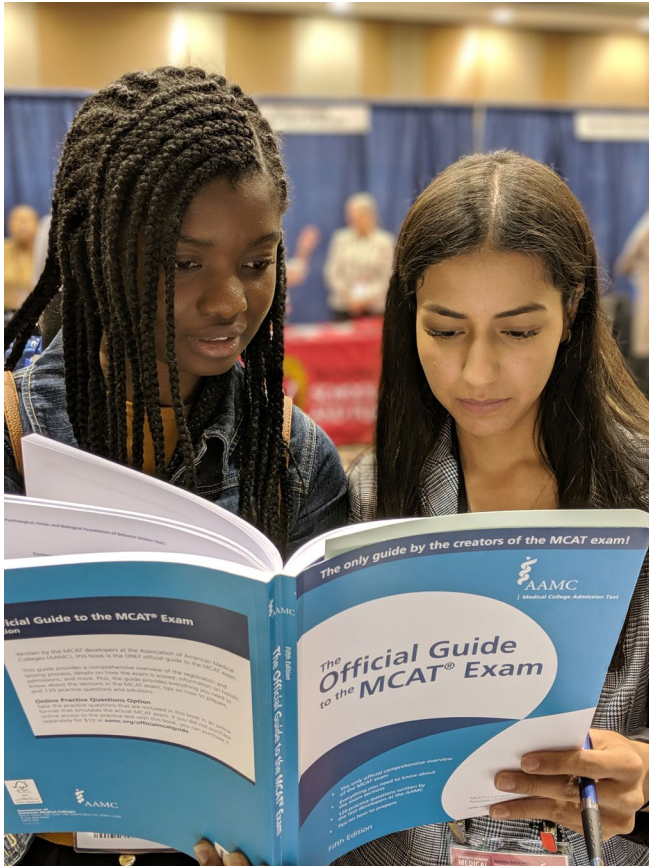
- When do you want to apply to medical school?
- Do you understand or feel comfortable with the content tested on the exam?
- Is there a possibility you may need to retake the exam?

## Keep in mind:

- You can only take the exam a maximum of 7 times in a lifetime
- Medical schools receive all exam scores



# MCAT Preparation Resources and Products



Preparation resources and products include:

- Guide to Creating a Study Plan
- How I Prepared for the MCAT Exam Testimonials
- Khan Academy MCAT Collection
- Official Guide to the MCAT Exam
- 4 Full-length Practice Exams
- Flashcards
- Question Packs and Sets



# AMCAS®

American Medical College  
Application Service®

[aamc.org/amcas](https://aamc.org/amcas)

## Contact AMCAS®

[Send us a message.](#)

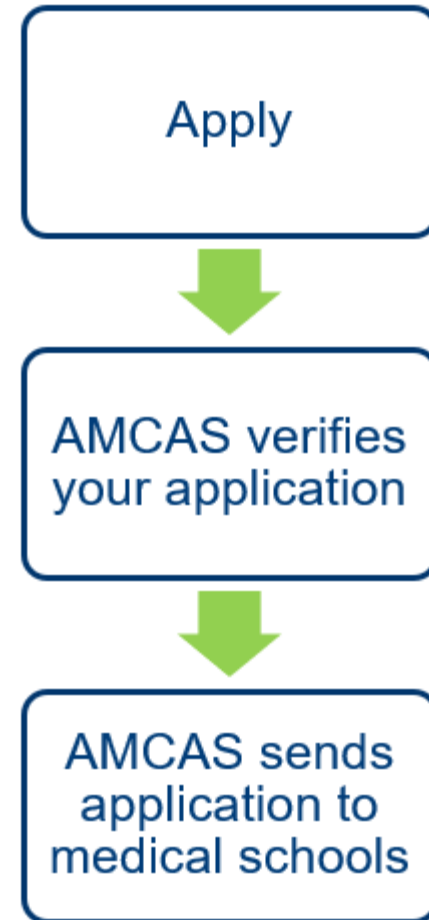
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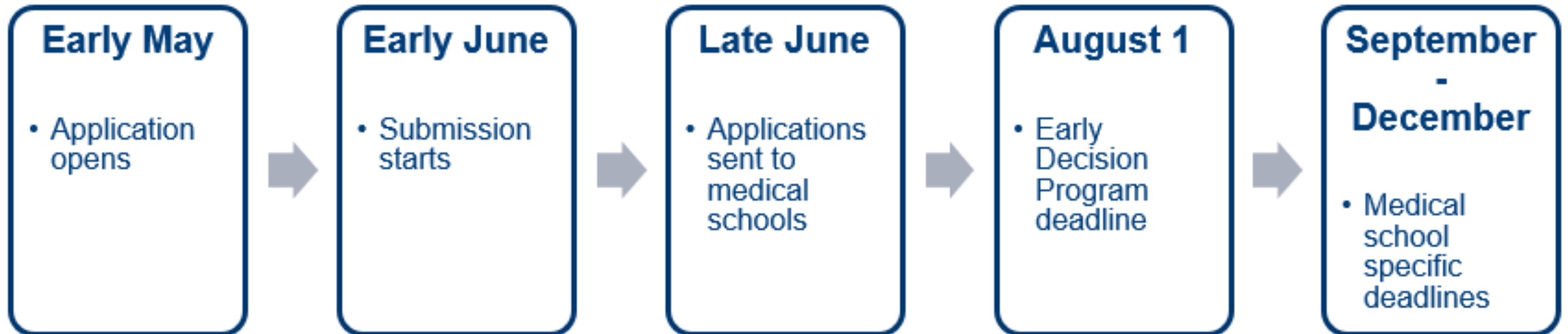
# American Medical College Application Service (AMCAS)

## How It Works:

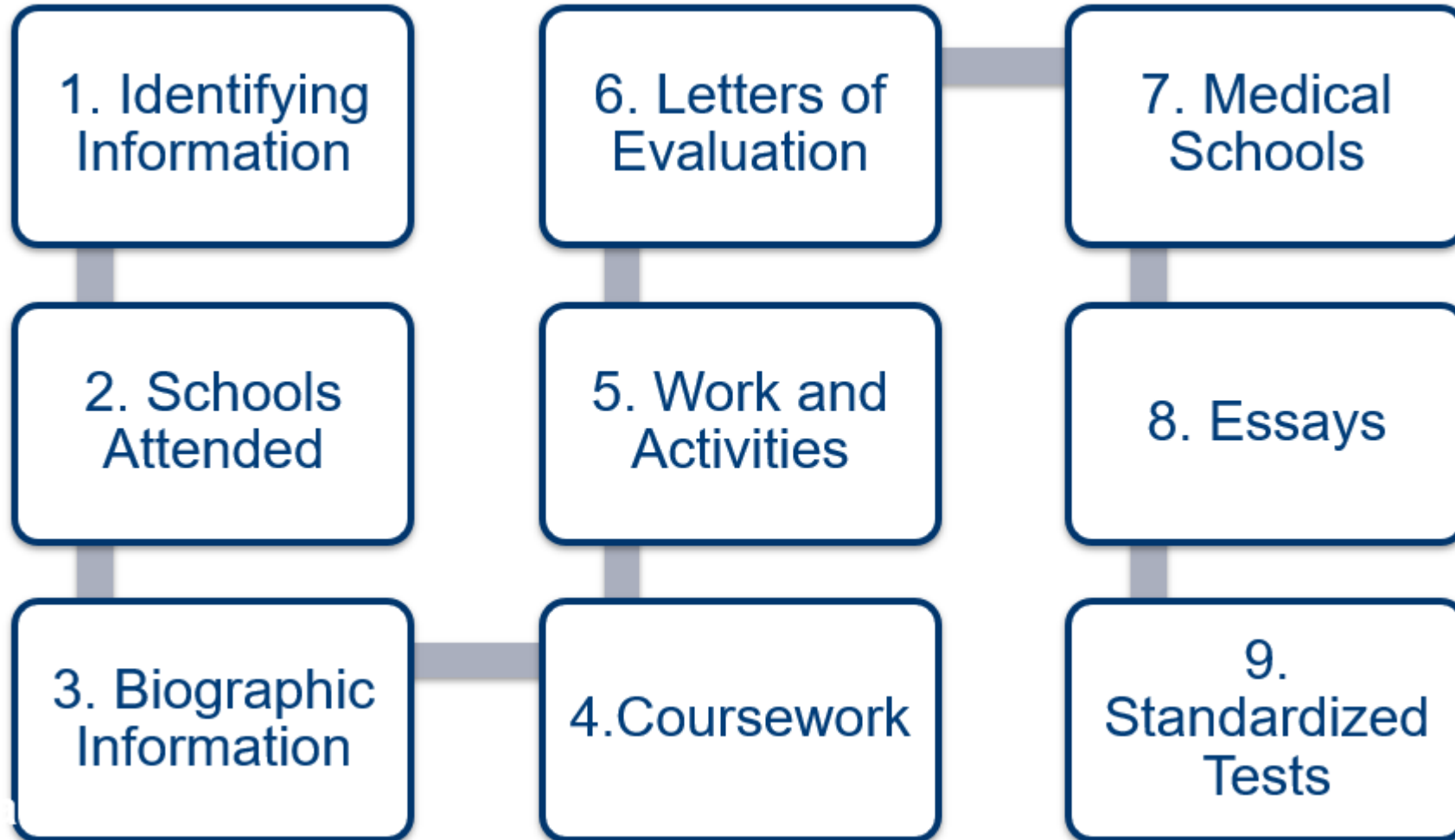
- Complete **ONE** Application
- AMCAS will:
  - Distribute letters of evaluation
  - Collect official transcripts
  - Automatically add MCAT scores



# AMCAS Application Timeline



# AMCAS Application Components



# Financial Information, Resources, Services, and Tools (FIRST)

- FIRST fact sheets
- Informational videos
- Repayment charts and timelines
- Financial literacy resources
- MedLoans® Organizer & Calculator



# Association of American Medical Colleges (AAMC) Premed Resources

## **Aspiring Docs**

[aamc.org/aspiringdocs](https://aamc.org/aspiringdocs)

## **Anatomy of an Applicant**

[aamc.org/competencies](https://aamc.org/competencies)

## **AMCAS**

American Medical College Application  
Service®  
[aamc.org/amcas](https://aamc.org/amcas)

## **FIRST**

Financial Information, Resources, Services,  
and Tools  
[aamc.org/first](https://aamc.org/first)

## **Fee Assistance Program**

[aamc.org/fap](https://aamc.org/fap)

## **MCAT**

Medical College Admission Test®  
[aamc.org/mcat](https://aamc.org/mcat)

## **MSAR**

Medical School Admission Requirements™  
[aamc.org/msar](https://aamc.org/msar)

## **PREview™**

AAMC PREview™ professional readiness  
exam  
[aamc.org/preview](https://aamc.org/preview)

## **Premed Navigator**

[aamc.org/premednavigator](https://aamc.org/premednavigator)

## **SHPEP**

Summer Health Professions Education  
Program  
[shpep.org](https://shpep.org)

## **Summer Enrichment Opportunities**

<https://services.aamc.org/summerprograms/>

# Contact Us!



@AAMCPremed



@AAMC\_MCAT



/aamcpremed



Phone: 202-828-0600



[aamc.org/contactmcat](https://aamc.org/contactmcat)



[amcas@aamc.org](mailto:amcas@aamc.org)



Tomorrow's Doctors, Tomorrow's Cures®

# Good luck on your journey!