



Five Must-Have Activities for Admission to Medical School

Tips and Tricks to Get You into Medical School

Extra - Curricular Activities to Have Before Applying to Medical School

To be a competitive medical school applicant, you must show admission committees that you are well-rounded, dedicated to serving others, and able to handle multiple commitments at once. The best way to do that is participating in multiple extra-curricular activities and experiences. Here are the most common and essential activities in order to make you a successful applicant!

1 Community Service



Community service should include an activity where you provide service to others without reward or compensation.

At a minimum: You should have 36 hours when applying.

The average applicant has: 100 hours on their application.

Examples: Tutoring, camp counselor, homeless shelter volunteer, habitat for humanity.

2 Clinical Work



The best clinical work involves directly working with patients and having hands-on experience caring for others in a healthcare setting.

At a minimum: You should have 32 hours.

The average applicant has: 48 hours when applying.

Examples: Volunteering or working in hospitals, emergency rooms, physician offices, hospice.

3 Research



Research is the involvement in a scholarly activity where a hypothesis is tested and investigated.

At a minimum: An applicant should have at least been involved in a class where a hypothesis was tested.

The average applicant has: An independent project that tested a hypothesis under the supervision of a professor.

Examples: Research with a university department, clinical research, senior thesis.

4 Leadership



A leadership activity should involve you guiding or directing others.

At a minimum: 1 leadership experience for several months.

The average applicant has: 3 leadership experiences for several months.

Examples: Positions in employment, church, community, sports and university.

5 Physician Shadowing



Physician shadowing should involve observing a physician in their clinical practice within the United States. You should try to shadow across as many specialties as possible.

At a minimum: 8 hours.

The average applicant has: 24 hours.

Examples: Shadowing a MD or DO is acceptable (DO preferred for DO applicants).

The MedSchoolCoach Advantage

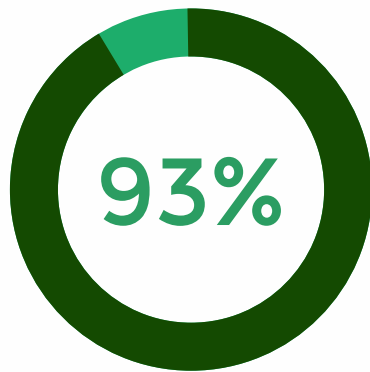
Our physician advisors have served on admission committees and have reviewed hundreds of applications to medical schools. They can review your activities to ensure that you stand out and demonstrate all the qualities that medical schools are looking for in an applicant.

In addition, when it comes to writing about these extra-curricular activities in your AMCAS application, we can provide in-depth editing to ensure that you present the best aspects of your experiences.

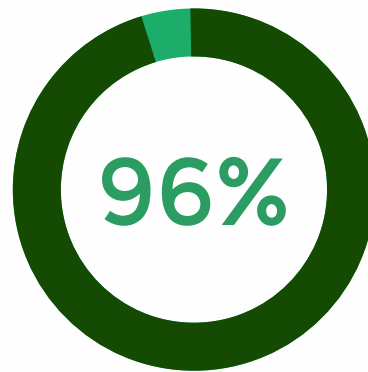
Stop at Perfection

We know that a great application requires optimal extracurriculars. that's why we will work with you to assure you are taking every step possible to boost your odds of getting into medical school.

Proven Results



93% of our customers found MedSchoolCoach “very helpful” or “extremely helpful” in the application process



96% of our customers would recommend our services to a friend

Meet Some of Our Advisors



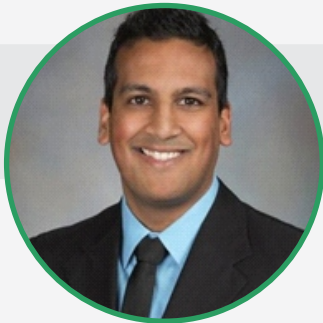
Michael Frazier MD

was a member of the UCLA School of Medicine Admissions Committee



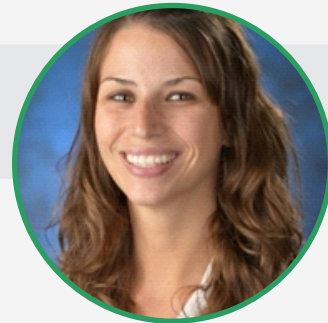
Harvey Katzen MD

was a member of the George Washington University School of Medicine Admissions Committee



Raj Sarkar MD

was part of the Admissions Committee at Columbia University & an Interviewer at NJMS



Renee Marinelli MD

was a member of the University of California, Irvine Admissions Committee



Edward Lipsit MD

was a member of the Admissions Committee at Virginia Commonwealth University



Sam Fuller MD

was an Interviewer for the University of Chicago Pritzker School of Medicine



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