**HEALTH PROFESSIONS PROGRAM: MEDICAL SCHOOL WORKSHEET**

***Applying to Medical School is such an involved, thoughtful, and competitive undertaking it is to your advantage to make sure the list of schools   
you apply to is relevant to you, both in terms your grades/scores, other aspects of your application, and personal preferences. On average, Dartmouth students have been applying to approx. 22 schools. Use the guidelines below to develop a list to give yourself the best chances.***

If you have questions about your readiness to apply please touch base with Sarah Berger or Alicia Kehn.

**Your list should be well researched and designed to fit your criteria. Your list should take into account your:**

* **Grades and MCAT scores, your scholarly and extracurricular experiences, your personal values, and your preferences.**

**It's Essential that your list of schools be long enough, and that it have the competitive balance that matches you best.**

* Develop a list of 25-30 schools from your research that we can use as a basis for discussion with you.
* Investigate demographics: location; class size; # of student in/out of state residency; median gpa/mcats+percentiles; avg debt; etc.
* Investigate the qualities of different schools: values, mission, curriculum, teaching styles, scholarly opportunities, community,

quality of student life, financial aid.

**How to do the research? Resources include:**

* The AAMC's [Medical School Admission Requirements](https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/medical-school-admission-requirements/) (MSAR) (small fee for online account).
* Go through individual schools' websites (MSAR has links to each school) for a deeper understanding.
* Use the [NSS Alumni Advice spreadsheet](https://www.dartmouth.edu/nathan-smith/secure/NSSAlumAdvice2019.html) where alumni at different med schools share their contact info.
* Your HPP Advisors

**USING THE CRITERIA BELOW, DEVELOP A LIST THAT IS REALISTIC FOR YOU, WITH THE ADDITION OF SOME REACHES AND DREAMS.**

1. **Use the worksheet (next page) to develop and divide up your list, and as a template that can help us advise you.**
2. **Include schools at which you may have an advantage such as Geisel Medical School, and your state schools — even if they   
    aren’t your “top choice” schools!**
3. **Keep in mind that ALL schools are highly competitive, though within that, there is a range.**

# CRITERIA, PERSONAL PREFERENCES

*Identify your personal criteria for choosing schools you will apply to. See above examples*

**CRITERIA, GRADES/SCORES**

*The other criteria you need to assess are your grades and MCAT scores to help you be realistic about your competitiveness at the different schools. Use the following "code" to create a combination of schools that may be balanced and realistic for you.*

**FR= FAR REACH**

*Perhaps a dream school. Even if it seems outside parameters, it’s ok to have some FR schools-they’ll depend on strength of application*

**R= REACH**

*Could be a good match, but may still be R because of scores/grades, experiencse, the "fit," or, simply high number of applicants there*

**C= COMPETITIVE**

*A school where you should be competitive based on your MCAT scores, GPA, experiences "fit" and “advantage” (as above)*

**S="SAFER"**

*remember, there are no actual “safety schools” in this process.*

**WORKSHEET: MEDICAL SCHOOL LIST *Send your worksheet to Sarah Berger or Alicia Kehn for review—please name document with your name and "School List.” Please include resume and, if you are an alum, a transcript.***

*\*You can add/subtract lines, change number of schools or proportion of types—this is a template.*

***Please Fill In:***

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| --- | --- | --- | --- | --- | --- |
| **Name and Dartmouth ID#** | **Class Year** | **Overall GPA** | **Approx Science GPA** | **MCAT Score** | **Residence(State/Country)** |

Science GPA=courses in following departments Biology, Chemistry, Physics, Math, and some Neuro and Engineering (if syllabi definitely science based)

**1. TOP SCHOOLS OF INTEREST: Meet all or most of my criteria**

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| --- | --- | --- |
| **Name of School** | **Criteria for Interest** | **Category: C/R/FR/S ) as above)** |
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| **2. ADDITIONAL SCHOOLS OF INTEREST: Meet some of above criteria** | |  |  |  | |
| **Name of School** | **Criteria for Interest** | | | | **Category: C/R/FR/S ) as above)** |
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| **3. SCHOOLS I FEEL I “SHOULD APPLY TO”--even if not a top choice.** | |  |  |  | |
| **Name of School** | **Criteria for Interest** | | | | **Category: C/R/FR/S ) as above)** |
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