

**UCCS**

T. Rowe Price Career  
and Innovation Center

UNIVERSITY OF COLORADO  
COLORADO SPRINGS

*Guide* **FOR THE**  
**PRE-MED**  
*Student*

**2024**

# Contents



Introduction

UCCS Resources

Medical School Application Overview  
Academic Requirements and Planning

Experiences

Research

Letters of Recommendation

AAMC Core Competencies

Timeline

Sample Pre-Health Resumes

# Introduction

Congratulations on choosing the Pre-Medical Pathway! At UCCS there are many ways that we can support you. This guide was developed with YOU in mind in an effort to help you navigate the preparation to becoming a competitive applicant.

You will find information around academic requirements, resources, testing requirements, experiences, holistic review, application guidance and more. It is encouraged to meet regularly with your Pre-Health Career Coach in the Career Innovation Center.

There are opportunities to meet virtually or in person and as often as you need. You can also reach out via email if you have any questions, concerns or updates.

## **Pre-Health Career Coach- 1:1 appts and group sessions**

### **Where to make an appointment:**

Student Support Network -> Career Center

- New programs, career fairs and events every semester! Check UCCS email regularly or the UCCS Pre-Health website below.
- Help with preparation- start early! Connecting to employers, volunteerism, research, campus opportunities etc.
- Guidance for application- help with personal statement, AMCAS, interviewing, med school search and more

**career.uccs.edu -> Industry -> Pre-Health**

(<https://career.uccs.edu/channels/prehealth-and-healthcare/>)

## UCCS Career and Innovation Center

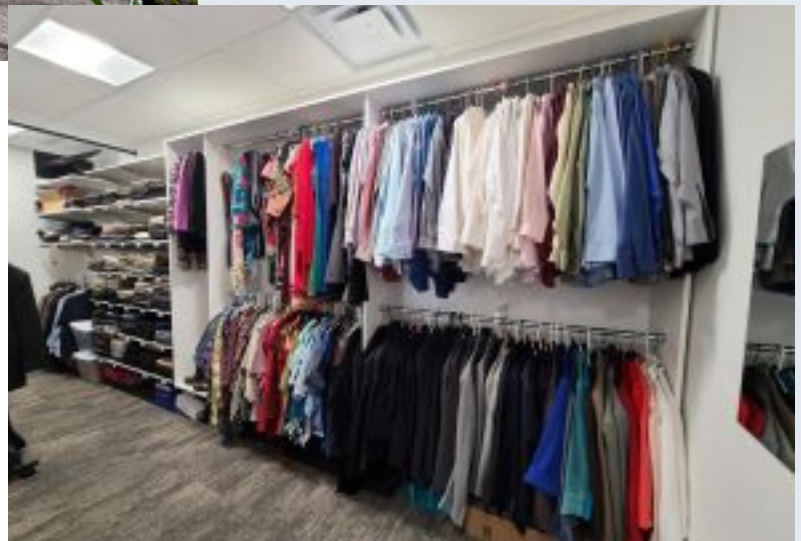


### Location:

University Center  
UC 114  
(down the hall from  
bookstore)

### Clyde's Closet:

Professional clothing closet.  
Students get  
7 **free** items per semester!



### Virtual Career Center:

[career.uccs.edu](http://career.uccs.edu)

- Pre-Health Industry Page
- Pre-Med Page
- Resume/Cover Letter
- Interviewing
- Career and Major Exploration Events
- Job Postings

# Resources:

2



## **Student Employment**

Excellent opportunities to gain transferable skills, teaching or research positions. Typically flexible around your school schedule!



**Handshake**- a great place to find employment specifically for college students and recent grads



**LinkedIn**- Professional networking can help you connect with employers, alumni or professionals for shadowing

## **Medical Schools in Colorado:**

 University of Colorado **Anschutz Medical Campus**

<https://medschool.cuanschutz.edu/>



# Student Clubs and Orgs

Student Life located in the University Center

The Department of Student Life at UCCS is your gateway to student involvement. They host over 200 Registered Student Organizations, Student Activities, UCCS Radio, Center for Civic Engagement and Service, Leadership Programs, and the Scribe student newspaper.

## Over 100 Student Clubs and Organizations to get involved!

- Pre-Health Society
- Pre-PA Club
- Biology Club
- Global Medical Brigades
- Student Government
- Sports Clubs
- Greek Life



Does not need to be healthcare or science specific to show commitment and dedication to an area or cause of interest!

How to get involved?

### Mountain Lion Connect:

- <https://mlc.uccs.edu/>
- <https://mlc.uccs.edu/organizations>

# Academic Support

## UCCS Excel Centers

If you are needing help in a subject, need preparation before an exam or just aren't grasping a concept, check out the Excel Centers for tutoring. These are a great place to study and they have communal space around car



**Becoming a tutor within an Excel Center is also a great opportunity.**

### **Math Excel Center**

Phone at 719-255-3687

Location: Due to construction in the Engineering Building, the Math Center will be located in Centennial 204, sharing the Science Center's space for the summer term.

Email: [mathctr@uccs.edu](mailto:mathctr@uccs.edu)

<https://mathcenter.uccs.edu/>

### **Science Excel Center**

Phone: (719) 255-3689

Location: Centennial Hall 204

Email: [jphillip@uccs.edu](mailto:jphillip@uccs.edu)

<https://sciencecenter.uccs.edu/>

### **Excel Multiliteracy Center (Formerly Writing Center)**

Phone: (719) 255-4336

Location: Columbine Hall 316

Email: [wrtgcntr@uccs.edu](mailto:wrtgcntr@uccs.edu)

<https://writingcenter.uccs.edu/>

# Medical School Application Overview

## Application Requirements

- **Metrics: GPA and Testing**
- **Academic History** manually input courses and official transcripts
- **Personal Statement**
- **Letters of Recommendation**
- **Experiences** (Volunteerism/Community Service, Social Justice, Healthcare Experience, Patient Care Experience, Student Engagement, Leadership, Research, Work Experience, Other)



## Testing Requirements

- **Metrics: GPA and Testing**
  - **MCAT**
  - **Altus Suite (program dependent)**
  - **AAMC Preview (program dependent)**

While applying early in the cycle has advantages, the best time for you to apply is when your application is the best it can be. Medical schools requirements vary from school to school. Research schools early for specific information on their requirements. Some schools will require all pre-requisites to be completed at the time of application, while others will allow you to apply with credits that still need to be completed. Be sure to check each program's website early!



# Medical School Application Overview

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## Centralized Application Services

### **For MD applicants: AMCAS- the American Medical College Application Service**

The AMCAS on-line application is for Allopathic medical schools and usually opens in early June. Normally there is a three to four week delay before the school receives the application from AMCAS due to transcript verification. Students are encouraged to apply EARLY.

**For DO applicants: AACOMAS The American Association of Colleges of Osteopathic Medicine Application Service** is the centralized application service for U.S. Osteopathic medical schools.

### **For Texas Medical Schools, The Texas Medical and Dental Schools Application Service**

These application services allow you to apply to as many programs as you choose in one application. They open online in early May each year to allow applicants to start building applications a month early, and begin accepting submissions on or around June 1st. Deadlines vary between services and also by school and range from October-March. The information you will be asked to provide is very similar, although the way it is organized in different ways.

**READ ALL INSTRUCTIONS AND DIRECTIONS CAREFULLY!**

# Medical School Application Overview

## All Three Application Services will require:

- Testing Requirements:
  - MCAT score, Altus Suite scores (CASPer) and others (AAMC PREview) depending on each program's requirements.
- A list of all college classes taken, as well as official transcripts from each college where you have earned credit.
- Descriptions of up to 15 activities and experiences since graduating from high school
- Demographics and background info.
- A Personal Statement answering 'Why Medicine?'
- Letters of Recommendations

## Choosing Medical Schools to Apply to:

MD School Finder: MSAR

A list of nationally accredited MD programs

<https://mec.aamc.org/msar-ui/#/landing>

ChooseDO: A list of nationally accredited DO programs

<https://choosedo.org/choose-do-explorer-registration/>

## Things to consider when looking for programs to apply to:

Location- Urban/Rural, Near a Support Network

Average GPA of Matriculants

Average MCAT score of Matriculants

Public/Private

Mission, Vision, Values

Research Forward

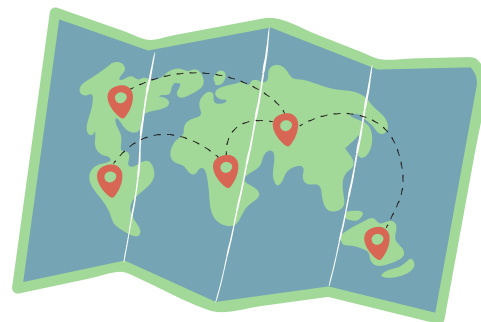
Clinical Opportunities, Specialties

Percentage of graduates accepted into Residency Programs

Class Size

Community they Serve

Financial Support and Cost



# Pre-Medicine Courses

## University of Colorado Colorado Springs

### Academic Catalog

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A bachelor's degree with a minimum of 120 credits from an accredited college or university is required to be completed prior to matriculation to the program.

#### **Academic Advising:**

**(719) 255-3260 or [advising@uccs.edu](mailto:advising@uccs.edu)**

**Prerequisites:** Many courses have prerequisites that fall outside of this list; be sure to check the catalog for course details.

**Grades:** All requisite coursework should be completed with a grade of "C" or better, and must be completed by time of matriculation. The average cumulative GPA of admitted students is 3.7.

#### **What if your grades are not competitive?**

You can look into a Post-baccalaureate (Post-Bacc) program to help you retake required coursework, bring up your GPA and help prepare you specifically for getting into med school.

Learn more about Post-Bacc here: <https://students-residents.aamc.org/preparing-medical-school/postbaccalaureate-programs>

List of Post-Bacc programs: <https://mec.aamc.org/postbac/#/index>

# **A listing of prerequisite courses and recommended courses to be eligible for admission to the University of Colorado School of Medicine at the Anschutz Medical Campus.**

## **Required Coursework:**

BIOL 1300 - General Biology: Organismic Biology  
BIOL 1310 - General Biology: Organismic Biology Laboratory  
BIOL 1350 - General Biology: Introduction to the Cell  
BIOL 1360 - General Biology: Introduction to the Cell Laboratory  
HPNU 3050 - Human Anatomy  
HPNU 3060 - Human Physiology  
CHEM 1401 - General Chemistry I  
CHEM 1402 - General Chemistry Laboratory I  
CHEM 1411 - General Chemistry II  
CHEM 1412 - General Chemistry Laboratory II  
CHEM 3101 - Organic Chemistry I  
CHEM 3102 - Organic Chemistry Laboratory I  
CHEM 3111 - Organic Chemistry II  
CHEM 3112 - Organic Chemistry Laboratory II  
CHEM 4211 - Biochemistry  
PES 1010 - Physics for Life Science I - Algebra Based  
PES 1150 - General Physics Lab I Algebra Based  
PES 1020 - Physics For Life Science II  
PES 2150 - Physics Lab II Algebra Based

## **STATISTICS: Complete one of the following courses.**

BIOL 3000 - Biostatistics  
HPNU 3100 - Statistics and Research Methods  
MATH 3100 - Statistics for the Sciences  
PSY 2100 - Introduction to Psychological Statistics

## **Recommended Courses**

**BIOLOGY:** Complete both of the following courses.

BIOL 3020 - Cell Biology  
BIOL 3830 - Genetics

**COMPUTER SCIENCE:** Complete one of the following courses.

CS 1120 - Computational Thinking with Beginning Programming  
CS 1150 - Principles of Computer Science  
INFS 1100 - Productivity Apps for the Workplace

**ETHICS:** Complete one of the following courses.

PHIL 1020 - Introduction to Ethics  
PHIL 3130 - Biomedical Ethics  
PHIL 3160 - Death and Dying

**MATHEMATICS:** Complete at least two courses.

MATH 1040 - College Algebra or higher

**SOCIAL SCIENCES and HUMANITIES:** Complete at least two courses of social sciences, humanities, and/or foreign languages. Highly recommended departments and courses include: ANTH (1040), COMM, ECON (1000), FCS, PHIL (4410), PSY, SOC, SPAN, and WEST.



# Academic Planning

## *and Recommendations*

**Chart showing Academic Requirements:**

	<b>Required by MOST Medical Schools</b>	<b>Required by SOME Medical Schools</b>	<b>Important for MCAT Prep</b>
<b>1 Year of English</b>	x		
<b>1 Year of General Chemistry with Lab</b>	x		x
<b>1 Year of Biology (Cell and Molecular) with Lab</b>	x		x
<b>Additional Biology</b>		x	
<b>1 Year of Physics with Lab</b>	x		x
<b>1 Year of Organic Chemistry with Lab</b>	x		x
<b>1 Year of Mathematics (1 sem each Calc/ Stat)</b>		x	x
<b>1 Semester of Biochemistry</b>	x	x	x
<b>1 Semester of Psychology/Sociology</b>		x	x



# Academic Planning

## *and Recommendations*

### **Metrics**

GPA is extremely important. Medical schools need to know that you can be successful in their rigorous, fast paced curriculum. It is VERY hard to increase GPA if it falls.

*Be On The Right Side Of The Numbers-* starting early.

Additionally, your MCAT scores are also weighed heavily in medical school admissions.

### **Choosing a Major**

Pre-med is not a major or a minor- it is a track and therefore in addition to completing coursework to prepare for medical school, students will all choose a major or concentration. Medical schools genuinely do not have a preference regarding a student's choice of undergraduate major. They like to see a range of interests in their student body and are just as happy with a theatre major (assuming good performance in the required science courses) as they are with biology chemical engineering. Your choice of major should be guided solely by your own intellectual interests and aptitudes. Choose what you are interested in! Check with individual schools you are applying to for verification on required coursework and recommended coursework.

It is important to work closely with your academic advisor. They can help you with your workload, timeline, courses to complete major and pre-med track coursework, and lining up important courses with when you plan to take the MCAT.

### **Considerations with Course Planning (Work with your academic advisor!)**

1. Varying course requirements: Course requirements often vary among medical schools. Therefore, it is simply not possible for you to meet every pre-med requirement for every medical school in the U.S. What is most important is to consider the coursework and academic background necessary to best prepare for medical school and to perform well on the MCAT. You must research individual medical school requirements to ensure you have completed all prerequisite coursework.

1. Credit by Exam: Advanced Placement (AP), CLEP, or International Baccalaureate (IB) credit is accepted only if transcript reflects the exact credit earned. AP and IB Credit: Policies regarding AP and IB credit are inconsistent across medical schools, so most students must complete additional coursework even if they have AP or IB credit on their transcript.

- If you have AP or IB credit for an introductory science sequence for medical school, you are advised to take at least one additional course in that area.
- However, if you have AP/IB biology credit, you will need two biology classes with labs. In general, it is acceptable to forfeit your AP or IB credit if you feel more comfortable reviewing the material and strengthening your knowledge in an introductory college course in preparation for the MCAT.

2. **Biochemistry:** A background in biochemistry is essential for MCAT preparation and is a requirement of medical schools. Most JHU students take Biochemistry from the Department of Biology. However, please check biochemistry course options with your WSE or KSAS academic advisor if you are majoring in Biomedical Engineering, Materials Science (Biomaterials track), Biophysics, Chemistry, or Public Health Studies.

3. **Genetics:** Although genetics is not required for the MCAT, it is considered an important foundational course in preparation for medical school curricula and MCAT preparation.

4. **Math/Statistics:** In addition to calculus, it is suggested you enroll in a statistics class in preparation for the MCAT and as a requirement for medical schools.

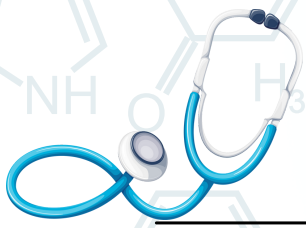
5. **Humanities and Social Sciences:** It is important to demonstrate interests beyond the sciences, as medical schools want to see that applicants have diverse intellectual interests. In light of the content on the MCAT, pre-meds are advised to consider courses that emphasize ethics, philosophy, cross-cultural studies, the arts, and public health.

6. **Letter Grades:** All pre-medical requirements must be taken for a letter grade, and for the majority of medical schools, you must earn a “C” or higher in those courses. Do not take pre-med courses or requirements pass/fail (S/U).

7. **Find balance:** Although you need a strong GPA for medical school admissions, trying to maintain a perfect GPA may prevent you from pursuing experiences outside of the classroom that will help set you apart from other students. The key is to find balance between your academics and extra-curricular activities. Medical Schools will take into account what you are able to balance along with your coursework. Always prioritize GPA and if you find that you are struggling while trying to juggle multiple things, that should be taken into account as you are planning out your undergraduate years.

**PLEASE NOTE:** It is your responsibility to keep up to date with prerequisite requirements for the schools to which you intend to apply. These are subject to change from year to year. Check the current edition of the MSAR (Medical School Admission Requirements, subscription required to access prerequisite information), which is updated annually and released in April, for the most up-to-date information. Most medical schools also list their requirements in greater detail on their individual websites.





# Experiences

## Patient Care (Clinical) Experience & Healthcare Experience

Not the same- what is the difference?

*Patient Care (Clinical Experience)* is working directly with patients and being responsible in some way for their care.

- Examples of positions with healthcare AND patient care experience: Certified Nursing Assistant, Emergency Medical Tech, Medical Assistant, Phlebotomist



*Healthcare Experience* is everything else in a medical setting. Administrative, working with a team of healthcare professionals, providing assistance etc.



- Examples of positions with healthcare experience: Medical Scribe, Patient Coordinator, Healthcare Technician

*Some programs may accept certain experiences as patient care- If you are unsure, reach out to their admissions contact directly for clarification before applying.*





# Experiences

## Shadowing and Observation

Shadowing is considered observation without direct patient contact. Shadowing consists of following and observing one or a few physicians around as they perform their jobs to gain a “day in the life” perspective. Shadowing is more than just a requirement for admission into medical school. It allows you to get a clear sense of what it’s like to be a practicing doctor.

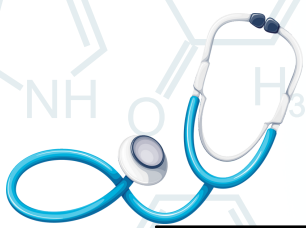
### Who?

In choosing a physician to shadow, it may be best to pick a general practitioner of family medicine or internal medicine for an overall perspective, especially if you are just starting to build your clinical experiences. If you find yourself interested in a particular field, explore it by seeking out physicians that specialize in that or similar fields. Also consider where you are shadowing- is it in a hospital? private practice? rural? urban? Diverse locations can also help speak to the range of your experiences.

### How?

If you have a relationship with your own doctor(s), or know any doctors, start by asking them. You can also ask your teachers, professors, and advisors if they know any doctors that other students have shadowed in the past. It’s also okay to contact hospitals through their volunteer office, or search online for local doctors with specialties that interest you. Oftentimes, networking within a healthcare setting as an employee or a volunteer can help you get connected.

Find a shadowing guide on the UCCS Pre-Health page for more info!



# Experiences

## Volunteerism and Community Service

As a physician, you will serve the needs of others, and community and volunteer involvement can indicate that you are devoted to that cause. Consider some type of volunteer experience as required.

It is important to show consistency in this area. Even if you do a few hours a week over a few years, that looks better than short term experiences.

There are endless opportunities for you to volunteer your time! Find out about opportunities through the **UCCS Career and Innovation Center!**

Civic engagement in other settings: tutoring, coaching kids, helping the elderly, are also valued.



Consistency is Key! Do small amounts over a long period of time. This shows commitment and dedication to something that you care about that can be conveyed through your application. There are many ways that you can give back to your community. Check out the UCCS Pre-Health webpage for more info and ideas.

## Social Justice

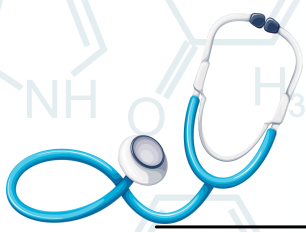
A newer question on the application is around social justice and community impact that you've supported- with experiences.

Examples:

LGBTQ+ Rights, Environmental Awareness, Women's Rights, Anti-Discrimination, Education, Racial Equity, Healthcare Access

These are all examples of social justice initiatives.

**Determine a cause that you care about and take action.**



# Experiences

## Student Engagement

See page 4 for opportunities to get involved at UCCS through Mountain Lion Connect and Student Life.

Involvement in athletics or in undergrad activities/organizations like clubs, societies or other interests can give you an opportunity to:

1. Explore your own personal interests.
2. Demonstrate to med schools what is important to you (other than just being admitted to med school).
3. Embrace your college experience by surrounding yourself with activities that mean something to you and are valuable to your well-being.

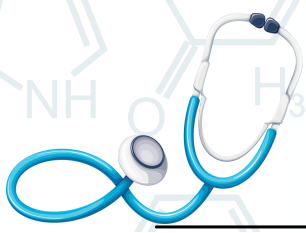
Not only will you feel personally fulfilled, it will be reflected in your application to med school (in the work/activities or essay sections of the application, or in your interview discussion). Prioritize your mental health, self-care, social, physical and emotional well-being by being involved in personal interests too.

## Leadership

Leadership does not only mean being president of a club. It can also be conveyed with teaching or tutoring experience, creating something on your own, being employed in something outside of healthcare. Think outside the box! Holding a leadership position for a student club or organization is also an amazing opportunity- if you decide to pursue a president or vice president position, be ready to explain the positive changes or impact that you made in your time as a leader.

## Volunteerism/Community Service/Social Justice/Impact

Volunteerism and Community Service can also be a form of leadership. Things to consider: What can you do consistently over a long period of time? What do you care about and want to be involved in and make a difference? This can be a great first experience, as you can schedule it as needed. If it doesn't exist, can you organize your own efforts?



# Experiences

## Other Work Experience

What other work have you done outside of healthcare?

When did you start working? Childcare, Food industry or Retail jobs are common. If you have any experiences where you were paid, you might consider adding it to your application. They are relevant!

Transferable skills from these positions:

- Communication
- Teamwork
- Customer Service
- Diversity
- Multi-tasking
- High stress environment

These are all transferable skills that you gain from work in the food or retail industry. Emphasize these skills in the description.

## Why Do Experiences Matter?

### Holistic Admissions and Diversity

Medical schools are very interested in diversity and they want people who are culturally competent and sensitive, who show a desire to learn, value and respect others' culture. They want you to work with people who are different from yourself, getting "out of your comfort zone." Many programs use holistic admissions, where they will look at all aspects of your application and pay special attention to your experiences (family background, community service, research, leadership, affiliations, life experiences, and general "distance traveled"); attributes (ethnicity, race, values and beliefs, general identity, maturity, intellectual curiosity, etc.), in addition to your metrics (GPA, grade trends and MCAT).

What you've done can really make you stand out!

A blue microscope is positioned on the left side of the page. The background is filled with various chemical structures, including rings, chains, and functional groups like hydroxyl (OH), amino (NH), and methyl (CH3) groups. The word "Research" is written in a large, bold, black font in the center of the page.

# Research

As an undergraduate or graduate student, you have a special opportunity to conduct research alongside a faculty member at UCCS. Do not seek out research just to check a box in your application. Do research because you genuinely want to and can speak to your passion and interest in application.

## How?

You can find some research opportunities posted in SEAN- Student Employment Job Board.

You can speak directly to your faculty members. Find out what they are involved in and if there is a way that you could participate.

## By Department:

- Department of Chemistry and Biochemistry:

<https://chemistry.uccs.edu/research>

- Department of Human Physiology and Nutrition:

Check with your HPNU faculty directly about research opportunities-

<https://johnsonbethel.uccs.edu/academics/hpnu>

- Department Biology

<https://biology.uccs.edu/research>

- Department of Psychology

<https://psychology.uccs.edu/research>

## Additional Opportunities:

Visit <https://career.uccs.edu/channels/prehealth-and-healthcare/>

- Anschutz Internship and Research Programs
- UCCS Department of Student Research:

<https://studentresearch.uccs.edu/>

- Local and National Research Opportunities- be sure to check Handshake and Student Employment



# Letters of Recommendation

All three Application services have a letter of recommendation service that allow you to submit your letters through them and have them distributed to all schools to which you have applied. If applying to both MD and DO schools, it is easiest to subscribe to a service like Interfolio.com which allows you to collect all your letters in one place and have them sent to each application service. You will have to fill out that section with your individual recommender's information. UCCS does not offer committee letters.

The Letters of Rec do not go to you, they will go directly to AMCAS, AACOMAS or TMDSAS Requirements for letters vary between schools, so research schools early and know what you need.

**Who?** Most schools require 3-5 letters.

**Academic Letters:** Letter writer who can speak to your academic ability or intellectual curiosity.

- Science Professor (Only from Biology, Chemistry, HPNU, Physics, or Math)
- Non-Science Professor
- 2nd Science Professor (Requirements vary by school)

**Mentoring Letters:** Letter writer who can speak to your commitment to service, leadership ability, growth as an individual, interpersonal and/or teamwork skills. Healthcare supervisor, Community Service (Direct Supervisor or Volunteer Coordinator), Research Supervisor, or other Supervisor (a professional mentor, or work/ internship supervisor)

## How?

### Establish Relationships

Get to know your Professors early! Tell professors at the beginning of the semester that you would like them to keep an eye on your performance in class. It will give them a longer observational window. Visit their offices regularly. At the end of the semester, if you do well, ask them if they would be willing to write you a letter of recommendation when you are ready to apply.

1. Ask thoughtful questions
2. Delve deeper into concepts presented in lectures
3. Share your academic and career goals
4. Ask for recommendations for additional reading
5. Inquire about their areas of interest and research

### Requesting Letters of Recommendation

- Get business cards with your recommenders' contact information.
- Ask if recommenders would welcome any written background material. You could include a brief biographical sketch or resume, your interests and activities, career goals, and motivation toward your intended profession. You could also include a copy of a paper or assignment from their class, or transcript.
- Always give recommenders ample time. One month at a minimum. Follow up to make sure that your letters have been sent.
- Send thank you notes.

# What do Medical Schools Want?

The 15 Core Competencies for Entering Medical Students (defined below) have been endorsed by the AAMC Group on Student Affairs (GSA) Committee on Admissions (COA). The competencies fall into four categories: *Interpersonal, Intrapersonal, Thinking and Reasoning, and Science*.

## AAMC 15 Core Competencies



# 15 Core Competencies

1. **Service Orientation:** Demonstrates a desire to help others and sensitivity to others' needs and feelings; demonstrates a desire to alleviate others' distress; recognizes and acts on his/her responsibilities to society; locally, nationally, and globally.

2. **Social Skills:** Demonstrates an awareness of others' needs, goals, feelings, and the ways that social and behavioral cues affect peoples' interactions and behaviors; adjusts behaviors appropriately in response to these cues; treats others with respect.

3. **Cultural Competence:** Demonstrates knowledge of socio-cultural factors that affect interactions and behaviors; shows an appreciation and respect for multiple dimensions of diversity; recognizes and acts on the obligation to inform one's own judgment; engages diverse and competing perspectives as a resource for learning, citizenship, and work; recognizes and appropriately addresses bias in themselves and others; interacts effectively with people from diverse backgrounds.

4. **Teamwork:** Works collaboratively with others to achieve shared goals; shares information and knowledge with others and provides feedback; puts team goals ahead of individual goals.



**5. Oral Communication:** Effectively conveys information to others using spoken words and sentences; listens effectively; recognizes potential communication barriers and adjusts approach or clarifies information as needed.

**6. Ethical Responsibility to Self and Others:** Behaves in an honest and ethical manner; cultivates personal and academic integrity; adheres to ethical principles and follows rules and procedures; resists peer pressure to engage in unethical behavior and encourages others to behave in honest and ethical ways; develops and demonstrates ethical and moral reasoning.

**7. Reliability and Dependability:** Consistently fulfills obligations in a timely and satisfactory manner; takes responsibility for personal actions and performance.

**8. Resilience and Adaptability:** Demonstrates tolerance of stressful or changing environments or situations and adapts effectively to them; is persistent, even under difficult situations; recovers from setbacks.

**9. Capacity for Improvement:** Sets goals for continuous improvement and for learning new concepts and skills; engages in reflective practice for improvement; solicits and responds appropriately to feedback.

**10. Critical Thinking:** Uses logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.

**11. Quantitative Reasoning:** Applies quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world.

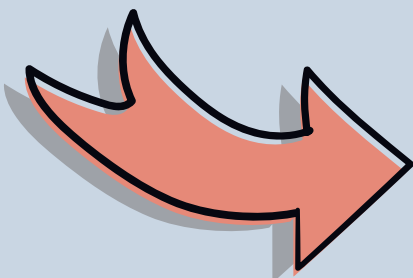
**12. Scientific Inquiry:** Applies knowledge of the scientific process to integrate and synthesize information, solve problems and formulate research questions and hypotheses; is facile in the language of the sciences and uses it to participate in the discourse of science and explain how scientific knowledge is discovered and validated.

**13. Written Communication:** Effectively conveys information to others using written words and sentences.

**14. Living Systems:** Applies knowledge and skill in the natural sciences to solve problems related to molecular and macro systems including biomolecules, molecules, cells, and organs.

**15. Human Behavior:** Applies knowledge of the self, others, and social systems to solve problems related to the psychological, socio-cultural, and biological factors that influence health and well-being.

Look up the  
AAMC  
Self-Assessment  
"Anatomy of  
an Applicant"



How I demonstrate(d) this competency:

Why it's important:

What this says about me:

What I learned or how I grew from this experience:

How this prepared me or influenced my interest:

**MY PLAN(S) TO DEVELOP THIS COMPETENCY**

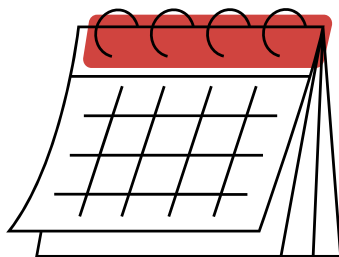
Next steps:

Timeline:

# Timeline

There is 1 cycle per year when you can apply to medical schools. Most schools admit on a rolling basis. This means that it is very important to apply early in the cycle to better your chances. It is most important to apply when your application is READY!

## Sample Timeline:



### January-March

- Request Letters of Recommendation and Communicate regularly with LOR writers
- Finalize Personal Statement and Experiences Descriptions
- Take MCAT, AAMC PREview (optional), Altus Suite (program dependent)
- Finalize school list and be sure you qualify within each program's requirements

### Early May- AMCAS and AACOMAS will open application portal 1 month early

- Obtain unofficial transcripts
- Begin inputting all information- demographics/background, academic info (using unofficial transcripts), work and activities section, other info

### Early June- AMCAS and AACOMAS cycle opens

- Ideally time to apply with primary application: June or July
- Pre-write secondary application essays immediately after you finalize your primary applications

### July-August

- Submit secondary applications (as soon as possible after receiving them, and without sacrificing quality)
- Begin to prepare for medical school admissions interviews - can schedule mock interview with UCCS Pre-Health Career Coach

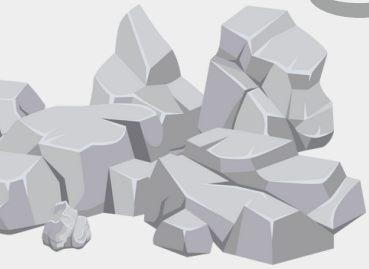
### September-October

- Continue preparing for interviews
- Complete interviews
- Send letters of interest, with updates, prior to receiving interviews, if accepted and appropriate
- Send ONE letter of intent indicating that they are your top choice and you WILL accept if offered (after interviews or if placed on wait list)

# Sample Pre-Med Map



## Year 1



- Explore Campus-Learn about Campus Resources (pg 10)
- Meet with Academic Advisor and Pre-Health Coach
- Connect with peers: Join Student Org (pg 5)
- Focus on Study Habits, Time Management, Wellness, Self-Care
- Volunteering and Community Service- Not only Healthcare (pg. 8)
- Seek out shadowing opportunities
- Clinical Experience! Certification in entry level roles: CNA, EMT, Scribe, MA, Phlebotomy and more (pg.7)
- Decide timeline. GPA is always priority!



## Year 2



## Year 3

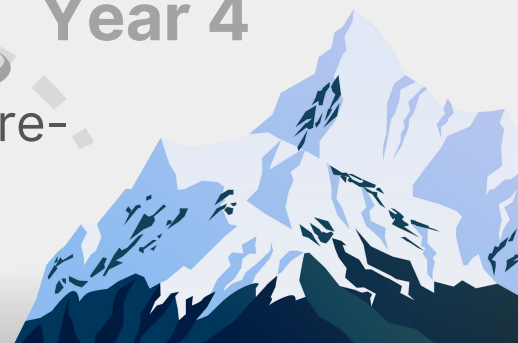


- Connect more with faculty members- Establish relationships. (pg.10)
- Take on leadership opportunities- Excel Center Tutor? Mentor? Club pres/vp? Volunteer lead?
- MCAT prep and study!
- Are you applying? If so-AMCAS Prep



## Year 4

- Research or TA with faculty
- Interview preparation and connect with Pre-Health Career Coach-attend programs
- Gap year planning or application



# Sample Pre-Health Resume 1

## Clyde's Resume

✉ Clyde@gmail.com

☎ 123-456-7890

📍 Colorado Springs, CO

### OBJECTIVE

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**Current undergraduate student at the University of Colorado Colorado Springs. I am seeking a position in the healthcare field in the hopes of utilizing my skills and interests to help others. I want to learn and grow in the profession and work well on a team as an ambitious and positive person.**

### EDUCATION

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#### **Bachelor of Science in Biology, Pre-Med Track**

Anticipated: May 2023

*University of Colorado at Colorado Springs*

Current Cumulative GPA 3.8/4.0

- Dean's List
- Relevant Coursework: Human Anatomy & Physiology, Biochemistry, Nutrition, Applied Physics

#### **BLS Certification**

*American Heart Association*

December 11, 2022

#### **Nursing Assistant Certification**

*Pikes Peak Community College - Colorado Springs, CO*

January 16, 2021

### SKILLS

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**Proficiency in medical and emergency equipment, recording vital signs and patient history, positioning/moving patients, medical terminology, patient confidentiality-HIPAA, Bilingual- Japanese and English**

### WORK EXPERIENCE

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#### **Certified Nursing Assistant**

February 2022- Present

*Senior Living - Colorado Springs, CO*

- Direct patient care experience with diverse patient population including geriatric care and long-term care.
- Tasks include taking patient vitals, assisting with functional mobility, patient hygiene and bathing, assisting nurses with wound care, infection control and other medical procedures.
- Working closely with a team of medical professionals to provide exemplary, safe, and ethical patient care.

#### **Customer Service Support**

*Walgreens - Colorado Springs, CO*

January 2021- February 2022

- Provided customer service and addressed problems with solution focused methods and conflict management. Often supporting upset clients and providing them with the best service to meet their needs.
- Worked closely with a team of managers and other departments providing excellent communication.

### VOLUNTEER AND STUDENT EXPERIENCE

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- **Pre-Health Society:** Secretary, 2022-Present, University of Colorado Colorado Springs
- **Global Medical Brigades:** Member, 2021-Present, University of Colorado Colorado Springs
- **Communication Excel Center Volunteer Tutor,** 2021-2022, University of Colorado Colorado Springs

# Sample Pre-Health Resume 2

## Justin Jones

Colorado Springs, CO  
(719) 555-1234 | jjones@gmail.com  
www.linkedin.com/in/jjones

Pre-Health Resume

### EDUCATION

The University of Colorado Colorado Springs

**Bachelor of Arts in Political Science, Minor in Biology** GPA 3.65/4.0 May 20XX

Relevant Courses: Cell Biology, Biochemistry, Microbiology, Physiology, Medical Terminology

### CLINICAL EXPERIENCE

#### **University of Colorado Medical Center, Denver, CO**

Volunteer, Anesthesiology Center September 20XX–Present

- Provide comfort and support for patients receiving anesthesiology
- Engage in conversation with patients
- Work with medical staff to keep pod units fully stocked and running smoothly

#### **Supportive Services for Veterans and Families Programs, Colorado Springs, CO**

Volunteer, Volunteers of America September 20XX – May 20XX

- Developed relationship with low-income veteran families through conversations once a week
- Assisted with outreach, case management and obtaining VA and other benefits

### SHADOW EXPERIENCE

#### **UC Health Center, Colorado Springs, CO**

Shadowing December 20XX–January 20XX

- Shadowed Dr. Susan Johnson a general practitioner for 60 hours
- Viewed Dr. Johnson's interactions with patients during examination and throughout explanations of diagnosis
- Gained a greater understanding of the strong communication skills needed to be a physician

#### **University of Colorado Medical Center, Denver, CO**

Shadowing October 20XX

- Shadowed various Emergency Room doctors during two eight-hour shifts
- Observed the unpredictability and variety of cases seen in an emergency room setting
- Gained a better understanding of the flexibility and quick thinking needed to work as a physician in this environment

### RESEARCH EXPERIENCE

#### **University of Colorado Colorado Springs**

Research Assistant, Department of Microbiology May 20XX–August 20XX

- Created single amino acid mutations in an enzyme involved in sulfur metabolism, sulfite reductase
- Cleaned and organized lab equipment
- Ordered and maintained office and lab supplies

Research Assistant, Cellular and Molecular Biology

May 20XX–August 20XX

- Studied cell responses to a mutant yeast protein in a protein trafficking laboratory
- Performed site-directed mutagenesis through PCR to create specific mutants and transformed them into yeast
- Observed protein stability and ubiquitination by immunoblotting and localization by immunofluorescence

### PUBLICATIONS

Damon GQ, Jones JA, Smith S. Methods of Endocytosis. Annu Rev Biochem 2015, 78:843-916.