

# **AACOMAS**

# **Application Workshop**

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# AACOMAS

CENTRALIZED ONLINE APPLICATION SERVICE FOR DO SCHOOLS

## American Association of Colleges of Osteopathic Medicine

*Application Opens: May 4\**

*Application Open to Submit: June 15\**

*\$197\* – processing fees and one school*

*\$48\* – each additional school*

*\*2022 cycle*

# AACOMAS Application Process

## Primary Application

- Will be distributed to each DO school you apply to
- Includes activity list and personal statement

## Secondary Application

- Usually by invitation only
- Typically short answer questions, essays

## Interviews

- Traditional
- Group
- Multiple Mini Interviews

Selection Committee

Decision

# Read the Instructions

This Section:

## Become an Osteopathic Physician

- ▶ About Osteopathic Medicine
  - U.S. Colleges of Osteopathic Medicine
  - Osteopathic Specialty Colleges
  - ▶ **How To Apply To Osteopathic Medical College**
  - Apply Now
  - Contact AACOMAS
  - Student Guide to Osteopathic Medical College
  - General Admission Requirements

## AACOMAS Application Instructions

### Access the AACOMAS Applicant Help Center

Get information on:

- ◆ Creating an AACOMAS Account
- ◆ Using an Existing Account to Re-Apply
- ◆ Sending Official Transcripts to AACOMAS
- ◆ Sending Official MCAT Scores to AACOMAS
- ◆ Evaluations (Letters of Reference)
- ◆ Personal Statements
- ◆ Submitting the Application
- ◆ Verification and Calculating Your AACOMAS GPAs

**Just getting started?**

- ◆ **Review AACOMAS Quick Start Guide.**

# Order All Transcripts



On the application, enter school info,  
including CE institutions



Send transcripts: **EVERY** school

It doesn't matter if you've already transferred your credits to the U



Order transcripts as soon as you have access  
to the application (May)



## Order Your Official Transcript

[What's on a Transcript?](#) | [How much will a Transcript cost?](#) | [Should I order an electronic or hard copy?](#)

### Order Online

If you have a uNID, you can order your official transcript and have it delivered electronically in as little as 15 minutes! Orders without a uNID and hardcopy transcripts will be processed within 1-3 business days. Please note, official transcripts delivered electronically are only available for download for a limited amount of time.

[ORDER YOUR TRANSCRIPT ONLINE >](#)

([Lookup your uNID](#) | [Reset your password](#) | [Don't have a uNID?](#))



1. Login or Register

**2. Select Documents**

3. Order Details

4. Provide Consent

5. Billing Info

6. Review Order

## Where would you like your document(s) sent?

**Start by searching for your destination:**

Institution Name, Acronym, Location, or Email

 **SEARCH**

100 Matches Found:

**INSTITUTION**

**LOCATION**

AACOMAS - American Assoc. Colleges of Osteopathic Medicine



Watertown, MA, US

**SELECT**

### Order Options

Delivery Mode

Electronic

Processing Time 

Now

Holds are for current term only

Purpose for Request \*

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Attachment (Optional)

Choose File

No f

Upload "Transcript Matching Form" here.

**Note:** Email Providers use filtering systems to reduce spam. Sometimes, they accidentally filter the email that you want them to receive. To make sure that your document emails are not filtered into "junk" or "bulk" folders, please verify that the recipient can receive email from Parchment (parchment.com).

Total \$13.00

Add Another Item

Continue



## Welcome!

[Click here](#) for COVID-19 updates and FAQs related to your application.

AACOMAS is the centralized online application service for the US osteopathic medical schools.

AACOMAS simplifies the process of applying to osteopathic medical schools. You can select all the programs you wish to apply to, then submit one application that includes all necessary materials. AACOMAS verifies your application for accuracy and sends it with your materials to the osteopathic medical schools you designate.

Sign in with your username and password below. First time here? Select Create an Account to get started.

 Username

 Password

[Sign In](#)

[Create an Account](#)

[Forgot your username or password?](#)



[Reapplying to AACOMAS?](#)

## My Application

This dashboard is your application home providing access to each part of the application you need to complete and a high level overview of your progress.


**Getting Started?**  
Speed up your application by entering your colleges attended first.

**Latest Notifications**

-  Welcome to the AACOMAS application (save this email!) today
-  Your evaluation was submitted 10/28/2020

[View My Notifications](#)


### Personal Information

  
0/8  
Sections Completed


### Academic History

  
0/5  
Sections Completed

### Supporting Information

  
0/4  
Sections Completed

### Program Materials

  
0/1  
Sections Completed

# Advisor Release

## Advisor Release

\* By selecting **Yes**, you authorize AACOMAS to release parts of your AACOMAS application and application status to pre-health advisors and advisory committees at schools you have attended. Your advisor can then better assist you throughout the admissions process.

 Yes No

**Helps PPA advisors advise other students!**

**Always confidential**

**Helps the PPA office create statistical information**

**Experiences (Activities)**



## Supporting Information

0/4 Sections Completed

- Evaluations
- Experiences**
- Achievements
- Personal Statement

### Experience Type


\* What type of experience do you want to add?

Type 

- Non-Healthcare Employment
- Extracurricular Activities
- Non-Healthcare Volunteer or Community Enrichment
- Healthcare Experience

## EXPERIENCE

**Experience Type:** Research  
**Recognition Type:** Compensated  
**Title:** Intern/Research Associate I  
**Employer:** BioFire Defense  
79 W 4500 S  
Murray  
Utah 84107  
United States

**Supervisor:** 

**Experience Dates:** 05-29-2018/04-12-2019  
**Status:** Full-time  
**Hours per Week:** 40  
**Total Weeks:** 47  
**Total Hours:** 1880

**Experience Details:** I began working at BioFire as an intern and gained a position as a Research Associate. I performed diagnostic tests using PCR, was responsible for research and/or development in collaboration with team members for assigned projects, collected and analyzed data relating to real-time PCR, and contributed to project processes within a scientific discipline. I learned how to take a problem and explore innovative solutions, something my future patients would benefit from. I learned that trial and error are not only present in medical research but also a part of clinical medicine.

**Permit to Contact:** Yes

# Experience Descriptions

**600 characters**  
*INCLUDING spaces*

**What did you do?**

**What challenges did you face?**

**What did you learn?**

\* Description/Key Responsibilities

0 word

0/600

## TIPS

**Write your descriptions in a word doc for spell check and character count**

- Copy the descriptions to a .txt doc (like notepad) to ensure no weirdness
- Copy text from .txt document into the description text box

# Entering Shadowing Experiences... EFFECTIVELY

**DO NOT:** Enter each shadowing experience as a separate entry

**Seriously...don't do this.**

**Multiple shadowing experiences can be divided into two separate entries**

- Primary care and non-primary care
- Highlight one physician who impacted you the most; list the rest in the description

# Personal Statement

(5300 characters w/spaces)

*REMEMBER:*

*The audience is smarter, has more medical knowledge, and knows what it's like to be a physician*



# Address WHY YOU WANT TO BE A PHYSICIAN!!!

This is *different* from how you were inspired to be a doc



**Back up your argument with a specific example from your experience**

Choose and elaborate 1-2 of your experiences



**Limit the number of 'I' statements**



**Share your background if it's appropriate**



**Use the five senses to describe your story**

**Do NOT forget  
to talk about  
*why DO*  
specifically!**

# Personal Statement: *DON'Ts*

**DO NOT** summarize what you listed on the activity list. **DO NOT** repeat what you wrote on the activity list

**DO NOT** talk too much about other people (family member, mentor, patient, etc). *TALK ABOUT YOURSELF!*

**DO NOT** use words you don't know/ or how to use

**DO NOT** overuse medical terminology or abbreviations

**DO NOT** show off your knowledge about medicine

**DO NOT** assume everyone knows what you know

**DO NOT** begin with a quotation

**Try to avoid** foreign language

**Try to avoid** using cliché's

**Try to avoid** jokes

# Secondary Essays



**REMEMBER:** *The audience is smarter, has more medical knowledge, and knows what it's like to be a physician*

- **Research the school you are writing for.**
- **Understand the topic/questions well.**
- **DO NOT summarize what you wrote in the activities list**
- **DO NOT repeat what you wrote in the primary personal statement**

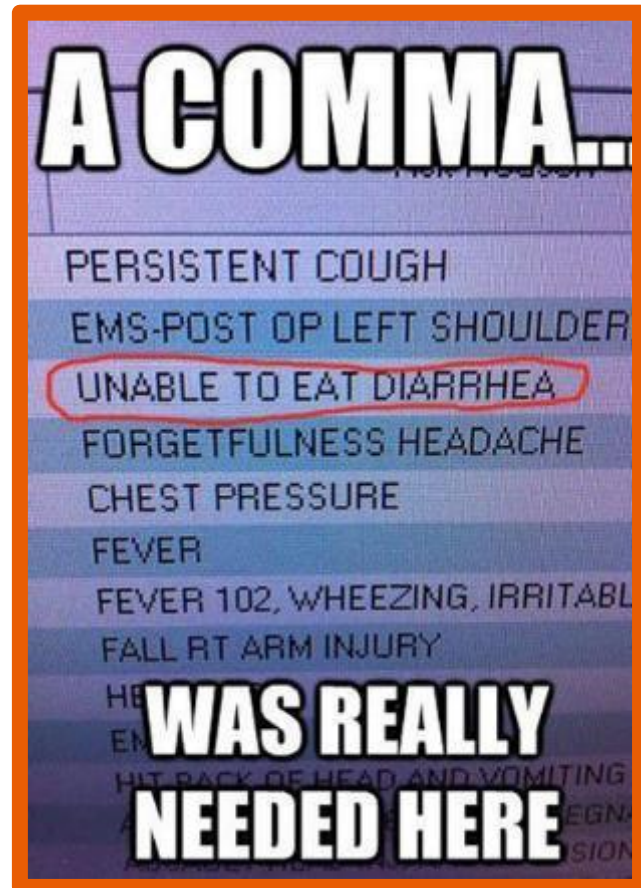
Composition

Spelling

Punctuation

Grammar

Details. Matter.



# Recommendation Letters

(LORs, Letters of Evaluation, etc)

\* **PPA office does NOT offer a committee letter.** *You need to substitute your committee letter with individual letters. Refer to each school's website for more information.*

# Letter Service Types

## AMCAS

- Applying to **MD** schools ONLY

## AACOMAS

- Applying to **DO** schools ONLY

## Interfolio

- Applying to more than one application service
  - (MD & DO, DO & TMDSAS (Texas), etc)
- Outside the US: e.g., the Caribbean

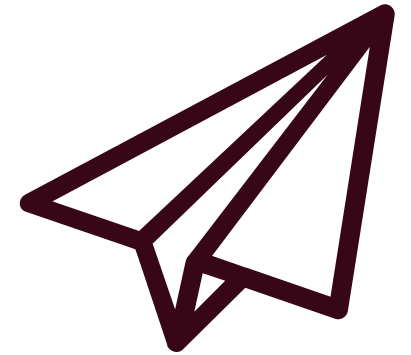
# Types of Letters You'll Need:

Usually need to submit at least 3 letters:

Academic Professor (usually science)

Physician (DO preferred)

Mentoring Letter (any supervisor/mentor of your choice)



- You can upload up to 6 different letters on AACOMAS
- You can send more than what is required, but most likely, med schools will not read extra letters

# How to request LORs

Contact your professors and supervisors **NOW!**

Provide as much information as possible

Give at least four weeks notice

Get their business card

Input their info as soon as you have access to AACOMAS

## **FOLLOW UP**

- [How To Guide](#)
- [Instructions for Letter Writers](#)

PPA Website: Resources /Downloads  
<https://advising.utah.edu/preprofessional/resourcedownload.php>



# Advice from PPA Office



PPA advisors can review your AACOMAS and secondary applications. Send them to your advisor!



We also do mock interviews! Both\* traditional and MMI



Meet with your advisor (more frequently than before!) during the application cycle

**DO NOT STOP  
your extracurricular  
activities after you  
submit your application**

# Questions?

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***Read the AACOMAS Application Instructions*** 😄

Email Us: [ppa@advising.utah.edu](mailto:ppa@advising.utah.edu)