AACOMAS APPLICATION WORKSHOP

UNIVERSITY OF UTAH
PREPROFESSIONAL ADVISING OFFICE
APRIL 2021
American Association of Colleges of Osteopathic Medicine

Centralized online application service for DO schools

Application Opens: May 4
Application Open to Submit: June 15

$196 – processing fees and one school
$46 – each additional school
**Primary Application (AACOMAS)**

- Will be distributed to DO schools you apply to
- Includes activity list and a personal statement

**Secondary Application (med school specific)**

- Usually by invitation only
- Includes answering questions or writing an essay.

**Interview**

**Selection Committee**

- Primary & Secondary application, summaries of interview and recommendation letters
TO DO: AS SOON AS YOU HAVE ACCESS TO APPLICATION


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.
American Association of Colleges of Osteopathic Medicine

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Welcome to AACOMAS

Welcome!

Click here for COVID-19 updates and FAQs related to your application.

This application cycle is closing soon! The 2020-2021 AACOMAS application cycle will close on April 12, 2021. Be sure to check your program deadline dates and submit your application to your programs before that date. Additionally, review the final application processing.

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

https://aacomas liaisoncas.com/applicant-ux/#/login
My Application

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

Latest Notifications
- Welcome to the AAMC application (save this email!)
- Your evaluation was submitted

View My Notifications

Personal Information
- 0/8 Sections Completed

Academic History
- 0/6 Sections Completed

Supporting Information
- 0/4 Sections Completed

Program Materials
- 0/1 Sections Completed
Helps PPA advisors advise other students

Always confidential

Will help the PPA office to create statistical information.
On the application, enter school info; including CE institutions.

Send transcripts from EVERY school.
- Doesn’t matter if you have already transferred your credits from to the U.

Order transcripts as soon as you have access to the application (May)
- Electronic is recommended
  - (UofU) Transcript Processing Company: Parchment
  - Follow prompts
- Mail may take more than two weeks to send your transcripts

ORDER YOUR TRANSCRIPTS
### Supporting Information

0/4 Sections Completed

<table>
<thead>
<tr>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evaluations</td>
</tr>
<tr>
<td>Experiences</td>
</tr>
<tr>
<td>Achievements</td>
</tr>
<tr>
<td>Personal Statement</td>
</tr>
</tbody>
</table>
Experience Type

* What type of experience do you want to add?

- Non-Healthcare Employment
- Extracurricular Activities
- Non-Healthcare Volunteer or Community Enrichment
- Healthcare Experience
<table>
<thead>
<tr>
<th>Experience Type:</th>
<th>Research</th>
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<tbody>
<tr>
<td>Recognition Type:</td>
<td>Compensated</td>
</tr>
<tr>
<td>Title:</td>
<td>Intern/Research Associate I</td>
</tr>
<tr>
<td>Employer:</td>
<td>BioFire Defense</td>
</tr>
<tr>
<td></td>
<td>79 W 4500 S</td>
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<tr>
<td></td>
<td>Murray</td>
</tr>
<tr>
<td></td>
<td>Utah 84107</td>
</tr>
<tr>
<td></td>
<td>United States</td>
</tr>
<tr>
<td>Experience Dates:</td>
<td>05-29-2018/04-12-2019</td>
</tr>
<tr>
<td>Status:</td>
<td>Full-time</td>
</tr>
<tr>
<td>Hours per Week:</td>
<td>40</td>
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<tr>
<td>Total Weeks:</td>
<td>47</td>
</tr>
<tr>
<td>Total Hours:</td>
<td>1880</td>
</tr>
<tr>
<td>Experience Details:</td>
<td>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.</td>
</tr>
<tr>
<td>Permit to Contact:</td>
<td>Yes</td>
</tr>
</tbody>
</table>
TIPS

- Write your descriptions in a word document for spell check and character count
  - Copy the descriptions into a .txt document (like Notepad) to make sure no weirdness with symbols (?, " ")
  - Copy text from .txt document into the description text box
Not recommended to enter each shadowing experience as a separate entry

- Multiple shadowing experiences can be divided into two different entries
  - One physician who gave you the most impact, then list the rest.
    -or-
  - Primary care physicians vs. Non-Primary care physicians.
PERSONAL STATEMENT
(5300 CHARACTERS)

REMEMBER!
THE AUDIENCE IS SMARTER, HAS MORE MEDICAL KNOWLEDGE, AND KNOWS WHAT IS LIKE TO BE A PHYSICIAN.
Address WHY YOU WANT TO BE A PHYSICIAN!!!

- This is *different* from how you were inspired to be a physician
- Do NOT forget to talk about why DO specifically!!!

Back up your argument with a specific example from your experience

- To do this effectively, you can chose and elaborate 1-2 of your experiences

Limit # of “I statements”

Share your background if it’s appropriate

Use 5 senses to describe your story
PERSONAL STATEMENT (PRIMARY)

**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.
- Try not to make jokes.
- Try not to use foreign language.
SECONDARY PERSONAL STATEMENTS

I DON'T MEAN TO ALARM YOU

BUT THERE ARE CURRENTLY 20+ UNFINISHED SECONDARIES SITTING IN YOUR INBOX RIGHT NOW. JUST IN CASE YOU FORGOT.
SECONDARY ESSAYS

REMEMBER:
The audience is smarter, has more medical knowledge, and knows what is 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
PAY ATTENTION TO DETAILS!!!

- Composition
- Grammar
- Spelling
- Punctuation

Get Feedback

Have some people you can trust (professor, doctor, medical student, parent, advisor, Writing Center tutor, etc.) read your essay and offer feedback. Do not ask too many people to read.
RECOMMENDATION LETTERS

* 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 SERVICES TYPES

AMCAS:
- MD schools ONLY

AACOMAS:
- DO schools ONLY

INTERFOLIO:
- More than one application service
  - (MD & DO, DO & TMDSAS (Texas), MD & Texas, etc)
- Outside the US, e.g., the Caribbean
TYPES OF LETTERS YOU NEED

Usually need to submit at least 3 letters.

1. Academic Professor (usually science)
2. Physician (DO preferred)
3. Mentoring Letter (any supervisor or 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, medical schools will not read extra letters.
HOW TO REQUEST LOR

- Contact your professors and supervisors
- Provide as much information as possible
- Give at least 4 weeks notice
- Get their business card
- Input their information as soon as you have access to Application Services (AMCAS, TMDSAS, AACOMAS)

FOLLOW UP!!!
APPLICATION ADVICE FROM
PPA OFFICE

- PPA advisors review your AACOMAS and Secondary Applications. Send your drafts to your advisor!

- PPA advisors do mock interviews for both MMI & traditional. (We may not be able to accommodate for both for each student due to limited resources and time.)

- See your advisor more frequently than before, during the application cycle.

- **DO NOT STOP** extracurricular activities after you submit your applications!!!
Questions?

Read the AACOMAS Application Instructions 😊

Email Us:  ppa@advising.utah.edu