AACOMAS Application Workshop
AACOMAS
CENTRALIZED ONLINE APPLICATION SERVICE FOR DO SCHOOLS

American Association of Colleges of Osteopathic Medicine

Application Opens for Submissions: May 4*
Schools Begin Receiving and Processing: June 15*

$198* – processing fees and one school
$55* – each additional school

*2024 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**
Order All Transcripts

On the application, enter school info, including CE institutions

Send transcripts from EVERY school
It doesn’t matter if you’ve already transferred your credits to the U

Order transcripts after beginning the application (May)

http://registrar.utah.edu/transcripts/order-transcript.php
Application Instructions

About ACOMAS

The American Association of Colleges of Osteopathic Medicine Application Service (ACOMAS) simplifies the process of applying to osteopathic medicine programs.

You start by selecting the programs you wish to apply to, then you submit one application that includes all necessary materials. Once received by ACOMAS, your application and materials go through a verification process before being transmitted to all of your selected programs.

ACOMAS Quick Start Guide

Application Help Center

https://www.aacom.org/become-a-doctor/apply-to-medical-school/application-instructions
Advisor Release

* By selecting Yes, you authorize ACOMAS to release parts of your ACOMAS 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
Order Online

Please follow the steps below to order an official transcript online.

Current or former students with a uNID

Former students who last attended before September 1998

Students with a uNID

Students who have attended the university after September 1998 have a uNID. You can order an official transcript and have it delivered electronically in as little as 15 minutes. Hardcopy transcript orders will be processed within 1-3 business days. Please note, official transcripts delivered electronically are only available to download for 30 days.

ORDER A TRANSCRIPT ONLINE WITH A uNID

http://registrar.utah.edu/transcripts/order-transcript.php
Available Credentials

The following credentials are available from University of Utah. Start your order by selecting a credential listed below (you can add more later).

Electronic Transcript

An academic transcript is a inventory of courses that a learner has taken and the grades that they earned in those courses during the academic year.

Order
Your order will be sent from University of Utah to the individual and/or organization at the destination below.

AACOMAS - American Assoc. Colleges of Osteopathic Medicine
Watertown, MA, US

Not finding what you're looking for?
Enter Your Own
1. Click ‘Order’

2. Click **parchment** and get the Transcript ID
Enter Transcript ID

Electronic Transcript

For: SHELLEY NICHOLSON

FROM
University of Utah
Salt Lake City, UT

TO
AACOMAS - American Assoc.
Colleges of Osteopathic Medicine

Delivery Method: Electronic
Credential Fee: $13.00
Item Total: $13.00

Please enter SCHOOL’S UNIQUE TRANSCRIPT barcode ID

Purpose
N/A

Would you like to add an attachment file? (optional)  
Add An Attachment
# EXPERIENCE

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<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 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>
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<td>Permit to Contact</td>
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TIPS

• Full Sentences – no bullet points
• Describe your role with specifics
• Include lessons learned if you can fit them
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)
They know more than you!

They have more medical knowledge!

They know what it’s like to be a healthcare practitioner.

REMEMBER YOUR AUDIENCE:

This is your time to shine by showing your accomplishments and experience. Do so with grace and humility.

This is not about showing off and being cocky.
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!
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 show off your knowledge about medicine, overuse medical terminology, or abbreviations.

DO NOT assume everyone knows what you know.

DO NOT begin with a quotation.

Try to avoid jokes.

Try to avoid using cliché’s “The look on the children’s faces made it all worthwhile.”
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.
Details. Matter.

Composition

Spelling

Punctuation

Grammar
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)

**Points:**
- 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
Meet with your advisor (more frequently than before!) during the application cycle

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?

Read the AACOMAS Application Instructions 😊

Email Us: ppa@advising.utah.edu