

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

Decision

Order All Transcripts



On the application, enter school info,
including CE institutions

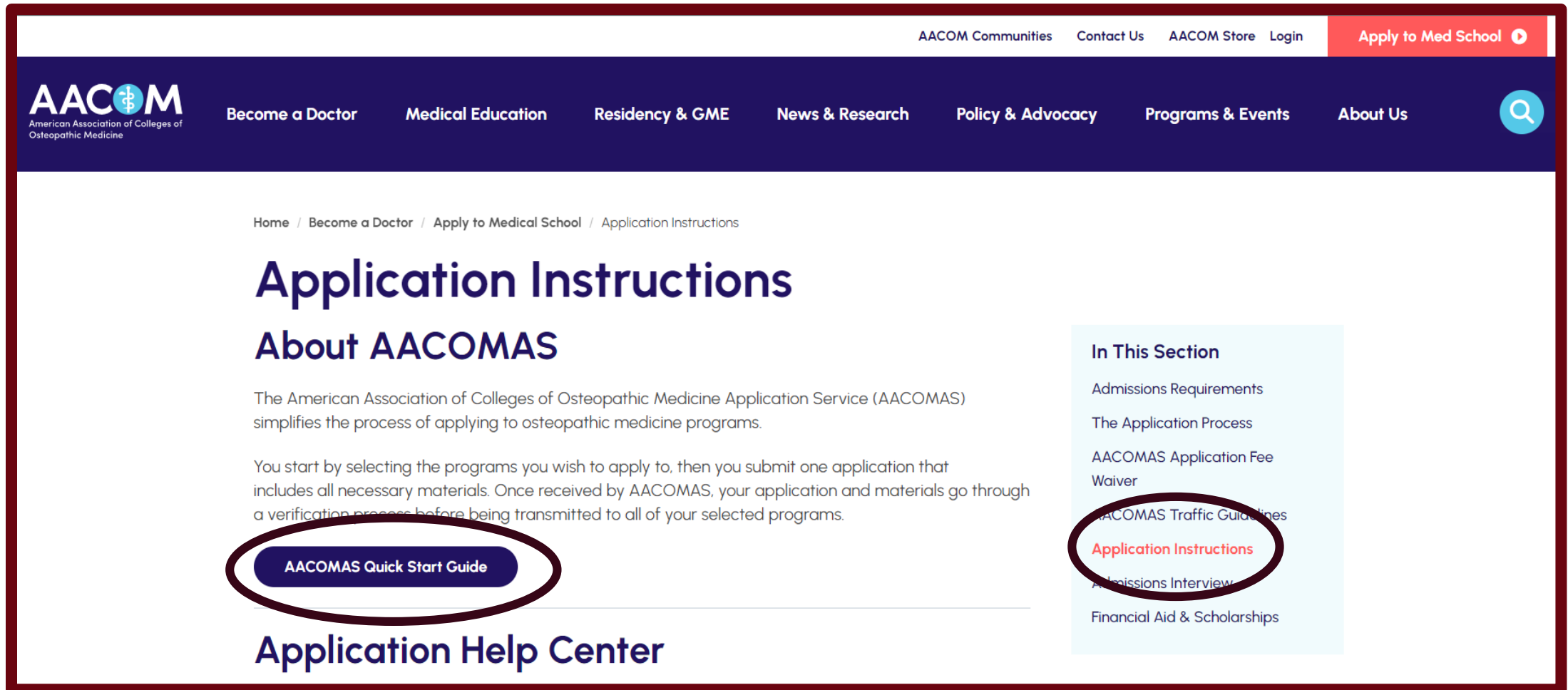


Send transcripts from **EVERY** school
It doesn't matter if you've already transferred your credits to the U



Order transcripts after beginning the
application (May)

Read. The. Instructions



AACOM Communities Contact Us AACOM Store Login **Apply to Med School**

AACOM
American Association of Colleges of Osteopathic Medicine

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Application Instructions

About AACOMAS

The American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS) 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 AACOMAS, your application and materials go through a verification process before being transmitted to all of your selected programs.

[AACOMAS Quick Start Guide](#)

Application Help Center

In This Section

- Admissions Requirements
- The Application Process
- AACOMAS Application Fee Waiver
- AACOMAS Traffic Guidelines
- Application Instructions**
- Admissions Interview
- Financial Aid & Scholarships

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

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.

[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

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

CANCEL x



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

[← BACK](#) [CANCEL ×](#)

Set Delivery Destination

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

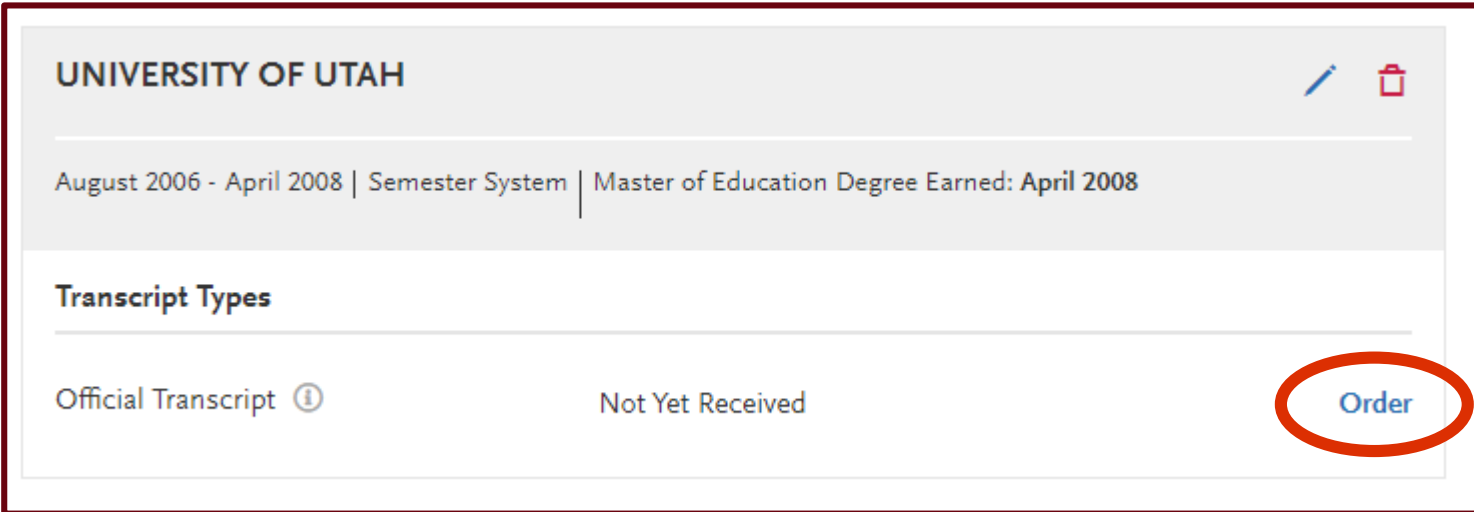
AACOMAS - American Assoc. Colleges of Osteopathic MedicineTYPE: College / University

Watertown, MA, USADDRESS: AACOM Transcript Processing Center
Watertown, MA 02471
US

Not finding what you're looking for?

Enter Your Own

(AACOMAS Application Screenshots)



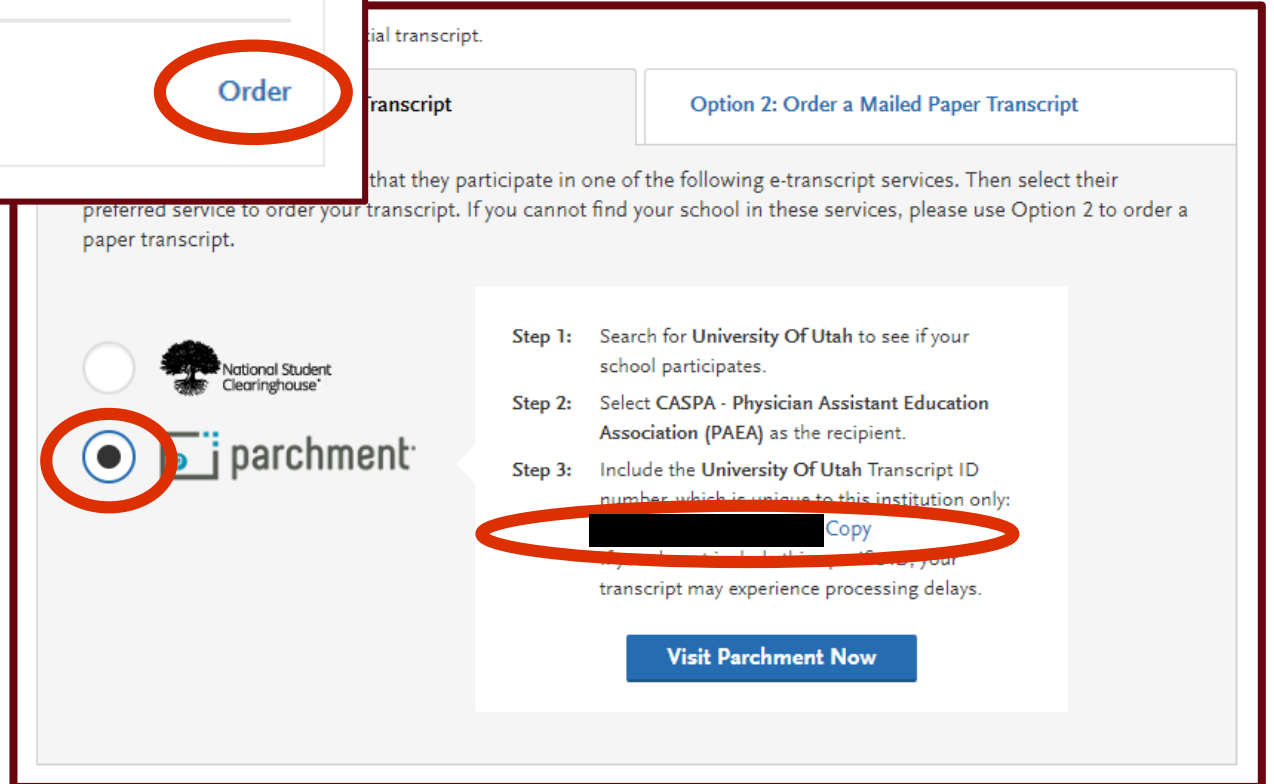
UNIVERSITY OF UTAH

August 2006 - April 2008 | Semester System | Master of Education Degree Earned: April 2008

Transcript Types

Official Transcript ⓘ	Not Yet Received	Order
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1. Click 'Order'
2. Click **parchment** and get the Transcript ID



Option 2: Order a Mailed Paper Transcript

Step 1: Search for **University Of Utah** to see if your school participates.


Step 2: Select **CASPA - Physician Assistant Education Association (PAEA)** as the recipient.


Step 3: Include the **University Of Utah Transcript ID number, which is unique to this institution only:**

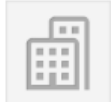
[Redacted ID] Copy

Visit Parchment Now

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](#)

Experiences (Activities)



Supporting Information

0/4 Sections Completed

Evaluations

Experiences

Achievements

Personal Statement

Experience Type

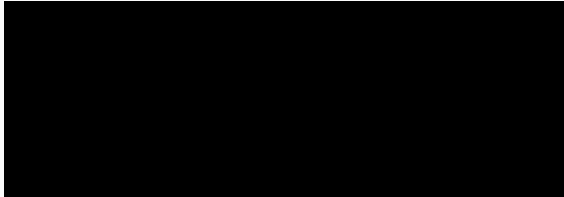
* What type of experience do you want to add?

Type

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

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 words 0/600

TIPS

- Full Sentences – no bullet points
- Describe your role with specifics
- Include lessons learned if you can fit them

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 YOUR AUDIENCE:

- They know more than you!
- They have more medical knowledge!
- They know what it's like to be a healthcare practitioner.



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!**

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 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 clichés *"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**

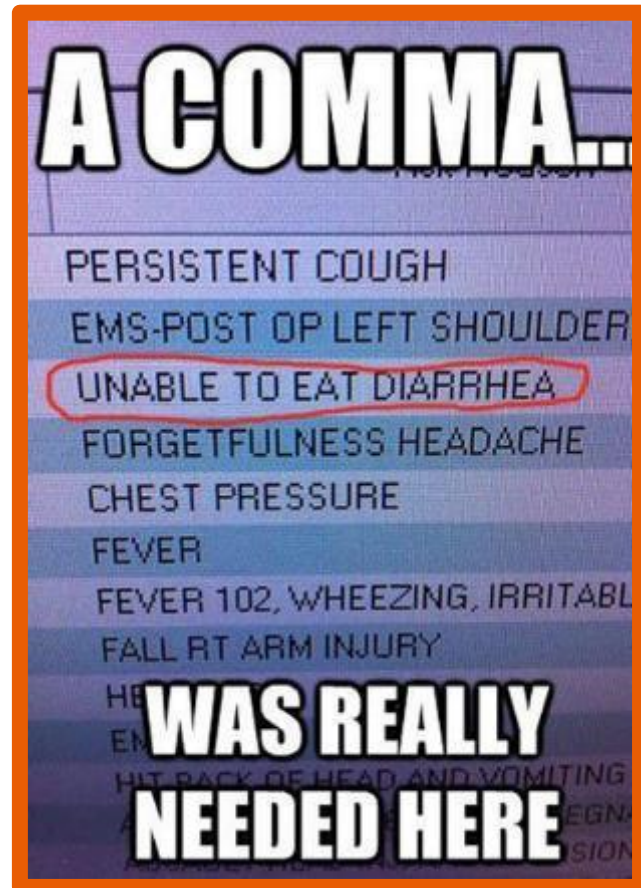
Composition

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

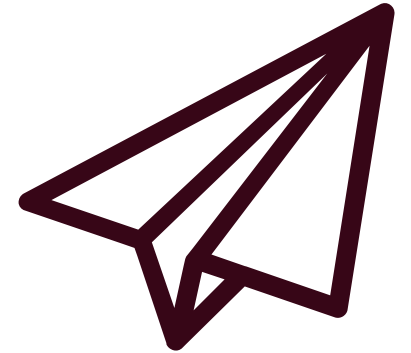
Types of Letters You'll Need:

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?

Read the AACOMAS Application Instructions 😄

Email Us: ppa@advising.utah.edu