AACOMAS Application Workshop

MARCH 2024

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**

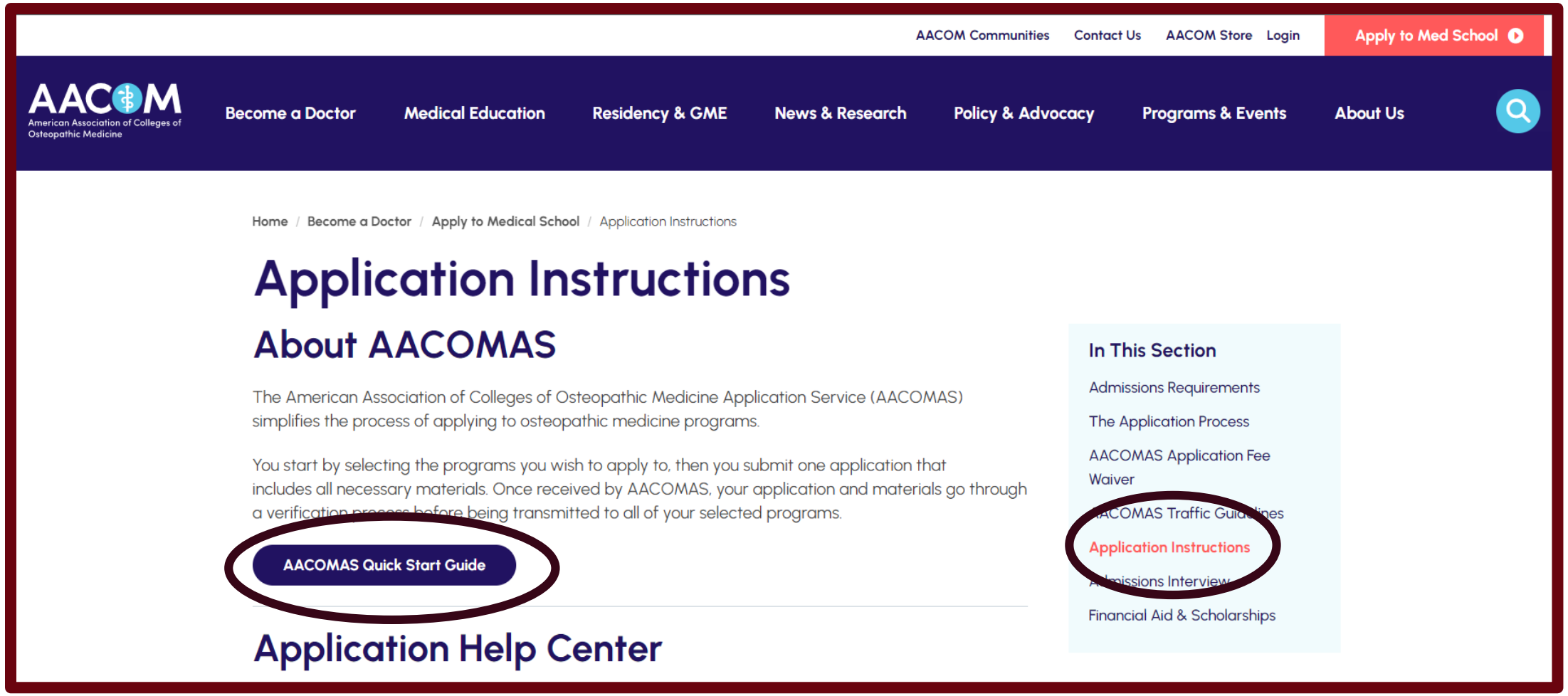
Send transcripts from **EVERY** school

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

Order transcripts after beginning the application (May)

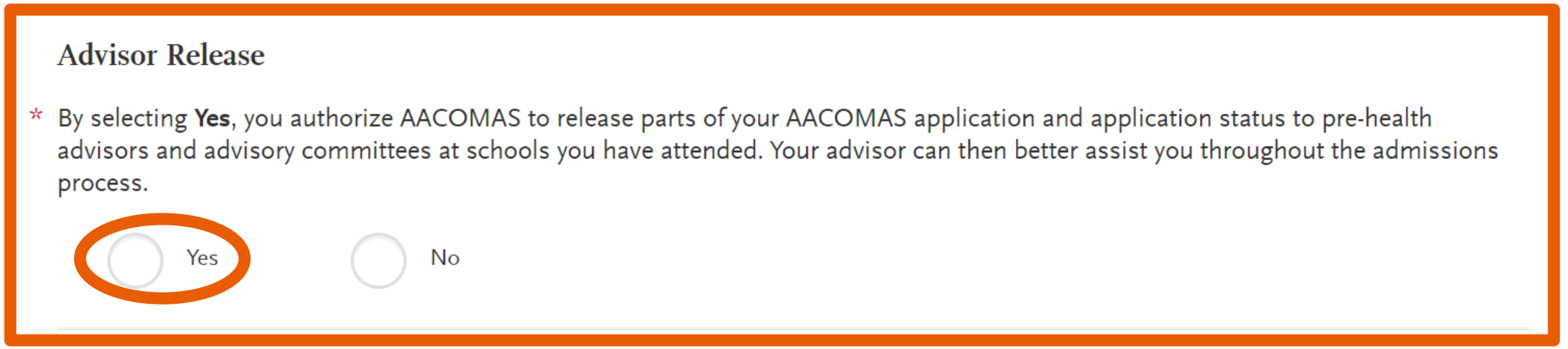
http://registrar.utah.edu/transcripts/order-transcript.php

Read. The. Instructions



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

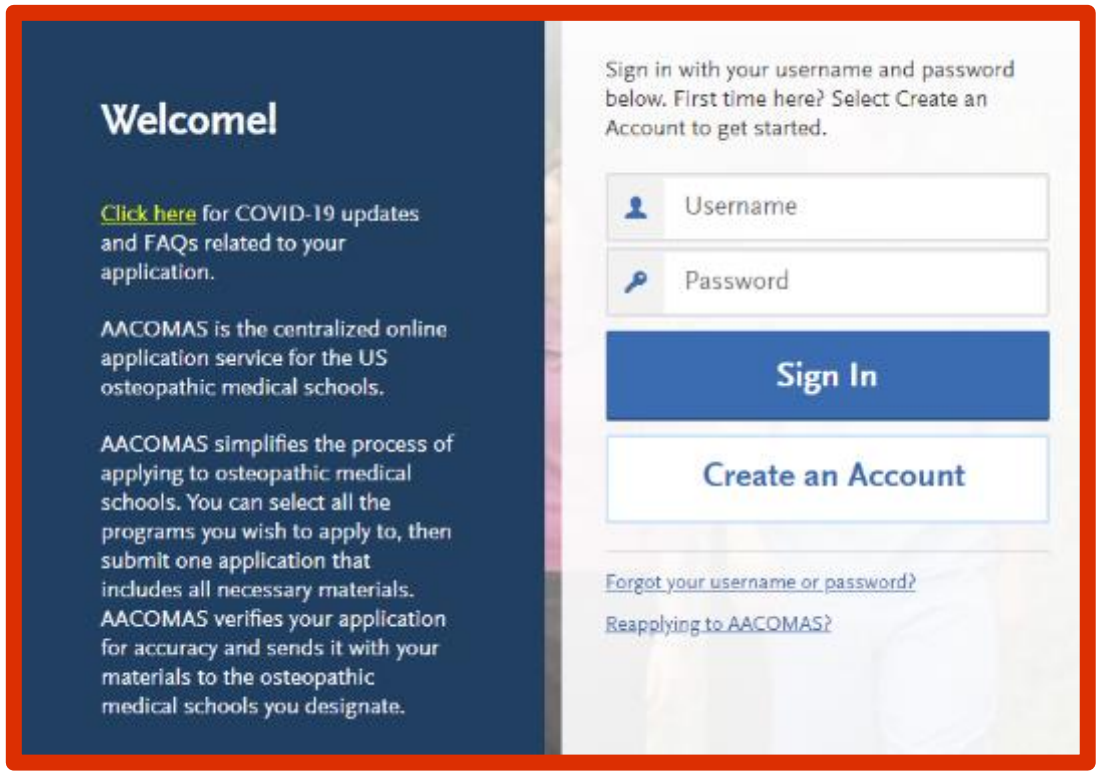
Advisor Release

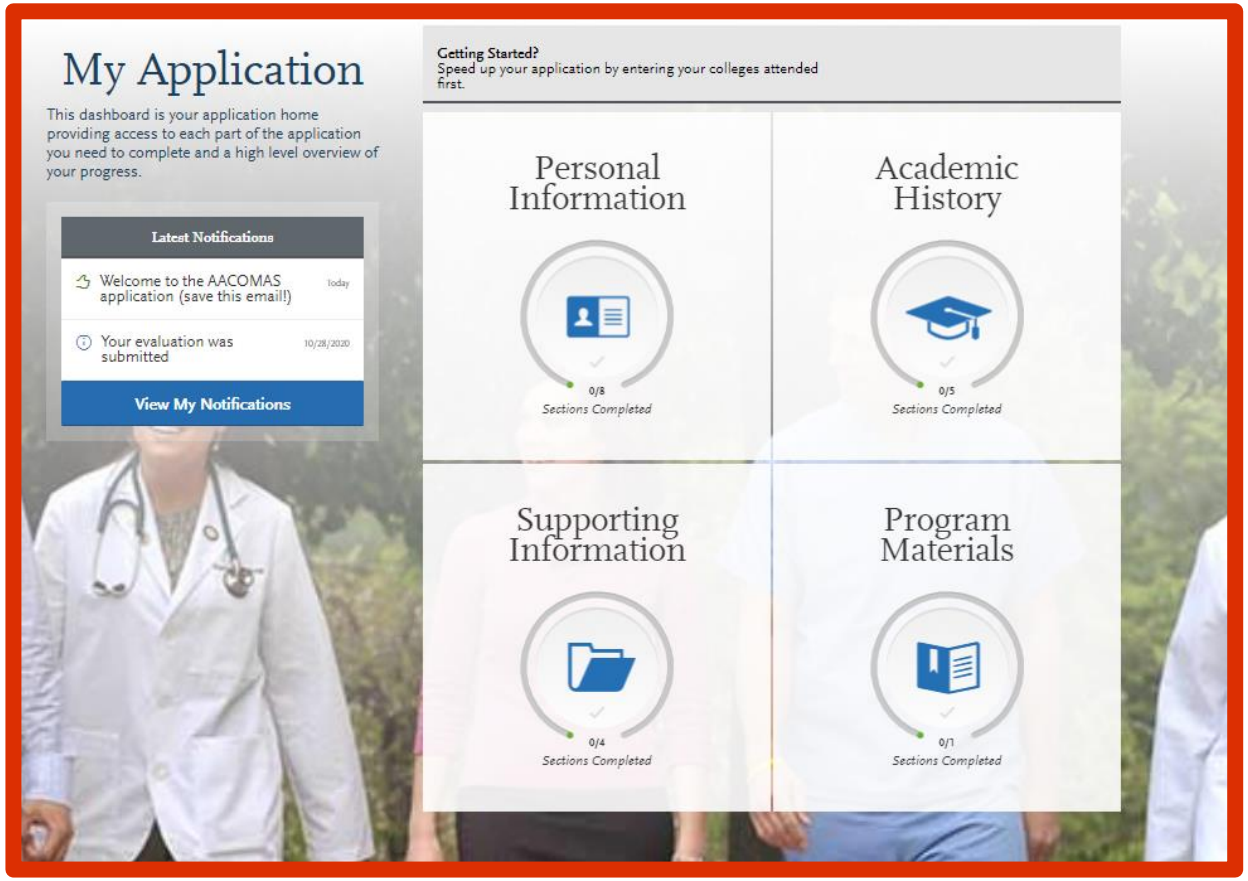


Helps PPA advisors advise other students!

Always confidential

Helps the PPA office create statistical information





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

Order Online

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

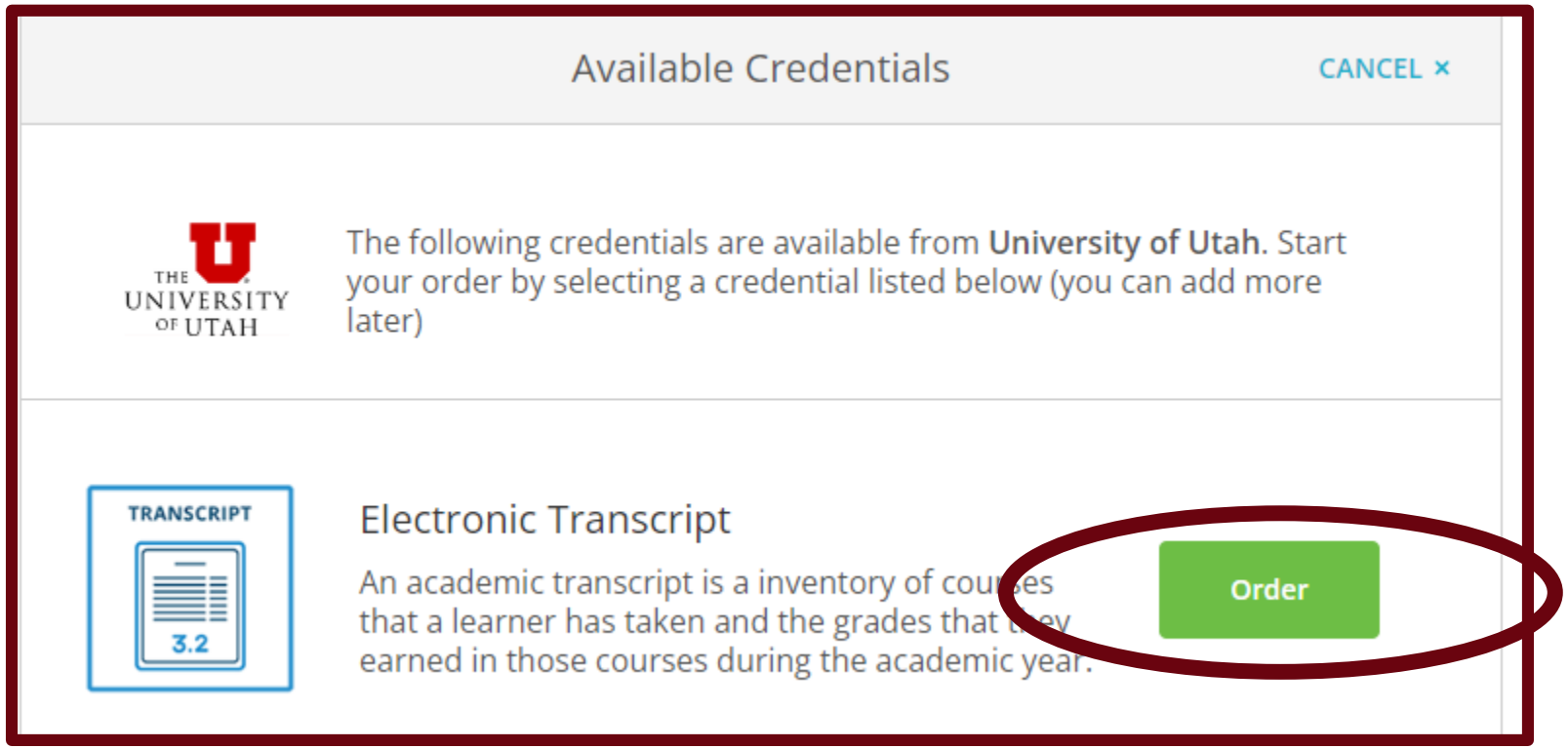
Current or former students with a uNID | Former students who last attended before September 1998

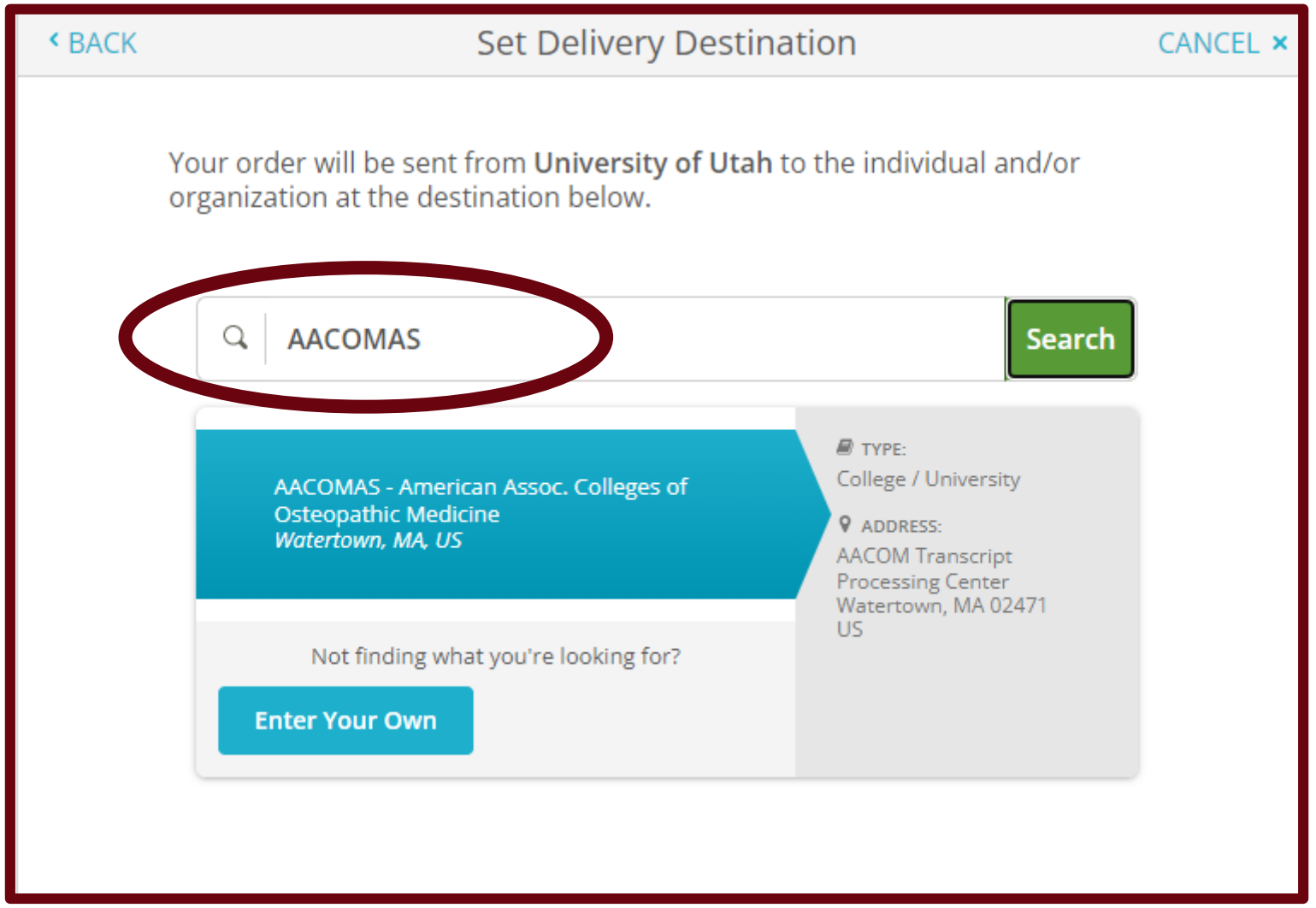
Students with a uNID

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.

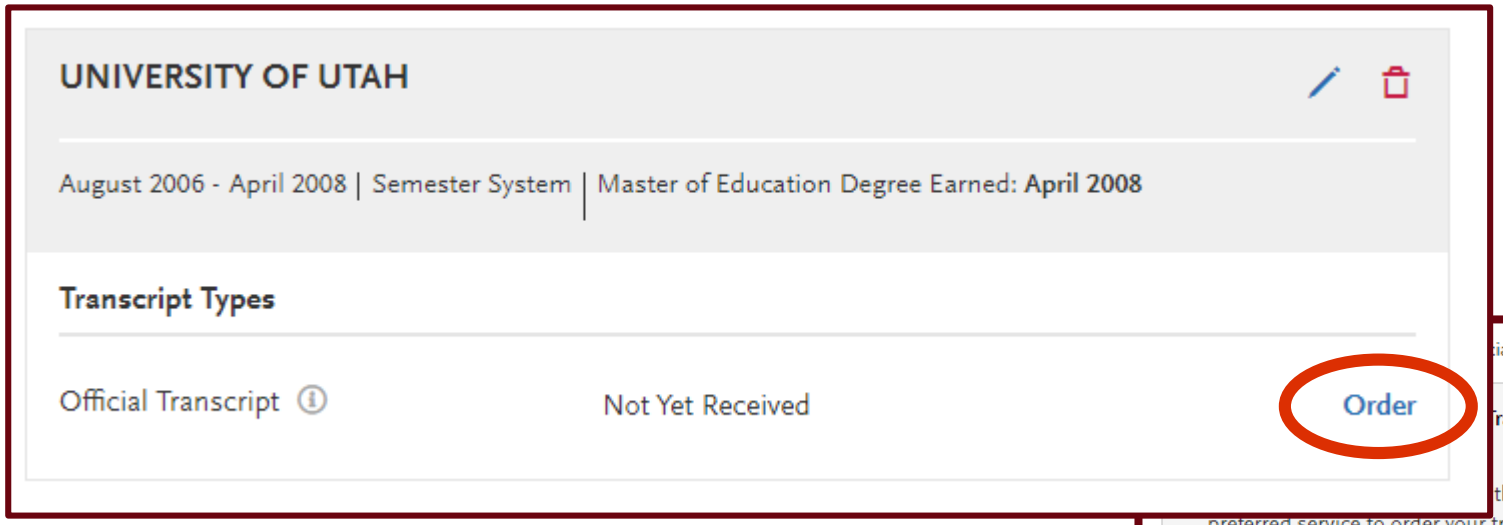
ORDER A TRANSCRIPT ONLINE WITH A UNID

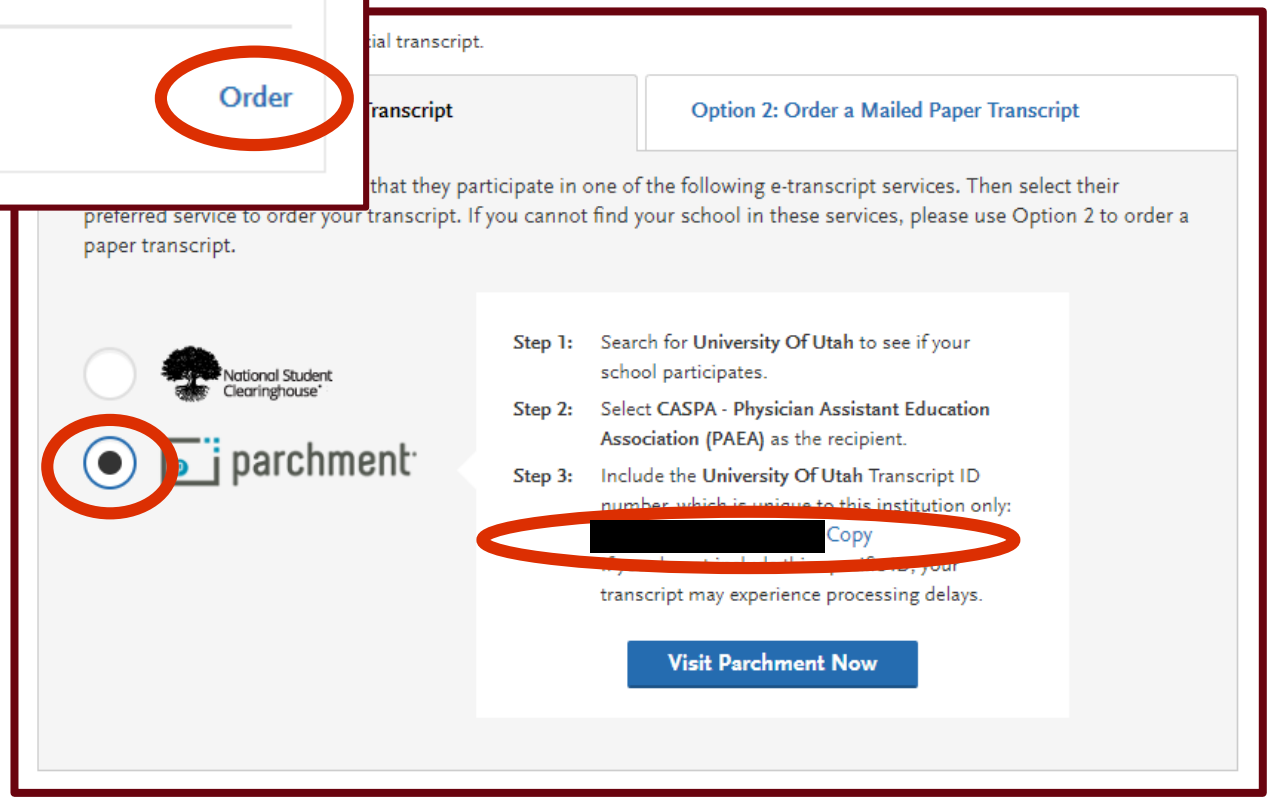
http://registrar.utah.edu/transcripts/order-transcript.php


Available Credentials
CANCEL ×
THE UNIVERSITY OF UTAH
The following credentials are available from University of Utah. Start your order by selecting a credential listed below (you can add more later)
TRANSCRIPT
3.2
Electronic Transcript
An academic transcript is a inventory of cou es that a learner has taken and the grades that t ey earned in those courses during the academic year.
Order


BACK
Set Delivery Destination
CANCEL
Your order will be sent from University of Utah to the individual and/or organization at the destination below.
AACOMAS
Search
AACOMAS - American Assoc. Colleges of Osteopathic Medicine
Watertown, MA, US
TYPE:
College / University
ADDRESS:
AACOM Transcript Processing Center
Watertown, MA 02471
US
Not finding what you're looking for?
Enter Your Own

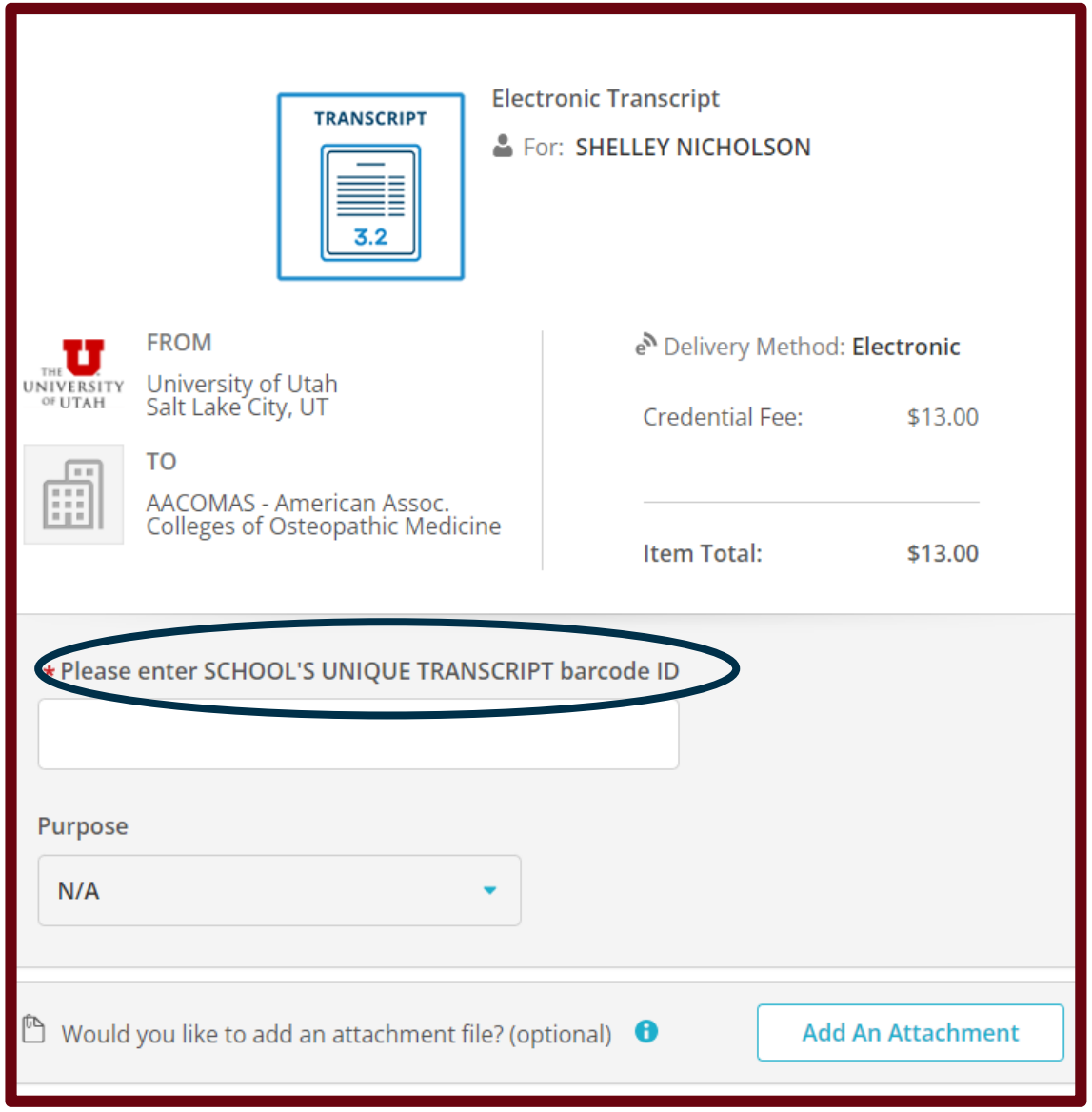
(AACOMAS Application Screenshots)



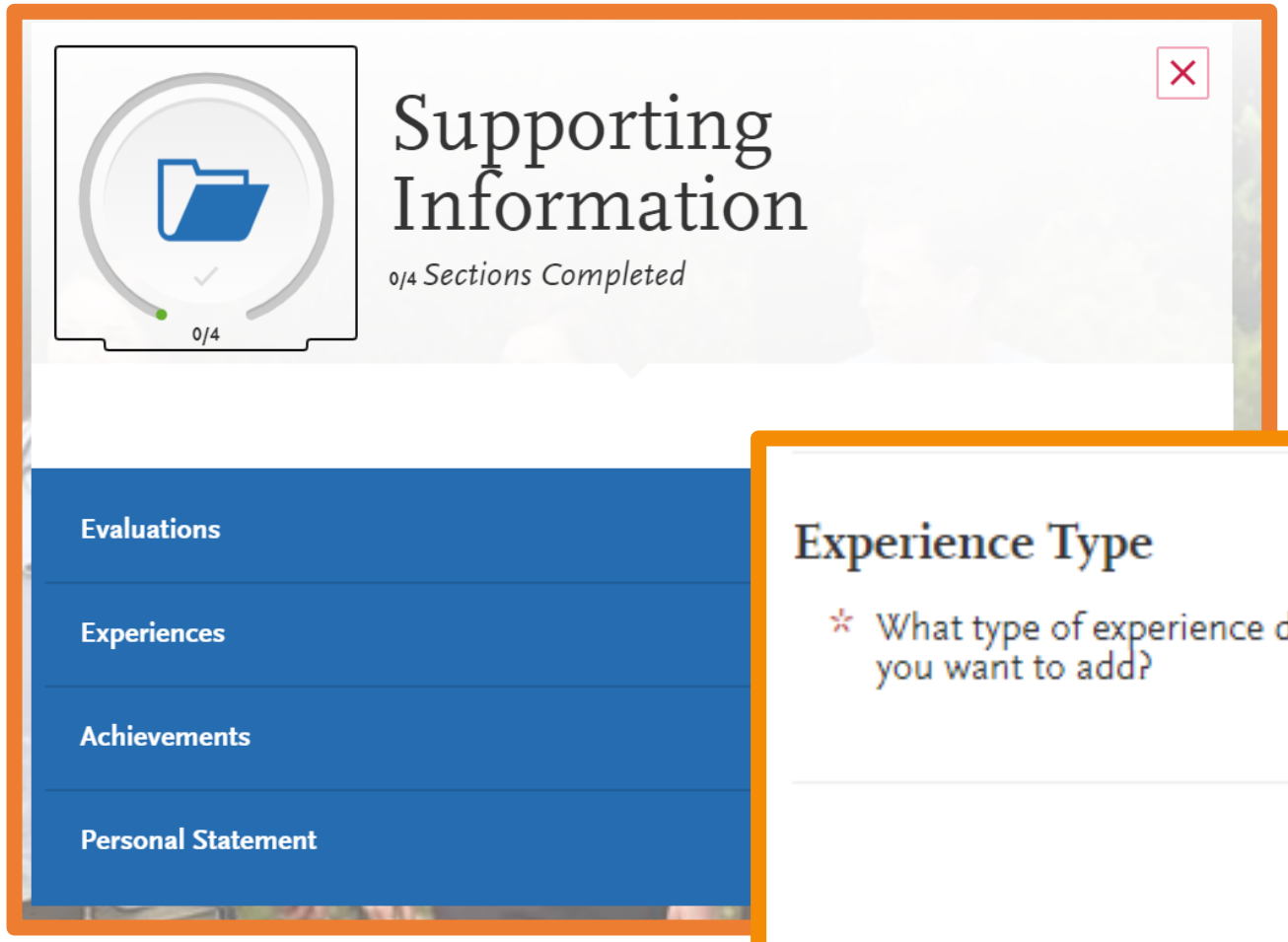


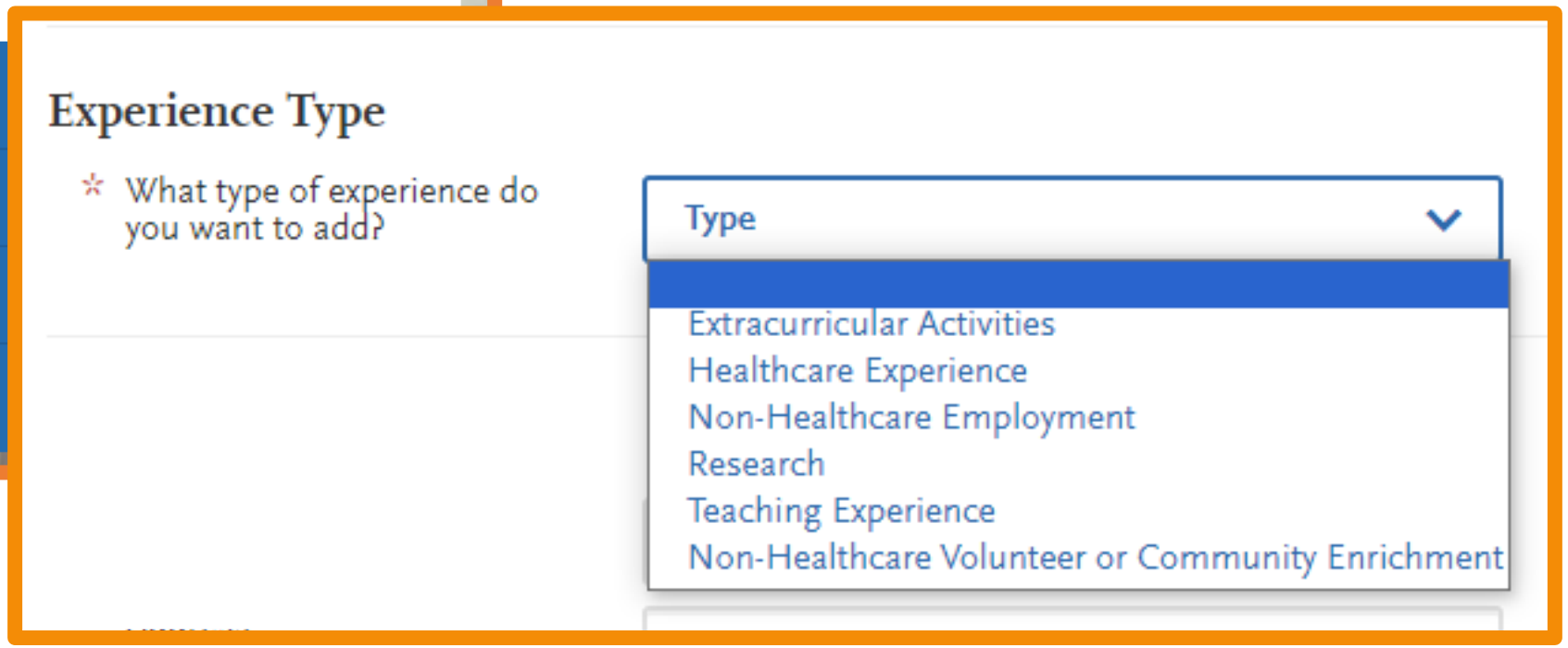
1. Click ‘Order’
2. Click **parchment** and get the Transcript ID

Enter Transcript ID



Experiences (Activities)





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:	[redacted]
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 wo

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 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**

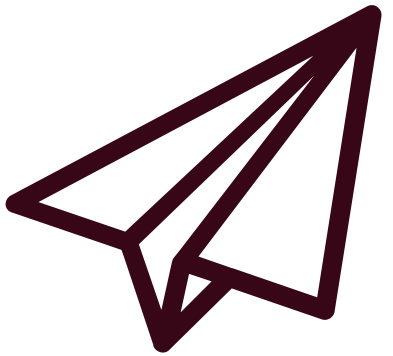
Interfolio

- 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)



- **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/resoursedownload.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