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
$50* – each additional school

*2023 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: 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)

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.

AACOMAS Quick Start Guide

Application Help Center

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

Look up your uNID | Reset your password | Don’t have a uNID?
University of Utah
Salt Lake City, UT

You can now get your credentials! Here is what is waiting for you at this organization.

Order Your
Electronic Transcript
Order

Order Your
Mailed Transcript
Order

Order Your
Local Pick-up Transcript
Order
Your order will be sent from **University of Utah** to the individual and/or organization at the destination below.

**Search for:** ACOMAS

**Result:**

**ACOMAS - 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
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.

https://aacomas.liaisoncas.com/applicant-ux/#/login
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
Experiences (Activities)

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
<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>
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<tr>
<td>Employer:</td>
<td>BioFire Defense</td>
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<td>79 W 4500 S</td>
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<td>Murray</td>
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<td></td>
<td>Utah 84107</td>
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<tr>
<td></td>
<td>United States</td>
</tr>
<tr>
<td>Experience Dates:</td>
<td>05-29-2018/04-12-2019</td>
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<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>
Experience Descriptions

What did you do?

What challenges did you face?

What did you learn?

600 characters INCLUDING spaces
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** 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.
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

A COMMA..

UNABLE TO EAT DIARRHEA
WAS REALLY NEEDED HERE
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
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

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)
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.

*Both* means both traditional and MMI interviews are available for practice and feedback.
DO NOT STOP
your extracurricular
activities after you
submit your application
Questions?

Read the AACOMAS Application Instructions 😊

Email Us: ppa@advising.utah.edu