UWSOM is Committed to:

- The states of Washington, Wyoming, Alaska, Montana, and Idaho (WWAMI)
- Training physicians of all specialties to practice in the region
  - Recognizing the special importance of training primary care doctors
- Contributing to biomedical research
- Providing educational opportunities for educationally and economically disadvantaged
## UWSOM Expectations

### All Applicants
- Meet our mission
- Knowledge of being a physician
- Understanding of current issues facing medicine
- Academic ability
- Analytical thinking
- Communication and interpersonal skills

### Non-WWAMI Applicants
- Ties to the WWAMI region
- Extensive record of service with underserved
- Disadvantaged background
Application Process

- **MCAT Exam**: Before 9/30
- **AMCAS Application**: Deadline: 10/15
- **Secondary Application**: Deadline: 12/1
- **Interview**: 10/1 - 02/28
  - MT: Jan 23-27, 2023
- **Decision**: 10/15 – 02/28
  - MT: Jan 27, 2023
Medical College Admission Test (MCAT)

• MCAT required (was waived for E21, E22)

• We accept MCAT scores for 4 years prior to application year
  • For example: 2023 scores are valid for Fall 2024, 2025, 2026 and 2027 cycles

• MCAT should be taken no later than September the year of application

Visit https://www.uwmedicine.org/school-of-medicine/admissions/mcat for more guidance
Premedical Course Requirements

Social Science, Humanities, or “Human Condition”: Demonstrated Competency
  • Understand social forces that shape the health of individuals and communities they will serve

Biology: 1 Year (lab recommended)
  • The subject matter in these courses must include college-level biology, molecular genetics and cell biology/cell physiology

Chemistry/Biochemistry: 2 years (lab recommended)
  • The subject matter in these courses must include college-level inorganic and organic chemistry and biochemistry.

Physics: 1 Year
  • The subject matter in these courses must include college-level physics principles including mechanics, kinetics, thermodynamics, properties of matter, wave theory, electricity and magnetism and optics

https://www.uwmedicine.org/school-of-medicine/admissions/course-requirements
AMCAS: The Primary Application

Deadline: October 15th

2023 AMCAS® Processing Fee: $170 (includes one medical school designation). Additional medical school designations: $43 each.
2022 AAMC Fee Assistance Program (FAP)

- Reduced MCAT registration fees
  - from $325 to $130
- The MCAT Official Prep Online-Only Bundle ($268.80 value)
- Medical School Admission Requirements (MSAR)-2 yr subscription ($36 value)
- Waiver for all AMCAS fees for one application submission (up to 20 medical schools) ($987 value)
- AAMC PREview™ Benefit ($100 value)

https://www.aamc.org/students/applying/fap/
Your Experiences

- Clinical Exposure
  - Shadowing (Virtual or Live)
  - Scribing, Medical Interpreting, MA, CNA, etc.
- Community Service
  - Can include non-clinical volunteering
- Patient Engagement
- Leadership Roles
- Research
- Employment
- Hobbies, interests, or any activities that are meaningful
Continue Learning About Medicine

• Read news articles or listen to podcasts about current health care issues
  • Health inequities
  • Public policies
• Talk to physicians about their careers
  • Read memoirs by doctors
• Watch videos related to medicine or patient care
• Attend panels and conferences related to fields you are interested in
Reflection and Understanding

- Have you gone outside of your comfort zone?
- What insights did you gain?
- Are you someone who learns from their experience?
- How do you interact with other people?
- Do you seem mature?
- What did you learn?
Three Different Examples

Description
I helped to collect patient folders or to take files to labs. I shadowed in ob/gyn, pediatrics, internal medicine, and anesthesiology often attending morning rounds or observing surgeries. The experience gave me the opportunity to see the roles and importance of different departments.

Getting Closer
While I was initially uncomfortable in dealing with terminally-ill persons, in time I became at ease with these interactions. I was amazed at the perspective of some of these persons and their acceptance of their terminal condition.

Reflection!
As I shadowed a wide variety of physicians in rural medicine, I saw that I thrive on the fast paced, demanding, and intellectually challenging daily routine of a doctor. I saw the importance of non-verbal communication during interactions with patients and how body language plays a role in patient care just as much as spoken words. It was captivating to see how every patient brings with them their own story, a unique personality, and a diverse background that determines how advice is heard.
Why do you want to go to medical school?

Why do you want to be a doctor?
- Motivation for medicine
- A description of prior experiences in health care
- Steps taken to explore a career in medicine
- Eventual goals as a physician
Application Process

- **MCAT Exam**: Before 9/30
- **AMCAS Application**: Submit by 10/15
- **Secondary Application**: Received by 12/1
- **Interview**: 10/1-3/31
- **Pre-Screening & Academic Screen**
- **Acceptance**: 10/15-3/31
Preliminary Screening

- Applicants with low GPA AND low MCAT score will be rejected
  - Montana applicants below the cut off will go to the Montana Executive Committee Member for review.

- International students without United States permanent residency or citizenship will be rejected

- Applicants who have three previous applications will be rejected
Preliminary Screening (cont.)

• WWAMI applicants above the academic cut off will get a secondary

• Non-WWAMI applicants above the academic cut off will get a secondary if they:
  • Demonstrate commitment to working with underserved
  • Come from a disadvantaged background
  • Have ties to the WWAMI region
### 2022 Statistical Outline of Montana Applicant Pool (127) and Entering Class (30)

<table>
<thead>
<tr>
<th></th>
<th>Applied</th>
<th>Offered</th>
<th>Entering</th>
</tr>
</thead>
<tbody>
<tr>
<td>Undergraduate GPA and Standard Deviation</td>
<td>3.68 (0.3)</td>
<td>3.69 (0.24)</td>
<td>3.67 (0.24)</td>
</tr>
<tr>
<td>MCAT Mean and Standard Deviation</td>
<td>507.8 (7.46)</td>
<td>509.45 (5.06)</td>
<td>509.13 (5.17)</td>
</tr>
</tbody>
</table>
UWSOM Secondary Application

• Applicants complete the secondary application
  • Additional statements
  • Letters of recommendation
  • Casper Test Score
  • Montana WWAMI Eligibility

• **Deadline: December 1st**
Secondary Statements

• Please share how COVID-19 has impacted you, your family, your community, and/or the patients that you would like to serve.

• How have societal inequities in the U.S. affected you or patients you’ve worked with?

• What perspectives or experiences do you bring that would enrich the class?

• What obstacles to your goals have you experienced and how have you dealt with them?

• Describe your competency by explaining how you have explored and come to understand issues in the social sciences and humanities related to the “human condition”.

• For re-applicants: From your most recent application until now, how have you strengthened your application?
Letters of Recommendation

• Required: a committee letter or 3 letters of recommendation
• An additional 3 letters will be accepted
• Letters should:
  • balanced and provide a well-rounded view of your candidacy for medicine
  • give the committee a better understanding of who you are.
  • Consider current employers, people at your volunteer or shadowing opportunities, teaching assistants, etc.
TRUST Application

• Please describe why you desire to participate in the TRUST program. Given your experience to date, which specialty is most interesting to you and where would you like to practice?

• Please identify the rural and underserved areas wherein you have lived/worked for more than two months (community name, population, state and dates lived in that community).
Casper: Situational Judgment Test

Your role is the more experienced employee

https://takealtus.com/casper/
Application Process

MCAT Exam
- Before 9/30

AMCAS Application
- Submit by 10/15

Screening for Interview
- Received by 12/1

Secondary Application
- 10/1-3/31

Interview
- 10/15-3/31

Acceptance
- 10/15-3/31
Screening Applications

• Complete applications are reviewed by two to three screeners for an invitation to interview.

• Montana applicants with a negative screen will go to the Montana Executive Committee Member for a final review.

• Decision to extend an interview can take up to 6 weeks.
Considerations When Screening

- Academic ability
  - Upward trajectory
  - GPA and MCAT are consistent and solid
- Experiences/Activities
  - Clinical Exposure
  - Service
  - Experiences that are consistent with goals
- Clear and coherent motivation for medicine
- Solid letters of recommendation
- How do you fit our mission, how do we fit yours
Interviews

- All Montana applicants interviewed the same week
- 3-person 30-minute panel interviews - done virtually
- 2/3 interviewers are from MT, one from another WWAMI location
- 2/3 interviewers blinded to metrics (gpa, grades, MCAT, Casper)
- Goal is to get to know you better, fill in the gaps of the application
- More about this later...
Application Process

- **MCAT Exam**
  - Take before 9/30

- **AMCAS Application**
  - Submit by 10/15
  - Received by 12/1

- **Secondary Application**
  - Screening for Interview
  - Pre-Screening & Academic Screen

- **Interview**
  - 10/1-3/31
  - MT: 1/23-1/26/2023

- **EXCOM Meetings**
  - MT: 1/27/23

- **Decision**
  - 10/15-2/28
  - MT: 1/27/23
Decision

- Applications are reviewed throughout the season ("rolling admissions") by the Executive Committee
  - Montana applicants will hear an update the week after interviews

- All applicants will be notified of final decisions by the end of March
Application Process

- **MCAT Exam**
  - Before 9/30

- **AMCAS Application**
  - Submit by 10/15

- **Secondary Application**
  - Received by 12/1

- **Screening for Interview**

- **Pre-Screening & Academic Screen**

- **Interview**
  - 10/15-3/31
    - MT: 1/23 – 1/26/23

- **EXCOM Meetings**
  - 1/27/23

- **Decision**
  - 10/15-3/31
## 2022 Applicant Pool and Entering Class

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>WA</th>
<th>WY</th>
<th>AK</th>
<th>MT</th>
<th>ID</th>
<th>OOR-MD only</th>
<th>OOR- MSTP</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Applied</strong></td>
<td>7,632</td>
<td>1,001</td>
<td>57</td>
<td>85</td>
<td>127</td>
<td>182</td>
<td>5,681</td>
<td>499</td>
</tr>
<tr>
<td><strong>Interviewed</strong></td>
<td>774</td>
<td>437</td>
<td>46</td>
<td>52</td>
<td>77</td>
<td>100</td>
<td>84</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Offered</strong></td>
<td>344</td>
<td>173</td>
<td>22</td>
<td>23</td>
<td>33</td>
<td>49</td>
<td>23</td>
<td>21</td>
</tr>
<tr>
<td><strong>Accepted</strong></td>
<td>270</td>
<td>142</td>
<td>20</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>8</td>
<td>9</td>
</tr>
</tbody>
</table>
2022 MT Applicant Pool and Entering Class

<table>
<thead>
<tr>
<th>Gender</th>
<th>Applied</th>
<th>Offered</th>
<th>Entering</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>66</td>
<td>22</td>
<td>20</td>
</tr>
<tr>
<td>Male</td>
<td>59</td>
<td>11</td>
<td>10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age at Application</th>
<th>Applied</th>
<th>Offered</th>
<th>Entering</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>(21) 25.1 (37)</td>
<td>(21) 25.8 (34)</td>
<td>(21) 25.7 (34)</td>
</tr>
<tr>
<td>Male</td>
<td>(21) 25 (40)</td>
<td>(23) 27.3 (40)</td>
<td>(23) 27.5 (40)</td>
</tr>
</tbody>
</table>

(XX) YY (ZZ): (XX)=Youngest, YY=Median, (ZZ)=Oldest
For More Information

Visit Our Website

http://www.uwmedicine.org/admissions

Contact Our Office

Office of Admissions Email: askuwsom@uw.edu
Office of Admissions Phone: 206-543-7212

- Advice from the Admissions Dean
- Application procedure
- Resources to prepare your application
- FAQs

Facebook | Instagram | YouTube
Thank you