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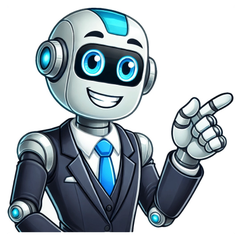

Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Last Updated on June 24, 2022 by Laura TurnerIf you havent started already, now is the time to begin writing your AMCAS activities section and your personal statement. Your AMCAS applicationor the primary application submitted to allopathic (MD) schoolsserves a significant role in the path of applying to medical school. This is where admissions committees will gain an understanding of your academic abilities, extra-curricular activities, and personal strengths. It cannot be stressed enough that the primary application should be taken seriously and ample time should be spent preparing it. The AMCAS consists of several components, with one area allowing you to list out 15 of your extra-curricular activities, and provide a 700-character count description of each of them. In addition to this, you are allowed to designate three of these experiences as most meaningful where you are allotted 1325 more characters to expand on this activity. Although the most meaningful activity designations may not seem particularly impactful on your entire application, they are. When admission committees review thousands of applications, they may only read the activities that you designate as most meaningful. Therefore, you should take time to think through your experiences to figure out which ones impacted you most significantly.Start by making a list out your experiences. Many applicants will have more than 15 activities that they want to include on their application, but it is important to figure out which ones should be included. Make a list of the activities that you have participated in since high school. If you can, combine similar activitiesfor example, make one entry for hobbies, one for awards, etc. If you dont have 15 experiences, make sure you include enough extra-curricular activities on your application to show that you are a well-rounded applicant.Next, really think about which activities stick out to you. Which one really shaped your desire to become a physician? Or where did you learn most about yourself or others? Was there an experience that allowed you to hone your skills? Activities that embody some or all of these aspects will most likely make for a strong most meaningful experience. Remember, if this is all the admissions committees read of your activities section, you want to make sure the experience demonstrates your strengths and best attributes as an applicant.Finally, write out the description of the experience. The description should focus on the technical aspects of what you really did. For example, your job description, your tasks, and accomplishments. The extra space that you have for the most meaningful experience should focus on what that experience did for you. What skills did you gain and why was it so valuable. Discuss what strengths you may have gained, how you may have shown improvement in an area, or how the experience set you on a particular path.If you are at a loss when writing out your experiences, ask others that know you well for help. They may be able to tell you what seems to have impacted you the most or experiences that you have really put effort into. And if you need a little inspiration, check out this example below on how others have put it all together in the past.Experience Description (700 characters allowed): As a research coordinator, I helped the principal investigator to lead a clinical trial focusing on identifying the benefit of treating patients suffering from multiple sclerosis with Vitamin B. My duties included screening and recruiting potential study participants, administering the informed consent, following the patients throughout the study, and documenting results. I also directly worked with the principal investigator and communicated critical information with collaborating physicians and healthcare staff. I was the primary contact for the study participants when they had any clinical concerns, scheduling conflicts, or questions related to the trial.Most Meaningful Experience (1325 characters allowed):Working as a research coordinator has been a significant experience for me as I not only learned important research principles but also worked closely with many patients. In contrast to my previous bench research, the clinical trial required meticulous reporting and record keeping to meet FDA-requirements and ensure patient safety. As I strove to make the process of patient enrollment and follow-up streamlined, I greatly improved my skills to stay organized and effectively prioritize responsibilities.In addition, as I constantly communicated with the study participants, I formed genuine relationships with them. I ensured that they always felt comfortable during their visits and addressed any concerns about the trial or treatment. Following their exam with the principal investigator, the patients and I often spent over an hour together as I answered questions and discussed various options. I made every effort to find answers to their questions or offer solutions to common problems such as coordinating transportation to office visits, offsetting insurance fees, and providing community support resources. I am confident that these experiences will serve as a strong foundation to further develop my ability to establish positive relationships with patients as a medical student and future physician. Working as an EMT is one of my most meaningful experiences. I also used an EMT patient care story in my personal statement. I have read suggestions online to tell yet ANOTHER story in the Most Meaningful Experience Summary box. Do you agree with this advice? I also read that for the Experience Description "no one cares about the duties you performed" but isn't that the point of that box? It seems like there are 100 different opinions on how to tackle the Work/Activities section, just like everything else in life. Advice??? Members don't see this ad. Hi there, Great question. Applicants can get really confused with the 'most meaningful' and trying to include different experiences than those shared in the personal statement. To clarify your first question, you should not write about the exact SAME experience in your most meaningful because it does you a disservice. If you think about it, you are reducing the amount of information that you give about yourself if you use the same experience. However, as you may have had multiple different experiences with this EMT position, you could talk about a different example from the same job. Now on to your next question. It is likely that you did not mention all of your roles and responsibilities of this EMT position in your personal statement as you were hopefully recounting a narrative that showcases you in action, gaining and exhibiting certain skills. That means that the reader doesn't know exactly what you did in that role on a day to day basis. Therefore, you can include this in your sketch. You have 700 characters AND an additional 1325. We suggest using the 700 characters to describe the activity, its impact on you, and your impact on others through this activity, and then the 1325 to delve deeper into a specific experience. For the 700 characters you can use the first 1/3 to describe the setting and activity, highlighting your role, responsibilities, and result. and then use the remaining 2/3 to tel the reader what you learned and how the experience helped you develop the qualities that medical schools seek (hint: looking at the AAMC Core Competencies here can help). The additional 1325 should be used to showcase a narrative that focuses on how this role has transformed you and helped you to become a strong applicant. Important here is that you don't list off actives you did, but rather craft a compelling, interesting, and persuasive narrative that leaves the reader wanting to learn more about you so they invite you for an interview. I hope this helps.Best of luck writing! Hi there, Great question. Applicants can get really confused with the 'most meaningful' and trying to include different experiences than those shared in the personal statement. To clarify your first question, you should not write about the exact SAME experience in your most meaningful because it does you a disservice. If you think about it, you are reducing the amount of information that you give about yourself if you use the same experience. However, as you may have had multiple different experiences with this EMT position, you could talk about a different example from the same job. Now on to your next question. It is likely that you did not mention all of your roles and responsibilities of this EMT position in your personal statement as you were hopefully recounting a narrative that showcases you in action, gaining and exhibiting certain skills. That means that the reader doesn't know exactly what you did in that role on a day to day basis. Therefore, you can include this in your sketch. You have 700 characters AND an additional 1325. We suggest using the 700 characters to describe the activity, its impact on you, and your impact on others through this activity, and then the 1325 to delve deeper into a specific experience. For the 700 characters you can use the first 1/3 to describe the setting and activity, highlighting your role, responsibilities, and result. and then use the remaining 2/3 to tel the reader what you learned and how the experience helped you develop the qualities that medical schools seek (hint: looking at the AAMC Core Competencies here can help). The additional 1325 should be used to showcase a narrative that focuses on how this role has transformed you and helped you to become a strong applicant. Important here is that you don't list off actives you did, but rather craft a compelling, interesting, and persuasive narrative that leaves the reader wanting to learn more about you so they invite you for an interview. I hope this helps.Best of luck writing! Then how come the examples on your website don't follow the narrative advice you just gave me? Members don't see this ad :) Then how come the examples on your website don't follow the narrative advice you just gave me?There is no anecdote narrative here!Experience Description: The aim of the project was to develop a new drug to treat viral infections by introducing chemical enzymes. I was involved in different stages of the project from in-vitro experimentation to clinical trials. We tested the efficacy of the treatment on human tissue cells as well as mice tissue cells. I developed a solution that enabled the enzyme to dissolve and be carried to target receptor cells. Additionally, I was in charge of maintaining project results and protocols and training new staff members. (506 characters, with spaces)Most Meaningful Experience Remarks: This project was crucial to helping me identify my career goal of pursuing an MD/PhD. Working on the initial in-vitro experimentation stage, I had to analyze, synthesize, and communicate my findings. I was quickly recognized as the most skilled sub-investigator from the team; I also discovered that I derived great satisfaction from medical research. As the project progressed, more challenges came my way, and the pressure also increased. When given the charge of testing different enzyme carrier solutions, I eagerly took up the task as I wanted to try out my new skills in a leadership role. What followed was a period of immense challenges and daily struggles as our team faced failures more often than success. Looking back, I consider this a formative period of my life as I gained a true understanding of the medical research process. Though faced with doubts and confusion, I eventually realized that in medical research, both positive and negative results are inevitable and equally important sources of information. I then decided to diversify my diagnostic methods and applied new glucose synthesis techniques I had read about in the New England Journal of Medicine. By the end of the 5th semester, we gained the meaningful results we sought. I consider this one of the most rewarding experiences of my life. (1320 characters, with spaces) Then how come the examples on your website don't follow the narrative advice you just gave me?Okay, my apologies. I just saw the part of your website page where you suggest "For any clinical experience, if possible, you can include a small vignette that portrays your interaction with a patient. Of course, please remove all identifying details and be careful with this. Well thought out and strategically employed vignettes help to paint a vivid picture of you as a provider of care. These pictures leave impressions and this is what you need, so just ensure that the impression you leave is one of a mature professional who embodies the key qualities and core competencies desires in aspiring future physicians."It would be useful though if you guys included an example. Thanks for the help anyway I'm both a paramedic and a Hospital Corpsman. For those entries, I just said a small amount about what it is that I do in the first sentence (particularly as an HM, since people almost never understand what a particular military job actually entails). After that, I tossed out a blurb about particular skills I used/improved on due to the position. For both of those experiences I marked them as "most meaningful" and I used that section to tell short stories.can't guarantee you that it will be amazing, but I'm a reapplicant that got interviews last year and my feedback was always that the written part of my applications were good. I'm both a paramedic and a Hospital Corpsman. For those entries, I just said a small amount about what it is that I do in the first sentence (particularly as an HM, since people almost never understand what a particular military job actually entails). After that, I tossed out a blurb about particular skills I used/improved on due to the position. For both of those experiences I marked them as "most meaningful" and I used that section to tell short stories.can't guarantee you that it will be amazing, but I'm a reapplicant that got interviews last year and my feedback was always that the written part of my applications were good. Thank you for your input! Appreciate it! Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. You can add up to 3 AMCAS Work and Activities most meaningful experience entries in your medical school application. What differentiates these "most meaningful experiences" from the other AMCAS Work and Activities entries? These are experiences that had a particular impact on your growth and development, or that were particularly transformative or impactful for you. These experiences can range from paid hospital work experience and medical research hours to non-medical volunteer experience andhobbies suitable for your AMCASapplication. Just remember, this isnt the place for an expanded medical school CV; its a place to demonstrate the key qualities youve developed and how they have contributed to your suitability for the profession.While each AMCAS activities entry is given 700 characters (including spaces), these most meaningful experiences are allotted an additional 1,325 characters (again, including spaces). This extra space is not intended to be used to simply describe more details of the position or activity; rather, it is meant to be a more reflective, contemplative narrative that highlights the ways in which these experiences enriched your life, the lives of others, and your overall perspective on your journey to becoming a doctor. Interested in seeing the BEST AMCAS work and activities examples?How Do You Select Your Most Meaningful Experiences for AMCAS?Many applicants struggle with deciding what experiences are the most meaningful. Either they have too many ideas and arent sure which will make the greatest impact, or theyre concerned that they dont have any relevant experiences. Its important to highlight that theres really no such thing as a wrong most meaningful experience. There is, however, such thing as an optimal choice. Consider the following rubric to help make your selection easier:1. Choose at Least One Experience Related to MedicineThough your most meaningful experiences dont have to be clinical, you should still have at least one. Clinical experiences show a more salient commitment to becoming a medical professional, and its generally easier to reveal relevant skills when you have a medically relevant background.2. Choose Based on the Skills You've GainedIn particular, you should consider these experiences in light of the AAMC Core Competenciesand the general qualities and non-cognitive skills sought in aspiring medical professionals. Such qualities in applicants include social responsibility, cultural sensitivity, leadership, management, compassion, altruism, initiative, cooperation, collaboration, professionalism, empathy, communication skills, and so on. While you should aim to reveal most of these characteristics in your other documents like the personal statement, you can also target them in this section of your application.3. Look at Your ExtracurricularsIt can be helpful to look at your extracurriculars before making any decisions about what to write about. Rank these experiences in terms of how instrumental they were in your personal and professional growth, in addition to how they influenced your medical school aspirations. You can do the same for other experiences in your resumes, such as research or paid work.You should also think through the common question, "Why do you want to be a doctor?" and consider how the above qualities connect to your own goals as a future professional. You can begin narrowing down your list of experiences based on this, to come up with a short list of potential AMCAS most meaningful experiences.While you want to think strategically, so that youre clearly articulating experiences that reflect the kinds of qualities medical programs are seeking, you also need to be authentic. The reviewers will be able to tell if you are inflating a particular entry simply because it looks good. Think honestly about where youve gone, what youve done, and what youve learned. Here are a few questions you can ask yourself:Which experiences left you feeling transformed (either immediately, or in retrospect)? Which experiences genuinely made you feel like you were making a difference or contributing in a meaningful way? Which experiences radically shifted your perspectives or priorities? Which experiences have truly made you who you are today?In many cases, the most impressive-sounding roles may not be the most meaningful. Maybe you were president of a large club on campus, or a member of the Model UN. Thats great! However, its entirely possible that a position handing out meals at a free kitchen, or volunteering to run weekly activities at a retirement community, had a much more deep and meaningful impact on who you are as an aspiring med school student and as a person.AMCAS Most Meaningful Experiences Tip #1: Stand Out From the CrowdThe AMCAS most meaningful experiences that you list can be of all sorts health care-related positions, scholarship activities, experiences abroad or overseas, volunteer efforts, leadership opportunities, extracurricular or artistic pursuits, etc. and the experiences can also be in any activities category. Consider the following to help you stand out from the crowd:1. Choose Multiple Activities CategoriesIts not necessarily best to devote all three of your most meaningful experiences to paid employment in a health care setting for the sake of demonstrating that youve worked in a medical environment in multiple contexts. While at least one or two of these experiences can be related to the field of medicine, its important to note that they do not all need to be health care related.2. Think About Your Non-Medical Activities, TooYou can and should highlight non-medical activities if you want to show depth and breadth and to highlight your well-roundedness as a candidate. You should be able to articulate the meaning behind your experiences in a concise and compelling manner.3. Reflect on Your Unique ExperiencesRemember, most applicants will have strong academic accomplishments, experience in a health care setting, volunteer experience, etc. it is well known that these things are all necessary for a competitive application. So, you need to think about what is going to make you stand out in a vast sea of similarly or equally qualified applicants. What is key is that you develop a compelling narrative that demonstrates what youve learned, how youve grown, and what impact you made in each experience, and that you do so in a way that highlights the qualities sought in future medical professionals.AMCAS Most Meaningful Experiences Tip #2: Use a Narrative, Not a ListOne great way to demonstrate the meaningfulness of your experience is to create a vignette a brief illustration or description that captures a particularly poignant, representative moment or experience. First, lets look at a sample entry of 700 characters (with spaces), which well explore as a most meaningful experience later:This is a pretty standardAMCAS Work and Activitiesentry. Now, lets look at how we can expand this as a most meaningful experience.1. Avoid Being Too LiteralOne of the biggest mistakes students make in composing their AMCAS most meaningful entries is to approach the discussion of their qualities in a very literal way. For example, many first drafts will be full of statements like this:In my Volunteer Resident Attendant position at XYZ Retirement Community, I learned to be compassionate, mature, and professional. My communication skills were also highly valued by my peers and superiors. This experience truly transformed me in ways I couldnt have previously imagined.Lets review what makes this a BAD example:Nothing has been shown: you need evidence that you developed traits like compassion and maturity. Why should anyone believe you otherwise? Your goal should be to imply these traits through the description of explicit actions you took in each setting or scenario.No narrative structure: theres no beginning, middle, or end to this entry. How did you begin this experience? What significant moments did it entail, and what did you learn from them?There are more questions than answers: when medical schools process the most meaningful experiences, theyre really looking for answers to the question, what makes this experience meaningful and how is this relevant to your professional development? Currently, theres nothing in the above description that suggests an answer to this question.While it is clear that this individual developed (or, at least, believes they developed) compassion, maturity, professionalism, and communication skills in this transformative position, such a passage doesnt actuallydemonstratesuch qualities at all, let alone in a way that will make an impression on the reader. In essence, it is merely saying, Trust me, I have these qualities, and that is, quite simply, not good enough.2. Craft a StoryA much more effective (and engaging!) tactic is to craft a story about your experience. Most people love a good narrative, and working this into your AMCAS most meaningful experiences is possible, even with the small amount of space youre given. Every good story needs a clear beginning, middle, and end. If youre describing a clinical experience, discuss a patient whom you found memorable, or a clinical case you thought was interesting. A good story also needs stakes and emotional consequences. Meaningful experiences should show transformation and learning, and that you gained a perspective or skill relevant to your medical school journey and life in general.3. Get Feedback EarlyStart early and get expert feedback. Saying so much in so few words takes a lot of time and it requires a professional eye to ensure your meaning is effectively articulated. Using brief stories of real-life experiences through descriptive prose thatdemonstrateto the readers how you developed the qualities youre highlighting will both ensure that you are maximizing the potential of these entries and providing a pleasant reading experience. Remember, admissions committees will review hundreds, if not thousands, of AMCAS activities entries; a genuinely engaging, well-written, and thoughtful reflection on meaningful experiences will help them appreciate your application on multiple levels.Want more tips on writing your AMCAS Work and Activities section?AMCAS Most Meaningful Experiences Tip #3: Provide ContextJust as you must avoid simply listing qualities, you must also avoid assuming that the person reviewing your entries will automatically understand the significance of an experience, interaction, or event let alone understand this significance in the same way as you. To demonstrate your strengths through your narrative, youll want to employ the right strategy. That is to say, dont just tell the reviewer that you developed a particular quality, skill, or characteristic; rather, explain to them how that development took place. Now, lets consider a GOOD example:What makes this example good?It makes better use of space: note that the standard description of the position at XYZ Retirement Community has been provided in the initial 700 characters, so the extra 1325 characters provides space to really bring the evaluator into the applicants experience, to help them see how such key characteristics developed. Context is given: in this extended example, compassion, maturity, professionalism, and skillful communication are all highlighted effectively via a contextual narrative that is genuinely engaging to read. Actions speak for themselves: the entry takes one meaningful set of interactions and allows this to speak for a wealth of important qualities sought in medical school applicants. It is clear to the reader that this was a truly transformative experience, without directly reading the words, This experience truly transformed me in ways I couldnt have previously imagined. Through a story of a meaningful friendship cut unexpectedly short, this narrativedemonstrates the applicants transformation, rather than justtelling the reader that there was a transformation.AMCAS Most Meaningful Experiences Tip #4: Dont Delay - Complete a Draft and Then Walk AwayCrafting a compelling narrative takes time; theres no easy way around that. The extended description provided above took a couple of hours, walking away at the end of one day and returning to it again the next -- and I do this for a living! In that time, it went through several edits and re-writes, with the language, tone, pace, and even terminology carefully considered for maximum impact.1. Start EarlyYou absolutely mustget started on this aspect of the application early, so that you have time to write and then reconsider, and then walk away for a bit, and then edit, and then reconsider again, and then walk away and return, review, and edit again, and so on. Even if you are already a skilled writer, there is simply no substitute for time. In short, yes, there is such a thing as the best time to start your med school application.2. Review With Fresh EyesAside from the fact that engaging writing takes time, you also need to give yourself the ability to proofread with fresh eyes. Even after you think youve completed the entry, you need to walk away (for at least an hour) and return to read the entry again.3. Read Your Draft AloudOne great way to ensure your writing flows effectively is to read it aloud. It may feel awkward, but its one of the best writing tips Ive ever received. If you have difficulty following the pace of a sentence that seemed clear in your head, if you stumble over a word or phrase, its likely that it will be awkward for the reader, as well. Its very difficult to identify such things when were reading our own words silently, to ourselves, in our head. Reading aloud, however, acts as a spotlight to little inconsistencies, incorrect verb tense, missing commas, etc.AMCAS Most Meaningful Experiences Tip #5: Get Expert FeedbackWhen reading your own words, its easy to skip over little grammatical inconsistencies, but an expert will spot them immediatelyandgive you feedback on how to correct them.Consider the benefits of having an expert provide feedback on your most meaningful experiences:1. Make an ImpactBeyond a grammatical review, an expert will be able to tell you whether your entry makes the impact you hope it does before it enters the hands of the application reviewers. When were writing about our own experiences, we know the impact those experiences had on us, and we can often assume that such an impact will be clear to the reader, simply because its clear to us. That, however, is the exact opposite of what usually happens.2. Perfection is Difficult to Achieve on Your OwnTransporting readers into your own headspace, helping them see the transformative nature of experiences through your own eyes, is an immensely difficult task, and one that is difficult for even the most experienced writers (this, by the way, is whyallwriters have editors even the most well-known, decorated, award-winning authors rely on others to review their work, to ensure that everything is conveyed effectively and with the maximum intended impact!).3. Gain a Fresh PerspectiveIf youre having trouble crafting a compelling narrative, an expert will help you apply structural and content strategies. Even if youre having trouble thinking of a good experience to write about, it can help to have an expert to bounce ideas off of. Never underestimate the power of a helping hand!This is why we offer medical school application helpthat include review of your AMCAS Work and Activities entries, as well as strategy sessions with our admissions experts to ensure your examples and experiences are as impactful as possible before you dedicate hours to composing them and editing them, with us providing feedback and reflection along the way!AMCAS Most Meaningful Experiences ExamplesAMCAS Most Meaningful Experience Example #1Experience Type: Community Service/Volunteer Not Medical/ClinicalExperience Name: Volunteer TutorContact Name & Title: Mrs. Sally MendozaContact Email:[sample email]Contact Phone: 000-000-0000Organization Name: New Hope EducationCity/State/Country: San Francisco / California / United StatesMost Meaningful Experience: YesDates: 10/20XX 02/20XXTotal Hours: 3000Description: The New Hope Education organization seeks to provide expert tutoring to at-risk children from underserved communities, with the aim of helping them earn their high school diplomas. I taught Math, English, and Biology to high school sophomores, juniors, and seniors. After a year of tutoring, I was also given the opportunity to customize my own curriculum and create individual lesson plans.Most Meaningful Experience: I joined New Hope Education because I am passionate about ensuring equal access to quality education for students from different backgrounds and communities. In all my classes, over 80% of students struggled with some form of learning disability or mental illness and had no idea how to deal with it. Initially, it was extremely challenging to work with young people with such different requirements, who were understandably resistant to learning based on their previousnegative experiences. I experimented with different ways to get through to the students. One of my most effective techniques was to set aside some time after every class to talk through students personal struggles, so that they could feel safe and comfortable in the classroom. For me, this was an enlightening and humbling experience that helped me build my empathy, communication, and problem-solving skills. In 2018, I ran a corporate fundraising campaign that added 30,000 USD to the annual budget of New Hope Education. One of my proudest moments was when 100% of the students in my last class earned their high school diplomas, and a few even chose to return to New Hope Education as volunteer tutors. This experience cemented my desire to continue to build my talents, skills, and empathy to better help underserved communities.AMCAS Most Meaningful Experience Example #2Experience Type: Research/LabExperience Name: Research Assistant at Francis LabsContact Name & Title: Dr. Martin Francis, Principal InvestigatorContact Email:[sample email]Contact Phone: 000-000-0000Organization Name: Biochemistry Department, SCTPCity/State/Country: San Francisco / California / United StatesMost Meaningful Experience: YesDates: 09/20XX 03/20XXTotal Hours: 2050Description: The aim of the project was to develop a new drug to treat viral infections by introducing chemical enzymes. I was involved in different stages of the project from in vitro experimentation to clinical trials. We tested the efficacy of the treatment on human tissue cells as well as mice tissue cells. I developed a solution that enabled the enzyme to dissolve and be carried to target receptor cells. Additionally, I was in charge of maintaining project results and protocols and training new staff members. Most Meaningful Experience: This project was crucial to helping me identify my career goal of pursuing an MD/PhD. Working on the initial in vitro experimentation stage, I had to analyze, synthesize, and communicate my findings. I was quickly recognized as the most skilled sub-investigator from the team; I also discovered that I derived great satisfaction from medical research. As the project progressed, more challenges came my way, and the pressure also increased. When put in charge of testing different enzyme carrier solutions, I eagerly took up the task, as I wanted to try out my new skills in a leadership role. What followed was a period of intense challenge and daily struggles as our team faced failure more often than success. Looking back, I consider this a formative period of my life because I gained a true understanding of the medical research process. Though faced with doubts and confusion, I eventually realized that in medical research, both positive and negative results are inevitable and equally important sources of information. I then decided to diversify my diagnostic methods and applied new glucose synthesis techniques I had read about in the New England Journal of Medicine. By the end of the 5th semester, we gained the meaningful results we sought. I consider this one of the most rewarding experiences of my life. Want help with your AMCAS application? Check out this review from one of our students:AMCAS Most Meaningful Experience Example #3Experience Type: Extracurricular ActivitiesExperience Name: Debate Club at X UniversityContact Name & Title: Dr. Jared ShillerContact Email:[sample email]Contact Phone: 000-000-0000Organization Name: Philosophy DepartmentCity/State/Country: Waterloo / Ontario / CanadaMost Meaningful Experience: YesDates: 09/20XX-04/20XXTotal Hours: 300Description: Debate club was comprised of approximately 25 undergraduate students. Members of the club would meet twice a week when we werent preparing for a competition, and up to five times a week at one-hour intervals when we were competing. The National Tournament is a yearly event hosted by our university, in which the top schools from all over the country compete. Last year, when our team placed third overall, I was part of the nominated group of four to represent the team.Most Meaningful Experience: When I joined the debate club, my goal was to improve my communication and public speaking skills. In one of my first sessions, the coach asked me to argue the affirmative case for moral realism. I took the stage and in a tremulous, hesitant voice, made my case. When I left the stage and the sound of chatter resumed, the coach took me aside and expressed how impressed he was with my performance. He asked if I would want to try out for the main team; I agreed, even though I was worried Id be too anxious to compete. The counsellor at the student wellness center gave me a few strategies to help me overcome my anxiety. The first was to transfer my nervous energy into enthusiasm, and the second was to prepare my material so I can be confident. During one of our first events, I was nervous waiting for my turn to make our teams secondary argument. I had the final word on the negative of does vandalism have a place in public protest? When I felt the anxiety start to rise, I remembered what the counsellor said: embrace the anxiety, and turn it into enthusiasm. After my turn, they announced that X university had won. From this experience, I learned that its okay to rely on other people in times of need, and that strong preparation is the best way to be confident in uncertain situations.AMCAS Most Meaningful Experience Example #4Experience Type: Intercollegiate AthleticsExperience Name: Track & Field TeamContact Name & Title: Coach Janice DavisContact Email:[sample email]Contact Phone: 000-000-0000Organization Name: X University AthleticsCity/State/Country: Thunder Bay / Ontario / CanadaMost Meaningful Experience: YesDates: 03/20XX-08/20XXTotal Hours: 115Description: Ive been an athlete for most of my life, but running was new for me. I used to compete as a speed skater throughout elementary and high school, but when I broke my ankle in training, I was forced to give up the sport indefinitely. Years after I recovered and desperate to scratch that competitive itch, my roommate suggested I try track and field sprinting. After practicing on my own for a few months, I decided to try out for the university team.Most Meaningful Experience: Coming back from an injury was the most difficult part of returning to athletics. I was also a skater, not a runner, and the skills werent as transferrable as I thought they would be. I made the team that season, but I was one of the slowest runners in my heat. I was nervous about injuring myself again or pushing myself too hard when I had so much to lose. Being last in most of our team practices was initially humiliating, but I eventually learned to take the experience in stride. I started training more and working on my mechanics after everyone had left practice. I was the first to show up and the last to leave. I started completing my coursework more efficiently and scheduling classes to optimize my training. In my very first competition, in which I was competing in the 50, 100, and 200 m dash, I placed 5th, 6th, and 3rd, respectively. Even though the results werent what Id hoped, I was proud of my ability to persist and learn from my mistakes and failures. As a prospective medical doctor, there will be times of frustration and conflict. In these moments, it will be important to focus on improving and being resourceful to persevere.AMCAS Most Meaningful Experience Example #5Experience Type: Paid Employment Not Medical/ClinicalExperience Name: Childrens Dance InstructorContact Name & Title: Ms. Stacy SpencerContact Email:[sample email]Contact Phone: 000-000-0000Organization Name: Reset Dance AcademyCity/State/Country: Pittsburgh / Pennsylvania / United StatesMost Meaningful Experience: YesDates: 1/20XX-05/20XXTotal Hours: 2500Description: I started dancing when I was nine, and Ive been in love with it ever since. I was hired at Reset Dance Academy as a dance instructor for girls between the ages of 816 competing in ballet, musical theater, and contemporary dance. As an instructor, it was my job to coordinate large classes of up to 20 students of advanced and amateur levels and work with them on drills, stretches, mechanics, and choreography for competitions and academy performances. For the younger groups, I was also in charge of costume design and event planning.Most Meaningful Experience: A challenging aspect of being a dance instructor was synchronizing my dancers, especially when I was working with younger, distractable children. For one non-competitive group, I recall a young dancer named Kyla who was struggling to get the moves right in a particular sequence for an upcoming show. After multiple sessions of trying to demonstrate how the move should be performed, she still wasnt finding success. Despite my encouragement, she felt frustrated and wanted to drop out of the competition. Determined to motivate and show her that she was capable of performing, I had her stay after group classes to practice; but, instead of working on the sequence she was having trouble with, we just had fun and freestyled to her favorite songs. When we returned to the choreography we had to practice a few days later, she landed and finished the entire sequence with ease. What I realized was that not everyone learns the same way, and sometimes, a new perspective is all you need. This experience taught me to appreciate the diversity of thought and to always look for individualized learning models, as opposed to generalized ones. Seeing my future patients as individuals is an approach I want to refine and apply throughout my learning.FAQs To your success,Your friends at BeMoBeMo Academic Consulting The AMCAS Work and Activities section was updated during the 2022-2023 application cycle allowing students to differentiate between completed activities and anticipated activities. The 2023 Work and Activities guide states that this change will allow applicants to distinguish previous, ongoing and planned new activities on their applications.Whereas past applicants could combine those hours into a single number, its now necessary to count the number of hours spent on an activity before and after submitting your application separately. While it may seem small, this can affect how you come across as a candidate. Not only will you be able to mention experiences you plan to engage in before matriculation, youll be able to show how some experiences that youve started will continue until you start medical school.The addition of completed and anticipated experiences allows medical schools to get a fuller picture of you as an individual. By allowing you to categorize your activities in this way, they can better understand how you have grown during your time as a premed and where your interests are taking you. Important things to note when completing this sectionAs in previous years, many of the practical considerations remain the same such as the limit of 15 experiences, each with a description of 700 characters. However, you will now see areas to enter data labeled Completed Hours and Anticipated Hours. When entering this information, its important to ensure youre inputting it correctly. What is a completed experience versus an anticipated experience?Understanding the way AMCAS defines these terms is critical to filling out the application. A completed activity is simply an activity that is finished and its end date is set in the past. AMCAS specifically says that its end date must be the current month or earlier, defining the current month as the month and year you submit your application. An anticipated activity is something you plan to do after you have submitted your application. Its start date must be the current month or later and it must end by August of the matriculating year. Anticipated activities can be totally new activities you havent engaged in before or continuations of completed activities, such as an associated shadowing or research opportunity. Its important to note that anticipated activities cannot be a most meaningful experience and they cannot be any of the following categories:Honors/Awards/RecognitionsConferences Attended A PublicationA Presentation How to denote completed and anticipated experiences on the application Entering your completed experiences on the form is straightforward. Youll just need to input the month and year you started and finished the activity along with the number of hours you spent participating in it. If youve done an activity more than once, for example spending your summers volunteering at a community clinic, youll need to note that as a repeated activity on the form.Inputting anticipated activities is a little different. First, you must fill out the completed section in order to add an anticipated activity. This is required whether your anticipated activity is a continuation of a completed one or an entirely new activity. For example, if you anticipate that you will continue working on a research project after you have submitted your application, you would note the number of hours already completed and the number of hours you anticipate completing before you would matriculate or until the anticipated activity ends. If you want to input an entirely new activity, you must enter the current month for both the start and end dates in the completed section and then put 0 for the number of hours completed. This will bring up the anticipated activities section. Completed and Anticipated activities as a reapplicantIf youre a reapplicant, youll be glad to know that completed experiences from your last application will carry over into this year. However, be sure to thoroughly review all the information to check for accuracy. This means checking the date ranges for your experiences are correct and whether there are any anticipated activities that you need to enter. If there are errors on the form, the system will flag them with an orange symbol, alerting you to have a second look.For an example of how the completed and anticipated activities information will appear in your Work & Activities section, see the screenshot provided at the beginning of part 3.Writing about virtual experiencesEver since the Covid-19 pandemic, weve seen a rise in virtual experiences alongside an increase in remote work and online learning. While in-person experiences should remain more important in your Work and Activities hierarchy, showcasing virtual experiences effectively can demonstrate your adaptability and proactive approach to learning. Just like with more traditional experiences, remember to focus on what you learned, the impact your experience had, your responsibilities, and time spent. For example, you may have learned how to use new software tools to communicate effectively across different platforms and with diverse groups. Also, virtual environments require you to be more self-motivated and disciplined, so you may mention personal strategies you used to help you stay focused and productive.If you participated in some virtual volunteering, youll want to describe specific tasks to mention the impact your volunteering had. For instance, you may have helped with a fundraising campaign or even created health-related educational content. If you were involved in virtual shadowing, you could mention insights you gained into healthcare systems or medical decision-making, and if you assisted a research project virtually, you could highlight your role, the methodologies used and how the experience deepened your understanding of scientific inquiry. Most importantly, youll want to focus on the skills you developed, any challenges you overcame, and what you added to the projects you were involved with. You may just need to reframe your thinking a bit for the virtual context. Writing about gap year experiencesMore students than ever are taking gap years before applying to medical school, which means many students have valuable experiences worth mentioning in their AMCAS Work & Activities Section.Again, youll also want to choose experiences that demonstrate growth and development, but its best if theyre also an exploration of interests relevant to a career in medicine. For gap year students, adcoms generally want to see that you used that year (or years) to level-up your credentials or learning and stayed committed to the path of becoming a physician. Many applicants use their gap years to explore different aspects of healthcare through clinical volunteering or healthcare-related jobs, like working as an EMT. Be sure to showcase how these experiences solidified your commitment to pursuing an MD or DO. Emphasize any new skills youve acquired and relate them to how it will help your performance in medical school. These could be technical skills, but also soft skills like leadership abilities.If you have space, you may also mention any self-improvement activities you engaged in, like travel or creative pursuits. However, you should link these to how they helped you develop greater self-awareness, resilience, or emotional intelligenceany qualities that are valued in a physician. Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy.

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