

Applying to VCU SOM

Guide

Suggested **minimum total GPA** in undergrad is 3.3 (avg: for matriculants is 3.7)

Graduate-level work should be science-based with GPA 3.5 or higher

MCAT: minimum to apply is 503 (avg. for matriculants is 513)

CERT students with 3.5 GPA or higher + 508 MCAT are eligible for a guaranteed interview

Distinguishing experiences (i.e. hobbies, extracurriculars)

Research, including any publications and presentations

Leadership experience can include organizational positions, TA, RA, team captain (of official school teams), work-related management/supervision.

Personal Statement

- Shows who you are;
 - a. demonstrates your true passion for medicine
 - b. exhibits vulnerability and transformation
- Avoid making it dramatic, thematic, and reading like a resume
- Writing is of genuine quality

- *No single path*
- *Create your own map but here are some directions*

MANDATORY:

Clinical Exposure

- Includes direct, hands on patient care **AND** shadowing; both aspects are equally important
- **Shadowing:** observing patient-physician interactions
- **Examples of direct care:** scribe, language interpreter, nursing care facilities, CNA/MA, hospice, EMT
- Longitudinal exposure is preferable to sporadic exposure
- Average for matriculants is 200 hours; minimum is 60 hours

Community Service

- Serve people from a variety of economic, educational, cultural, ethnic backgrounds
- Longitudinal service is preferable to sporadic service
- **Examples:**
 - a. Tutor the underserved
 - b. **Volunteer at** food bank, homeless shelter, hotlines/text lines, Peace Corps, AmeriCorps, City Year, Special Olympics coach, etc.
- As important as clinical experience
- Average 200+hrs; minimum is 100hrs

Letters of Recommendation

- Letters from people who know you well (i.e. supervisor)
- Demonstrates 15 AAMC core competencies
- 3 min letters; 5 letters max

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