Applying to VCU SOM

Guide

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

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

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

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.

For more info, email: michelle.whitehurst-cook@vcuhealth.org, donna.jackson@vcuhealth.org, keith.baker@vcuhealth.org