2024 Application Timeline and Overview

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October 4, 2022
Agenda

• General timeline for those seeking to matriculate to medical/ dental/ podiatry/ optometry programs in Fall 2024

• Anatomy of an Applicant

• Holistic Review & Telling your Story

• Letters of Recommendation
2024 Recommended Timeline

October

• Begin working on the **HPAC Applicant Canvas Course**
  – 2 Modules to help you determine readiness to apply and prepare materials for the application
  – 3 Assignments that have recommended deadlines from now-December
    • Core Competencies Self-Assessment
    • Reflection Journal
    • Draft Personal Statement

• **Register for the MCAT/ DAT**
  – We recommend taking the MCAT by April so you have your score before you submit, but most schools will accept the MCAT taken as late as July
  – Ideally, you will not need to retake the MCAT/DAT but some students may opt to do this
2024 Recommended Timeline

November

• Continue working on the HPAC Applicant Canvas Course
• Begin reaching out to your letter of recommendation writers (more on this soon)
2024 Recommended Timeline

December

• Continue working on the HPAC Applicant Canvas Course
• Once you complete your assignments you may begin to schedule your comprehensive advising appointment (these are available December- May so you can do it anytime!)
  – Think about when you might want to do this based on your potential MCAT/DAT date, etc.
February

- Open your PrivateFolio Account
  - IMPORTANT: You MUST use the Cornell-affiliated Link, available on the Canvas Course and on our website
  - Once you open your PrivateFolio account, you may begin to add in your letter of recommendation writers contact info
April-June

- Your letter writers should upload their letters to PrivateFolio anytime in this timeframe
- Attend the AMCAS Application overview workshop - date and time TBD
2024 Recommended Timeline

May

• AMCAS/ AACOMAS/ TMDSAS/ AADSAS open
  – You should create your application account and begin filling out the primary application
  • We will have a workshop prior to the application services opening to cover application logistics!
2024 Recommended Timeline

June

• AMCAS/ AACOMAS/ TMDSAS/ AADSAS allow submission
  – We recommend you not submit on the first day the services allow submission in case there are any technical issues
  – We recommend you submit by the end of June/ early July

• Beginning on June 15, you can request your Cornell Letter Packet
  – All of your individual letters of recommendation must be received, and your primary application needs to be submitted
2024 Recommended Timeline

July-August

• Work on your secondary applications
• Attend HPAC Interview Preparation Workshops
2024 Recommended Timeline

August- December and Beyond

• Be patient! Interview invitations can be slow
• We anticipate interviews will continue to happen virtually
  – We have seen a mix of MMI and traditional formats
Anatomy of an Applicant

- Official Transcripts
- Letters of Recommendation
- Standardized Test Score
- Background Information
- Personal Statement & Essays
- Experiences & Extracurriculars
Do not think of the application process as checking off boxes

• Focus on doing activities that are impactful, meaningful and enjoyable
• Be able to tell your story
• Avoid the sales pitch “I am hard-working”
Focus on Your Story/ Impact

- How does each activity impact you or how were you able to impact that activity?
- Goal of the application is to show who you are!
- Medical schools do not necessarily accept students who check off all of the boxes
- Journal about your experiences to be able to tell your story
Tell your story: What does this actually look like?

Activity: Tutor

Tutored students in chemistry. Created lesson plans for students and checked in on their progress. Listening to their specific situations, I was able to craft lessons to the needs of each student. Met with students weekly to answer all of their questions. Helped students prepare for tests.

My first semester of tutoring, I was paired with "Joe", a 35 year-old physics major and veteran. Joe cared more about learning the information than his grade. He was motivated to do well on every assignment, lab and test. One day, near the end of the semester, Joe sat down with a smile, "I changed my major to chemistry!" I was stunned and thrilled. I had made an impact on Joe’s life and had been a part of his discovery of his love for chemistry. This fueled my motivation to build a career in higher education.
Letters of Recommendation

• We recommend a minimum of 2 and up to 5 will be included in your Cornell Letter Packet
• Should be from people who know you well
• Think of the letters as a packet, meaning if someone reads them in sequence, they should get a full-picture idea of who you are
So, what should be your priority right now?

- Join the **HPAC Applicant Canvas** course and begin to work through the two modules
- Begin to think about who you may want to ask for letters of recommendation
- Reflect and about if potentially taking a bridge year or years will help you be better prepared as an applicant
- Meet with an HPAC advisor if you have questions or concerns!
HPAC is here to help!

• Use QR code to access our website and to book an appointment

• We have drop-in's available on Zoom:
  • Tuesdays 1-3 p.m. EDT
  • Wednesdays 9 a.m.- noon EDT
  • Thursdays 10 a.m.- noon EDT

• Follow us on Instagram @cornellprehealth
Other resources

- Career Development Toolkit
- AAMC