

# PREPAREDNESS GUIDE



## ADMISSIONS MISSION STATEMENT

UAB Heersink uses a comprehensive, merit-based, and mission-driven admissions process to select applicants poised to become exceptional clinicians, physician scientists and medical educators. Competitive applicants are those who are academically prepared to handle the rigors of medical education with strong competency in communication skills, teamwork, leadership, and service to others.

Our mission-based approach values applicants who contribute to one or more of our mission areas:

- Academic Medicine/Research - Exceptional experiences in research, leadership, or education with significant potential for a career in academic medicine/research.
- Community Service – Significant experiences serving others and engaging to improve the community (longitudinal commitments showing initiative and/or leadership in service) with high likelihood for engagement in community as a physician.
- Intent to Serve Alabama Communities – Experiences that support applicant's intent to serve communities with unmet healthcare needs in Alabama, including but not limited to rural communities, to improve health outcomes
- Primary Care – Significant experiences that support compelling intent to pursue a career in primary care.

We are committed to recruiting and training applicants from Alabama, applicants from out of state with close ties to Alabama, and/or applicants from out of state who demonstrate passion for the mission of the UAB Heersink School of Medicine.

## WHAT HAVE YOU LEARNED FROM YOUR PREMED JOURNEY?

An essential element of the application process is describing and demonstrating the competencies you have developed in your preparation for medical school. The most competitive applicants are prepared to tell their stories with specific examples of their development as premedical students. Consider the following questions:

- Why medicine?
- What were you hoping to gain from each of your chosen experiences in preparing for medical school?
- How did you grow through participation in each experience?
- Which professional competencies have you developed and how have you developed them?
- Reflect on specific examples of learning experiences or “ah-ha” moments.

We recommend reviewing the AAMC Anatomy of an Applicant guide.

## ACADEMIC PREPARATION

### Grades

Predict potential for success in medical school curriculum

### MCAT

Predicts performance on standardized exams

### Rigor of Academic Curriculum

Including science and other courses

### Successful Completion of Prerequisite Coursework

General Biology (with lab) – 8 semester hours

Biochemistry – 3 semester hours

General Physics (with lab) – 8 semester hours

Biostatistics/Statistics – 3 semester hours or College

Mathematics – 6 semester hours

English – 6 semester hours

Behavioral and Social Sciences – 3 semester hours

### Entering Class Stats

**3.83** Average Overall GPA

**3.77** Average Science (BCPM) GPA

**509** Average total MCAT

**495-525** Range of total MCAT scores

### Thresholds to Receive Secondary Application

**3.0** BCPM (science GPA) for AL residents

**3.3** BCPM (science GPA) for out of state applicants

**495** Total MCAT requirement

## PREMEDICAL EXPERIENCES AND COMPETENCIES

### Professional Competencies

Commitment to Learning and Growth, Empathy and Compassion, Ethical Responsibility to Self and Others, Interpersonal Skills, Communication, Reliability and Dependability, Resilience and Adaptability, Service Orientation, and Teamwork

### Service & volunteer experiences

Evidence of a demonstrated commitment to something larger than oneself; demonstrated dedication to service and a commitment to making meaningful contributions that meet the needs of communities through a pattern of on-going, face-to-face, hands-on service.

### Medically Related Experiences and Shadowing

Medical exposure is an essential part of being considered competitive for admission. Through experiences in a medical setting, you should develop an understanding of what happens when doctors and patients interact, gain insight into the patient's experience, and better understand what becoming a physician would mean to you.

### Extracurricular Activities/Work Experience

Getting involved and building the above-mentioned professional competencies is critical to your development in becoming an exceptional physician. These activities will also help you develop effective time management skills.

### Teamwork & Leadership roles

Demonstrated ability to collaborate with others to achieve shared goals and prioritizes shared goals; adjust role between team member and leader based on one's own and others' expertise and experience; share information with team members and encourages this behavior in others; and give and accept feedback to improve team performance.

### Research experience

Research experiences provide an opportunity to develop fundamentals of scientific inquiry important for evidence-based medicine.