Hello Everyone,

This message is mostly focused on the personal statement.

But first some news:

Predents – click here to view the latest news from ADEA AADSAS concerning the application process

Premeds – AMCAS and AACOMAS webinars are being recorded to walk you through the applications. We will send links next week.

For the most recent announcement regarding this year’s application process to osteopathic medical schools, be sure to visit the AACOM COVID-19 Resource page.

The personal statement is what you will write for your centralized application. It requires thought, time and preparation. It is your narrative - a window into who you are. If you attended our fall workshop on preparing for medical school, you did the Mind Mapping exercise we led:

1 – The mind dump is writing down anything, right now and as you think of them, regarding important people in your life, things you enjoy doing, memorable experiences you have had, family events you recall, horrible times you have dealt with, mentors who have influenced you, things you have learned about yourself, and more.

2 – After you have written down many things, look at all of them and see how certain things connect.

3 – Look at the connections and see what particular themes emerge; from these you can choose what you want to focus on in your essay.

To help, use the information on the right side bar of our website. The AAMC has some advice about the personal statement in its section on Creating a Winning Application. We are happy to read an early draft and give you a general response. Be wary of commercial services that supposedly show you how to write the perfect essay that will guarantee acceptance.

Good news –

ARC Writing Consultants are available to help all pre-health applicants with their personal statements. Writing Consultants can help with any stage of the writing process. Applicants who are current students can sign up for an
appointment through Tutor Finder. Alumni applicants can email arcwriting@tufts.edu to be assigned a writing consultant. Put “medical school personal statement” in the subject line, and please include your general availability for a meeting, as well as any information you’d like to provide about where you are in the process or other concerns. All appointments will be conducted remotely through Zoom or a similar program (audio-only will be provided as an option).

ADDITIONAL “ESSAY” QUESTION FOR HPRC

We would like to give you the opportunity to let us know how the COVID-19 pandemic has affected you. This should take no more than a page. If you have lost a job or internship or other opportunity you secured for the summer, let us know – briefly. Most applicants would have experienced this. If you have begun something new as a result of the pandemic – some new volunteering or service work for example – let us know briefly. If you have been particularly challenged by this pandemic by the death or illness of a family member, or your family’s loss of employment or having a member of your family in the frontlines of COVID care, let us know. Feel free to let us know how this may have changed your thinking about healthcare. But please no more than a page. You will be able to upload your statement through your HPRC Application Status Portal.

SCHOOL INFORMATION/VIRTUAL EVENT

Join the University of New England College of Osteopathic Medicine (UNE COM) for our National Osteopathic Medicine (NOM) Week Virtual Event this Tuesday, April 21st from 12:15-1:15pm (EST). Speak with soon-to-be Osteopathic Physicians about why they went D.O.!

- Hear in their words – What is Osteopathic Medicine? How is the osteopathic approach different?
- Understand how Osteopathic Manipulative Treatment (OMT) can be applied in various clinical settings.
- Discuss this year's match process and what is next from them!

Our 4th Year students – who have now matched to their residencies - will have a lot to share and four years to look back on. We hope you'll join us for this informative, approachable, and fun conversation! Continue connecting with our community – join UNE COM SOMA members during Pre-SOMA's Virtual ShaDO Week. On Tuesday, April 28th from 12:15-1:15pm (EST), current 1st and 2nd year students will be going LIVE to walk you through what a typical day looks like for a medical student. This
will be a particularly interesting conversation to have as our community adjusts to virtual learning.

**UNE COM Virtual Event Registration**
**Link** - [https://www.careereco.com/events/unecom](https://www.careereco.com/events/unecom)

We look forward to connecting with you over the coming weeks!

Take care.

**Carol, Amanda and Ericka**