



Instructions for the CMU Self-Assessment Guide

This self-assessment guide is an opportunity to reflect on the strengths and weaknesses of your medical school application. **This guide can be used proactively early in your undergraduate career to direct your preparations or later during the reapplication process** to highlight areas of your application likely to most benefit from improvement.

The Central Michigan University College of Medicine (CMED) is seeking candidates that have demonstrated a passion for the field of medicine and community service and are closely aligned with our mission. Alignment with our mission will be evidenced through a strong record of clinical experiences and service-oriented activities.

The CMED admissions staff will not discuss your application with you if it is under consideration for the current admissions cycle. However, the staff will respond to questions regarding the admissions process that are not answered on the CMED website. Prior to contacting the admissions staff for questions regarding your reapplication to CMED, you should complete this self-assessment guide to help you reflect on the areas of your application that need improvement.

If, after completing the assessment you are unclear what you should do to improve your candidacy, you should meet with a premed advisor at your undergraduate institution. Advisors are keenly aware of medical school criteria and can often help you map out a plan to improve your application. **Completing this guide** and **meeting with an advisor** should be your *first steps* toward improving your application.

This guide is a tool to provide applicants with an honest assessment of the strengths and weaknesses in their medical school application. If after taking these steps, you are still unclear about how to improve your application, you may send your completed self-assessment to the CMU College of Medicine Admissions office by email cmedadmit@cmich.edu. A member of our staff will review your self-assessment and provide you with additional feedback. We plan to offer brief 1:1 appointments virtually beginning in April 2023 and will conclude the feedback process in May 2023. Please be sure you meet the eligibility requirements below.

Please note, you are only eligible to receive feedback if you meet the following criteria:

- Have completed and submitted the Self-Assessment Guide
- Have been rejected from all other medical schools, and
- Have not submitted an AMCAS application for the next application cycle



Self-Assessment Guide

Date:	
Name:	
State of Residence:	
Email Address:	
Daytime Phone Number:	
AMCAS ID	

Please list any years in which you applied to the CMU College of Medicine:

I have met with the following premedical advisor:



Academic Preparation

Science coursework, GPA and MCAT qualifications are essential factors in all admission decisions. The below qualifications should be considered baseline numbers and our most competitive applicants will exceed these qualifications. While the CMU College of Medicine holistically reviews all applicants, students need to be academically prepared for the rigors of medical school. Meeting these minimum qualifications is the first step.

Check all that apply:

- My cumulative undergraduate GPA is above a 3.25
- My science (BCPM) is above a 3.25
- My undergraduate GPA was below a 3.25, but I have completed at least 18 credits of science-related, post-baccalaureate or graduate coursework with significant upper-division level credits and have a GPA of 3.5 or better in my post-baccalaureate or graduate work.
- My undergraduate GPA was below a 3.25, but my BCPM GPA, specifically in prerequisite and recommended courses was higher than 3.25, I have completed at least 18 credits of upper-division post-baccalaureate or graduate level coursework.
- My science courses have prepared me for the rigors of a medical school curriculum.
- My undergraduate GPA was below a 3.25 and I have not taken any additional post-baccalaureate or graduate work to strengthen my application.

My post-baccalaureate GPA is _____ with _____ credit hours completed.



MCAT Performance

- My MCAT score was above a 500**
- My MCAT score was below a 500**

MCAT scores below 500 may be considered for admission, but it is highly likely these applicants will not prove to be competitive with our applicant pool. Applicants with MCAT scores lower than 500 will be expected to have a GPA well above our minimum qualifications and they should also have exceptional clinical and community service experiences. MCAT scores of 500 and above receive full consideration. Although it is recommended to score higher than a 500, some applicants may choose to retake the MCAT to make their application as competitive as possible. Fully consider your whole application before taking this step to ensure that you are addressing the most pressing concern(s) in your application. Keep in mind, multiple MCAT scores showing no or minimal improvement can negatively impact your application.

What insights have you gained from a review of your academic preparation?

What is your plan to improve or maintain your readiness for a medical school curriculum?



Clinical Experience

Check all that apply:

- I volunteered or have been employed in clinical settings that enabled me to directly interact with patients, physicians, and healthcare staff over a significant period of time.
- These experiences exposed me to diverse populations, illnesses and injuries and to many facets of the healthcare delivery process.
- Because of these experiences, I have a mature understanding of the challenges of choosing a career in medicine.
- I am satisfied that I have the proper breadth and depth (number of experiences and hours) of clinical experiences to be considered a competitive medical school applicant.

Briefly describe the clinical experience, including length of service, which taught you the most and how it has shaped your development.

If you need to enhance this area of your application, what is your plan to gain the proper experience in this area?



Community Service Experience

Check all that apply:

- I have a well-established history of volunteering my time, talents and energy to activities that benefit the underserved.
- I have volunteered for a variety of organizations, but at least one experience has required a long-term (6 months or more) commitment.
- I find great satisfaction in serving other people and I have become more understanding of others through my community service efforts.

Briefly describe a long-term, volunteer commitment that you have fulfilled and discuss how it has impacted you.

If you need to enhance this area of your application, what is your plan to gain the proper experience in this area?



Other Considerations

Check all that apply:

- I have been involved in a significant amount of research.
- I worked 20+ hours per week during college.
- I participated in collegiate athletics.
- I have been actively involved in clubs and organizations on my undergraduate campus.
- I have held at least one meaningful leadership position.
- I have responsibilities as a parent.

Briefly describe each activity you indicated above, specifically noting the time commitment involved and how the activity benefited you or others.

Briefly describe any other considerations that were expressed on your AMCAS application, but have not been addressed in this Self-Assessment.

Please understand that our most competitive applicants will minimally have 500 hours in each of the main experience categories; Clinical, Volunteer, Leadership and Research. While this level of hours in all categories is not required for admission, it is a gauge for you to use in assessing your competitiveness as an applicant.



Intangible Considerations

Thousands of applicants will meet our minimum requirements each year and be invited to submit a secondary application. Approximately 500 of these will be chosen to interview for a seat in the next class. *It is not enough to simply meet the requirements for admission.* The admissions committee seeks to admit applicants who fit our mission and also have intangible qualities such as leadership, high ethical standards, compassion, professionalism and respect. In addition, 80% of CMU College of Medicine students are Michigan residents. Residents of other states and Canadian citizens and permanent residents are invited to apply, but admission is particularly competitive in these cases.

Keeping in mind that medical school admissions are highly competitive, what specifically makes you well-qualified for admission? What makes you unique? What stands out as your greatest strength? Was this strength evident in your AMCAS application?

After reflecting on your application, what do you perceive as the greatest weakness in your application? What are you doing to address this weakness?

If you were invited for an interview, how well did you honestly think you interviewed? Were you well-prepared for the interview?

Reflecting on your AMCAS application, what three things do you believe stood out the most to the review committee?