



Instructions for the CMU Self-Assessment Guide

This self-assessment guide provides an opportunity to reflect on the strengths and weaknesses of your medical school application. You may use it proactively early in your undergraduate career to guide your preparation or later during the reapplication process to identify areas most in need of improvement.

The Central Michigan University College of Medicine seeks candidates who demonstrate a strong passion for medicine and community service and who align closely with our mission. This alignment is reflected in robust clinical experience and sustained service-oriented activities.

Please note: If your application is under consideration for the current admissions cycle, CMU College of Medicine admissions staff will not discuss it with you. However, we are available to answer questions about the admissions process that are not addressed on the website. Before contacting admissions regarding reapplication, you should complete this guide to reflect on how to strengthen your application.

If you remain uncertain about how to improve your candidacy after completing the guide, we recommend meeting with a premedical advisor at your undergraduate institution. Advisors are familiar with medical school expectations and can help you devise a strategy to enhance your application.

Completing this guide and consulting an advisor should be your first steps toward improvement. If needed, you may submit your completed guide to the CMU College of Medicine Admissions Office at cmedadmit@cmich.edu. A member of our staff will review your responses and offer additional feedback. We also offer brief virtual 1:1 appointments during the months of April and May each year.

Eligibility for Feedback

You are eligible to receive feedback if you meet the following criteria:

- You have completed and submitted this Self-Assessment Guide.
- You have been rejected from all other medical schools.
- You have not submitted an AMCAS application for the upcoming cycle.



Self-Assessment Form

Name:

State of Residence:

Email Address:

Phone Number:

AMCAS ID:

List any previous years in which you applied to the CMU College of Medicine:

Premedical Advisor(s) consulted:

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 3.25.

My science (BCPM) GPA is above 3.25.

I completed at least 18 credit hours of science-related post-baccalaureate or graduate coursework with a GPA of 3.5 or better.

I completed at least 18 credit hours of upper-division post-baccalaureate or graduate-level coursework with a BCPM GPA higher than 3.25.

My science courses have prepared me for the rigors of medical school.

My undergraduate GPA was below 3.25 and I have not taken additional coursework to strengthen my application.

- My post-baccalaureate GPA is:

- Post-baccalaureate credit hours completed:



MCAT Performance

Check one:

My MCAT score was above 500.

My MCAT score was below 500.

MCAT scores below 500 may be considered, but such applicants are expected to have exceptional credentials in other areas. Multiple scores with little or no improvement may negatively affect your candidacy.

Reflection:

- What insights have you gained from reviewing your academic preparation?
- What is your plan to improve or maintain your readiness for medical school?

Clinical Experience

Check all that apply:

I have directly interacted with patients, physicians, and healthcare staff over an extended period.

These experiences have exposed me to a wide range of populations, conditions, and healthcare systems.

Because of these experiences, I understand the challenges of a career in medicine.

I have the appropriate breadth and depth of clinical experience to be considered competitive.

Reflection:

- Describe your most impactful clinical experience and its duration. How did it shape your development?
- If needed, what is your plan to gain additional clinical experience?



Community Service Experience

Check all that apply:

I have a consistent history of volunteering, especially with underserved populations.

I have held at least one long-term volunteer role (6 months or more).

My community service has increased my empathy and understanding of others.

Reflection:

- Describe a long-term volunteer role and how it impacted you.

- If needed, what is your plan to gain meaningful community service experience?

Other Considerations

Check all that apply:

I have been significantly involved in research.

I worked 20+ hours per week during college.

I participated in collegiate athletics.

I have been active in campus organizations.

I have held at least one meaningful leadership role.

Reflection:

- For each checked item, describe the activity, time commitment, and benefits to yourself or others.

- Mention any other relevant considerations not previously discussed.

Note: Competitive applicants typically have a minimum of 500 hours in Clinical, Volunteer, Leadership, and Research categories. This is a guideline, not a requirement.



Final Reflection:

- What makes you a strong candidate? What unique strengths do you offer? Were these evident in your AMCAS application?
- What is the greatest weakness in your application, and how are you addressing it?
- If you interviewed, how well did you prepare and perform?
- What three components of your AMCAS application do you believe were most impactful to reviewers?

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 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.