



# Writing

# About Experiences

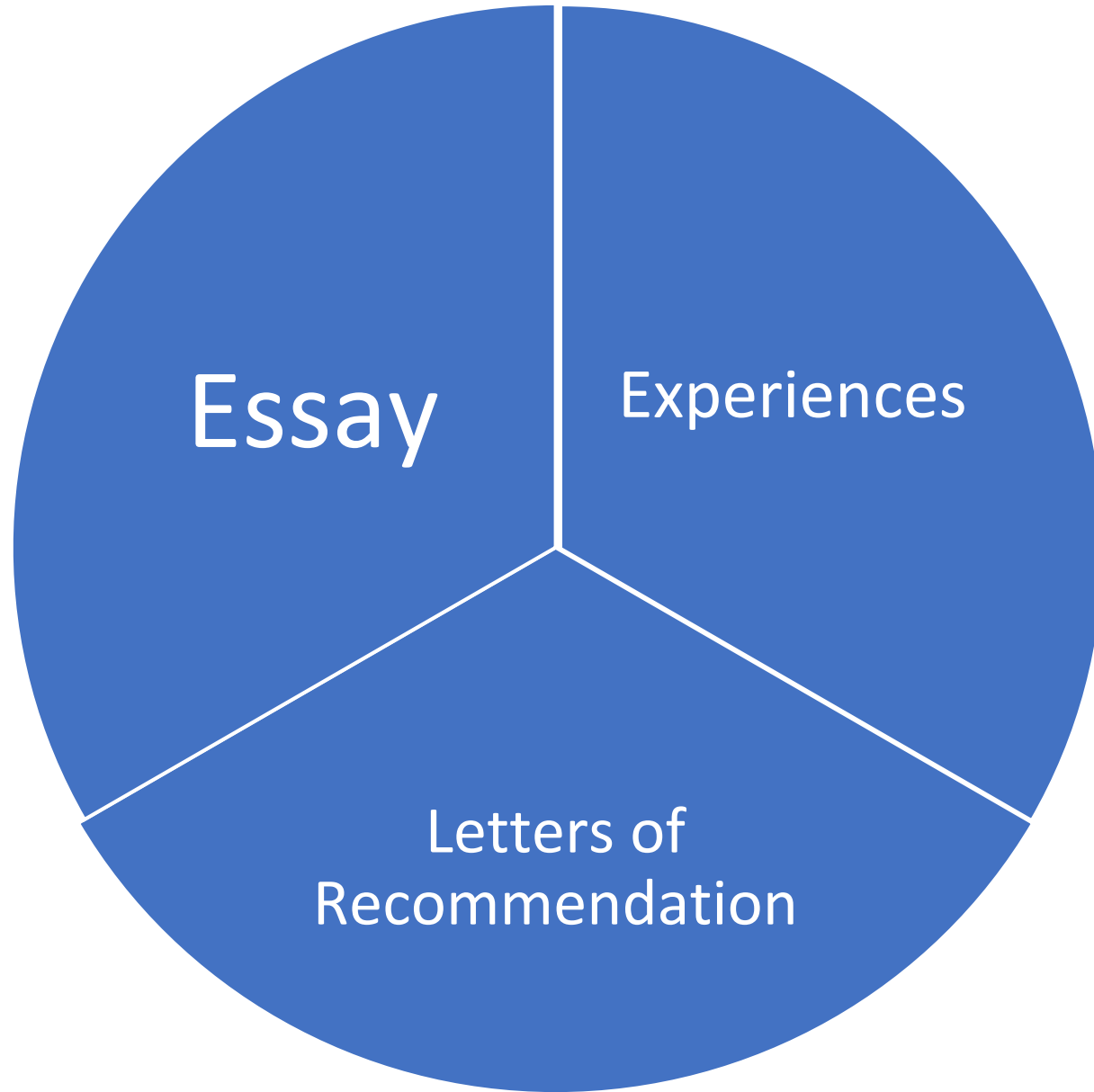
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Director

**UCDAVIS**

**HEALTH PROFESSIONS ADVISING**

*Who Are  
You?*



Experiences are a tool.

**What do you  
care about?**

## Clinical

- Health Related Internships
- Student Run Clinics
- EMX Club
- Study Abroad Health Internship
- Washington Program Health Internship
- EMT Certification
- Certified Nursing Assistant Certification
- Hospice Certification
- Medical Assisting
- Home House Aide
- Unpaid Aide positions in offices
- Shadowing
- Doula (Volunteer)
- Global Medical Brigades
- Atlantis
- Americorps
- Peace Corps
- Volunteer in a Nursing Home

## Research

- Lab Research
- Non-Science Research
- The Mind Institute
- EMRAP

## Volunteer

- Crisis Hotline Worker
- Orientation Leader
- Cultural Event Planning
- Conference Planning
- Firefighter Program
- Children's Sport Coach
- Music Lessons

## Extracurricular

- Intramurals/Club Sports/Athletics
- Clubs
- Fraternities/Sororities
- Cultural Event Planning
- Conference Planning

## Paid Experience Examples

- Tutor
- Research
- Test Prep Teacher
- Peer Advisor/Mentor
- Resident Assistant
- Substitute Teacher
- Paid Jobs (non-academic/clinical)
- Paid Aide positions in offices
- Doula (Paid)

# Types Of Experiences

- artistic endeavors
- community service/volunteer – medical/clinical
- community service/volunteer – not medical/clinical
- conferences attended
- extracurricular activities
- hobbies
- honors/awards/recognition
- intercollegiate athletics
- leadership – not listed elsewhere
- military service
- other
- paid employment – medical/clinical
- paid employment – not medical/clinical
- physician shadowing/clinical observation
- presentations/posters
- publications
- research/lab
- teaching/tutoring/teaching assistant

AMCAS:

15 Experiences

700 Characters Each

3 Meaningful Experiences

1325 ADDITIONAL Characters for THREE

Three Experiences = 2025 Characters in TWO boxes.



**On Average...**

**Med School Applicants have 10 experiences, including 1 hobby.**

# What if you have more than 15?

- Some experience types (presentations, posters, etc.) require only one date. If the activity is repeated (e.g., occurs each summer for multiple summers) you can list it just once and then use the space beneath the activity to describe the complete durations (e.g., number of weeks per summer and average hours per week). The AMCAS application will allow you to enter up to four separate date ranges for one activity. You will also be able to enter future end dates up to the start of the matriculation year.
- Do the same with multiple awards (e.g., report awards once and then describe multiple awards in the box beneath.)
- If you are a member of an organization include information such as meetings per week or semester and why you joined the group. If you held multiple positions, list the experience once and describe the positions in the box beneath.
- You do not need to repeat information in the description box that has already been listed in the boxes (e.g., organization name).
- If you are listing a research experience that extends through the summer and academic year, be sure to indicate the weeks and average hours per week appropriately (e.g., full-time in the summer, 10 hours per week during the academic year.)
- Publications that are in preparation or that have been submitted should be included in the description of your research experience. Only list publications that have been accepted (i.e., in print) or that have been published in a separate “publications” box.

## Be Sure To Collect:

- Experience Type
- Experience Name
- Contact Name/Title
- Contact Email OR Phone
- Organization Name
- City/State/Country
- Experience Description
- Dates
- Total Hours

## Meaningful

Most Meaningful Experience Summary When writing your summary, you may want to consider the transformative nature of the experience, the impact you made while engaging in the activity, and the personal growth you experienced as a result of your participation.

You are required to identify three.

## Writing in Bullets or Prose?

Write in complete sentences what you did and if space, what you learned. Try to describe what you learned or how it impacted you if you have space.

# Bullets

Use descriptive, active, past tense verbs:

Don't be too repetitive. Examples:

- *Analyzed*
- *Coordinated*
- *Planned*
- *Collaborated*
- *Taught*
- *Created*
- *Implemented*
- *Designed*
- *Built*
- *Served*

I spent two years working as a Health Educator for the student run clinic, Imani, serving Sacramento's underserved population. We made a huge impact on the community by offering free medical services. Somedays our clinic was so busy that we had to turn people away. On these days, I tried hard to serve as many people as possible, offering information about healthy living choices and providing information about resources. I worked alongside doctors, PAs and medical students, and I was able to do a lot of hands on care, such as taking blood pressure glucose checks. I learned a lot from this experience, and it solidified my desire to become a physician who wants to serve this population. (692)

Every available Saturday, I eagerly served as a medical Spanish interpreter, and if needed, took the patient's vital signs and preliminary review of systems in preparation for the volunteering medical student and doctors. The initial "good feelings" I had after a long clinic day were replaced with sadness. What was different between myself and our patients, many of whom were disabled, poor, undocumented, or people of color? As valuable as Imani is, it is a band-aid fix for a system that chooses not to afford basic healthcare rights to its people. It has galvanized me to change the system so that one day, people's primary health concerns will be met by doctors and not hard-working, compassionate college undergraduates.



Hospice volunteering allows me to show patients and families facing imminent death the same compassion that I was shown when I lost my grandpa to colon cancer. During the time my grandpa was on hospice, my cousin and I were his primary caretakers. Everyday was a blur of running errands related to keeping him comfortable and planning his funeral service, and I couldn't imagine having enough time or energy to navigate end of life affairs alone. I have helped the dying, their spouses, children, and friends by providing company, emotional support, and respite services. Additionally, I learned that humbly setting aside one's personal agenda is one of the best ways to truly meet patient needs.

# Practice

*Pick an experience.*

*Write a paragraph about your experience.*

*Be aware of what attributes you want the reader to learn.*

# Attribute Check •

*Was your partner able  
to guess those  
attributes?*

If you plan to cut and paste your experience description into the application, draft your information in plain text, preferably in text-only word processing software, such as Microsoft Notepad or Mac TextEdit. Medical schools receive all text entry responses as plain text such that reviewers do not see formatted text. Copying formatted or rich text into the application may result in formatting problems that cannot be edited once your application is submitted

# Questions?