Northeastern University
PreMed and PreHealth Advising Program

Reapplicant Application Guide

2025 Cycle

CONGRATULATIONS!

You're one step closer to applying in the 2025 application cycle.

Please take a look at the contents of this packet and prepare for application submission. Please reach out to your individual PreHealth Advisor if you have any additional questions.

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TIMELINE

What are the next steps in the Application Readiness Program, Letter Packet, and application submission process?

Application Readiness Program Deadlines:
May 1: Self-Assessment (uploaded to MAP) & updated Letters of Evaluation (if applicable) due
May 15: Deadline to complete required Application Readiness Meeting (ARM) with your assigned PreHealth Advisor

Remaining Deadlines (Reapplicants):
May 1: Self-Assessment & updated Letters of Evaluation (if applicable) due
May 15: Deadline to complete required Application Readiness Meeting with your assigned PreHealth Advisor
May 31: Deadline to re-take MCAT (MD, DO), if applicable (this must be the score you plan to apply with)
June 30: Deadline to re-take DAT (Dental), if applicable (this must be the score you plan to apply with),
June 30: Deadline to complete MAP and submit primary application (uploaded to MAP)
June 30: Deadline to Complete NU Letter Packet Request (note: all above requirements and deadlines must be met before a Letter Packet is requested)

Reminders for Candidates Applying with Individual Letters of Evaluation (I.e., not utilizing the NU Letter Packet Service):
If you choose to send individual Letters of Evaluation, please do not request them through your Medical Applicant Portal. Instead, review your schools' individual letter requirements and follow the instructions for requesting letters in the centralized application service for your health professional school application, or the directions of the specific schools if they have a different application process. Candidates applying with individual letters are encouraged to consult with their individual PreHealth Advisor to establish a timeline for requesting letters.

Application Dates
While some applications will open for editing several weeks before they can be submitted and others will open for immediate submission, we encourage applicants to spend ample amounts of time (2-3 weeks) reviewing for accuracy, typos, grammar, etc. Before you submit, we recommend printing and reading it one final time. Very few sections can be edited after submission, so it is imperative that your work is proofread.

The 2025 AMCAS Application will launch Wednesday, **May 1, 2024**. Applications will open for submission on **Tuesday, May 28, 2024.** This means you are able to work on your application for several weeks before you are able to submit your application. You can make limited changes after submission, but may add to the Medical Schools and Evaluations sections. Schools will begin to receive verified applications in on **Friday, June 28, 2024.**

The 2025 AACOMAS Application will launch and open for submission in **early May**. You can make limited changes after submission, but may add evaluation requests and programs. There will also be three academic update periods post-submission for any coursework taken after submission. Schools typically begin to receive verified applications in mid-June.

The 2025 TMDSAS Application will launch in early May. Applications will usually open for submission two weeks after launch. This means you are able to work on your application for two weeks before you are able to submit your application. You can make limited changes after submission. You may review the TMDSAS Applicant Guide for more information.

The 2025 ADEA AADSAS Application will launch in mid-May. Applications will usually open for submission on or near June 1. This means you are able to work on your application for three weeks before you are able to submit your application. You can make limited changes after submission, but may add evaluation requests and programs. There will also be two academic update periods post-submission for any coursework taken after submission.

For more detailed instructions on your specific application, please refer to pages 10-11 of this packet.

Apply Early!
The early bird catches the worm! Medical and Dental programs receive thousands of applications each year. An early application submission is strongly recommended as applicants applying early (May or June) have a significantly higher chance of success compared to their peers who apply later in the cycle. Once applicants submit their application, it may take several weeks for their application to become verified (as long as six weeks during peak processing times). Applications must be verified before the Central Application Service transmits them to medical or dental programs. Some programs may not release secondary applications until the verification process is completed. With these timelines in mind, the PreMed and PreHealth Advising Program deadline to submit your application and receive a Letter Packet is June 30, 2024.

Requesting Your Letter Packet
Letter Packets are assembled only after an applicant has met all Letter Packet requirements and deadlines. Applicants must also complete a Letter Packet Request form, which will be emailed closer to when applications open, so please read 2025 cycle emails thoroughly. The Program assembles Letter Packets in the order requests are received. We ask that applicants do not email asking for an estimate of when their Letter Packet will be uploaded.

COMPETENCIES

What do health profession programs look for in applicants?

While the competencies below derive from the AAMC, they are applicable to all health profession admission processes. Review the competencies throughout your application process, making sure to reflect these in your essays, experience/activities descriptions, and interviews.

Professional Competencies

Commitment to Learning and Growth: Practices continuous personal and professional growth for improvement, including setting and communicating goals for learning and development; reflects on successes, challenges, and mistakes; pursues opportunities to improve knowledge and understanding; and asks for and incorporates feedback to learn and grow.

Cultural Awareness: Appreciates how historical, sociocultural, political, and economic factors affect others' interactions, behaviors, and well-being; values diversity; and demonstrates a desire to learn about different cultures, beliefs, and values.

Cultural Humility: Seeks out and engages diverse and divergent perspectives with a desire to understand and willingness to adjust one's mindset; understands a situation or idea from alternative viewpoints; reflects on one's values, beliefs, and identities and how they may affect others; reflects on and addresses bias in oneself and others; and fosters a supportive environment that values inclusivity.

Empathy and Compassion: Recognizes, understands, and acknowledges others' experiences, feelings, perspectives, and reactions to situations; is sensitive to others' needs and feelings; and demonstrates a desire to help others and alleviate others' distress.

Ethical Responsibility to Self and Others: Behaves with honesty and integrity; considers multiple and/or conflicting principles and values to inform decisions; adheres to ethical principles when carrying out professional obligations; resists pressure to engage in unethical behavior; and encourages others to behave honestly and ethically.

Interpersonal Skills: Demonstrates an awareness of how social and behavioral cues affect people's interactions and behaviors; adjusts behaviors appropriately in response to these cues; recognizes and manages one's emotions and understands how emotions impact others or a situation; and treats others with dignity, courtesy, and respect.

Oral Communication: Effectively conveys information to others using spoken words and sentences; actively listens to understand the meaning and intent behind what others say; and recognizes potential communication barriers and adjusts approach or clarifies information as needed.

Reliability and Dependability: Demonstrates accountability for performance and responsibilities to self and others; prioritizes and fulfills obligations in a timely and satisfactory manner; and understands consequences of not fulfilling one's responsibilities to self and others.

Resilience and Adaptability: Perseveres in challenging, stressful, or ambiguous environments or situations by adjusting behavior or approach in response to new information, changing conditions, or unexpected obstacles, and recognizes and seeks help and support when needed; recovers from and reflects on setbacks; and balances personal well-being with responsibilities.

Service Orientation: Shows a commitment to something larger than oneself; demonstrates dedication to service and a commitment to making meaningful contributions that meet the needs of communities.

Teamwork and Collaboration: Collaborates with others to achieve shared goals and prioritizes shared goals; adjusts role between team member and leader based on one's own and others' expertise and experience; shares information with team members and encourages this behavior in others; and gives and accepts feedback to improve team performance.

Science Competencies

Human Behavior: Applies knowledge of the self, others, and social systems to solve problems related to the psychological, sociocultural, and biological factors that influence health and well-being.

Living Systems: Applies knowledge and skill in the natural sciences to solve problems related to molecular and macro systems, including biomolecules, molecules, cells, and organs.

Thinking and Reasoning Competencies

Critical Thinking: Uses logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.

Quantitative Reasoning: Applies quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world.

Scientific Inquiry: Applies knowledge of the scientific process to integrate and synthesize information, solve problems, and formulate research questions and hypotheses; is facile in the language of the sciences and uses it to participate in the discourse of science and explain how scientific knowledge is discovered and validated.

Written Communication: Effectively conveys information to others by using written words and sentences.

LETTER PACKET STRUCTURE

What goes into assembling a Letter Packet and what do we include in the Letter Packet?

The PreMed and PreHealth Advising Program works collectively to compile each Letter Packet for eligible students.

A Letter Packet is a composite letter that includes full content of all required and optional evaluator letters (requested via your Medical Applicant Portal) plus an institutional cover sheet from the PreMed and PreHealth Advising Program.

While we do not restrict our Letter Packet service based on grades or exam scores, applicants and re-applicants must meet all the deadlines and requirements in order to be eligible to request a Letter Packet

Applicants are required to complete the new Self-Assessment that corresponds with their application year even if they have completed a Self-Assessment for a previous application cycle.

Institutional Cover Sheet
Provides context to the unique attributes of Northeastern applicants.

Letters of Evaluation
All of the applicant's internal faculty letters and external letters of evaluation which have been submitted to MAP are appended in full for the admissions committee to review.

Sample of institutional cover sheets from the PreMed and PreHealth Advising Program included in the Letter Packet:

Northeastern University
PreMed and PreHealth
Advising Program
360 Huntington Avenue, 416 Richards Hall, Boston, MA 02115
LETTER PACKET INSTITUTIONAL COVER SHEET

Institutional Profile
Northeastern University is a Carnegie Tier 1 Research University with a growing global campus network that prioritizes innovation through experiential learning. The PreMed and PreHealth Advising Program serves all undergraduate students and alumni populations of the institution as well as students enrolled in the Northeastern University Post-Baccalaureate Pre-Medical Certificate Program. A Northeastern undergraduate education prepares students to face and solve the challenges of tomorrow by integrating learning inside and outside the classroom, offering students immersive opportunities to engage in meaningful work through cutting edge University research, co–operative education placements at leading employers, and community engagement on a local to global scale.

Co-operative Education (Co-op) & Summer Coursework
Most undergraduates participate in Northeastern's signature Co-operative Education program, in which they alternate six-month periods of full–time academic study with periods of full–time work in areas related to their field of study and career goals. Students apply through a competitive process for global positions offered by private companies, academic laboratories, hospitals, government agencies, and community organizations in partnership with our colleges. Students may also develop their own co–op opportunities. In support of our experiential learning programs, Northeastern has two summer semesters in which we offer a full range of courses taught by our regular faculty and presented withthe same rigor as the fall and spring offerings. If students are unable to take summer courses at Northeastern, we advise enrolling in summer courses at four-year institutions of equal rigor to Northeastern so that they may graduate in four to five years while completing up to three co–ops.

Global Experience
Northeastern University encourages learners to engage in transformative global experience that allows them to develop a global mindset and a commitment to ethical global impact. Our growing Global University System allows students to continue to engage in high-quality coursework while also participating in globally based community-engaged learning, co-curricular activities, and unique learning models. Among our global programming are N.U.in and Global Scholars (cohort-based interdisciplinary experience for select first year students), Dialogue of Civilizations (faculty-led summer programs), Global Co-op (independent career opportunities with global companies and organizations for students), and more.

General Chemistry Credits
Most colleges at Northeastern have adopted a combined general chemistry course that includes elements of a typical General Chemistry 1 and 2 sequence. Due to this, many applicants will achieve five total general chemistry credits, going on to complete Organic Chemistry 1 and 2, as well as Biochemistry, prior to graduation. While we understand that this number of credits (20 credit hours total) will satisfy the requirements of many programs, we have also collaborated with our Department of Chemistry and Chemical Biology to produce letters detailing the combined general chemistry course. If your program requires additional information, we are glad to share these letters for your review upon request.

Letter Packet Process
Beginning in the 2025 application cycle, the Northeastern University PreMed and PreHealth Advising Program will only be offering a Letter Packet service and will no longer be offering an additional Committee Letter service. We will provide a Letter Packet for any student or alumni in good academic standing who meets our letter packet requirements and deadlines. We do not restrict our Letter Packet service based on grades or exam score and do not provide a structured ranking of applicants. A Letter Packet includes an institutional coversheet, an introductory message from the PreMed and PreHealth Advising Program, and the full text of all required and optional letters of evaluation.

Institutional Actions:
We do not have access to applicant records with the Office of Student Conduct and Conflict Resolution and thus are not suited to comment directly on these matters. We encourage applicants to be transparent on their application regarding any institutional actions, no matter how minor.

Northeastern
PreMed and PreHealth Advising Program
360 Huntington Avenue, 416 Richards Hall, Boston, MA 02115

This letter and the letters that follow are confidential and are released to you with the understanding that you do not permit access to or disclosure to any other institution or to the applicant. You may share the content only with others who have a legitimate educational interest, as defined by The Family Educational Rights and Privacy Act (FERPA). The applicant's decision to waive the right to view a letter is covered in a different section of FERPA and does not alter the confidential nature of these letters.

Date:

Re:

AAMC ID:
AMCAS Letter ID:
OR
Applicant ID:

Dear Medical/Dental School Admissions Committee Member:

We are writing on behalf of **XX** who is applying for admission to your 2024 entering class. This candidate has chosen to utilize Northeastern University's Letter Packet service in support of their application to your program.

The Northeastern University Letter Packet includes letters of evaluation from three Northeastern faculty, a clinical letter of evaluation, and up to two additional letters from employers, and/or other individuals who can speak to their suitability for a career in medicine.

The PreMed & PreHealth Advising (PMPH) Advising Program at Northeastern University sits under the Office of the Provost and serves students who self-identify as pre-health from all colleges across the university. Students are able to meet with pre-health advisors in one-on-one advising meetings, group cohort advising sessions, and a variety of additional workshops and special programs throughout the year. Through the PMPH Advising Program, Letter Packet candidates are required to engage in additional preparation for their application, including the completion of a self-assessment survey and participation in an individualized application readiness meeting. Additional application support is available as desired. The mission of the PMPH Advising Program is to help all learners reach their fullest potential as aspiring future healthcare leaders.

We appreciate your careful review of XX's following letters of evaluation and overall application.

Sincerely,

Ciara O'Donnell, M.Ed.
Senior Associate Director

Anna Petzak, MS, NCC
Assistant Director

Courtney Martinez, M.A.
Program Advisor

Tyler Rock, M.S.Ed.
Program Advisor

Emily Hyde, M.Ed.
Program Advisor

THE PERSONAL STATEMENT

Tips for developing a strong essay

At this point, you most likely have brainstormed topics and/or written at least a preliminary draft of your personal statement. As you prepare to finalize your statement for your application, keep the following in mind.

Be Creative
Though you may feel as though your statement needs to contain a specific number of details, experiences, and references, please remember that your personality and ideals should shine through the words on the page. This is an admissions committee's closest look at who you are as an applicant before making the decision to invite you on campus for an interview.

Establish Your Theme
One of the best ways to construct a statement if you are truly struggling is to form the backbone first. Now that you have completed your Self-Assessment, look back on all of your experiences and identify one or more themes that have persisted throughout. How have these themes informed your current choice to apply to a health graduate program? How have all of your experiences connected either in real life or in your mind to create a larger picture of healthcare or patient care? For example, a theme of "Overcoming Adversity" in your journey could easily translate into how you wish to help patients facing a difficult road ahead. A theme of "Discovery/Self-Motivation" could translate into your excitement for research or advancing best practices in a clinical setting.

Who's The Main Character?
Remember that you are the protagonist of your own personal statement. This may sound obvious, but applicants frequently misjudge how little they inject themselves, their reactions, their lessons-learned into their essay. Introducing doctors, PI's, professors, supervisors, etc. can be a great way to demonstrate an experience you hope to emulate, but keeping yourself in the background throughout will lead to a lack of understanding of who *you* are as an applicant.

A Balance of Humility
This is the time to talk about your accomplishments, your victories and bright spots along your PreHealth journey. It is not the time, however, to push the boundaries of reality to brag. An essay that exudes arrogance or superiority will not impress an admissions committee, but instead act as a concern that the applicant would not be able to work well within a team.

One Statement = One Writer
While we wholeheartedly advise you to ask for feedback from various sources, both professional and personal, we ask that at the end of the day the statement is a document wholly written by you in your own voice. If you receive heavy edits or content suggestions from others, make sure to ultimately rewrite them from your own perspective rather than copying and pasting. Different voices can cause a dissonance when reading through a personal statement.

New Cycle, New Statement
For those re-applying, your personal statement should not be recycled from a previous application cycle; rather, we encourage you to invest effort in revitalizing and refining it to accurately reflect the considerable growth and development you've undergone as an applicant.

Resources
If you are experiencing trouble coming up with a strong statement or would like additional support, we encourage applicants to review the Personal Statement Workshop and/or connect with the Writing Center. Walk-in and scheduled appointments are available to current students and alumni. Appointments can be made on their website. Additional resources can be found on the PMPH website for your respective profession under the "Applying" drop-down.

CHOOSING SCHOOLS

How should I approach creating my schools list?

Program Databases
Selecting a program can be one of your biggest decisions. Utilizing an online database enables you to browse, search, sort, and compare information about programs, and more. Applicants may choose to subscribe to MSAR (MD), DO Explorer (DO), or ADEA Dental School Explorer (Dental) to better understand programs they are considering. Applicants are expected to additionally review the individual websites for each program they are considering.

How Many Schools to Choose
We advise applying to 15-25 medical schools (MD/DO) or 8-10 Dental schools - give or take a few. This allows you to still apply to a broad range of schools but requires you to narrow choices to programs for which you are a good fit, which will ultimately lead to a higher chance of success.

For those who are re-applying, we advise including schools at which you have previously interviewed and/or were waitlisted as these institutions have demonstrated significant interest in considering your application for acceptance to their program(s).

Academic Metrics
Most likely, you will not be able to create a final program list until you have received your entrance exam score and understand where you fall against each program's admissions data. If data is available on highest and lowest GPA/exam score per school, use this data to understand if you are a realistic applicant. Depending on your entrance exam scores and GPA, applicants should include schools they believe may be highly competitive, schools they believe are a great match, and schools for which they believe they are highly qualified, with a majority in the match range.

Institutional Fit
Browsing a program's website is vital to understanding the key factors that set it apart from its peers. The mission statement will provide a window into the guiding principles that drive the goals of the program. Additionally, you should consider if you would personally be happy at the institution regarding factors like geographic location, commitment to diversifying healthcare, religious affiliation, etc.

Student Opportunities
Outside of the academic nature of each school, you will find specific clinical, service, and research opportunities that are unique. Are you able to find transparency regarding research funding? Is there flexibility for you to create your own projects? What kinds of patients do the school's students typically work with? Are there opportunities to give back to the local community? Keep these questions in mind as you create your final list. Medical schools will also publicly list their residency matches each year, giving you an understanding of what their graduates go on to do.

Public vs Private
When considering institutional acceptance rates, public vs private can play a large role. Public institutions typically reserve a certain number of seats for in-state applicants for a variety of reasons, including funding. Private institutions are not bound to the same expectations and are more accessible to out-of-state applicants. School status can also affect the cost of tuition, with private medical programs often costing more per year on average.

Additional Resources
For additional support in selecting programs you may review the Choosing Your Schools Workshop. We also recommend attending virtual and in-person admissions events ahead of application.

THE NORTHEASTERN ADVANTAGE

How can I highlight Northeastern experiences on my application?

Co-op
One of the most unique experiences that the majority of NU students enjoy is co-op. These months-long, full-time employment experiences can easily set you apart from your peers around the country. Make sure to refer to co-op as full-time employment, not just as an "internship". Many students have a full year of employment in the industry before submitting an application. Take advantage of this experience when reflecting on your professionalism, your adaptability, and your preparedness for graduate education.

Global Experiences
Northeastern offers programming beyond its flagship Boston campus through a global university system. This means you have global access to innovation and immersive education, research, and workforce experience. Highlighting a global experience on your application demonstrates your ability to think on a global scale, appreciate and collaborate with cultures different than your own, and in some cases showcase professional experience in an international setting. If you had the opportunity to travel abroad through NU*in*/NUBound/Global Scholars, a Dialogue of Civilization (DOC), a Global Co-op, a traditional study abroad semester, etc., make sure to weave these experiences into your application.

The Honors Program
If you have ever been a part of the Honors Program consider the additional academic rigor and experiential learning opportunities you have experienced while at Northeastern. Consider how global citizenship (i.e. Honors DOC), leadership (i.e. Honors Ambassadors), networked communities (i.e. Honors LLC), etc. have been integrated into your PreHealth experience through Honors.

Non-Traditional/Post-baccalaureate Applicants
CPS post-baccalaureate students, and applicants with significant time between graduation and the application, have unique professional and interdisciplinary experiences that should be highlighted rather than hidden on their application to health professional school. We highly recommend applicants with this background include their diverse professional experiences, demonstrated ability to manage multiple demanding responsibilities, and proven commitment to their chosen healthcare path. Avoid the temptation to leave out experiences that may not fit the traditional pre-health mold and lean into the qualities that make you an asset to your future health professional school cohort and the future of medicine.

SCHOOLS ATTENDED & TRANSCRIPTS

Colleges/Schools Attended:
If you have ever taken a post-secondary course anywhere other than at Northeastern University, taken foreign coursework including a study abroad course, or taken any military course work, you must add these schools to your application. This includes college courses taken while in high school and courses taken at another institution even if credit was transferred. *NOTE: Dialogues of Civilization are NU courses, and should not be entered separately from your NU coursework.*

Transcripts:
Official transcripts must be sent to your application from the Registrar's Office at any US and English-Canadian colleges and universities you have attended or taken coursework including: Northeastern University, Overseas US Institutions (i.e. American College of Thessaloniki), and/or any institution you were previously enrolled in a degree program or took individual courses (including dual enrollment courses taken in high school). Request transcripts early, once your application launches, as your application cannot be verified until they are received! If you are currently enrolled in courses, it is best to wait until grades are posted before requesting transcripts.

Requesting Transcripts from Northeastern University:
The Northeastern University Registrar's Office utilizes Parchment to provide and deliver official transcripts electronically. You can request NU transcripts via Parchment, here. When setting your Delivery Destination in Parchment, search and select AMCAS, AACOMAS, and/or AADSAS. Attach your completed corresponding Transcript Request Form or Transcript Matching Form (as applicable) to your request. NOTE: A hold on your student account will not prevent you from requesting a transcript through Parchment, but the University will not be able to release your transcript until the hold is resolved.

Requesting Transcripts from other US or English-Canadian institutions:
For all other US or English-Canadian colleges and universities, or Overseas US Institutions (i.e. American College of Thessaloniki), where you have attended or taken coursework, follow their process to request transcripts (as found on their website) and include your completed corresponding Transcript Request Form or Transcript Matching Form (as applicable) in your request.

Foreign Transcripts:
Courses taken at foreign institutions are typically eligible for a transcript waiver, which will be indicated on the application. Do not send foreign transcripts to your application, including those printed in English or translated into English; they will be discarded.

Foreign Transcript Evaluations:
Individual DO or Dental schools may require a credential evaluation of your foreign transcript(s) ***if*** you've taken ***required*** coursework at a non-US institution. Please check with school(s) directly to determine whether this is recommended or required. Foreign transcript evaluations should be ordered directly from your ADEA AADSAS or AACOMAS application. Evaluations ordered by going directly to the vendor's website will be sent in hard copy and will not be accepted. *Note: foreign transcript evaluations are not available or recommended for MD candidates applying to AMCAS.*

AMCAS:
Contact Us Form
202-828-0600
M-F, 9am-7pm ET, closed Wednesday, 3-5pm ET

AACOMAS:
aacomasinfo@liaisoncas.com
617-612-2889
M-F, 9am-5pm ET

ADEA AADSAS:
aadsasinfo@aadsasweb.org
617-612-2045
M-F, 9am-5pm ET

APPLICATION: ADEA AADSAS 10DMD

Fee Assistance Program
At the start of each application cycle, a limited number of fee waivers are provided to qualified applicants on a first-come, first-served basis. Each fee waiver covers the initial application fee and two additional program designations, for a total of three designations. You may request a fee waiver as soon as you create an application, but keep in mind that fee waiver funds can be quickly depleted. To view the fee assistance program instructions, qualifications, and submission requirements, review the ADEA AADSAS Fee Assistance Program (FAP) webpage. For any questions, contact ADEA at FAPAADSAS@adea.org. Please note that only US citizens and permanent residents are eligible for the ADEA AADSAS Fee Assistance Program. Additional resources on financing your education can be found on the PreMed/PreHealth Website.

Personal Information: License and/or Academic Infractions
In addition to basic biographic information, this section will ask about personal infractions, including institutional actions (i.e. OSSCR write-up). If you are unsure of whether or not you may have been documented for a conduct violation in the past, please contact the Office of Student Conduct and Conflict Resolution at osccr@northeastern.edu or 617.373.4390. Their office is located in 204 Ell Hall. Even though conduct records are expunged upon graduation, disclosure is still encouraged. Admissions committees are unlikely to have concerns about minor incidents, but will rescind an acceptance if they find out you failed to disclose.

Transcript Entry
This section of the application requires you to input your coursework exactly as it appears on your transcript (s). We recommend that you obtain transcript(s) for personal use and set aside ample time (a couple of days) to complete this section of the application, as it is the most labor intensive.

How to enter Co-op: For many, 6-month co-ops appear as two entries on your transcript (one for the summer portion, and one for the Fall or Spring semester). Enter both separately under the semester they appear on your transcript. For example, course code is COOP 3945, course title is Co-op Work Experience, subject can be listed as “Other Health Prof”, credits are 0, grade is S.

How to enter Study Abroad coursework: How you enter coursework taken outside of the US depends on the status of the school. Overseas US Institutions (i.e. American College of Thessaloniki) should be entered as any other US school, as they appear on your US school abroad transcript - **do not** then list them under Northeastern. For foreign programs, please follow the instructions under "Study Abroad via Any Other Method" at the link here.

How to enter Plus One coursework: Graduate coursework taken before completing your bachelor’s degree should be entered both for your undergraduate degree and for your graduate degree. Label courses as the appropriate academic status (i.e. Senior) under your bachelor’s degree and Graduate status under your graduate degree. The start date of your graduate degree would be **when you started taking graduate coursework**. This is the only instance where an applicant would enter a course they took twice.

Experiences/Achievements
ADEA AADSAS does not have a limit to the number of experiences and achievements you list on your application. Depending on the personal significance and number of hours you engaged in your experiences, 10-15 are typical. You will select up to 6 Experiences and 4 Achievements to highlight as most important – these will be included on the cover sheet dental schools receive. Remember you are writing for dental school admissions. Write in terms of competencies. This section is expected to be narrative text, not bulleted like a resume. Write about what you learned and contributed – outcomes, not tasks!

Evaluations
Enter only one letter for your Letter Packet, listing Ciara O'Donnell (c.odonnell@northeastern.edu) as the author. The application asks you to include a deadline for your letters. Please know that we will be assembling and submitting letters as fast as possible! However, for your letter due date please list a date of July 31, 2024. If you apply early in June, your letter will likely be submitted well in advance of this date.

DAT & Dental Schools
DAT Scores are not automatically sent to AADSAS. You must designate at least one dental school to have your scores released to AADSAS. For more information about releasing scores, please click here.

For all other questions, please refer to the **ADEA AADSAS: Quick Start Guide & FAQs** found here.

APPLICATION: AACOMAS

10DO

Application Fee Waiver
A limited number of fee waivers are available through the AACOMAS Fee Assistance Program. Fee waivers are given out to qualified applicants until available funds run out for the cycle. Funds typically run out for the cycle. Please read the AACOMAS Application Instructions to see who qualifies. These waivers cover only the initial application fee. For more information about the AACOMAS Fee Waiver Program, please review the online application instructions. Additional resources on financing your education can be found on the PreMed/PreHealth Website.

Personal Information: Misdemeanors, Felonies, and License and/or Academic Infractions
In addition to basic biographic information, this section will ask about legal and personal infractions, including institutional actions (i.e. OSSCR write-up). If you are unsure of whether or not you may have been documented for a conduct violation in the past, please contact the Office of Student Conduct and Conflict Resolution at osccr@northeastern.edu or 617.373.4390. Their office is located in 204 Ell Hall. Even though conduct records are expunged upon graduation, disclosure is still encouraged. Admissions committees are unlikely to have concerns about minor incidents, but will rescind an acceptance if they find out you failed to disclose.

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How to enter Plus One coursework: Graduate coursework taken before completing your bachelor’s degree should be entered both for your undergraduate degree and for your graduate degree. Label courses as the appropriate academic status (i.e. Senior) under your bachelor’s degree and Graduate status under your graduate degree. The start date of your graduate degree would be when you started taking graduate coursework. This is the only instance where an applicant would enter a course they took twice.

Experiences/Achievements
Unlike the MD application, the DO application does not have a limit to the number of experiences and achievements you list. Depending on the personal significance and number of hours you engaged in your experiences, 10-15 are typical. Remember you are writing for medical school admissions. Write in terms of competencies. This section is expected to be narrative text, not bulleted like a resume. Write about what you learned and contributed – *outcomes*, *not tasks*!

Evaluations
Enter only one letter for your Letter Packet, listing the name and email of your PreHealth Advisor as the author. PreHealth Advisor information is listed here.

MCAT & Medical Schools
MCAT scores are not automatically sent to AACOMAS. You must contact the AAMC to have your scores released to AACOMAS. For more information about releasing scores, please click here.

For all other questions, please refer to the **AACOMAS Quick Start Guide and FAQs** found here.

APPLICATION: AMCAS

10MD

Fee Assistance Program
The AAMC Fee Assistance Program (FAP) provides financial assistance to individuals who, without this aid, would find it very difficult — if not impossible — to take the Medical College Admission Test (MCAT), apply to medical schools through the American Medical College Application Service (AMCAS), and fulfill other obligations on the path to a career in medicine. The AAMC encourages all eligible aspiring physicians to apply for fee assistance. FAP benefits include: MCAT Official Prep products and a reduced MCAT registration fee, complimentary subscription to the Medical School Admission Requirement (MSAR) database, and a waiver for all AMCAS fees for one (1) application submission with up to 20 medical school designations. Additional resources on financing your education can be found on the PreMed/PreHealth Website.

Biographic Information: Institutional Actions, Misdemeanors, and Felonies
In addition to basic biographic information, this section will ask about felonies, misdemeanors and institutional actions (i.e. OSSCR write-up). If you are unsure of whether or not you may have been documented for a conduct violation in the past, please contact the Office of Student Conduct and Conflict Resolution at osccr@northeastern.edu or 617.373.4390. Their office is located in 204 Ell Hall. Even though conduct records are expunged upon graduation, disclosure is still encouraged. Admissions committees are unlikely to have concerns about minor incidents, but will rescind an acceptance if they find out you failed to disclose.

Course Work
This section of the application requires you to input your coursework exactly as it appears on your transcript(s). Request transcript(s) for personal use and set aside ample time to complete this section of the application, as it is the most labor intensive.

How to enter Co-op: For many, 6-month co-ops appear as two entries on your transcript (one for the summer portion, and one for the Fall or Spring semester). Enter both separately in the order they appear on your transcript. For example, course classification is “Other”, course code is COOP 3945, course name is Co-op Work Experience, credits can be left blank, grade is S.

How to enter Study Abroad coursework: How you enter coursework taken outside of the US depends on the status of the school. For American Colleges Overseas (i.e. American College of Thessaloniki) courses should be listed under the attended American College Overseas as it appears on your official transcript from that institution. For foreign programs, enter your study abroad courses as courses taken at the study abroad (foreign) school. However, enter them exactly as they appear on the sponsoring school’s (Northeastern) transcript. For more detailed instructions, please visit “How to Enter Study Abroad Coursework”.

How to enter Plus One coursework: Graduate coursework taken before completing your bachelor’s degree should be entered both with your undergraduate degree and with your graduate degree. Label courses as the appropriate academic status (i.e. Senior) under your bachelor’s degree and Graduate status under your graduate degree. The start date of your graduate degree would be **when you started taking graduate coursework**. This is the only instance where an applicant would enter a course they took twice.

Work/Activities
You will be able to add up to 15 activities and experiences to your application. Be sure to designate 3 as most meaningful and talk about them in depth. Remember you are writing for medical school admissions. Write in terms of the AAMC competencies. This section is expected to be narrative text, not bulleted like a resume. Write about what you learned and contributed – outcomes, not tasks!

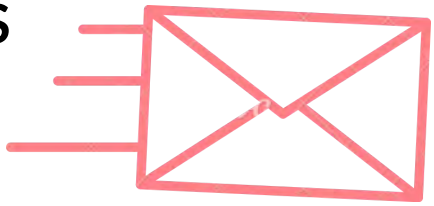
Letters of Evaluation
Enter only one letter for your Letter Packet, listing our office address (360 Huntington Avenue, Boston MA, 02115), phone number (617-373-3310), and the name and email of your PreHealth Advisor as the author. PreHealth Advisor information is listed here.

MCAT & Medical Schools
MCAT Scores are automatically sent to AMCAS.

For all other questions, please refer to the **AMCAS Applicant Guide** found here.

SECONDARY APPLICATIONS

I submitted my primary application, now what?



Timeline
Depending on the application service you use, some secondary applications may be included within your primary application. In this case, you will need to answer these school-specific questions immediately. Traditionally, however, secondary applications will be sent to you by each school you applied to, about 4-6 weeks after you've submitted your primary application. Secondaries are sent via email and are often filtered to spam/junk. Check your junk mail often! Prioritize your top choice schools to return faster, but look at each secondary when it comes. Some may only have a few questions and take an hour or so to submit, in that case it's worth doing sooner. We advise completing and submitting each secondary application within two to four weeks of receipt.

Pre-Writing
Applicants may elect to begin writing secondary application responses before they receive them. This is possible due to the databases of past prompts available at both prospectivedoctor.com (MD) and secondaryapps.com (MD and DO). At the moment, there is no such database for dental programs as most program-specific supplemental questions are embedded within ADEA AADSAS.

Stay Organized
Find a way to organize all your schools in a spreadsheet. For each school, include not only secondary questions and answers, but also their mission, why you are a good fit for the school, and other essential information. Once you receive secondaries you can add the date you received & submitted your secondary application. Later, you can refer back to this information if you're invited to an interview.

AAMC PREview:
The AAMC offers the AAMC PREview™ professional readiness exam for applicants to a list of participating schools. The PREview exam is designed to look beyond academic metrics to assess and evaluate personal competencies such as resilience, service orientation, ethics, cultural competence, and teamwork. When combined with other elements of the admissions process, the PREview exam provides a more complete picture of applicants and helps schools identify applicants who demonstrate these core competencies. The list of schools requiring the exam will be posted in February 2024. That information along with registration, accommodations, and deadlines can be found here.

Casper & Duet
Some programs require the Casper test as a part of their secondary application. Casper is an online, open-response situational judgment test (SJT). It asks what you would do in a tough situation, and more importantly, why. This helps determine behavioral tendencies of applicants pursuing people-centered professions. The same company that owns and operates Casper, Acuity Insights, offers additional modules included with the price of Casper, which may or may not be required by your programs. For example, Duet is a value-alignment assessment that compares what you value in a program with what the program has to offer and can be taken at any time after taking Casper. Applicants should thoroughly read through their program websites to understand if any additional modules are necessary to take, however there is no harm in completing them regardless. Casper & Duet here. Most applicants take Casper & additional Acuity Insights modules after submission of their primary application, in June or July.

Anything Else?
Many secondary applications will have an optional question that asks if the applicant has anything else to add or wants to address any areas of concern on their application. This is the space to mention any of your strengths or major points of interest in the program that were not asked in the previous questions, or to address inconsistencies in your GPA, entrance exam scores, academic timeline, or experiential preparation.

A note from your advisors...

Congratulations on reaching your application year!

This marks a significant and exciting phase in your journey.

Please mark your calendars for the remainder of our 2025 cycle workshops. These sessions aim to assist you in crafting a compelling personal statement, strategically building your school list, navigating both the primary and secondary applications, and ultimately preparing for your interviews. A complete list of all upcoming 2025 cycle workshops can be found here. Don't forget to mark your calendar for these important dates! Recordings of these workshops will be available on our website here.

Additionally, applicants participating in our Application Readiness Program/Letter Packet process will receive ongoing application support and coaching, beginning with the Application Readiness Meeting, scheduled after submission of the required Self-Assessment, due January 31, 2024, for first-time applicants.

We understand that the application process can be overwhelming. Rest assured, the PMPH team is here to support and guide you every step of the way!

Best of luck,

The PreMed and PreHealth Advising Program Staff

Ciara O'Donnell: PreMed (MD/DO) last names T-Z, PreDental, PrePodiatry
Anna Pietrzak: PreMed (MD/DO) last names L-M, PreOptometry, PreVeterinary
Courtney Martinez: PreMed (MD/DO) last names: A-D and all Northeastern CPS Post-Baccalaureate Pre-Medical Certificate students & alumni
Emily Henderson: PreMed (MD/DO) last names E-K & PrePA last names A-L
Tyler Rock: PreMed (MD/DO) last names N-S & PrePA last names M-Z

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