

Experience Tracking

Instructions: Record your experiences below so that they are available to you when you begin your application process. As of 2020, these are the requirements of the AMCAS Application. There are a total of 15 activities, and each activity is allowed four occurrences (dates of completion). Each activity will have a description that can be up to 700 characters including spaces. You will only be able to designate 3 activities as “Most Meaningful”. These activities will open another area with 1325 characters including spaces for you to expand on the experience.

Experience Types: Research/Lab

Presentations/Posters

Physician Shadowing/Clinical Observation

Artistic Endeavors

Community Service/Volunteer

Community Service/Volunteer- Non-Medical/Clinical

Leadership

Honors/Awards/Recognitions

Paid Employment Medical/Clinical

Paid Employment Non-Medical/Clinical

These are some of the labels that are available for the experiences section on AMCAS. Label the experience as best as you can. Some activities will have overlap between the different types of experiences. Based on your reflection, you should pick the one that is most accurate.

Example: Working a clerical position in a hospital would **NOT** be considered clinical because you are not interacting with patients. However, working as a medical assistant would be considered clinical because you are interacting with patients.

If you are just beginning your pre-medical student journey, you can copy and paste the sections below to create more space for yourself. Over time, you will have to figure out which activities are the most meaningful and reflective of your journey. I included the “Personal Notes” section for this very reason.

Note: You are supposed to include recent and relevant experiences. For traditional students who have recently entered college, you should not have activities from high school unless they are crucial to your journey. For instance, being in the high school marching band for over 1000 hours does not count but having over 100 hours

volunteering in a hospital with patient interactions can be included if you can explain why that experience was impactful in the description section.

How to Use the Table of Contents: After editing the document, you can click on the text below, such as “Experience Name:” to see a hyperlink. Clicking that hyperlink should take you to that page. There is also a refresh button when you click the text below. Clicking that refresh button will update your Table of Contents so that your experience names will show up. If you downloaded this document to Microsoft Word, there should be a box that says “Update table of contents.” Clicking this icon will update the Table of Contents.

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Experience Name:

Experience Type:

Contact Name:

Contact Title:

Contact Email:

Contact Phone:

Organization Name:

Address (City/State/Country):

Experience Description(700 characters):

Most Meaningful: Yes/No

Reflection:

*Note: You will not know what is most meaningful to you until you reflect on your experiences. For now, **highlight** which one you think thus far.*

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