



# THE ESSENTIAL GUIDE TO GETTING INTO MEDICAL SCHOOL

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## GETTING IN IS NOT EASY

FACT: Getting into medical school is very difficult. Every year, tens of thousands of highly-qualified applicants compete for a limited number of spaces in the upcoming year's medical school, but less than half of applicants actually get in.

The majority of these applicants have high grades, excellent Medical College Admissions Test (MCAT) scores, lots of volunteer experience, and strong letters of recommendation. Yet, very few are accepted into medical school.

At the same time, *not* getting accepted into medical school at all has big drawbacks. You will have to wait another full year to reapply. In addition, you will likely need to spend more time in school to acquire more skills and improve your application. Plus, there are additional difficulties associated with having to reapply to a medical school. You really want to get accepted into at least one school during the first cycle you apply.

## THE JUST COMPITION GOT TOUGHER

The COVID-19 pandemic has resulted in a huge surge in prospective physicians. Overall, medical school applications have increased by nearly 20% nationally. Let's take a closer look at just a few examples:

Morehouse saw a 26% increase in the number of applications post COVID-19. Last year, 8,395 people applied for admission. Although this number alone is impressive, it becomes even more so when you realize that Morehouse only has space for 100 new students. In other words, only approximately 1% of applicants are likely find themselves in the incoming class.

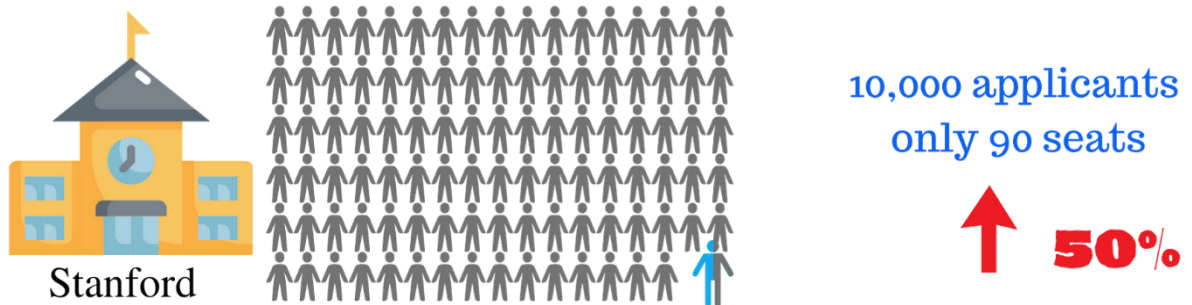


Morehouse

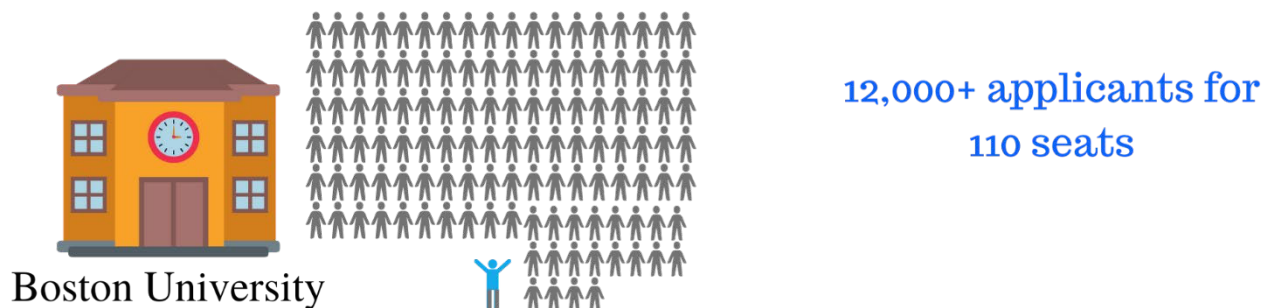


8,000+ applicants for  
100 seats

Stanford is traditionally an extremely competitive medical school with an acceptance rate of approximately 2.4%. Its status as a top medical school has made it especially susceptible to the surge in interest in medical education. Recently, applications have risen by a whopping 50%. Now, over 10,000 students will compete for 90 highly desired spots.



Boston University has certainly not been immune from the tidal wave of applications. 12,024 applicants flocked to the school last year. Admissions officers will turn away most of them. There is room for 110.



Given the high competition, how can you increase your chances? Although it is certainly tough to get into medical school, it isn't impossible. *However, you must have an effective plan.*

Many prospective medical students fail to achieve admission to medical school simply because they did not have a good application strategy. One of the most prevailing myths about medical school admissions is that having a high grade-point average, and a competitive MCAT score is all that is required to get into medical school. Although this may have been true in the past, this is no longer the case.

## WHAT THIS MEANS FOR YOU

I've compiled this list of ten tips that will greatly improve your likelihood of getting accepted into medical school. After reading this guide, if you have any questions about any of these items, or would like further consulting and coaching to ensure you're giving yourself the best opportunity for success, feel free to check out my services at <https://www.codeblueessays.com>.

Ready to learn how to increase your chances? I hope you find this guide helpful. Best of luck to you!

~ Alison Matthews, MD

Founder of Code Blue Essays



## 10 TIPS TO INCREASE YOUR CHANCES OF GETTING ACCEPTED INTO MEDICAL SCHOOL

### 1 – Have Solid Grades

Although medical schools consider many factors when making admissions decisions, grades are still extremely important. With strong grades, you will have a greater selection of medical schools to apply to. This increases your chances of getting accepted to at least one. If your undergraduate career was underwhelming, you should first research medical schools carefully. The average GPA of admitted students varies between schools, so you should aim to apply to schools less stringent GPA standards.

However, if your GPA is significantly below what is accepted at any school, you should look for ways to improve your academic record prior to applying to medical school. For example, you could consider earning a graduate degree or attending a post-baccalaureate program. These programs allow you to demonstrate to admissions officers that you are academically prepared for medical school by excelling at difficult graduate coursework.

## **2 - Have Strong Communication / Interpersonal Skills**

More and more, medical schools are requiring that their students be more than smart. Patients demand a caring physician with good communication skills. Therefore, medical schools look for these qualities in prospective students.

Furthermore, medical schools have found that it is much easier to help a student who is struggling academically than it is to teach a student interpersonal skills that they lack. For this reason, medical schools now place a strong emphasis on interpersonal skills when they are selecting their incoming class, too.

## **3 - Have Interests Outside of Medicine**

Medicine is often a stressful career. Physicians frequently complain of burnout and the rate of suicide is unacceptably high in the profession. For this reason, medical schools are attempting to admit students who have the skills to cope with the stresses of medicine. Having interests outside of medicine is a great protector against burnout. Medical students and doctors who engage in hobbies outside of work report less burnout and are less likely to become depressed.

## **4 – Apply Early**

One of the most important application tips for medical school is to apply early. The vast majority of medical schools have rolling admissions. This means that they accept candidates as soon as they determine that they are a good fit, rather than waiting until they have reviewed every application of the year. For this reason, you have a much greater probability of being accepted to medical school if you apply early in the application season instead of waiting until the final deadline.

### 5 – Take the MCAT Early

In many cases, a medical school will not review an initial application until the MCAT score is reported. Therefore, it is very important that you take the MCAT early enough that the scores will be reported at the time of your application.

If you plan to retake the MCAT, you do not need to postpone your application until you do so. There is space on the application to indicate the date of your future test.

If it is late in the season and you have not yet taken the MCAT, but you are a strong candidate, it may be worthwhile to apply anyway. Even though your application will be delayed, you may still be able to win acceptance to medical school this cycle. If your stats are less exceptional, it may be best to postpone your application until the next cycle.

### 6 – Apply to Multiple Schools

You should try to apply to as many medical schools as you can. You may have already chosen which school you would like to attend, or you may have a strong desire to go to a school in a specific geographic area. However, if your goal is to only go through one medical school application cycle, you must look beyond this. While you should certainly apply to your dream school(s), you should also apply to many other schools. Statistically, you will have a higher chance of being admitted to a medical school if you apply to many of them.



## 7 – Write a Winning Personal Statement

Medical schools want to admit well-rounded people. Your primary application provides ample information about your academic prowess. However, your personal statement is the perfect opportunity to discuss aspects of yourself that are not related to medicine.

No matter what topic you decide to write about, you should always discuss what you learned from the experience or how the event affected you. You should also mention how this knowledge will help you during medical school or during your career as a physician. Remember to keep your personal statement concise and interesting. It is also wise to have your [personal statement professionally edited](#) before you submit it. A professional editor will ensure that your essay gives you your best chance at medical school admission.

## 8 – Take Secondary Essays Seriously

[Secondary applications](#) can be difficult to manage. The average medical school hopeful sends applications to **fourteen** schools. Therefore, most applicants will have to complete over a dozen secondary applications. Furthermore, most schools' secondary applications have at least five questions. This means the typical medical school applicant will have to write **sixty** (probably more!) essays during the secondary application period.

This can be an overwhelming task. Many applicants make errors on the secondary medical application and are subsequently rejected. Keep the following tips in mind:

- Ensure that your answers completely answer the prompt
- Make sure that your responses reflect the values of the school
- Return the application in a timely manner

One common practice is to recycle essays to use for multiple secondary applications. Although there is nothing wrong with this technique, you must use caution. Make sure that the recycled essay completely answers the question posed by the new school. And don't forget to remove all traces that the essay has been previously used for another school. It is very bad form for your essay to mention how much you want to attend another school's program. This error will almost certainly result in rejection.

## 9 – Monitor The Status Of Your Application

Be vigilant about the status of your AMCAS application. You can check the progress of your application by going to the ‘account information’ section on the main menu once you log on to the AMCAS site. Click on the ‘detail’ link to see the application status. If there are pieces of your application missing, you may need to send a gentle reminder to your university, or the writers of your letters of recommendation.

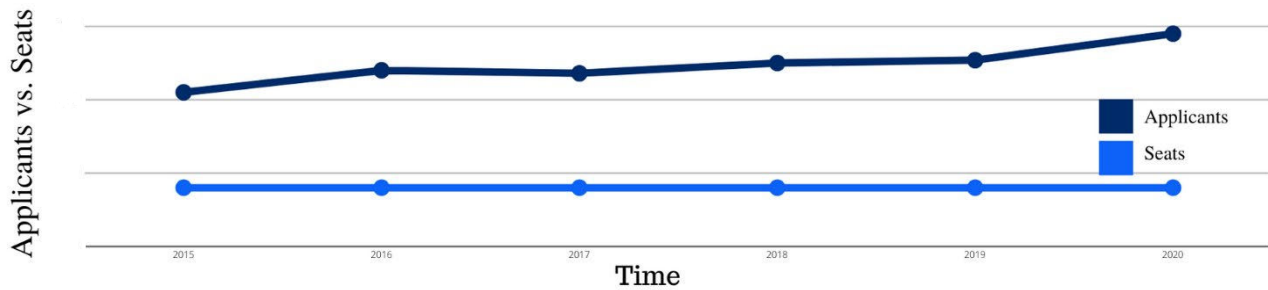
## 10 – Nail The Interview

The medical school interview is usually the final step of the application process. If you perform well on your interview day, your chances of admission are very good. For this reason, it is very important to be prepared for your interview. Interviewing is a skill. Like most skills, it takes practice. Therefore, you should begin your [interview preparation](#) well in advance of your first interview.

# GIVE YOURSELF AN ADVANTAGE

Every year, more and more people apply to medical school. **However, medical schools do not increase the number of seats.** The pandemic-fueled application spike has only served to widen the gap between the number of people who apply to medical school and those that get in. If you want your application to be successful, you need the right ingredients. Code Blue Essays will help you craft a winning medical school application.





At Code Blue Essays, we understand the issues you are facing- ***because we have been there too!*** All editors are physicians who have a deep personal and professional understanding of the medical school application process. When you choose to work with Code Blue Essays, you can be certain that you will be presenting your best self to medical schools.

## OUR SERVICES

### Personal Statement Writing Instruction

Code Blue Essays will guide you through the entire medical school application process. The first thing you will want to focus on is your personal statement. If you write a strong personal statement, you will dramatically improve your chances of being invited for an interview. However, if you are like most medical school applicants, you are not quite sure how to get started on your essay. Perhaps you don't know what to write about or are unsure about the format. Our [online class](#) is the perfect solution. Best of all, the unique, gamified format doesn't even feel like work!

### Personal Statement Editing

We also offer [personal statement editing services](#) for students who have already completed their essay.

## Secondary Application Editing

Once you are ready to complete your [secondary applications](#), Code Blue Essays will help you craft strong and impactful essays to impress even the most discerning schools.

## Interview Preparation

Finally, we will help you secure your spot in medical school when you give an outstanding interview. Our [interview program](#) will help you prepare for a flawless performance.

## FINAL NOTES

Academic achievement is no longer sufficient to guarantee that you will get into medical school. While grades and test scores are certainly important, you will need a great application strategy in order to beat the odds. [Code Blue Essays](#) provides services to help you optimize your medical school application, including:

- Essay Editing
- Personal Statement Editing
- AMCAS Application Review
- Medical School Interview Coaching
- eBooks, webinars, educational blogs, and more