

## Motivate MD Activities Template

### What this template IS...

This activities section template provides a brief snapshot of what elements should be included in your activities section. It will help you create a foundation that can be evolved over the course of multiple drafts.

### What this template is NOT...

This activities section template is far from an all-inclusive guide to help you construct your activities section. Creating a memorable activities section to give you the best chance to get accepted into your dream medical school comes as a product of writing several drafts and receiving quality feedback from experienced editors.

([Click here for quality feedback.](#))

**For each activity, complete the following steps:**

### Step 1 - Organize the Heading Information

Each application system (AAMC, AACOMAS, TMDSAS) requires slightly different information, though for each activity, be prepared to list the activity title, organization name, a reference with contact information, location, total hours completed, start and end dates, and what type of activity it is (clinical, non-clinical, volunteer, etc.). Take advantage of the characters offered for the title itself. This may be your opportunity to catch the reader's attention for a particular activity as well as afford you the opportunity to use the allotted characters meticulously in the activity's description.

What kinds of activities can you list on medical school applications? Essentially anything! Each application system has 10+ ways to categorize an activity. However, the important thing is to make sure that you are able to answer the following questions for each activity, and are able to speak extensively about the significance of the activity within your pre-medical journey.

## Do you need to fill all 15 spaces of the work and activities section?

Nope! Remember the idea, quality over quantity. Choose the experiences that really resonate with you and ones where you are comfortable expanding passionately when asked about your writing in a secondary essay or during an interview. The admissions committee can easily pinpoint passive activities where a student completed an activity in order to simply “check a box.” Filler activities are likely skimmed over and will not catch the eye of the reader. If you held multiple influential roles within various organizations, such as president and community outreach chair, consider using two different activity entries to expand upon each of those roles. You might consider to do this especially if you were more active in these roles than another separate experience. You can similarly do so in different kinds of shadowing experiences as well. For example, if you shadowed a surgeon vs. internal medicine/primary care physician or if you shadowed an urban hospital vs rural hospital etc, consider delineating the two experiences in separate entries.

## How do you speak about your role?

It is important to share not only your role within the organization but also how you fit within the organization’s mission. While most students share their role in an organization and expand upon their responsibilities, it is more impactful when a student shares a specific contribution to a project. Examples of this include:

- The mission of Mentoring the Pipeline is to provide accessible pre-med mentorship to minority undergraduate students at Wake Forest University. I was the curriculum coordinator where I created monthly discussion templates for mentors.

**VS**

- As curriculum coordinator for Mentoring the Pipeline, I provided accessible pre-med mentorship to minority undergraduate students at Wake Forest University, by curating personalized discussion templates for each mentor-mentee partnership so the conversations are specific to each student’s pre-med journey.

## Step 2 - Write the Activity Description

Of note, if you give the name of activity, dates, location, etc. in the title or heading information, you do NOT need to restate any information about these aspects of your activity in the descriptions. This leaves more characters for reflecting on your story, qualities, and even describing short narratives. Make sure to pay attention to the application's character limit. In each activity description, be sure to answer the following questions:

- a) **What did you do in this activity?** Were you in charge of anything specifically? What were your roles and responsibilities?
- b) **What was the impact of this activity (on you or on others)?** What were the significant outcomes of this activity, and as a result, what skills or qualities did you have to demonstrate or inadvertently learn as a result?
- c) **What is the relation between this activity and your future career in medicine?** In other words, why are you mentioning this activity in your medical school application? What is the significance? What do you want admissions committees to understand about you as a result of this activity description?

It is okay if you do not have the space to answer every single question for each activity. The important thing is, to write about your **role** in the activity, what you **learned** or demonstrated in the activity, and the activity's **importance** in your pre-medical journey.

## Step 3 - Write an Additional Description for Most Meaningful Experiences

Depending on the application system, you may be able to designate a few activities as most meaningful or significant, giving you the opportunity to write an additional description for these activities. In AMCAS, in this section, you are permitted to use an additional 1325 characters in your description.

How do you know what activities to designate as your most meaningful? See if you are able to answer the following questions for the activity:

- a) Why was this activity **transformational** for you?
- b) What **significant** lessons, skills, or qualities did you learn from this activity?
- c) Why was this activity **impactful or meaningful** to you and your pre-medical journey?
- d) What do you want admissions committees to **understand** about you from this additional description?
- e) How does this activity relate to the overall **theme** of your application?

You can also use this additional description to elaborate or go into depth about any of the points you mentioned in the activity description since the characters allotted in this section are far fewer.

#### **A few things to consider concerning most meaningful experiences:**

- When choosing which activities to select as your most meaningful, it is helpful to try to write a longer entry about 4-5 of your experiences, to determine which 3 you enjoy writing about most.
- Consider whether you will write a significant part of your personal statement about any of the activities. Also, consider whether you would still have unique reflections or content for your personal statement if you also designated it as a most meaningful experience.
- It is okay to write about an activity that you shared in your personal statement though with a different narrative or perspective. This will prevent your application from being repetitive and offer the opportunity to present different information about you.
- Consider choosing 3 activities that are somewhat distinct from each other and have helped you develop different strengths or qualities.
- Many students have a significant research experience that influenced their pursuit of a career medicine in the realm of scientific curiosity, but this may not necessarily fit with the clinical and service experience in the personal statement. Therefore, the most meaningful experience is the perfect place to expand upon this.
- It is recommended that one of the most meaningful experiences be a clinical experience or working closely with patients, as medical schools like to see applicants who are comfortable with and enjoy longitudinal patient interactions.

**Pro-Tip:** While not required, consider whether you are able to get a letter of recommendation from a reference for this meaningful activity. Are you also able to mention this activity in your personal statement? Since this is your most meaningful activity, it should be a significant part of your application, right?

## Step 4 - Get Quality Feedback

Getting quality feedback is **crucial** because your writing might sound great to you, or even a friend, but will it resonate with admissions committee members who ultimately decide whether you are accepted or not? For quality essay editing and support, please visit [here](#).

## Application Activity Examples

### 1. EMT skills instructor (510 characters)

As one of the top-performing students in my EMT class, I was asked to return as a skills instructor. I taught, practiced, and reviewed skills with students and also proctored their National EMT Skills Exams. I enjoyed being an instructor because I was able to teach others doing something I also love while simultaneously improving my own skill set. I occasionally spent extra time going through scenarios and practicing with students to help them prepare for their exam. I found a passion for teaching and mentoring and look forward to the opportunity to do so in the future.

### 2. Medical Scribe, Emergency Department (ED), Bayview Medical Center

Aside from documenting within the medical record in order to enhance provider bedside manner and efficiency, I learned more than I could have accounted for. In one instance, I watched an emergency physician stop after calling time of death following a code and pray as well as cry with the family of the patient. This demonstrated the profound connections a physician can make with patients and their families, an opportunity I eagerly await. Ultimately, being a medical scribe allowed me the chance to not only create a foundation of knowledge with which I will begin my education, but the opportunity to further reaffirm that medicine is the best path for me.

**Why** these are considered great examples:

- Discusses their role in the activity, using “I” statements
- Discusses the impact / importance of the activity
- Discusses the relation between this activity and their future career as a physician

As a result, it can occasionally be difficult in order to write activity entries though it may be helpful to initially reflect on what the activity itself is. Being able to discuss how the activity influences you will simultaneously demonstrate its significance. With such few characters, be sure to really tell the reader exactly what you want them to know so that need not infer.