



MEDSCHOOLCOACH
helping you achieve your medical school dreams

Medical School Admissions Advising

Physician-led coaching to get you the acceptances you deserve.

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About This Guide

This guide was created to help you understand the competitive landscape of medical school admissions and how working with MedSchoolCoach expert advisors can help you navigate this process and land the acceptances you deserve.

Admissions: More Competitive Than Ever

41% of applicants get into medical school each year. **The other 59% don't.***



- The majority of applicants to medical school don't get a single acceptance.
- The number of applicants continues to grow faster than available seats in medical school.

Fact: Emory University School of Medicine gets over 12,000 applications a year for 150 available seats.

- As competition has increased, so have the academic/extracurricular requirements for admission.

*Data for allopathic medical schools during the 2022-2023 application cycle.

The True Cost of Not Getting In...

Measured in the long-term, **it's supremely expensive to apply to medical school once, not get in, and then have to apply again.**

DESCRIPTION	UNIT PRICE	QUANTITY	TOTAL
Application Fees & Expenses	\$5,000	2	\$10,000
Post-Bacc or Master's Program	\$35,000	1	\$35,000
Lost Annual Earnings as a Physician	\$300,000	1	\$300,000
Balance Due:			\$345,000



The cost of submitting applications and traveling for interviews for two application cycles.



The cost of a postgraduate program to boost your GPA before reapplying.



The cost of delaying the onset of a physician's salary by a year.

Compare to:

\$14,500

the average price of Platinum Advising from MedSchoolCoach

How MedSchoolCoach Can Help

The journey to medical school can be competitive, confusing, and nerve-wracking. But here's the good news:

Working with MedSchoolCoach advisors will more than double your chance of acceptance.



Medical school average acceptance rate

41%* get into medical school without us

92% get into medical school with us

*Data for allopathic medical schools during the 2022-2023 application cycle.

Trust in Our Proven Record of Success

Over the past 16 years, we've helped more than 20,000 students advance their careers in medicine.

99% say they're satisfied with our help in the admissions or testing process.

96% say they'd recommend our services to a friend.

MedSchoolCoach

Reviews 592 • Excellent



★ Trustpilot

“

MedSchoolCoach was amazing. Everyone at the company is very helpful and wants to see their clients succeed. My personal advisor was very responsive and helped me in every stage of the process. I truly feel that if I had not used MedSchoolCoach, I would not have gotten into my top choice for medical school.

-Madi
on TrustPilot

”

MedSchoolCoach, the Industry Leader

MedSchoolCoach versus other admissions companies? It's apples and oranges.



A Single Mission

We don't offer generic admissions services. Our focus is singular: to help students become physicians.



Unmatched Expertise

100% of our physician advisors have admissions committee experience.



Unmatched Experience

Our advisors have served 20,000 students and have logged over 500,000 coaching hours.



Unlimited Edits & Support

Rather than putting you on a timer or restricting your essay edits, we work until your goal is met.

Read This If You're Reapplying...

Reapplicants,

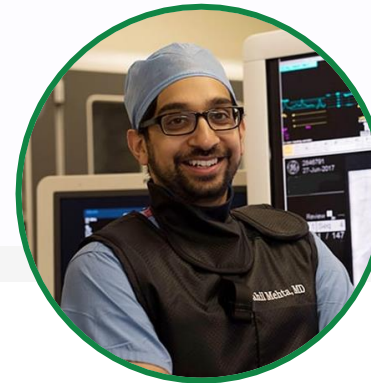
You know better than anyone that this is a challenging process. I commend you for your determination to try again. As a physician myself, I just want to remind you that having to reapply does not define your potential as a future doctor.

With that said, this time around will be different. Our advisors will work with you to strengthen your candidacy and rework your application to impress admissions committees. I founded MedSchoolCoach to help turn reapplicants into acceptees, and I know my team can do the same for you. We're looking forward to working with you.

All the best,

Sahil Mehta, MD

Founder of MedSchoolCoach



Our Dual Advisor Approach



Renee Marinelli MD
Director of Advising

Your physician advisor will handle the strategy.

From creating a school list to brainstorming essay topics to preparing for interviews, your physician advisor will help you maximize your acceptance odds.



Jennifer Wyatt-Speegle
Director of Writing Advising

Your writing advisor will handle the storytelling.

Together, you'll weave your application materials into a compelling narrative that showcases your unique strengths.

The MedSchoolCoach Difference

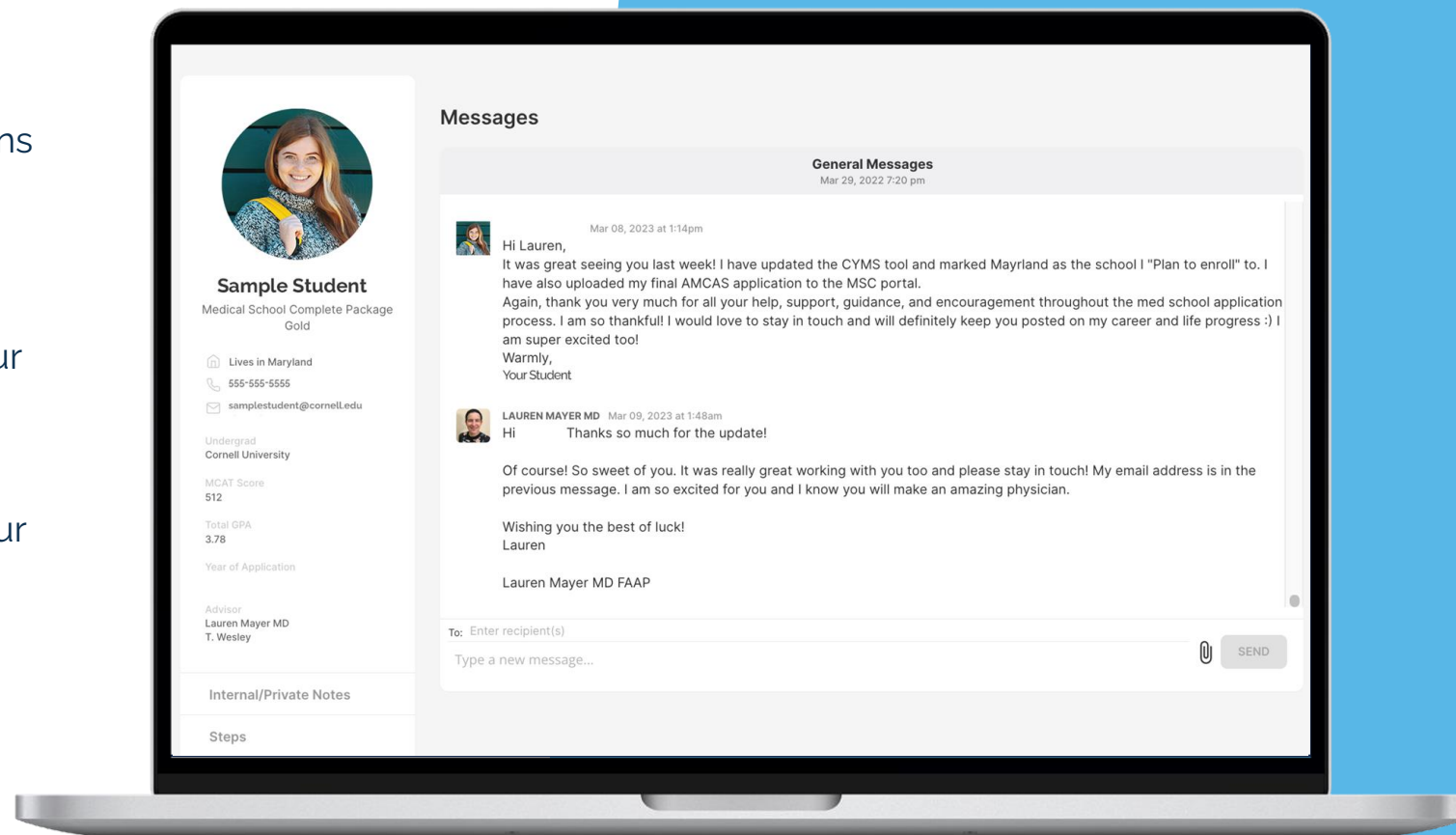
100% of our admissions advising students receive one-on-one attention from both a physician advisor and a writing advisor.

CHART a Course to Acceptance

Meet CHART, our proprietary advising platform that helps you stay on track during the admissions process.

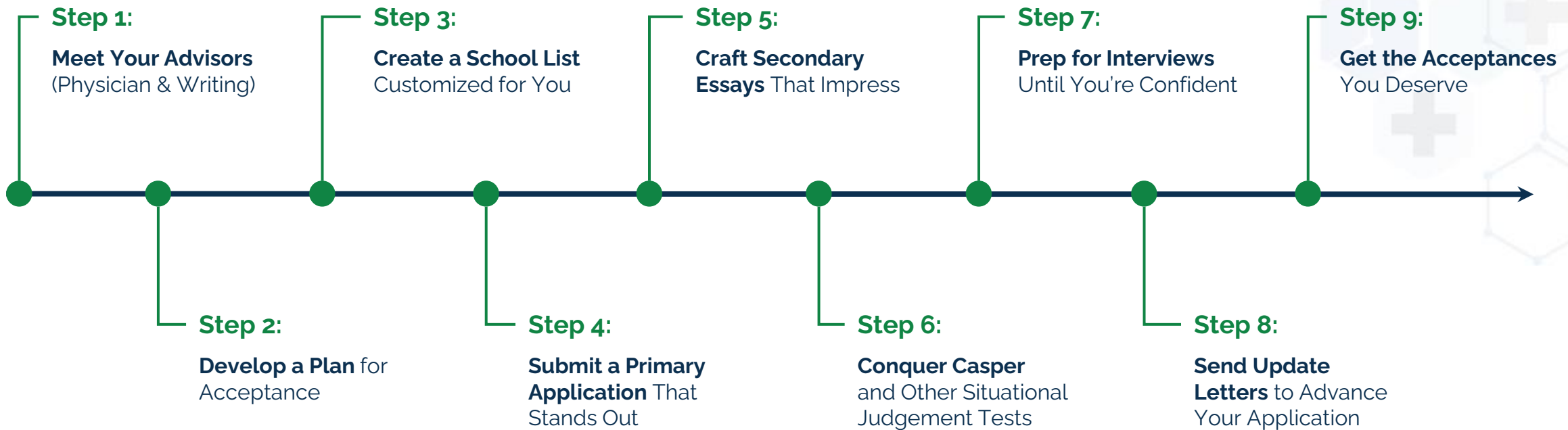
CHART allows you to:

- **message and schedule meetings** with your advisors
- **track your progress** through every step of the application process
- **collaborate with your advisors** to craft your application materials
- **review key instructions** and how-to resources
- **see advisor-recommended deadlines** for each task



C.H.A.R.T. (Communications Hub & Application Requirements Tracker)

Medical School Admissions Timeline



Meet Your Advisors (Physician & Writing)

First

We'll **pair you with the perfect physician and writing advisor** based on your unique pre-med background and goals for medical school.

Next

Next, your advisors will **schedule an introductory meeting** to get to know you better.

The MedSchoolCoach Difference

100% of our physician advisors have experience working on admissions committees.

Meet a few of our physician advisors:



Susan Choo MD



Ziggy Yoediono MD



Faustine Ramirez MD



Sarat Munjuluri MD



Newsha Lajevardi MD



Blair Nelson MD

Develop a Plan for Acceptance


Your
Point of View
in CHART

First

Your physician advisor will **learn about your achievements as well as your challenges** as a pre-med.

Next

You and your physician advisor will **develop a game plan to get into medical school**, whether that means supplementing your coursework, identifying new extracurriculars, or planning a gap year.



Sample Student
Medical School Complete Package
Gold

Lives in Maryland
555-555-5555
samplestudent@cornell.edu

Undergrad
Cornell University

MCAT Score
512

Total GPA
3.78

Year of Application

Advisor
Lauren Mayer MD
T. Wesley

Internal/Private Notes

Steps

Messages

Important Information

Profile

Final Submission

General Advising Summary
by Lauren Mayer MD | Posted on 4/4/2022 at 10:44pm

Hi I It was great meeting you and I feel honored to be able to help you through this process. As we discussed, please feel free to reach out to me if you have any questions or concerns. I would like to provide you with a summary of our meeting (since I know we covered a lot!) and some thoughts for next steps.

Overall I think your strengths as a candidate are your research and shadowing extracurriculars. Using AAMC data, the percent of applicants with your current GPA/MCAT matriculating into medical school is 58.4% (but it can go up to 69.1% if after this semester your GPA is above a 3.79). I have a brief analysis of each major area that medical schools evaluate students on below:

GPA: Good Total GPA 3.78, science GPA 3.55

MCAT: Good with score of 512

Clinical Experience: Good with several experiences totaling 145 hours total (currently) but less than the recommended min of >200 hours. Continue to be involved in a clinical exposure experience throughout the gap year as well.

Research: Very strong with multiple research experiences, poster presentations and independent projects.

Shadowing: Very good with shadowing of physicians from various specialties

Community Service: Good with several volunteer experiences. Try to continue to volunteer into your gap year

Leadership: Great with several strong leadership positions

In order to put you in the best position possible for the application process, I would recommend the following to strengthen your application:

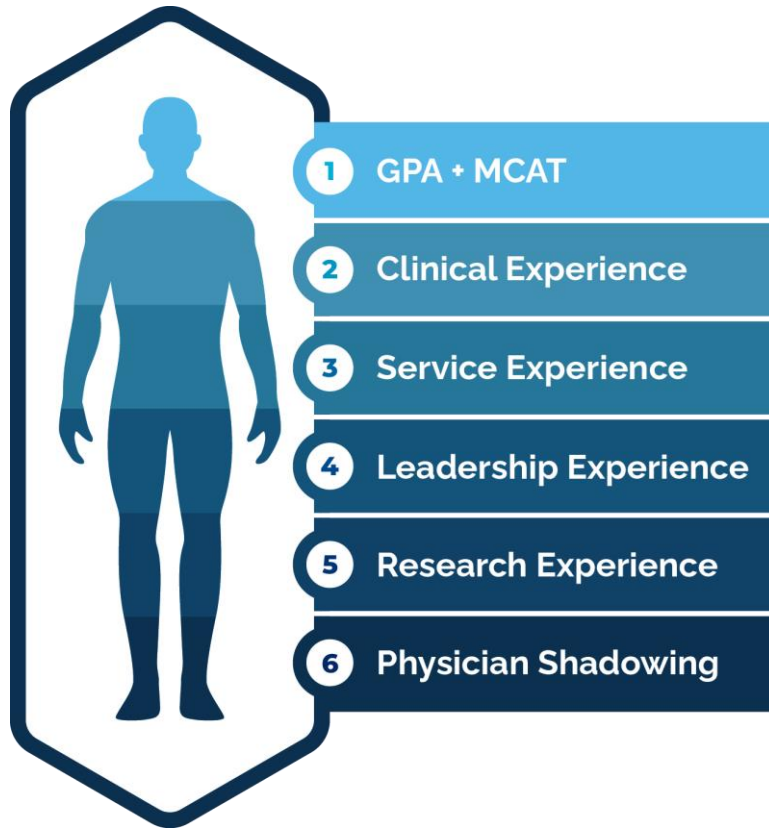
- Try to continue clinical exposure experiences into your gap year to achieve over >200 hours in this area
- Be sure to shadow a DO (which it is great you recently started to) since you are interested in applying to DO schools as well
- Continue to volunteer during your gap year (you mentioned at the very least you can continue to volunteer for "Open the Lid")
- Whichever of your current experiences you can continue into your gap year would be great
- Continue to finalize your gap year plans

If you combine all of your shadowing into one activity you currently have 14 activities for your AMCAS application which is great!

Next Steps:

I highly recommend using a planner to help keep yourself focussed on timeline goals for the almost year long application journey. I would get a planner to time block your schedule so that you can find time to work on your personal statement and various elements of your application.

Anatomy of a Successful Applicant



Based on your strength in these 6 facets, your physician advisor will help you decide whether to:

- take a gap year to improve your resume
- bolster your GPA with extra coursework
- retake the MCAT
- seek out new experiences and extracurriculars
- double down on current activities of value

Whatever your challenges, your physician advisor will strengthen your candidacy by helping you **identify valuable experiences and find the right balance of activities.**


Create a School List Customized for You

First

Based on your academics, biographical info, and extracurriculars, our proprietary School List Generator will **determine the optimal mix of Low Tier, Mid Tier, and Top Tier schools** to apply to.

Next

Utilizing these recommendations, your physician advisor will help you **build a strategic school list** that maximizes your odds of acceptance.



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T. Wootley

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Final Submission

School List 6.2.22

by [User] | Posted on 6/2/2022 at 12:56pm

Dear Lauren,

Apologies for getting this to you in the early afternoon instead of morning. I have had a very hectic schedule these past few days with work onboarding/applying for apartments.

Please find my tentative school list below. I am still struggling to cut some schools out. While I value location, I also value applying to schools where I have a high chance of receiving an acceptance. It was difficult for me to understand which schools I would have a better chance of getting into, and whether location was something I was willing to sacrifice for that. I faced this obstacle mainly in the Mid/target schools section. I was hoping to apply to 30 schools, but would be open to doing a few more only if you think it would be manageable in terms of writing secondaries (based on your past experience working with students). I wanted to share my school list on the doc linked below with you because it contains columns of data that might be helpful for the time being. After my list is finalized, I will input it into the Master List Application Tracker doc linked in this step.

Please let me know if you would like any other clarification from me! Thanks.

Best,

Recommended Application Profile

Scores

92
Level 1

Your MedSchoolCoach applicant score takes into account your statistics, specifically your GPA and MCAT, as well as your extracurricular activities. It is also adjusted for your ethnicity and other factors such as GPA trend and your undergrad's prestige. It is NOT meant to be a comprehensive assessment of your chances, however, to mean to stratify you into categories to better select an appropriate school list. Note, the majority of applicants will fall into Level 5 or 6.

Recommendations

Top Tier: Consider applying to about 8 Top Tier Schools
High Tier: Consider applying to about 8 High Tier Schools
Mid/High Tier: Consider applying to about 6 Mid/High Tier Schools
Low/Mid Tier: Consider applying to about 4 Low/Mid Tier Schools
Osteopathic: Your applicant profile likely does not need osteopathic schools
International: Your applicant profile likely does not need international schools

Your Selections

Tier	Recommended	Remaining	Submitted
In-State	-	-	0
Top Tier	8	8	0
High Tier	8	8	0
Mid/High Tier	6	6	0
Low/Mid Tier	4	4	0
Osteopathic	0	0	0
International	-	-	0

Schools

IN STATE	LOW/MID TIER	MID/HIGH TIER	HIGH TIER	TOP TIER	OSTEOPATHIC	INTERNATIONAL	
Name			State	Tier	Out of State Percentage ↕	Public/Private	Actions
Uniformed Services University of Health Sciences F. Edward Hebert School of Medicine			100%	Low/Mid	90.00%	Public	ⓘ +
Johns Hopkins University School of Medicine			100%	Top	87.00%	Private	ⓘ +
University of Maryland School of Medicine			100%	Mid/High	79.00%	Public	ⓘ +

Rows per page: 15 1 of 3

Your Point of View in CHART

Step 4

Submit a Primary Application That Stands Out

First

Your physician advisor will help you **select the best experiences** to showcase in your personal statement and Work & Activities section.

Next


Your writing advisor will **help bring your narrative to life** by offering extensive feedback on word choice and style.

“

MedSchoolCoach was extremely helpful, especially with developing my personal statement! They helped me put my dreams into words.

-Amanda on TrustPilot

”



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Lauren Mayer MD
T. Wesley

Internal/Private Notes

Steps

Personal Statement Meeting Notes

by Lauren Mayer MD | Posted on 4/12/2022 at 11:01pm

Show comments

Hi I It was great meeting with you tonight. We discussed highlighting your trait of being empathetic/caring/compassionate/culturally sensitive in your personal statement and making that a theme to bring all of the elements together. We discussed starting off with your hook either with a story from gymnastics/your time in Singapore, your gymnastics teaching, your story of Gauri or the Uno story from your nursing home volunteering. After that you will transition into your experience with Gauri (if you didn't mention it yet) and describing your interaction with her and intro the idea of your interest in medicine. You mentioned you may bring in your research here briefly (since you will be doing research next year too). We discussed then bringing in your nursing home volunteer work (if you didn't discuss it yet) your OneLove volunteer work and then discuss your current nursing aide work. Your conclusion will bring out your theme and your interest in the medical field. If you can, also try to connect your conclusion to your hook. Remember, activity you discuss bring in a story when you can to show the reader your personality.

As we discussed, please try to get your first draft to me by next Wed at the latest and once I approve it for content you send it to Taylor for further editing. If you have any other ideas for your personal statement feel free to add them and I review it with your first draft.

Excited by this realization, I reached out to volunteer at Dr. Thaker's clinic. I was most drawn to his clinic because it served vulnerable sections of society - older adults and immigrants from mid/low income homes who experience severe health inequity. One of the toughest days for me was when I volunteered to assist Nurse Brenda since I spoke Hindi and the translator was out-of-office. I had to break the news about a uterine cyst to a recent immigrant named Priya who knew little English. While Brenda and I held the patient's hands, I kept repeating "Aap mat daro, iska ilaai hai" ("don't be afraid, there are treatments for this"). I saw that it wasn't merely our discussions about her treatment protocol which gave the patient hope; being kind and providing a positive outlook, had been equally crucial in helping her navigate her devastating diagnosis. Although in the past, I had been dismayed upon seeing the lack of healthcare resources and guidance for the marginalized, seeing how our compassion and guidance transformed helplessness into hope for patients like Priya, strengthened my resolve to serve the ill, especially those most vulnerable in our society.

Whereas my work at Dr. Thaker's clinic exposed me to the realities of primary care, volunteering at a nursing home helped me gain insight into long term care settings. Lolita, one of the residents, often felt lonely, had severe joint pain due to arthritis, and was frustrated by her lack of autonomy as a wheelchair-bound individual. While I could not reverse her arthritis, I could teach her how to play my favorite card game, UNO. Lolita's eyes lit up with joy as she exclaimed "UNO!" when she knew would take home the win. I listened to her and laughed with her which helped take her mind off her pain, feel less neglected, and cope better with her ailments. It felt so rewarding to see how warmth and compassion went a long way in healing, and I was eager to do more.

Eager to assist my local community during the height of the COVID-19 pandemic, I earned my certification in [nursing aid certification] to help address the staff shortages in nursing homes. For some residents, moving from their wheelchair to their bed is filled with deep anxiety. However, I saw how a reassuring pat on the shoulder, or a reminder- "I promise it

tuesday

To help pull the reader in, further contextualize Dr. Thaker's clinic. For instance:

Excited by this realization, I pursued volunteer experiences that would strengthen my understanding of X. Dr. Thaker's clinic, which prioritizes care for immigrants and older adults from low-income homes, allowed me to develop these skills while advancing my goal of serving populations who experience health inequity.

tuesday

This is a unique experience that will allow you to stand out to readers! To meet the required character count, focus on the most important details of each experience and weave together description with analysis of how it impacted you/why it will make you a great future doctor. Here's an example:

One of the most impactful interactions occurred when I translated a uterine cyst diagnosis for Priya, a patient who recently immigrated from [country] and primarily spoke Hindi. Holding Priya's hand, I repeated, "Aap mat daro, iska ilaai hai." (Don't be afraid, there are treatments for this). As I reassured Priya in her primary language, I realized that kindness and familiarity are just as important as taking through the details of a treatment protocol.

tuesday

While Lolita may have been frustrated by her need to use a wheelchair, it is important to remember that the medical concern and/or lack of accessibility in our built environment, rather than wheelchairs themselves, ultimately create a lack of autonomy. To convey this social awareness and avoid terms that the disability community actively resists, foreground these barriers and replace "wheelchair-bound" with "wheelchair user."

Your Point of View in CHART

16

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Craft Secondary Essays That Impress

First

Your physician advisor will help **you brainstorm the experiences and qualifications that match each school** and its secondary prompts.

Next

Your writing advisor will offer stylistic advice and edits to **transform your secondaries into impactful narratives** that earn you interview invites.



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T. Wesley

Internal/Private Notes

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Back to all steps

Secondary Application Editing (5 Schools)

Summary & Key deadlines

Here's a summary of this step and the key deadlines

StatusCompletedView Important Documents & Resources for this Step

Secondary Schools

1. We seek to train physicians who can connect with diverse patient populations with whom they may not share a similar background. Tell us about an experience that has broadened your own worldview or enhanced your ability to understand those unlike yourself. (200 words or less). 192/200

Thanks for your thoughtful questions! I ultimately needed to cut a lot to get under 200 words (which is trickier than cutting characters). I prioritized content that retained the crux of your ideas and hope you are happy with the result!

When I was fourteen, my family moved from Singapore to the U.S. Attending an international school in Singapore taught me how to develop genuine connections with people who were different from me. My open-minded attitude facilitated my adjustment to a homogenous public school in the New York suburbs and American culture more broadly. When one of my new classmates asked if it was illegal to chew gum in Singapore, I knew that it came from a place of curiosity rather than malice and happily shared details about my childhood home.

Still, my classmate's question about gum stuck with me. The stark differences between Singaporean and American ideologies about freedom and independence were especially evident. Individual liberty and free speech extended beyond families and informed the socio-political environment of the U.S., contrasting my earlier understanding of rights and the role of government and expanding my worldview.

Growing up in an immigrant family taught me how to develop a balanced perspective that could guide my actions. Throughout my medical career, I will use my experience connecting to people who are different than me to encourage a culture of compassion, curiosity, and respect for diversity.

tuesdayFormatted

tuesdayFormatted

tuesdayFormatted

Thanks for this suggestion! Do you

Deleted: Moving from a diverse

Do you have a more specific instance?

Let me know if you think this

I think it's memorable and

Deleted: ...classmates asked, "it's...skit

Deleted: such questions...came from

Deleted: chewing...

Deleted: By going to my new friends

Deleted: As a freshly minted teenager,

Deleted:

Deleted: I internalized that the

Deleted: I realized that there were

Deleted:

Deleted:

Your Point of View in CHART

17

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Conquer Casper and Other Virtual Assessments

First

You'll **complete our proprietary Casper mini-course & simulation** to ensure that you're comfortable with the real thing.

Next

You'll **discuss your Casper performance and how to improve** your responses with one of our physician advisors.

The MedSchoolCoach Difference

As a Platinum Package client, you'll also receive physician coaching for Snapshot and AAMC PREview.

MEDSCHOOLCOACH

ghost simulator

Time Remaining 04:16

Casper® Simulation #1

Step 4 of 16

SCENARIO 1 (Video with Text Response)

If you were Jack, would you share your Bob's reasoning with the rest of your team? Why or why not?

Is there ever a

Does it matter


MEDSCHOOLCOACH

ghost simulator

Casper® Simulation #1

Step 3 of 16

18%



Next

Your Point of View:
Our Proprietary Casper Prep Course

Step 7

Prep for Interviews Until You're Confident

First

You'll **conduct mock interviews with different physician advisors** (not just your assigned advisor) to gain experience with varying styles and personalities.

Next

Your mock interviewers will **offer verbal and written feedback on how to improve** so that you can ace your real interviews.

The MedSchoolCoach Difference

96% of students who do 3+ mock interviews with our physician advisors get accepted to medical school.



Get the Acceptances You Deserve

All your hard work and months of one-on-one coaching finally pays off!

Students who work with our advisors **enjoy an acceptance rate more than 2x that of the average applicant.**

Our coaching doesn't stop once you're accepted.

Your physician advisor will help you weigh your acceptances and select the best school for you.



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 samplestudent@cornell.edu

Undergrad
Cornell University

MCAT Score
512

Total GPA
3.78

Year of Application
1

Advisor
Lauren Mayer MD
T. Wesley

Internal/Private Notes

Steps

Messages

General Messages
Mar 29, 2022 7:20 pm



Oct 20, 2022 at 12:31pm

I am writing to share some exciting news with you. I got into medical school!!! I was accepted to the University of Maryland School of Medicine. I am ecstatic and overjoyed 🥳. Thank you very much for your genuine support. I greatly appreciate your encouragement, patience, and guidance.

I am SO happy to be able to share this milestone with you!



LAUREN MAYER MD Oct 20, 2022 at 1:05pm

CONGRATS!!!! I remember you said you would be hearing back around this time and I kept on checking my messages to see if you heard back yet :) Such amazing news!! I am so happy for you!!!! This made my day!

Enjoy every moment of this - you deserve it! :)
Lauren

Lauren Mayer MD FAAP



T. WESLEY Oct 20, 2022 at 3:02pm

Congrats, !! You did it! I'm thrilled for you and hope you and your family are able to take time to celebrate this wonderful accomplishment. :)

Best,
Taylor

To:

Type a new message...



SEND

Your
Point of View

Meet Liam, a Successful MedSchoolCoach Alum

“

“I didn't really know much about the application cycle. No one in my family and none of my close friends had gone through it. But **my physician advisor was able to break down the process for me** very clearly.

“Additionally, writing was never a strength of mine, so I think **having a writing advisor was incredible**. She gave incredible advice and offered really quick feedback.

“The last piece of it was the interview practice. It really helped me **feel much more comfortable in med school interviews**. When that first interview came around, all my nerves were gone.

”



The results?

- Liam received **14 interview invites & 7 medical school acceptances**.
- He also received **2 full merit scholarships**, one from Northwestern University Feinberg School of Medicine, the other from Washington University School of Medicine in St. Louis, where he eventually matriculated.

Liam Cunningham

MedSchoolCoach alum & Medical Student at WashU SoM in St. Louis

Choose Your Path to Acceptance

View current pricing for our Admissions Advising packages:

medschoolcoach.com/medical-school-application-consulting-services/

Silver Package

Nail your primary app

- Strategic application planning
- School list development
- Personal statement editing
- Primary application support

Gold Package

Expert guidance, from primary apps to interviews

- Strategic application planning
- School list development
- Personal statement editing
- Primary application support
- Secondary application editing (up to 5 schools)
- 3 interview prep sessions

Platinum Package

Most Popular

All-inclusive support, every step of the way

- Strategic application planning
- School list development
- Personal statement editing
- Primary application support
- Secondary application editing (up to 20 schools)
- Unlimited interview prep sessions
- Waitlist/letter of intent advising
- Our Platinum Package Promise

Our Platinum Package Promise

If you choose our **Platinum Package** and don't get accepted to medical school on your first try, **our advisors will assist you with the primary application for free** during the next cycle.

Additional services like secondary editing or interview preparation are not included but can be added as needed.

Requirements:

- If applying to only MD schools, you must have a minimum overall GPA of 3.4 and minimum MCAT of 502.
- If applying to DO schools, you must have a minimum overall GPA of 3.2 and minimum MCAT of 500.



Get Accepted This Cycle!

Contact Us



(888) 381-9509



info@medschoolcoach.com



medschoolcoach.com

