



Adams House Premedical Applicant Spring Meeting 2023-2024 Application Cycle

Important information:

Adams Pre-Health Tutor E-mail List: adams-medical@hcs.harvard.edu

Adams Pre-Health Student Listserv: [Subscribe here](#)

Adams Premed website: <http://adamshouse.harvard.edu/service/pre-med-advising>

OCS Website: <https://ocs.fas.harvard.edu/premedical-health-careers-advising>

****Tutor email list and Pre-health listserv will be changing due to HCS. Stay tuned****

Spring Timeline:

Note: Deadlines are firm. Failure to meet deadlines will hurt your chances of admission and will delay your application.

On-going:

- MCAT registration (check <http://www.aamc.org/students/mcat/> for details)
- Applying to Medical School with the [AMCAS](#)
- [Request letters of recommendation](#) from this semester.
- Take advantage of opportunities for **clinical exposure and experience.**
- **Check in with non-res tutor** to discuss your premed packet and application process
- [Fee Assistance Program \(FAP\)](#)

How long can I use these benefits?

Your benefits will begin on the date of approval and will expire the next calendar year on Dec. 31st regardless of when you apply and receive the award during the current application year. Please refer to the table below for clarification.

If your application is approved:	Your benefits expire:
Jan. 1 - Dec. 31, 2022	December 31, 2023
Jan. 1 - Dec. 31, 2023	December 31, 2024
Jan. 1 - Dec. 31, 2024	December 31, 2025

Sunday, Feb 5th @ 7:30pm: Intention to Apply to Medical School Meeting for ****May/June 2023 applicants and Seniors taking gap year only****: [Zoom link](#) vs UCR

Sunday, Feb 19th @ 11:59PM: Intention to Apply to Medical School due for ****May/June 2023 applicants and Seniors taking gap year only****: <https://forms.gle/CWwRKEdrW38Pg2D18>

Sunday, March 26th: All of the below must be sent by the applicant to adams_coordinator@fas.harvard.edu

1. Premedical application packet (w/MD-PhD supplement if appropriate)
2. GPA Worksheet
3. Preliminary School List (Sent via Word Document)

Monday, April 3rd: **Letters of recommendation** must be in by this date, unless they are from this semester (Spring 2023). **All letters should be emailed to Amber**, the Adams Coordinator at adams_coordinator@fas.harvard.edu with the **Adams House Waiver** electronically signed by you and attached by your recommender. Reminder that your recommender should write the letter on **official letter head** and address it **“To the Members of the Admissions Committee:”**

- TBD (May/June):** **Zoom Mock Traditional Interviews with Non-Resident Tutors (applicants only)**
 Awesome opportunity to practice a formal medical school interview with a NRT who you don't know! Sign-ups will go out over email in the next month. Be professional. These are available to all applicants who turn in materials on time. This year they will all happen virtually over Zoom.
- Tuesday, May 2nd:** **2023-2024 AMCAS Application Opening.** This is the earliest date that you can start working on your AMCAS application. This would be an appropriate time to start filling out your application. Continue to work on your personal statement, activities list, and most memorable experiences.
- <https://students-residents.aamc.org/applying-medical-school/preparing-med-school/getting-organized/pre-med-calendar/>
- Monday, May 22nd:** Email adams_coordinator@fas.harvard.edu the following:
1. A Word Document with your School list
 2. Updated GPA worksheets (with Spring 2023 grades if current students. Alumni only have to send the GPA worksheet once in March)
 3. **All Letters of Recommendation due TO THE HOUSE** (including from this semester) *Recommend *quality* over *quantity* (3-5 if MD; 6-8 if MD-PhD)
 4. Fill out the Google Form we will send out about your summer information.
- Tuesday, May 30th:** **2023-2024 AMCAS Application Open to Submission 9:30AM.** This is the first day that you can submit your application. We recommend that you submit your AMCAS application online by this date (submit as EARLY as possible, as after you submit, AMCAS will take time to verify your application materials! The length of time required for AMCAS verification varies based on when you submit your materials and will likely delay your receipt of secondary application materials!).
- Friday, June 30th:** **AMCAS Processed and sent to Medical Schools.** This is the first date that medical schools will have access to your application so you want to **make sure you are verified by this date** (by submitting as early as possible). This will likely be the first date you will start receiving secondary applications.
- Tuesday, August 15th:** Dean's letters and letters of recommendation sent out if all deadlines above met. This date is the same date for all Houses at Harvard. **Make sure all your secondaries are submitted by this date. Exceptions are for schools that screen secondaries. Complete all secondaries by two weeks.**

General Tips

- Access to the documents that you need are on the [Adams Premedical Website](#). You will send these materials (premed packet, school list, etc.) by emailing the Adams Coordinator at adams_coordinator@fas.harvard.edu.
- **Get your letters of recommendation in ASAP.** Tardy letters are the #1 reason dean's letters go out late.
- **Be aware in advance if you need to get transcripts from other places** so you have a plan to get them to AMCAS. Any courses that you took at any college (including if you took college courses in high school) Also, you can always talk to OCS in advance if you have questions.
- **AMCAS** Application will become available **May 2nd** and can be submitted on **May 30th** → be sure to keep up with this, as prompt submission of your AMCAS in end of May/Early June is to your benefit. *Questions about AMCAS are best directed to AAMC or to OCS.*
- You will start to get secondaries in the summer/fall from schools after you have submitted AMCAS and **after you've been verified**—do them PROMPTLY—we **HIGHLY** recommend a two-week turnaround time at most.

Notes for Alumni:

- If you are an alum, please keep in touch with the committee after you graduate—***it is difficult for us to track you down***, but you always know where we live and how to contact the committee (adams-medical@hcs.harvard.edu). Join our mailing list: [Subscribe to our mailing list here](#). At a minimum, we recommend you contact the committee in ***late January/early February at the beginning of each cycle to keep us updated. Update us by October before the cycle that you will be applying.*** Also, remember post-bac programs or coursework may be a good option, so ask us about these options.
- If you are applying as a graduating senior/alum, please be sure to send your post-grad email to the committee once you have it--your @college.harvard.edu account doesn't work forever!

Special Cases:

- Students who have either a science or overall GPA below 3.2, or an MCAT score less than 80th %ile (~509 and below) are required to talk with a tutor IN-PERSON (e-mail adams-medical@hcs.harvard.edu). These meetings should be scheduled in March/April and it is up to the applicant to contact us. **These are NOT BAD AT ALL, just a chance to have a discussion about your application and strategize to maximize your chances of getting in!**
- Students applying or considering applying to joint degree programs (MD/PhD) are also required to talk with a tutor: Email adams-medical@hcs.harvard.edu to set up a meeting.

OCS Medical School Workshops: *OCS is able to arrange phone appointments for alumni/ae no longer in the area and most of the workshop handouts are available online.* (<https://ocs.fas.harvard.edu/premedical-health-careers-advising>)

Always remember...

- It is our #1 job to advocate for you and to help you get into medical school. ALWAYS remember that, even if we give you advice you don't want to hear—we are on your side!



Please email adams-medical@hcs.harvard.edu if you have any questions after consulting the resources on the [OCS Website](#) and the [Adams Premedical Website](#).



Varnel Antoine Chelsea Messinger Symone Issac-Wilkins Leonie Oostrom-Shah Carolina Jaramillo Leen Al Kassab