

# PREPAREDNESS GUIDE



## ADMISSIONS MISSION STATEMENT

At UAB Heersink School of Medicine, we select applicants poised to become exceptional clinicians, physician scientists, and medical educators. We seek academically qualified candidates from all backgrounds and experiences who exhibit strong competence in the following: dedication to serving others, respect for all people, communication skills, teamwork, and leadership.

Our holistic admissions process values applicants with demonstrated interest in serving underserved rural and urban communities, addressing medical disparities, advancing research and innovation, and/or practicing primary care medicine. We are committed to recruiting and training applicants from Alabama, students with close ties to Alabama, and/or students who demonstrate passion for the mission of the UAB Heersink School of Medicine.

## ACADEMIC METRICS

### Grades

Predict potential for success in medical school curriculum

- 3.83** Average Overall GPA for matriculating students at UAB Heersink
- 3.77** Average Science (BCPM) GPA for matriculating students at UAB Heersink
- 3.0** BCPM requirement for AL residents to be considered for a secondary application
- 3.3** BCPM requirement for out of state applicants to be considered for a secondary application

### Rigor of Academic Curriculum

Including science and other courses

### Successful Completion of Prerequisite Coursework

- General Biology (with lab) – 8 semester hours
- Biochemistry – 3 semester hours
- General Physics (with lab) – 8 semester hours
- Biostatistics/Statistics or College Mathematics – 3 semester hours
- English – 6 semester hours
- Behavioral and Social Sciences – 3 semester hours

### MCAT

Predicts performance on standardized exams

- 509** School of Medicine class average for matriculating applicants
- 495-525** Range of MCAT scores for matriculating applicants
- 495** Minimum total MCAT score given consideration

## ATTRIBUTES AND EXPERIENCES

### Professional Competencies

Commitment to Learning and Growth, Awareness, Humility, Empathy and Compassion, Ethical Responsibility to Self and Others, Interpersonal Skills, Oral Communication, Reliability and Dependability, Resilience and Adaptability, Service Orientation, Teamwork and Collaboration

### Service & volunteer experiences

Evidence of a demonstrated concern for others, particularly with unmet needs, through a pattern of on-going, face-to-face, hands-on service.

### Medically Related Experiences and Shadowing

Medical exposure is an essential part of being considered competitive for admission. Through experiences in a medical setting, you should develop an understanding of what happens when doctors and patients interact, gain insight into the patient's experience, and better understand what becoming a physician would mean to you.

### Extracurricular Activities/Work Experience

Getting involved and building the above-mentioned professional competencies is critical to your development in becoming an exceptional physician. These activities will also help you develop effective time management skills.

### Teamwork & Leadership roles

Experience collaborating with others toward a common goal. Ability to hold self and others accountable.

### Research experience

Research experiences provide an opportunity to develop fundamentals of scientific inquiry important for evidence-based medicine.

## WHAT HAVE YOU LEARNED FROM YOUR PREMED JOURNEY?

An essential element of the application process is describing and demonstrating the competencies you have developed in your preparation for medical school. The most competitive applicants are prepared to tell their stories with specific examples of their development as premedical students. Consider the following questions:

- Why medicine?
- What were you hoping to gain from each of your chosen experiences in preparing for medical school?
- How did you grow through participation in each experience?
- Which professional competencies have you developed and how have you developed them?
- What did you learn from interactions with others from different backgrounds, beliefs, and/or resources?
- Reflect on specific examples of learning experiences or "ah-ha" moments.

We recommend reviewing the AAMC Anatomy of an Applicant guide.

For more information on our admissions criteria, please visit our website at [uab.edu/medicine/admissions](http://uab.edu/medicine/admissions). You can also join us for a Preview Day or Admissions Webinar by signing up on our Visit page.



The University of Alabama at Birmingham