

## **Activities List (AMCAS and AACOMAS) Writing Resource Guide**

The Work and Activities Section of the primary application highlights your extra-curricular involvement by giving you the opportunity to list and describe your roles, experiences, and accomplishments. AMCAS and AACOMAS have similar requirements.

This resource guide will provide insight into what makes an activities list successful (the pearls) as well as illuminate common mistakes (the pitfalls) to avoid

The high-yield version is below:

### **Pearls**

- If possible, choose different experiences to be your Most Meaningful than what you highlight in your personal statement
- Each activity should showcase at least one of the AAMC Core Competencies
- A ballpark baseline of least 250 hours in each of the following experience types is recommended:
  - Clinical experience – can be paid or unpaid
  - Non-clinical volunteering
  - Research
  - Combination of Leadership and Teaching
- Have at least 13 of the available 15 spaces filled
- Activity Description – should answer the question WHAT
  - What is the experience or organization?
  - What is your role?
  - What insights or skills did you gain?
- Most Meaningful Description – should answer the question WHY
  - Why was this experience meaningful for your growth?
- Use action verbs
- Write succinctly

### **Pitfalls**

- Having multiple shadowing activities listed in separate slots - instead, keep all shadowing experiences in one activity slot. You can do this either with a bullet-pointed list, you can write a narrative about what you learned generally, or you can do a hybrid of those two. When it comes to who to put for the contact - I recommend you choose the physician you either had the best rapport with, or who you shadowed the most
- Writing your Most Meaningful Description like an extension of your Activity Description - use the Most Meaningful to bring in a vignette/story/anecdote and really dive into why

this experience in particular prepared you to become a physician and provided you with the tools and skills to be a great one

- Not giving background information or your role/responsibility on the organization or experience
- Filling out less than 10 of the activity slots
- Not varying your use of the Activity Types - if you have multiple nonclinical volunteering experiences and one of them could also be classified as Social Justice, classify it as Social Justice.

The more in-depth version follows here:

### **Necessary Information**

Each activity requires the following fields be filled out:

- Experience Type (a list of these is below)
- Experience Name – your position
- Start and End Dates
- Total Hours
- Organization Name
- Organization Country and City
- Supervisor’s Contact Information: Name, email, phone number
- Activity Description - 700 characters including spaces for both AMCAS and AACOMAS

### **Activity Types**

There are 19 activity categories or types from which to choose. As many of these should be represented as possible.

- *Artistic Endeavors*: creative activities like music, painting, dance, or theater
- *Community Service/Volunteer – Medical/Clinical*: direct patient care or health-focused volunteering (i.e. free clinic volunteer, hospice volunteer)
- *Community Service/Volunteer – Not Medical/Clinical*: non-clinical service (i.e. food pantry volunteer, habitat for humanity volunteer, Ronald McDonald House volunteer)
- *Conferences Attended*: relevant educational or professional conferences
- *Extracurricular Activities*: student clubs, intramural sports teams
- *Hobbies*: personal interests
- *Honors/Awards/Recognitions*: academic awards, scholarships, Dean’s list
- *Intercollegiate athletics*: varsity sports
- *Leadership – Not Listed Elsewhere*: Club leadership or executive experience
- *Military Service*: Specialized service
- *Paid Employment – Medical/Clinical*: Paid positions in health care including MA, CNA, EMT
- *Paid Employment – Not Medical/Clinical*: Paid position outside health care
- *Physician Shadowing/Clinical Observation*: time spent observing doctors
- *Presentations/Posters*: Scientific or academic posters and presentations outside of graded classwork

- *Publications*: Published research, articles or books
- *Research/Lab*: Scientific, clinical, or academic research outside of graded classwork
- *Social Justice/Advocacy*: Activities promoting equity and working with underserved groups
- *Teaching/Tutoring/Teaching Assistant*: Educational roles
- Other