

AMCAS WORK & ACTIVITIES WORKBOOK

The Cracking Med School Admissions team put this AMCAS work and activities workbook to help you write STELLAR AMCAS descriptions. This section is just as important as your personal statement.

Cracking Med School Admissions

AMCAS Work & Activities Workbook

AMCAS Work and Activities 2020

Hi Med School Applicant!

The Cracking Med School Admissions team put this AMCAS work and activities workbook to help you write STELLAR AMCAS descriptions. This section is just as important as your personal statement.

In this kit, you will find:

- 1. AMCAS Work Activities description examples**
- 2. AMCAS Work Activities description brainstorm tool**

A MAJOR component of your medical school application is your AMCAS work and activities section. In it, you have to fill out 15 work/activities. Drs. Rizal and Mediratta will help you improve your activities throughout the application process ☺.

You will have 700 characters (including spaces) to describe each activity. In addition, you will identify three of your activities as “most meaningful activities” and write an additional 1325 characters about what you learned from the meaningful experience and how the experience helped you prepare to be an excellent doctor.

Here are some tips we give our med school applicants:

- **Include reflections:** Why was this activity important to you? What did you learn? How is this activity related to what you want to do in the future? How will this help you be a better doctor?
- **Include stories:** Talk about a patient you interacted with or an individual you helped. Or, if you are doing research, give a story about you trying to work with your PI.
- **Relate the activity related to one or more of your themes.**
- **Discuss the impact you had on people and communities:** This is very important, especially for the top medical schools. The BEST way to show your impact is through stories.

By the time an admissions committee member reads through your application, he or she needs to be able to think this, “This med school applicant will change healthcare by _____.” Your job is to give enough information for him or her to fill in that blank and be able to get the rest of the admissions committee excited about accepting you into the top medical school!

For more reference about AMCAS Work & Activities, check out these high yield blog posts:

- [AMCAS Applicant Guide](#)
- [AMCAS Work and Activities Tips](#)

Remember, if you have questions, please email us at info@crackingmedadmissions.com. We look forward to reading your medical school application AMCAS!

Cheers,

Dr. Rizal, Dr. Mediratta, and The Cracking Med School Admissions team

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AMCAS Work and Activities Description Examples

Physician Shadowing:

Experience Type:	Community Service/Volunteer - Medical/Clinical		
Experience Name:	Shadowing Doctors	Dates: 06/2005 - Until Present	Hours/Week: 4
Contact Name & Title:	Dr. A		
Organization Name:	Multiple Hospitals		
Country:			
Experience Description:	<p>Philippine General Hospital: Infectious Diseases Section (July 2009 - January 2010)</p> <ul style="list-style-type: none"> - Shadowed at in-patient and out-patient consultations and grand rounds - Attended international infectious disease conferences <p>Main Contact: Dr. E (Head, Infectious Disease Section)</p> <p>Massachusetts General Hospital: Emergency Room (Summer 2008)</p> <ul style="list-style-type: none"> - Attended patient consultations around the emergency room <p>Main Contact: Dr. A</p> <p>Stanford University: Pediatric Cardiothoracic Surgery (Summer 2007; Summer 2005)</p> <ul style="list-style-type: none"> - Observed open heart surgeries <p>Main Contact: Dr. M (Division Chief)</p> <p>Private-practice: Nephrology (June 2006)</p> <ul style="list-style-type: none"> - Attended patient consultations during doctor visits and at dialysis centers - Observed board meetings with private health clinics to address administrative concerns <p>Main Contact: Dr. R (Partner)</p> <p>Charles Drew Medical Center (Summer 2005)</p> <ul style="list-style-type: none"> - Shadowed Geriatrics and Gerontology Division Chairman <p>Main Contact: Dr. A (Division Chair)</p>		

Research Activity:

EXPERIENCE			
Experience Type:	Research/Lab	Most Meaningful Experience: Yes	
Experience Name:	Research Assistant in Vascular Biology Lab	Dates: 09/2010 - 08/2011	Total Hours: 440
		01/2012 - 06/2012	Total Hours: 400
		09/2012 - 06/2013	Total Hours: 550
Contact Name & Title:	Principal Investigator		
Contact Email:			
Organization Name:	Geisel Medical School, Dartmouth Hitchcock Medical Center		
City / State / Country:	Lebanon / NH / United States		
Experience Description:	<p>I researched the molecular interactions and signaling pathways of rPAI-123, an anti-angiogenic protein that may treat atherosclerosis.</p> <p>Skills:</p> <ul style="list-style-type: none"> - Sectioned tissue samples, analyzed experimental data, converted confocal images of murine arteries to 3-D digital models of the arterial plexus. - Implemented experiments: utilized IHC (Immunohistochemistry) techniques to assess how rPAI-123 affects macrophage congregation in the aortic arch. <p>Impact:</p> <ul style="list-style-type: none"> - Published in two abstracts and one medical journal (see Publications). <p>Leadership: Lab Team Leader</p> <ul style="list-style-type: none"> - Ran monthly meetings with PI to track progress in lab - Served as student liaison between PI and other assistants <p>Most Meaningful Experience Remarks:</p> <p>Excerpt from my research journal, February 2012: Procedure #27 did not work - monocytes failed to visualize on aortic arch, not pink enough. Amended technique: Will adjust levels of Eosin to 2/75 dilution. Keep incubation time at 11 minutes. Assess results. NOTE: Running out of aortic slides! Make it count!</p> <p>For three years, I never wasted my failures. If an experiment failed to produce viable results, I would assess whether the experiment required technical or conceptual revision. Rinse, repeat.</p> <p>But my work was never finished - My P.I. held me to the strictest standards in her lab, and I emulated her work ethic; between experimental incubations, I scrubbed flasks, washed counters, keeping my mind busy to rub away regrets, rinse thoughts, and repeat my experiences with new direction. The routine of learning from failures instilled in me methodical discipline, meticulous organization, and perseverance towards a greater goal. The joy of visualizing successful results: the perfect stain on the slide and the underlying evidence for a hypothesis well amended. More so than the success, however, was the knowledge that my painstaking praxis paid off: my methodical approach set the standard in her lab. I am confident that my discipline and determination will help me excel in future research settings.</p>		

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Leadership & Community Service:

Experience Type: Leadership - Not Listed Elsewhere
Experience Name: Director of Food and Resources
Contact Name & Title: , Founder & Executive Director
Contact Email:
Organization Name:
City / State / Country: / United States
Experience Description: As the Food and Resources Director, I ensure that staff and residents at our shelter have access to daily meals and needed resources to succeed. Alongside biweekly trips to buy groceries from vendors, I also maintain an online menu, inventory system, and feedback form to ensure that board members are well connected to those living at the shelter. This facilitates logistics as changes to the menu and my responsibilities coordinating donations are informed by knowledge of current needs. My position also involves collaboration with many other outside organizations and directors—this has strengthened my abilities to work with others on team projects and accommodate different working styles.
Most Meaningful Experience Remarks: As a growing organization in its third year of operation, has offered me much autonomy to shape its growth. I have redefined my position by transferring existing physical resources to online mediums—digitalizing recipe books, inventory systems, and avenues for feedback. My efforts resulted in more rapid and accessible communication between board members and shelter staff/residents. Training new staff members on how to use new resources, I have appreciated how a detailed but flexible approach facilitates effective implementation of theory into actual practice.
Responsible for 10 residents and 70 volunteers, my efforts have immediate and observable benefits for others. This has taught me how to lead a team in limited settings. For example, our residents must leave the shelter after 7am on weekdays. I communicated with facilities staff and led discussions with directors to brainstorm solutions. I delegated tasks and organized efforts from a big-picture perspective while considering logistical details to successfully implement our shelter's first breakfast/lunch program. These skills are valuable as I aspire to lead healthcare teams and implement changes in medicine. As our model of a peer-to-peer shelter expands to , I will apply lessons from this work to guide my career.

Volunteer Experience:

Experience Type: Community Service/Volunteer - Medical/Clinical
Experience Name: Clinical Care Extender, Department Coordinator Assistant
Contact Name & Title: , Program Director
Contact Email:
Organization Name: Care Extender Program
City / State / Country: Los Angeles / CA / United States
Experience Description: I volunteered on multiple units in hospital. Throughout each rotation, I assisted healthcare staff with miscellaneous tasks and interacted with patients and their families. As a DCA, I built on these responsibilities by interviewing patients, staff, and other CEs to solicit feedback on our program and the hospital. Working with disgruntled patients and care providers helped me understand that medicine is not only about treating illness but also connecting with others. Though I could not provide care or affect changes, I saw that patients often felt better after I took time to listen to them. This highlights how strong physicians must understand people just as much as medicine.
Most Meaningful Experience: No
Dates: 01/2017 - 02/2018
Total Hours: 500
Contact Phone:

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AMCAS Most Meaningful Activity Example

Experience Type:	Leadership - Not Listed Elsewhere	Most Meaningful Experience: Yes
Experience Name:	Coordinator, Head Coordinator	Dates: 07/2018 - 06/2020 Total Hours: 700
Contact Name & Title:	Faculty Sponsor	
Contact Email:		Contact Phone:
Organization Name:	(EMRA)	
City / State / Country:		
Experience Description:	<p>As a program coordinator, I manage ~40 research associates to assist with clinical trials at hospital. One such trial is CLOVERS, which weighs the contribution of fluids vs. pressors for sepsis. My role as its study head entails drafting members' protocols, troubleshooting shift workflow, and meeting with study PIs to facilitate efforts enrolling patients. My research experience extends outside this study as I also head EMRA's Research Committee. In doing so, I prepare members for smaller projects with ER residents through biweekly journal clubs as a space for members to progress. Selected as head coordinator, I also oversee 8 coordinators to organize team efforts and projects.</p>	
Most Meaningful Experience Remarks:	<p>This organization has been formative in shaping my ambitions to pursue medicine and clinical research. I have realized how evidence should validate and guide medical practice. For instance, many studies we assist with are interventional trials which tangibly alter patient care while others challenge existing conventions (billing practices, CT utilization) to better healthcare. Participation in this process and heading my own study have inspired a desire to incorporate clinical research into my career. I am well-equipped to do so as I have realized the logistics of conducting clinical trials.</p> <p>Through EMRA, I have explored teaching and policy about health education. I spearheaded implementation of educational modules for all of our studies. By explicitly connecting study protocol information to relevant disease background, these modules ensured stronger shift performance and furthered education for our members. This connects to journal clubs as my efforts fostering discussions around topics in medicine & research have pushed the program and students to engage more actively with literature and develop as prospective physicians. As the program and its members constantly grow, I also hope to evolve as a mentor for my peers and a prospective policy leader who informs decision making with empirical evidence.</p>	

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AMCAS Work and Activities Brainstorm Tool

AMCAS Description #1

Experience Name:

Experience Type: Choose one

- Artistic Endeavors
- Community Service / Volunteer – Medical/clinical
- Community Service / Volunteer – Non-medical/clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Awards/Recognitions
- Intercollegiate Athletics
- Leadership
- Military Service
- Other
- Paid Employment – Medical/Clinical
- Paid Employment – Non-Medical/Clinical
- Physician Shadowing / Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Description of what you did (be as specific as possible):

1 sentence description of the activity or organization (if applicable):

Leadership position(s) (if applicable):

How is this related to the themes of your application:

Impact you had:

What you learned:

1-2 stories you had with patients or people you served:

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AMCAS Activities Description #2:

Experience Name:

Experience Type: Choose one

- Artistic Endeavors
- Community Service / Volunteer – Medical/clinical
- Community Service / Volunteer – Non-medical/clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Awards/Recognitions
- Intercollegiate Athletics
- Leadership
- Military Service
- Other
- Paid Employment – Medical/Clinical
- Paid Employment – Non-Medical/Clinical
- Physician Shadowing / Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Description of what you did (be as specific as possible):

1 sentence description of the activity or organization (if applicable):

Leadership position(s) (if applicable):

How is this related to the themes of your application:

Impact you had:

What you learned:

1-2 stories you had with patients or people you served:

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AMCAS Activities Description #3:

Experience Name:

Experience Type: Choose one

- Artistic Endeavors
- Community Service / Volunteer – Medical/clinical
- Community Service / Volunteer – Non-medical/clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Awards/Recognitions
- Intercollegiate Athletics
- Leadership
- Military Service
- Other
- Paid Employment – Medical/Clinical
- Paid Employment – Non-Medical/Clinical
- Physician Shadowing / Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Description of what you did (be as specific as possible):

1 sentence description of the activity or organization (if applicable):

Leadership position(s) (if applicable):

How is this related to the themes of your application:

Impact you had:

What you learned:

1-2 stories you had with patients or people you served:

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AMCAS Activities Description #4:

Experience Name:

Experience Type: Choose one

- Artistic Endeavors
- Community Service / Volunteer – Medical/clinical
- Community Service / Volunteer – Non-medical/clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Awards/Recognitions
- Intercollegiate Athletics
- Leadership
- Military Service
- Other
- Paid Employment – Medical/Clinical
- Paid Employment – Non-Medical/Clinical
- Physician Shadowing / Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Description of what you did (be as specific as possible):

1 sentence description of the activity or organization (if applicable):

Leadership position(s) (if applicable):

How is this related to the themes of your application:

Impact you had:

What you learned:

1-2 stories you had with patients or people you served:

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AMCAS Activities Description #5:

Experience Name:

Experience Type: Choose one

- Artistic Endeavors
- Community Service / Volunteer – Medical/clinical
- Community Service / Volunteer – Non-medical/clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Awards/Recognitions
- Intercollegiate Athletics
- Leadership
- Military Service
- Other
- Paid Employment – Medical/Clinical
- Paid Employment – Non-Medical/Clinical
- Physician Shadowing / Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Description of what you did (be as specific as possible):

1 sentence description of the activity or organization (if applicable):

Leadership position(s) (if applicable):

How is this related to the themes of your application:

Impact you had:

What you learned:

1-2 stories you had with patients or people you served:

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AMCAS Activities Description #6:

Experience Name:

Experience Type: Choose one

- Artistic Endeavors
- Community Service / Volunteer – Medical/clinical
- Community Service / Volunteer – Non-medical/clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Awards/Recognitions
- Intercollegiate Athletics
- Leadership
- Military Service
- Other
- Paid Employment – Medical/Clinical
- Paid Employment – Non-Medical/Clinical
- Physician Shadowing / Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Description of what you did (be as specific as possible):

1 sentence description of the activity or organization (if applicable):

Leadership position(s) (if applicable):

How is this related to the themes of your application:

Impact you had:

What you learned:

1-2 stories you had with patients or people you served:

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AMCAS Activities Description #7:

Experience Name:

Experience Type: Choose one

- Artistic Endeavors
- Community Service / Volunteer – Medical/clinical
- Community Service / Volunteer – Non-medical/clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Awards/Recognitions
- Intercollegiate Athletics
- Leadership
- Military Service
- Other
- Paid Employment – Medical/Clinical
- Paid Employment – Non-Medical/Clinical
- Physician Shadowing / Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Description of what you did (be as specific as possible):

1 sentence description of the activity or organization (if applicable):

Leadership position(s) (if applicable):

How is this related to the themes of your application:

Impact you had:

What you learned:

1-2 stories you had with patients or people you served:

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AMCAS Activities Description #8:

Experience Name:

Experience Type: Choose one

- Artistic Endeavors
- Community Service / Volunteer – Medical/clinical
- Community Service / Volunteer – Non-medical/clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Awards/Recognitions
- Intercollegiate Athletics
- Leadership
- Military Service
- Other
- Paid Employment – Medical/Clinical
- Paid Employment – Non-Medical/Clinical
- Physician Shadowing / Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Description of what you did (be as specific as possible):

1 sentence description of the activity or organization (if applicable):

Leadership position(s) (if applicable):

How is this related to the themes of your application:

Impact you had:

What you learned:

1-2 stories you had with patients or people you served:

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AMCAS Activities Description #9:

Experience Name:

Experience Type: Choose one

- Artistic Endeavors
- Community Service / Volunteer – Medical/clinical
- Community Service / Volunteer – Non-medical/clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Awards/Recognitions
- Intercollegiate Athletics
- Leadership
- Military Service
- Other
- Paid Employment – Medical/Clinical
- Paid Employment – Non-Medical/Clinical
- Physician Shadowing / Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Description of what you did (be as specific as possible):

1 sentence description of the activity or organization (if applicable):

Leadership position(s) (if applicable):

How is this related to the themes of your application:

Impact you had:

What you learned:

1-2 stories you had with patients or people you served:

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AMCAS Activities Description #10:

Experience Name:

Experience Type: Choose one

- Artistic Endeavors
- Community Service / Volunteer – Medical/clinical
- Community Service / Volunteer – Non-medical/clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Awards/Recognitions
- Intercollegiate Athletics
- Leadership
- Military Service
- Other
- Paid Employment – Medical/Clinical
- Paid Employment – Non-Medical/Clinical
- Physician Shadowing / Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Description of what you did (be as specific as possible):

1 sentence description of the activity or organization (if applicable):

Leadership position(s) (if applicable):

How is this related to the themes of your application:

Impact you had:

What you learned:

1-2 stories you had with patients or people you served:

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AMCAS Activities Description #11:

Experience Name:

Experience Type: Choose one

- Artistic Endeavors
- Community Service / Volunteer – Medical/clinical
- Community Service / Volunteer – Non-medical/clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Awards/Recognitions
- Intercollegiate Athletics
- Leadership
- Military Service
- Other
- Paid Employment – Medical/Clinical
- Paid Employment – Non-Medical/Clinical
- Physician Shadowing / Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Description of what you did (be as specific as possible):

1 sentence description of the activity or organization (if applicable):

Leadership position(s) (if applicable):

How is this related to the themes of your application:

Impact you had:

What you learned:

1-2 stories you had with patients or people you served:

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AMCAS Activities Description #12:

Experience Name:

Experience Type: Choose one

- Artistic Endeavors
- Community Service / Volunteer – Medical/clinical
- Community Service / Volunteer – Non-medical/clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Awards/Recognitions
- Intercollegiate Athletics
- Leadership
- Military Service
- Other
- Paid Employment – Medical/Clinical
- Paid Employment – Non-Medical/Clinical
- Physician Shadowing / Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Description of what you did (be as specific as possible):

1 sentence description of the activity or organization (if applicable):

Leadership position(s) (if applicable):

How is this related to the themes of your application:

Impact you had:

What you learned:

1-2 stories you had with patients or people you served:

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AMCAS Activities Description #13:

Experience Name:

Experience Type: Choose one

- Artistic Endeavors
- Community Service / Volunteer – Medical/clinical
- Community Service / Volunteer – Non-medical/clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Awards/Recognitions
- Intercollegiate Athletics
- Leadership
- Military Service
- Other
- Paid Employment – Medical/Clinical
- Paid Employment – Non-Medical/Clinical
- Physician Shadowing / Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Description of what you did (be as specific as possible):

1 sentence description of the activity or organization (if applicable):

Leadership position(s) (if applicable):

How is this related to the themes of your application:

Impact you had:

What you learned:

1-2 stories you had with patients or people you served:

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AMCAS Activities Description #14:

Experience Name:

Experience Type: Choose one

- Artistic Endeavors
- Community Service / Volunteer – Medical/clinical
- Community Service / Volunteer – Non-medical/clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Awards/Recognitions
- Intercollegiate Athletics
- Leadership
- Military Service
- Other
- Paid Employment – Medical/Clinical
- Paid Employment – Non-Medical/Clinical
- Physician Shadowing / Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Description of what you did (be as specific as possible):

1 sentence description of the activity or organization (if applicable):

Leadership position(s) (if applicable):

How is this related to the themes of your application:

Impact you had:

What you learned:

1-2 stories you had with patients or people you served:

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AMCAS Activities Description #15:

Experience Name:

Experience Type: Choose one

- Community Service
- Research
- Paid Employment
- Publications
- Presentations / Posters / Conferences Attended
- Teaching / Tutoring / Teaching Assistant
- Sports
- Hobbies

Description of what you did (be as specific as possible):

1 sentence description of the activity or organization (if applicable):

Leadership position(s) (if applicable):

How is this related to the themes of your application:

Impact you had:

What you learned:

1-2 stories you had with patients or people you served:

Keep in touch with the Cracking Med School Admissions Team!

We hope that this AMCAS Work & Activities workbook is helpful as you start putting together your medical school application! Even if you're not currently preparing for your medical school this year, it's still good to reflect on your extracurricular activities and jot down stories you can share in the future.

If you have any questions about AMCAS and medical school applications, feel free to email us at info@crackingmedadmissions.com.

Cheers,

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