

Map Your Path to Med School

NON-TRADITIONAL STORY
WORKSHEET
MED SCHOOL APPS • PAGE 1/1

Every path counts. Fill this in before you write your personal statement or Work and Activities, then keep it next to your drafts. AMCAS rules change each cycle, so check the current AMCAS Applicant Guide.

Your chapters

1. Chapter:	Years:	What I did:
2. Chapter:	Years:	What I did:
3. Chapter:	Years:	What I did:
4. Chapter:	Years:	What I did:

What each chapter gave you

1. A skill or habit I still use:
2. A skill or habit I still use:
3. A skill or habit I still use:
4. A skill or habit I still use:

The thread to medicine

Where medicine first showed up:

What made it grow (people, patients, a job):

When I committed, and why then:

A field I also considered: why medicine instead:

Turn it into your application

Jobs to list as experiences:

Long commitments (arts, sports, caregiving):

Top 3 "most meaningful" picks:

Supervisor or mentor who could write a letter:

Anything to explain plainly (a gap, a grade dip):

Practice out loud

Why medicine, and why now?

What did your last role teach you about people or patients?

How will your old field make you a better doctor?