

Pre-write by prompt type

Most schools reuse a handful of prompt types every year. Draft one strong version of each before secondaries arrive, then cut and adapt it per school. Word and character limits vary by school, so keep a long and a short version.

Why our school?

- ☐ List 3 reasons you'd pick a school, beyond location
- ☐ Write a reusable opening about what you want in training
- ☐ Leave a slot for 2 school-specific details per school
- ☐ Each detail ties back to something you've done

Challenge or setback

- ☐ Pick one real difficulty, not a humblebrag
- ☐ Keep the setup short; spend most words on what you did
- ☐ End with what changed in how you work now
- ☐ Check it doesn't repeat your personal statement

Diversity / what you'd add

- ☐ Brainstorm: background, identity, skills, experiences
- ☐ Choose one specific story, not a list of traits
- ☐ Say how it shapes the way you'd treat patients or peers
- ☐ Write a 100-word and a 300-word version

Gap year / what you're doing now

- ☐ List current roles with start dates and hours
- ☐ One line on why you chose each
- ☐ Use present tense for anything still going
- ☐ Note anything new since you submitted AMCAS

When secondaries arrive

Anything else? (often optional)

- ☐ Decide if you need it: grade dip, gap, change of path
- ☐ If yes, explain in plain words, no excuses
- ☐ If not, a short update is fine, or leave it blank

Before they show up (May-June)

- ☐ Draft all five prompt types
- ☐ Look up each school's secondary fee and policy in MSAR
- ☐ Have one reader check them for clarity
- ☐ Set aside a budget for secondary fees
- ☐ Save every draft in one folder, one file per type

Turnaround plan

- ☐ Log each secondary the day it arrives
- ☐ Goal: half done in the first 2 weeks, rest in the next 2
- ☐ Do schools with stated deadlines first
- ☐ Have FAP? Ask schools that didn't waive the fee
- ☐ Aim for about 2 weeks per school, quality first

For every school, before you submit

- ☐ Answer exactly the question they asked
- ☐ Under the word or character limit
- ☐ Swap in this school's name and details everywhere
- ☐ Fee paid or waiver confirmed
- ☐ Search the draft for any other school's name
- ☐ Save a copy of what you sent for interview prep

