



# AMCAS ACTIVITIES CHECKLIST

Making the Most Out of  
Your Extracurricular Profile

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## Making the Most Out of Your Extracurricular Profile

You've decided to apply to medical school—congratulations! As you probably know, the process is extremely cutthroat. To stand out among the competition, not only should you bring a strong GPA and MCAT score, but you must also demonstrate passion and initiative through your extracurricular activities.

If you're wondering which of your extracurriculars you should include in your AMCAS activities and experiences section, you're not the only one. To guide you through the most important factors to consider when thinking about which 15 activities should go into the AMCAS, we've provided a checklist below. Use it to pick and choose from your involvements to maximize your chances of admission.

	Is it a common activity that most students have participated in?
	Does the activity help you stand out as unique?
	Have you dedicated significant time towards the activity?
	Have you mentioned all of your most relevant activities?
	Have you included an activity that's not directly related to medicine, but has had a significant impact and instilled qualities that are ideal in a doctor in you?  OR  Have you included an activity that's not directly related to medicine, but has had a significant impact and instilled ideal qualities in you?
	Have you elaborated on a volunteering initiative?
	If you've <a href="#">shadowed</a> a doctor, have you added it to your AMCAS activities list?
	Have you mentioned any publications you've been a part of?
	Have you outlined the ways you might have continued pursuing your activities remotely after the outbreak of COVID-19?

	Have you talked about your <a href="#">research</a> opportunities?
	Have you taken advantage of the 700 characters allowed to describe each activity?
	Do the descriptions showcase your passion towards the initiative and/or towards the field of medicine?
	Have you carefully chosen your 3 most important activities?
	Is there any activity you've included as a filler? You should make sure each entry adds something new about your profile.
	Have you grouped similar activities together?
	Does your activities list support the qualities and narrative you've outlined in your personal statement?
	Have you included activities you can talk about at length in your <a href="#">interviews</a> ?
	Have you carefully thought about the order of your activities list? Have you prioritized your most significant involvements?

Since you only get 15 slots, you must be very careful to only include activities that can help boost and strengthen your profile. At the same time, you should be okay with not filling all the spaces if something feels like a “filler” activity. Think carefully about which of your involvements can help you stand out among the competition and catch admissions officers’ eyes. Gaining admission to medical school is tough, but not impossible, and a strong activities section is a step in the right direction. You got this!