

Profile Summary and Resumé Example of: Almost Perfect Applicant (Medical School Applicant)

Cumulative GPA: 3.97

Science GPA: 4.00

MCAT: 31 Total (83%); PS 10 (79%); VR 9 (67%); BS 12 (95%)

Biology Major; Two Minors

Had one gap year between undergraduate and starting medical school

Career Aspirations: MD

Research: 3 years

Clinical-related Exposure: >1,000 hours & varied experiences

Community Service & Philanthropic Work: 3 years (over 400 hours with one organization)

Leadership & Extracurricular Involvement: 3 substantial campus related leadership positions

5 stellar letters of recommendation

Applied to 23 MD schools, accepted at 4. Submitted AMCAS in mid-July.

VERY IMPORTANT!!! Keep in mind, this applicant is *Almost Perfect* in every dimension of the application. In recent years, the average number of MD schools to which applicants applied was 20.6 schools and the average number of acceptances was 1.2. Therefore, plan on applying to as many schools as you can afford and more schools than *Almost Perfect Applicant*, if you're not 'almost perfect'.

A significant amount of text was removed from Almost Perfect's resumé in an effort to keep this applicant's identity and experiences confidential. Anytime you see the word, *confidential*, it replaced vital information on the resumé.

Permanent Address:
Confidential Road
Confidential, MD 55555
Landline: 410-555-5555
Cell: 410-000-0000
confidential@gmail.com

EDUCATION:

University of Maryland, Baltimore County, Fall 20xx-present
Baltimore, MD
Major: Bachelor of Arts in Biological Sciences; Minors: Confidential
Expected Graduation: May 201x
Current GPA: 3.97
Semester Academic Honors: Dean's List: 1 time; President's List: 6 times (1 more anticipated)
Scholarship: President's Fellow

RESEARCH EXPERIENCE:

(Confidential--span of 3 years)

Undergraduate Research Assistant
Confidential University
Town, State

- **Mentor:** Confidential
- **Technical Description of Research:**
 1. The goal of one project was to demonstrate the application of research to immediate practical solutions. We analyzed sources of food injustice in a Baltimore City population to enable them to develop solutions to the food-related issues in their community.
 2. Another project conducted was my independent research project, in which we aimed to identify if current marijuana use is associated with higher blood pressure and whether race and sex mediate that association.
- **Non-technical Description of Research:**
 1. In Baltimore City, around 125,000 people live in a food desert. A food desert is a region in which there is not easy access to healthy and affordable food. Of those individuals that live in a food desert, 84% are African Americans. The Druid Heights community was selected as the population of interest for this project as it is a food desert, with a history in the civil rights movements and is home to a diverse population. After conducting interviews it was found that participants had little faith in researchers; they believed the researchers to collect their data and then leave without offering solutions to the issue. In addition, it was found that Druid Heights has limited options for fresh food. Fresh food stores were far and expensive. The stores that were present in the community generally only carried boxed foods. The community sought a community garden and cooking lessons for healthy dishes. All data collected from the community was presented to the community to facilitate discussion on healthy eating. Certain members of our team also developed a non-profit organization, Grow Baltimore, to promote healthy eating in Baltimore City.

2. Associations between self-reported marijuana use and higher blood pressure have been reported. However, key confounding variables have not been considered as well as potential moderating influences of race and sex. We examined whether self-reported marijuana use is associated with resting blood pressure and pulse pressure (an indirect index of arterial stiffening) in a diverse, community-based sample. This study included 2728 adults from the Healthy Aging in Neighborhoods of Diversity across the Life Span (HANDLS) study. Participants reported whether they have used marijuana within the last six months and blood pressure was measured during seated rest. Statistical analysis revealed that marijuana use was positively associated with systolic blood pressure and pulse pressure, but not diastolic blood pressure. Race and sex did not moderate the association between marijuana use and blood pressure. This pattern of results suggests that marijuana use contributes to higher resting blood pressure, perhaps in part, via arterial stiffening.

• **Presentations:**

Confidential presentation description

Undergraduate Research and Creative Achievement Day 201x, Catonsville, Maryland
Poster Presentation

• **Publications:**

Currently working on manuscript.

CLINICAL EXPERIENCE:

(Confidential--span of 1.5 years)

Total combined hours ≥ 1000

Clinical Research Assistant

Confidential clinical location
Town, State

- Worked with the Confidential Clinical Location for a **total of greater than 950 hours**. I have been involved in screening and consenting for various confidential studies looking mainly at confidential injuries. As a result, I have been able to view many related procedures in the bays and learn a lot about critical care. In addition, I have assisted with data entry and preparing presentation materials for the studies.

August 2014

Shadow

Confidential clinical location
Town, State

Shadowed confidential, confidential specialty, who is chief of the confidential department. I was able to observe and take notes during his clinical rounds with the nurses and residents for a **total of 5 hours**.

May 2014

Shadow

Confidential clinical location
Town, State

Shadowed confidential, confidential specialty, who is confidential position of the confidential department. I was able to observe and ask questions during an exploratory laparotomy for a **total of 5 hours**.

July 2013 – October 2013

Volunteer

Confidential clinical location
Town, State

Volunteered in the confidential department for a **total of 40 hours**. Assisted with patient transport, stocking bays, supply pickup/ transport, and other tasks requested. I was able to observe trainings with the Air Force and procedures done in the bays.

COMMUNITY SERVICE:

Total combined hours = 400

March 201x – May 201x

Confidential Nonprofit

(Confidential--span of 3 years)

Town, State

- I volunteered with this organization that works with confidential for a **total of 400 hours**. I assisted in daily activities such as helping confidential. In addition, I led confidential. I also initiated confidential. One of the eight clients I worked with confidential. A lot of text was removed to keep this organization and the identity of this applicant confidential.

WORK EXPERIENCE during the college years and after college:

June 2013 – August 2013

Summer Camp Leader

Confidential Organization
Town, State

- Coordinate daily activities for leisure and academic achievement
- Monitor and assist students as they complete their math and reading assignments
- Explain students' progress to parents

June 2012 – August 2012

Cashier/ Assistant

Confidential Business
Town, State

- Worked as cashier, managing money and serving customers
- Involved in conducting inventory and stocking supply rooms

October 2011 – July 2012

Private Tutor

- Plan lessons and explain concepts for Chemistry
- Assist in developing analytical and writing skills for English

EXTRA-CURRICULAR and LEADERSHIP ACTIVITIES:

- Confidential Campus Organization (Spring 201x – Spring 201x—confidential 1yr)
 - Co-founder and co-president
 - Developed the organization's constitution
 - Recruited founding members
 - Confidential
 - Confidential
 - Coordinated weekly meetings

- Confidential Campus Organization (Fall 201x – Spring 201x—confidential-4yrs)
 - Member
 - Participated in weekly meetings and events
 - Assisted with projects
 - Confidential Leadership Position (Spring 201x)
 - Confidential
 - Recruited regular participants
 - Led weekly discussions
- Confidential Campus Organization (Fall 201x)
 - Confidential Leadership Position
 - Attended weekly meetings in which I confidential
 - Corresponded with organization leaders about confidential

AWARDS and HONORS:

- College of Natural and Mathematical Sciences Student Recognition Award, 201x

INTERESTS and HOBBIES:

- Confidential
- Confidential
- Hiking and exploring nature
- Confidential