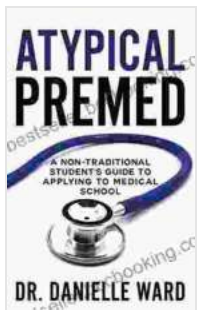


# The Ultimate Guide to Applying to Medical School for Non-Traditional Students

Applying to medical school can be a daunting task for anyone, but it's especially challenging for non-traditional students. Non-traditional students are those who have taken a break from their education, have worked full-time, or have other life experiences that don't fit the traditional pre-med track. Despite these challenges, it's possible for non-traditional students to get into medical school. With the right planning and preparation, you can increase your chances of admission.

## What is a Non-Traditional Student?

There is no one-size-fits-all definition of a non-traditional student. However, some common characteristics include:



### Atypical Premed: A Non-Traditional Student's Guide to Applying to Medical School by Dr. Danielle Ward

★★★★☆ 4.5 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 153 pages
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- Took a break from their education for two or more years

- Worked full-time while attending school
- Have children or other family responsibilities
- Are a first-generation college student
- Are from a disadvantaged background

If you identify with any of these characteristics, you are considered a non-traditional student. This does not mean that you are at a disadvantage when applying to medical school. In fact, some medical schools are specifically looking for non-traditional students to add diversity to their student body.

## **How to Apply to Medical School as a Non-Traditional Student**

The application process for non-traditional students is similar to the process for traditional students. However, there are a few things that you should keep in mind:

- **Start early.** The medical school application process is long and complex. It's important to start early so that you have enough time to complete all of the required steps.
- **Get good grades.** Your GPA is one of the most important factors in the medical school application process. Non-traditional students may have a lower GPA than traditional students, but you can still get into medical school with a strong GPA in your science courses.
- **Take the MCAT.** The MCAT is a standardized test that is required for all medical school applicants. Non-traditional students may have less time to prepare for the MCAT than traditional students, but there are many resources available to help you prepare for the test.

- **Write a strong personal statement.** Your personal statement is an opportunity to tell the medical schools about who you are and why you want to become a doctor. Non-traditional students should use their personal statement to highlight their unique experiences and qualities.
- **Get letters of recommendation.** Letters of recommendation are an important part of the medical school application process. Non-traditional students should get letters of recommendation from professors, employers, and other individuals who can speak to your character and abilities.
- **Apply to a variety of medical schools.** The more medical schools you apply to, the better your chances of getting accepted. Non-traditional students should apply to a variety of schools, including schools that are known for being receptive to non-traditional students.

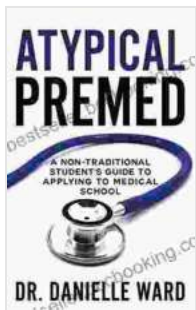
## **Resources for Non-Traditional Students**

There are a number of resources available to help non-traditional students apply to medical school. These resources include:

- **The American Association of Medical Colleges (AAMC)** offers a number of resources for non-traditional students, including a guide to the medical school application process and a list of schools that are known for being receptive to non-traditional students.
- **The Student National Medical Association (SNMA)** is a professional organization for medical students and pre-med students. SNMA offers a number of programs and services for non-traditional students, including mentorship programs and scholarships.

- **The Association of American Colleges and Universities (AAC&U)** offers a number of resources for non-traditional students, including a guide to the college application process and a list of colleges and universities that are known for being supportive of non-traditional students.

Applying to medical school as a non-traditional student is possible with the right planning and preparation. By following the advice in this guide, you can increase your chances of getting into medical school and achieving your dream of becoming a doctor.



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