

# AMCAS Medical School Application: Work & Activities Section

## Length

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- 700 characters per activity
- 1,325 additional characters per activity for up to 3 activities that you deem to be “most meaningful”
- These additional characters should be treated as separate blurbs, not as a continuation of your initial 700 characters into a 2,025-character essay. Therefore, you should describe the activity as you would any other in a stand-alone 700-character blurb, and then go on to use the additional 1,325 characters to write a separate blurb that describes why it was meaningful to you (for example, “...the transformative nature of the experience, the impact you made while engaging in the activity, and the personal growth you experienced as a result of your participation.”)

## Tone

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- The tone of your Work & Activities section should match the tone you use on your AMCAS personal statement. Therefore, the writing in this section should be more formal than an undergraduate personal statement, but less formal than a residency personal statement or other job applications. That means using standard English and generally avoiding contractions (writing out “I am” instead of using “I’m”), but not using stilted language or constructions.
- Use full sentences—do not use abbreviations (aside from obvious acronyms such as NASA or UNICEF) or resume language.

## Content

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- For each entry, do your best to describe both what you did and what you learned from the experience.
- View it as a mini essay. You don’t have much space, but still think about the principles of good storytelling.
  - Focus on action. What did you do?
  - Make sure you make the reader understand your challenge and/or task, and what you did to fulfil it.

- Be specific about your tasks and accomplishments and briefly note any special responsibilities you took on or special roles you had.
- Verbs, verbs, verbs. When you don't have much space, it is important that you maximize your impact. The best way to give a sentence power within a tight space is to focus on using varied, active verbs. Avoid "to be" verbs, and think carefully about what you want to show the reader that you were DOING and ACCOMPLISHING. This is best conveyed with smart verb choices.

## Format

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- Formatting your essay is not a big deal because you will likely be copy/pasting your essay into AMCAS' online form, so you will lose any formatting you had.
  - Italics and bold are stripped when you copy/paste into the form, so don't use them in your essay (use quotation marks for titles of books, etc.).
- Do not indent your paragraphs because it uses up characters (use a hard return instead).



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