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## **Work and Activities**

The Work and Activities section of the HPA is designed to mirror the Work and Activities sections of the primary medical/dental school applications. In the Work and Activities section, you will have the opportunity to write about your research, community service, clinical experience, extracurricular activities, awards, hobbies, etc. Please note: the following directions pertain to the HPA and may not be consistent with centralized medical/dental school application directions.

## Directions

- **In this section you may enter a maximum of 15 experiences.** Do not force yourself to enter 15 experiences if you don't have 15; quality is more important than quantity.
- All experience descriptions must be written in the space provided for that entry and cannot exceed 700 characters (including spaces).
- Avoid bulleted items. Write clear, concise narratives, with an organized flow from beginning to end.
- For each experience, clearly describe what you did, what you accomplished, how the experience evolved and, most importantly, what you learned.
- Describe experiences assuming that the reader has no familiarity with the work or setting to which you are referring.
- Spell out all acronyms.
- When reflecting upon an experience, we suggest referencing one or more of the AAMC's Core Competencies for Medical Students:  
<https://www.aamc.org/services/admissions-lifecycle/competencies-entering-medical-students>
- Include the start and stop dates for each experience. (NOTE: the latest possible end date is August of the current application cycle, i.e., August 2024.)
- Enter the total number of hours that you completed (or expect to complete) for the experience during the date range you indicated.
- Generally, please only include experiences that you began post-high school; however, you may also include experiences that you began in high school and continued into college, and/or experiences that you began in the summer between high school and matriculating to college.

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## Writing about three (3) Most Meaningful Experiences

Of your experiences, you must select three (3) experiences that you consider to be “most meaningful” to you. By designating an experience as “most meaningful,” you will have 700 characters to write the experience description, and you will be given an additional 1325 characters to explain why this experience was particularly meaningful to you. In other words,

**you will provide a “Most Meaningful” description in addition to the “Experience Description.”**

**When writing your response, explain why this experience is most meaningful. Consider 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.**

### **AMCAS Experience Types**

**In this section, you will classify your experiences using the same categories provided in the AMCAS application\*:**

**Artistic Endeavors**

**Community Service/Volunteer - Medical/Clinical**

**Community Service/Volunteer - Not Medical/Clinical**

**Conferences Attended**

**Extracurricular Activities**

**Hobbies**

**Honors/Awards/Recognition**

**Intercollegiate Athletics**

**Leadership - Not Listed Elsewhere**

**Military Service**

**Other**

**Paid Employment - Medical/Clinical**

**Paid Employment - Not Medical/Clinical**

**Physician Shadowing/Clinical Observation**

**Presentations/Posters**

**Publications**

**Research/Lab**

**Teaching/Tutoring/Teaching Assistant**

**Some of your experiences may be classified under more than one AMCAS Experience Type. Select the AMCAS Experience Type that best described that experience.**

**Sometimes, a single experience may have two experience types, each warranting a separate experience entry on the HPA. For example, a summer research experience may have included both research and clinical shadowing. If deemed appropriate, you may enter two separate**

entries for that same experience, one classified as a “Research/Lab” experience and one classified as a “Physician Shadowing/Clinical Observation” experience.

**\*Please note:**

- AACOMAS has different experience types. They can be found here:  
[https://help.liaisonedu.com/AACOMAS Applicant Help Center/Filling Out Your AACOMAS Application/Supporting Information/2 Experiences](https://help.liaisonedu.com/AACOMAS_Applicant_Help_Center/Filling_Out_Your_AACOMAS_Application/Supporting_Information/2_Experiences)
- AADSAS has different experience types. They can be found here:  
[https://help.liaisonedu.com/ADEA AADSAS Applicant Help Center/Filling Out Your ADEA AADSAS Application/Supporting Information/02 Experiences](https://help.liaisonedu.com/ADEA_AADSAS_Applicant_Help_Center/Filling_Out_Your_ADEA_AADSAS_Application/Supporting_Information/02_Experiences)

The next sections is for you to list and write about your experience descriptions.

- In the first three (3) entries, please write about your Most Meaningful experiences.
- Remember: quality is more important than quantity.

## Experience 1

### Most Meaningful Experience #1

AMCAS Experience Type:	(No response)
Experience Name/Position Title:	(No response)
Organization Name:	(No response)
Contact Name & Title:	(No response)
Contact Email:	(No response)
City:	(No response)
Country: <hr/>	(No response)
<b>Date Range</b>	
Start Month & Year (mm/yyyy)	(No response)
End Month & Year or Anticipated (mm/yyyy)	(No response)
Total Estimated Hours:	(No response)
Repeated <hr/>	(No response)
Experience Description (700 characters max):	(No response)
Most Meaningful Experience Remarks (1325 characters max):	(No response)

## Experience 2

### Most Meaningful Experience #2

AMCAS Experience Type:	(No response)
Experience Name/Position Title:	(No response)
Organization Name:	(No response)
Contact Name & Title:	(No response)
Contact Email:	(No response)
City:	(No response)
Country: <hr/>	(No response)
<b>Date Range</b>	(No response)
Start Month & Year (mm/yyyy)	(No response)
End Month & Year (mm/yyyy)	(No response)
Total Estimated Hours:	(No response)
Repeated <hr/>	(No response)
Experience Description (700 characters max):	(No response)
Most Meaningful Experience Remarks (1325 characters max):	(No response)

**ONLY 2 ARE LISTED FOR THIS PREVIEW VERSION**

# Essays

Please complete the following essays. Please note that your answers form the basis of your Committee Letter, so please be as detailed as possible.

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## Candidate Overview—required essay

Please provide an overview of the formative people and experiences in your life that have shaped who you are today and influenced your aspirations for a career in healthcare. You should include:

- where you were born and raised
- individuals (family, friends, teachers, mentors, etc.) who have motivated you
- experiences that have molded your thoughts and values
- why you chose to attend Johns Hopkins University
- anything else of relevance that you wish to share (such as other influences, hobbies, etc.)

NOTE: This essay should not be approached as a personal statement; rather, **it should be thought of as a mini-autobiography that introduces you as a candidate to medical/dental schools.** Your response is limited to **2500 characters (with spaces).**

(No response)

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### Compelling Applicant—required essay

What makes you a compelling applicant for your chosen field of medicine/dentistry? In your response, please include:

- what makes you a strong and/or well-rounded applicant
- why you believe you are ready for medical/dental school
- what you will bring to the future of medicine/dentistry

Support your answer using examples from your professional and academic journey, as well as from pre-medical/dental experiences. Your response is limited to **1500 characters (with spaces)**.

(No response)

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### Focused Topic—required essay

Choose **ONE** of the following topics and explain how your experiences pertaining to the topic help strengthen and enhance your application.

- Leadership
- Academic interests
- Contributions to your community
- Overcoming a challenge

Support your answer using examples from your professional and academic journey, as well as from pre-medical/dental experiences. Your response is limited to **1500 characters (with spaces)**.

(No response)

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### Academics—optional essay

Please discuss academic challenges you may have faced. For example, if there is a clear discrepancy in your academic record (e.g., academic probation, leave of absence, withdrawals, matriculation into a post-bac program, etc.), please use this space to explain your circumstances. Your response is limited to **1500 characters (with spaces)**.

(No response)

### Additional Information—optional essay

Please use this space to share additional information or special circumstances (personal, academic, or otherwise) we should consider when reviewing your HPA. You may also include any impact COVID-19 has had on your personal, professional, or educational plans. Your response is limited to **1500 characters (with spaces)**.

(No response)

### Final Thoughts—required essay

What do you definitely want medical or dental schools to know about you as an applicant? What do you want to ensure we emphasize in your Committee Letter? It can be something already noted in your HPA, or it can be something that is not already mentioned elsewhere in this application. Your response is limited to **700 characters (with spaces)**.

(No response)

## Competencies

Incomplete

## Competencies

Please review the AAMC [Core Competencies](#) for Entering Medical Students. (Dental applicants, please use this list as well.)

Select your three (3) most well-developed competencies. For each entry, please select one competency from the drop-down menu. Then, use the space below the competency to explain how you have demonstrated the competency in one or more of your extracurricular experiences. (We understand that some of your experience examples may repeat from previous sections of the HPA. Some overlapping examples are inevitable, but we are not looking for copying and pasting exact language from one section to the other.) The information you provide in this section will be used to prepare the content of your Committee Letter, so please write as clearly as possible.

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**Competency #1:**

(No response)

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**Please explain how you have demonstrated this competency. Your response is limited to 700 characters (with spaces).**

(No response)

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**Competency #2:**

(No response)

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**Please explain how you have demonstrated this competency. Your response is limited to 700 characters (with spaces).**

(No response)

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**Competency #3:**

(No response)

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**Please explain how you have demonstrated this competency. Your response is limited to 700 characters (with spaces).**

(No response)

