**Experiences – VMCAS Format**

You may update the information in this section at any time prior to submission. Once you have submitted, you will be able to add more Experiences, but you will not be able to update or delete completed Experiences.

Enter your professional experiences in several categories, or types, in this section. Consider the duties you performed and choose the category that you think best fits the experience. Additionally, review these best practices:

* Enter only current or completed high school and college experiences. Enter only current or completed high school and college experiences. All experience hours entered must be completed by the application deadline (September 15, 2022).
* Review the [Applicant Help Center](https://help.liaisonedu.com/VMCAS_Applicant_Help_Center/Filling_Out_Your_VMCAS_Application/VMCAS_Supporting_Information/2_Experiences) for definitions and an experience chart.
* If your experience doesn't have a set schedule (e.g., 4 hours a week of 8 weeks), then calculate the average weekly number of hours you completed. For example, if you worked 2 hours in the first week and 8 hours in the second week for a total of 10 hours of 2 weeks, then enter 5 hours over 2 weeks.

After experience entry, select up to 5 as your most important to highlight on your application PDF. Choose the experiences that best reflect your background or mean the most to you. You can change your selection any time before you submit your application. After submission, you may select additional experiences as most important up to the maximum but may not remove previously-designated experiences.

Experience Type

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| What type of experience do you want to add? | Choose an item. |

Organization

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| Name |  |
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| City |  |
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| Zip Code |  |
| State/Province |  |

Supervisor

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| --- | --- |
| First Name |  |
| Last Name |  |
| Title |  |
| Contact Phone |  |
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Experience Dates

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| State Date | Click or tap to enter a date. |
| Current Experience | Yes No |
| End Date | Click or tap to enter a date. |
| Status | Choose an item. |

Experience Details

|  |  |
| --- | --- |
| Title |  |
| Type of Recognition | Compensated  Received Academic Credit  Volunteer |
| Average Weekly Hours |  |
| Number of Weeks |  |
| Total Hours |  |
| Description/Key Responsibilities (600 Characters) |  |
| Release Authorization (May we contact this organization?) | Yes No |

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