**Work/Activities – AAMC Format**

The Work and Activities section is designed to give you the opportunity to include in your application any work or extracurricular activities that you would like to bring to the attention of the medical schools to which you are applying. You can add up to 15 entries. You will be prompted to summarize each experience.

As part of this process, you will be asked to identify up to three experiences that you consider the most meaningful. If you have two or more entries you will be required to identify at least one as the most meaningful. When considering which experiences are the most meaningful, you might 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.

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| Experience Type | Experience Name |
| Choose an item. |  |

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| Start Date | End Date | Total Hours |
| Choose an item. | Choose an item. |  |
| Choose an item. | Choose an item. |

Repeated: [ ] Yes [ ] No

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| Organization Name |  |
| Country |  |
| City |  |
| Contact Title |  |
| Contact First Name |  |
| Contact Last Name |  |
| Contact’s Phone |  |
| Contact Email  |  |

Experience Description (700 Characters – NOT WORDS):

This is one of my most meaningful experiences: [ ] Yes [ ] No

If answered yes, then you have an additional 1,325 characters for the Experience Description (remember, up to three of these can be marked as a most meaningful experience).

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Repeated: [ ] Yes [ ] No

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