The West Point
Pre-Medical School Scholarship Program

DISCLAIMER: This guide is intended to assist cadets at the United States Military Academy pursuing the medical school option. Information in this document may change over time. Questions should be directed to the health professions advisor in the Office of the Dean.

Last updated: 14 August 2024

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Introduction

In accordance with Army Regulation (AR) 601-141, the Department of Defense permits cadets from each West Point graduating class to attend medical school under military sponsorship. From 1978 to 2024, the number was capped at two percent of each class. In response to chronic physician recruiting shortfalls, the Army G-1 asked the Superintendent of the United States Military Academy (USMA) to increase the allotment to a goal (not a requirement) of three percent. This change went into effect starting with the Class of 2025.

The Superintendent is responsible for the selection of cadet applicants for the Uniformed Services University (USU) and Health Professions Scholarship Program (HPSP). The management of this process is accomplished through the West Point Pre-Medical Scholarship Program, coordinated by a health professions advisor in the Office of the Dean in concert with faculty from the Department of Chemistry and Life Science (CLS). This document provides information for cadets interested in attending medical school directly from USMA.

Core Competencies

The Association of American Medical Colleges (AAMC) governs the medical school application process for allopathic schools in the United States and Canada. The seventeen core competencies prescribed by the AAMC include proficiency in pre-professional activities, thinking and reasoning, and science competencies. Cadets demonstrate aptitude in these areas through academic success, performance on the Medical College Admission Test® (MCAT), clinical exposure, research, volunteer work and community service. In addition to meeting program requirements, cadets must perform well in the four pillars of academy life: academic, military, physical and character. Cadets are appealing applicants because the qualities and attributes that make them successful at West Point closely align with the core competencies sought by medical schools.

AAMC Association of American Medical Colleges

AAMC Core Competencies

Pre-professional Activities	Thinking and Reasoning	Science Competencies
-Commitment to learning and growth -Cultural awareness -Cultural humility -Empathy & compassion -Ethical responsibility to self & others -Interpersonal skills -Oral communication -Reliability & dependability -Resilience & adaptability -Service orientation -Teamwork & collaboration	-Critical thinking -Quantitative reasoning -Scientific inquiry -Written communication	-Human behavior -Living systems

USMA Program Requirements

Participation in the scholarship program is based on academic performance as well as commitment to the requirements detailed below. It is important to note that the scores/grades serve to meet absolute ***minimum*** requirements; attaining these metrics does not guarantee endorsement to attend medical school. Average scores of matriculants are considerably higher than the minimums and gaining acceptance to medical school generally requires much stronger numbers.

Pre-Medical Program Requirements

- Cumulative Grade Point Average (CQPA) ≥ 3.2
- Biology-Chemistry-Physics-Math (BCPM) average ≥ 3.2
- MCAT score ≥ 500
- MCAT section scores ≥ 124
- Significant clinical exposure (target 200 hours of healthcare volunteer work and shadowing)
- Participation in research
- Selfless service demonstrated by volunteer activities and community work

Course Guidelines

Cadets may enter the program through any major; however, only cadets in CLS majors are guaranteed seats in the pre-requisite classes. The pre-medical program course guidelines are listed below. Undergraduate course requirements for medical schools vary and cadets are strongly encouraged to explore specific recommendations for their schools of interest. For example, a medical school may require an upper-level science class like genetics that is not included in the USMA guidelines. When pre-medical courses are oversubscribed, the final determination for admission will be made by the CLS department with input from the health professions advisor in the Office of the Dean. Factors for consideration will include major, commitment to the pre-medical program, participation in the West Point Pre-Medical Society (WPPMS), progress in meeting program requirements, and reaching Academic Program Score Cumulative (APSC) PEG points for each course. The USMA course recommendations and PEG points are as follows:

Medical Program Course Guidelines

USMA Course	Designation(s)	APSC PEG point
General chemistry with lab – 1 year	CH101*/102	N/A
Organic chemistry with lab – 1 year	CH383/384	3.0
Biochemistry – 1 semester	CH473	3.2
Advanced biology with lab – 1 semester	CH375	3.0
Physiology with lab – 1 semester	CH387	3.2
Physics with lab – 1 year	PH201*/202*	N/A
Calculus – 1 semester	MA104*	N/A
Probability and statistics – 1 semester	MA206*	N/A
English – 1 year	EN101*/102*	N/A

*Cadets may take advanced versions of these courses

Applicants typically apply to many medical schools (18 or more). Omitting courses from the recommended list may limit one's options and compromise opportunities to attend medical school. Cadets who validate required courses (examples: CH101 and CH102) are strongly encouraged to check the guidelines of the medical schools where they plan to apply. Some institutions will not accept the validations, and most schools that accept credit want to see that applicants have pursued a higher-level course for the validated class (example: physical chemistry for cadets who validate inorganic chemistry).

Additional Academic Opportunities

Courses

Beyond the course guidelines outlined above, additional academic opportunities are available. These include individual research courses, healthcare professions seminars, human anatomy, a summer school program for rising seniors, and other courses that provide additional depth in pre-medical disciplines.

According to AAMC, over 85% of medical school applicants perform research. At West Point, participation in research is mandatory for pre-med cadets and individual research courses are available through various departments. CLS offerings include CH289 and CH290 (Introduction to Research 1&2); CH389, CH390, CH391, and C392 (Advanced Lab Projects 1-4); CH489 and CH490 (Individual Research 1&2); CH491 and CH492 (Advanced Individual Study 1&2). These individual research courses have two primary goals. The first is the opportunity for cadets to understand the scientific method in depth while becoming better problem solvers and developing leadership skills. The second goal is to present scholarly research at conferences and author publications. Meeting these goals significantly enhances medical school applications and chances for success in the admissions process.

The Healthcare Professions Seminars 1&2 (CH291 and CH292) help aspiring physicians understand aspects of the medical profession that transcend their coursework, including service as an Army doctor. The classes also assist with preparation for the medical school application process. The Human Anatomy (CH460) course is offered to second semester seniors who have applied to medical school. It is an upper-level anatomy class designed to facilitate the transition to professional schooling. Advanced Study in Pre-medical Science (CH489) is a Summer Term Academic Program (STAP) course that provides endorsed candidates the opportunity to finalize preparations for the MCAT and complete medical school applications.

Several other courses are available to provide depth in pre-medical disciplines. The MCAT includes a section on Psychological, Social, and Biological Foundations of Behavior and the Department of Behavioral Sciences and Leadership (BS&L) offers courses including Biological Psychology (PL390) and Introduction to Sociology (PL371). Life Science majors obtain depth by taking the following electives: Microbiology (CH457), Cellular Biology (CH385) and Genetics (CH388). Depth courses outside a major are offered on a space available basis. All departments give priority for enrollment to their majors; decisions regarding admission to non-majors are made by the departments teaching the classes.

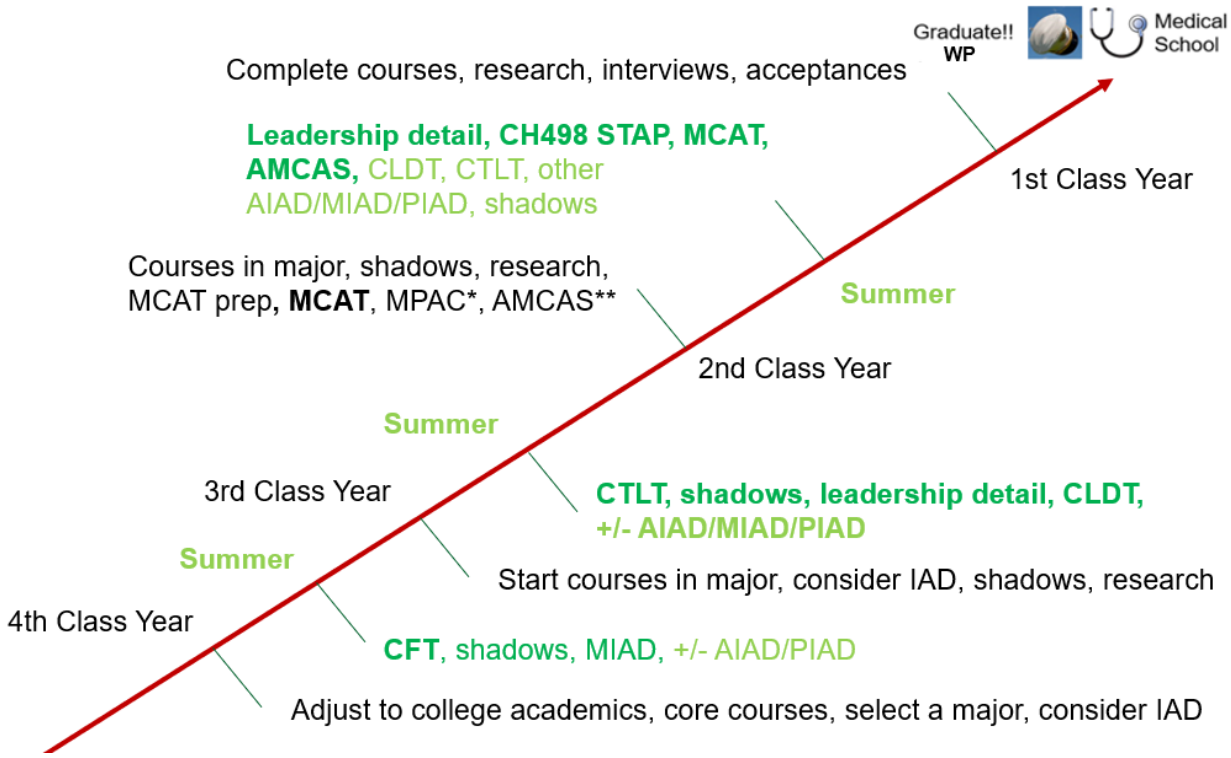
Advanced Individual Academic Development (AIAD) Programs

The CLS department coordinates AIADs specifically designed for medical school aspirants. These programs fall into three categories: research, clinical and combined. The pure research programs provide opportunities for concentrated investigation at outside laboratories. Cadets expand their understanding of science, increase opportunities for publication, and strengthen their medical school applications. Clinical programs are conducted at military medical

centers or civilian teaching hospitals. Participants shadow healthcare providers in a variety of settings including clinics, procedure rooms, and operating theaters. Combined programs, generally conducted at Army facilities, provide time for both laboratory and clinical endeavors.

Timeline

The pre-medical timeline provides a useful framework for the delivery of comprehensive information on the various steps required to earn a scholarship to attend medical school. These components will be addressed chronologically. An overview of the process is depicted on the following page.



*Medical Program Advisory Committee ** American Medical College Application Services

Fourth class (Plebe) year

Academics

In 2024, the nationwide average GPA for applicants accepted to medical school was 3.77. The average non-science GPA was 3.85. While acceptance to medical school is not all about grades, establishing a firm foundation in academics to attain a high Cumulative Quality Point Average (CQPA) is extremely important. Concentration on academics in the first year is critical. During the first semester, cadets are strongly encouraged to develop good study habits and optimize performance across all pillars. The first-year curriculum consists of core courses and **pre-med cadets are advised to take CH102 during the second semester of plebe year.** While it is not an absolute requirement, completing chemistry during the first year facilitates scheduling during the ensuing semesters.

Selecting a Major

One of the most commonly asked questions by pre-med students is, "What should I choose for a major?" Cadets interested in attending medical school may major in any discipline they choose; however, they must ensure that all necessary pre-medical course requirements are met. **At the current time, seats in pre-med courses can only be guaranteed to cadets who major in CLS disciplines.** When selecting a major, it is important to consider "passion and talent." In other words, what academic pursuits excite you (passion) and what are you good at studying (talent)? These considerations should guide selection of a major. West Point will likely provide your only extended undergraduate experience so select a discipline that provides courses that truly interest you! Double majors and minors are not encouraged. The additional time is better spent doing research and engaging in other required pre-med activities like shadowing, volunteering, and community service.

Most aspiring physicians at USMA major in Life Science. This major appeals to their passion for science and facilitates MCAT preparation by providing depth in biology courses. In addition, the required premedical courses are all embedded in the major. Other common majors include Kinesiology, Environmental Science, Psychology, and Mechanical Engineering. Consultation with the Redbook is advised because requirements for majors change year to year. The following are sample Eight-Term Academic Programs (8TAPs) from recent medical school scholarship recipients:

Life Science

Academic Plan (8TAP)

Major-related courses are in **Blue**
Click on Major-related language courses to change Course Tag to CORE

Mil Smr 2021-0	Fall 2021-1	Spring 2021-2	Mil Smr 2022-0	Fall 2022-1	Spring 2022-2	Mil Smr 2023-0	Fall 2023-1	Spring 2023-2	Fall 2024-1	Spring 2024-2	Totals
ML100	CH151	**CH102**	ML200	CH289	**CH384**	ML300	CH291	CH292	CH290	**CH460**	
	CY105	EN152		CH375	**CH388**		**CH376**	**CH387**	**CH457**	**CH479**	
	EN151	HI158U		**CH383**	**CH489**		**CH385**	**CH473**	LW403	CY305	
	HI101	**MA255**		EV203	MA256		**CH490**	CH491	MD401	HI302	
	MA153	MD102		MD201	MD202		LS371	LS372	MX400	MD402	
	MD101	PE215		MS200	PE117		MD301	MD302	NE350	NE450	
	MS100	PL150		PH201X	PE321		MS300	NE300	SS307	PE248	
	PE116			PY201	**PH202X**		PL300	PE360	XH407		
					SS202		**PL390**	PE450			
0	5	5	0	5	6	0	6	5	5	5	42
1	8	7	1	8	9	1	9	9	8	7	68
0.0	19.5	19.0	0.0	20.0	20.5	0.0	22.0	19.0	18.0	16.5	154.5

= required courses

General chemistry 2
Advanced biology
Organic chemistry 1&2
Physics 2
Human physiology
Biochemistry

= additional courses

Introduction to research 1&2
Individual research 1&2
Health Professions Seminar 1&2
Human anatomy
Advanced individual study 1
Advanced light microscopy
Biological psychology

Chemistry

Academic Plan (8TAP)

Major-related courses are in **Blue**
Click on Major-related language courses to change Course Tag to CORE

Mil Smr 2021-0	Fall 2021-1	Spring 2021-2	Mil Smr 2022-0	Fall 2022-1	Spring 2022-2	Fall 2023-1	Spring 2023-2	Mil Smr 2024-0	Fall 2024-1	Spring 2024-2	Totals
ML100	CH101 EN101 HI101 MA153 MD101 MS100 PE116 PL100	CH102 CY105 EN102 HI108U **MA255** MD102 PE215 RS104	ML200	**CH289** **CH375** **CH383** LG203 MD201 MS200 PE117 PE322 PH205 PY201	**CH371** **CH384** **CH389** EV203 LG204 MD202 SS202	CH291 **CH390** **CH481** MA206 MD301 MS300 **PH202** PL300 SS201	**CH290** CH292 CH387 **CH473** **CH482** HI302 MD302 NE300 PE360 PE450	ML300	**CH472** **CH474** LW403 MD401 NE450 PE230 SS307	CH460 **CH471** **CH487** CY305 MD402 MX400 NE350	
0	5	5	0	5	5	5	5	0	5	6	41
1	8	8	1	10	7	9	10	1	7	7	69
0.0	19.5	19.5	0.0	22.0	18.5	21.0	20.5	0.0	16.5	19.0	156.5

= required courses

General chemistry 2
Advanced biology
Organic chemistry 1&2
Physics 2
Human physiology
Biochemistry

= additional courses

Health Professions Seminar 1&2
Human anatomy
Introduction to research 1&2
Advanced lab projects 1&2

Chemical engineering

Academic Plan (8TAP)

Major-related courses are in **Blue**
Click on Major-related language courses to change Course Tag to CORE

Mil Smr 2021-0	Fall 2021-1	Spring 2021-2	Mil Smr 2022-0	Fall 2022-1	Spring 2022-2	IAD(A) 2022-7	Fall 2023-1	Spring 2023-2	Mil Smr 2024-0	Fall 2024-1	Spring 2024-2	Totals
ML100	EN101 HI151 MA153 MD101 MS100 PH255 PL100 RS103	CH289 CY105 EN102 EV203 MA255 MD102 PE116 PE215 **PH256** XH102	ML200	CH102 CH290 LS371 MA206 MD201 MS200 PE117 SS201 SS202	CH275 **CH362** CH389 LS372 **MA365** MD202 PE321 PY201	PE472	**CH363** **CH383** **EE301** **MC300** MD301 ME362 MS300	**CH364** **CH367** CH384 CH387 CH473 MD302 PE360	ML300	**CH350** **CH365** CH390 **CH459** LW403 MD401 ME301 PE450 PL300	**CH300** **CH402** **CH450** CH460 HI302 MD402 MX400 PE258 SS307	
0	5	5	0	5	5	0	5	5	0	6	7	43
1	8	10	1	9	8	1	7	7	1	9	9	71
0.0	19.5	21.5	0.0	20.0	18.5	2.0	18.5	17.5	0.0	22.5	22.5	162.5
											Overload Dean approved	

= required courses

General chemistry 2
Biology
Organic chemistry 1&2
Physics 2
Human physiology
Biochemistry

= additional courses

Human anatomy
Introduction to research 1&2
Advanced lab projects 1&2
Biomedical engineering
Bioengineering modeling and analysis

Kinesiology

Academic Plan (8TAP)

Major-related courses are in **Blue**
Click on Major-related language courses to change Course Tag to CORE

Fall 2019-1	Spring 2019-2	Mil Smr 2020-0	Fall 2020-1	Spring 2020-2	STAP 1 2020-3	Fall 2021-1	Spring 2021-2	Mil Smr 2022-0	Fall 2022-1	Spring 2022-2	Totals
CH101	CH102	ML100	CH275	CH384	CY305	HI302	CH292	ML300	EM384	CH460	
EN101	EN102		CH291X	KN355		KN360	CH387		KN460	KN467X	
HI108U	HI105		CH383	MA256		LF371	CH473		KN470	KN480	
MA153	IT105		EV203	MD202		MD301	KN455		MD401	LW403	
MD101	MA255		KN365	PE215		PE360	LF372		MX400	MD402	
PE116	MD102		MD201	PE320		PH256	MD302		PE245	PE228	
PE117	MS100		MS200	PY201		XH301	MS300		PL300	SE450	
PL100			PH205	SS201			PE450		SS202	SS307	
RS103							SE301		XH401		
							XH302				
5	5	0	5	5	1	4	5	0	6	6	42
9	7	1	8	8	1	7	10	1	9	8	69
19.0	19.0	0.0	20.0	18.0	3.0	15.5	21.0	0.0	20.0	19.0	154.5

= required courses

General chemistry 2
Biology
Organic chemistry 1&2
Physics 2
Human physiology
Biochemistry

= additional courses

Health Professions Seminar 1&2
Human anatomy

Environmental Science

Academic Plan (8TAP)

Major-related courses are in **Blue**
Click on Major-related language courses to change Course Tag to CORE

Mil Smr 2022-0	Fall 2022-1	Spring 2022-2	Mil Smr 2023-0	Fall 2023-1	Spring 2023-2	Mil Smr 2024-0	Fall 2024-1	Spring 2024-2	Fall 2025-1	Spring 2025-2	Totals
ML100	CH101	CH102	ML200	EV289A	EV203	ML300	CH375	CH292	EV388A	CH460	
	CY105	EN102		EV301	EV289B		CH383	CH384	EV450	EV365	
	EN101	HI155		LS371	LS372		CY305	CH387	EV471	EV387	
	HI101	MA104		MD201	MA256		EV289C	CH473	HI302	EV487	
	MA103	MD102		PE117	MD202		EV310	EV350	MX400	LW403	
	MD101	MS100		PH201	MS200		MD301	MD302	PE264		
	PE116	PL100		PY201	PE322		PE360	MS300			
	PE215			SS202	PH202		PE450	SS307			
					SS201		PL350				
0	5	5	0	5	5	0	5	5	5	5	40
1	8	7	1	8	9	1	9	8	6	5	63
0.0	19.5	19.0	0.0	18.5	19.0	0.0	19.5	19.0	16.0	15.5	146.0

= required courses

General chemistry 2
Advanced biology
Organic chemistry 1&2
Physics 2
Human physiology
Biochemistry

= additional courses

Health Professions Seminar 2
Human anatomy
Intro Ind Study & Research 1,2,3

Psychology

Academic Plan (8TAP)

Major-related courses are in **Blue**
Click on Major-related language courses to change Course Tag to CORE

Mil Smr 2022-0	Fall 2022-1	Spring 2022-2	Mil Smr 2023-0	Fall 2023-1	Spring 2023-2	Mil Smr 2024-0	Fall 2024-1	Spring 2024-2	Fall 2025-1	Spring 2025-2	Totals
ML100	CH151 EN151 HI101 MA153 MD101 MS100 PL100	CH102 CH289 EN152 EV203 HI108U MA255 MD102 PE116 PE215	ML200	CH290 **CH375** **CH383** MA256 MD201 MS200 PH251 SS201	**CH384** CH388 CH389 MD202 PE117 PE321 **PH202** PY201 SS202	ML300	CH291 CH390 LC203 MD301 PE360 PE450 **PL250** PL350 **PL383** SS307	CH290A CH292 **CH387** **CH473** LC204 MD302 MS300 NE300 **PL376**	CH290B **CY305** LW403 NE350 NE450 **PL361** **PL373**	CH460 HI302 MX400 PE267 **PL387** **PL462** **PL488B**	
0	5	5	0	5	5	0	5	5	6	6	42
1	7	9	1	8	9	1	10	9	7	7	69
0.0	19.0	20.5	0.0	20.0	19.5	0.0	21.0	20.5	19.0	19.0	158.5

= required courses

General chemistry 2
Advanced biology
Organic chemistry 1&2
Physics 2
Human physiology
Biochemistry

= additional courses

Health Professions Seminar 1&2
Human anatomy
Introduction to research 1&2, A, B
Advanced Lab Projects 1&2
Genetics

Mechanical Engineering

Academic Plan (8TAP)

Major-related courses are in **Blue**
Click on Major-related language courses to change Course Tag to CORE

Mil Smr 2021-0	Fall 2021-1	Spring 2021-2	STAP 2 2021-4	Mil Smr 2022-0	Fall 2022-1	Spring 2022-2	Fall 2023-1	Spring 2023-2	Mil Smr 2024-0	Fall 2024-1	Spring 2024-2	Totals
ML100	CH151 EN151 HI101 MA153 MD101 MS100 PL100	CH102 CY105 EN152 HI108L **MA255** MD102 PE116 PE215	EV203	ML200	**CH375** CH383 **MC300** MD201 **ME201** MS200 PH201X SS201	CH384 **MC364** MD202 ME189 **ME202** PE117 PE321 PH202X PY201 SS202	**EE301** LS371 **MA365** **MC306** MD301 **ME301** **ME389** MS300 PL300	CH292 CH387 CH473 LS372 MD302 **ME362** **ME403** PE360 PE450 SS307	ML300	CH385 HI302 LW403 **MC380** MD401 **ME400** **ME404** **ME480**	CH460 MD402 **ME496** MX400 PE264 **XE310** **XE472**	
0	5	5	1	0	6	6	7	6	0	6	5	47
1	7	8	1	1	8	10	9	10	1	8	7	71
0.0	19.0	19.5	3.0	0.0	22.0	22.0	24.5	23.0	0.0	21.0	16.5	170.5
							Overload Dean approved					

= required courses

General chemistry 2
Advanced biology
Organic chemistry 1&2
Physics 2
Human physiology
Biochemistry

= additional courses

Health Professions Seminar 2
Human anatomy
Cell biology

Mathematics

(Major-related courses are in **blue**)
Click on Major-related language courses to change course tag to CORE.

2016-1	2016-2	2017-0	2017-1	2017-2	2018-0	2018-1	2018-2	2019-1	2019-2	
(8)	(7)	(1)	(8)	(9)	(1)	(9)	(9)	(8)	(9)	
CH151	**CH102**	ML100	LF203	CH375	ML300	CH290	CH291X	CE350	CE450	
EN101	EN102		MA206	EV203		**CH383**	CH384	**MA376**	CH460	
HI105	HI158		**MA371**	LF204		**CY305**	CH387	**MA386**	HI302	
MA153	IT105		MD201	**MA391**		**MA381**	CH389	MA486	LW403	
MD101	MA255		PE215	MD202		**MA383**	**CH473**	**MA498**	**MA372**	
MS100	MD102		PH205	MS200		MC300	**MA387**	MD401	**MA499**	
PE116	PE117		PY201	PE321		MD301	**MA490**	PL300	MD402	
PL150			SS202	**PH256**		MS300	MD302	SS307	MX400	
				SS251		PE245	PE360		PE450	**Total**
{5}	{5}	{0}	{6}	{6}	{0}	{5}	{5}	{7}	{7}	{46}
8	7	1	8	9	1	9	9	8	9	69
19.5	18.0	0.0	21.5	23.0	0.0	18.5	19.5	21.0	23.0	164.0

= required courses

General chemistry 2
Advanced biology
Organic chemistry 1&2
Physics 2
Human physiology
Biochemistry

= additional courses

Introduction to research
Advanced lab projects 1
Healthcare Professions Seminar
Human anatomy

Foreign Language

(Major-related courses are in **blue**)
Click on Major-related language courses to change course tag to CORE.

2017-1	2017-2	2018-0	2018-1	2018-2	2019-0	2019-1	2019-2	2020-1	2020-2	
(8)	(7)	(1)	(9)	(10)	(1)	(7)	(11)	(9)	(6)	
CH151	**CH102**	ML100	CH290	CH375	ML300	**EV371**	CH387	**DS455**	LN490	
EN152	HI108R		CH383	CH384		**HI367**	CH473	HI302	LR476	
HI155	MA255		**LN380**	CH389		**LN451**	**CY305**	LN287	LR492	
IT105	MD102		LR203	EV203		LN492	**LR484**	LR485	MD402	
MA153	PE117		MA206	LR204		LN493	MD302	LW403	NE450	
MD101	PL150		MD201	MD202		LN494	MS300	MD401	**SS465**	
MS100	PY251		PE215	MS200		MD301	NE300	MX400		
PE116			PH255	PE321			PE245	NE350		
			SS202	**PH256**			PE360	PE450		
				SS251			PL300			
							SS307			**Total**
{5}	{5}	{0}	{6}	{6}	{0}	{6}	{7}	{6}	{5}	{46}
8	7	1	9	10	1	7	11	9	6	69
19.5	18.0	0.0	23.0	25.0	0.0	18.0	24.5	20.5	15.0	163.5

= required courses

General chemistry 2
Advanced biology
Organic chemistry 1&2
Physics 2
Human physiology
Biochemistry

= additional courses

Introduction to research
Advanced lab projects 1

West Point Premedical Society (WPPMS)

The WPPMS provides opportunities for cadets to share interests, attend talks by guest speakers, join in volunteer experiences, and pursue leadership positions. This cadet run club operates under the auspices of a faculty member in the CLS department in close coordination with the USMA health professions advisor. **It is imperative that all pre-med cadets join the WPPMS.** Since cadets enter the pre-med scholarship program through a variety of majors, the WPPMS serves as the primary conduit for information flow. All important events are coordinated through the WPPMS, ranging from briefings regarding the pre-med program and shadowing opportunities to MCAT preparation and selection by the Medical Program Advisory Committee (MPAC) to attend medical school.

Research

Most research projects are performed by teams and plebe year is an excellent time to join one of them. The benefits of research are discussed above (Additional Academic Opportunities, Courses). These endeavors can be performed independently or as part of a course. Early entry into the research arena provides time for training in specific techniques and accumulating experience while establishing leadership opportunities for the future. It also enhances prospects for presentations and publications.

Volunteerism and Community Service

The medical profession demands selfless service to others. One way that admissions committees judge applicants in this core competency is through their commitment to volunteer activities and community service. There are a wide range of extracurricular activities at West Point that fall into this category and cadets are encouraged to participate in organizations and endeavors that interest them. Examples include Habitat for Humanity, Special Olympics, Unified Sports, scouting, tutoring, etc.

Clinical Exposure

Medical schools place a high premium on exposure to clinical medicine. In an era when physician burnout and dissatisfaction with the profession are high, shadowing and other clinical experiences are thought to provide a more realistic introduction to the rewards and challenges of a career in healthcare. Without clinical exposure, it is highly unlikely that an applicant will get accepted to medical school. Over 70% of civilian students attending medical school do gap time prior to starting their professional education. In many cases, they work in healthcare during this period. As a result, cadets are competing with applicants who have many hundreds to thousands of hours of clinical exposure. While the USMA program requirement of 200 shadowing hours is difficult for some cadets to achieve, medical schools see significantly more clinical work from their applicants.

A very limited shadowing program exists at Keller Army Community Hospital (KACH) and cadets are encouraged to sign up through the WPPMS. However, the volume of experience attainable at KACH is woefully inadequate and it is imperative to gain additional exposure while away from West Point and through AIADs. Beyond the hours, it is important to gain meaningful insights and draw lessons from the clinical experiences. During medical school interviews, admissions committee members frequently explore the clinical experiences of applicants to ensure that aspiring doctors understand the profession they seek to enter.

Third class (Yearling) year

Academic and Military Individual Advanced Development Programs (AIADs and MIADs)

Cadets are encouraged to complete a MIAD or AIAD during the summer following plebe year. This will provide more flexibility during the ensuing summers. MIADs include Airborne School at Fort Moore, Georgia and Air Assault School at West Point. Several departments offer AIAD programs that provide opportunities for pre-med cadets. An overview of the CLS offerings is provided above (Additional Academic Opportunities, AIADs). Beyond the AIADs specifically targeted for medical school aspirants, there are other beneficial programs. For example, the Department of Physics has sent cadets to national laboratories including Los Alamos, Lawrence Livermore, and Sandia. A performance psychology internship has been sponsored by the Department of Behavioral Science and Leadership (BS&L). The Department of Social Sciences has provided overseas medical experiences through international organizations like Projects Abroad. Cadets have worked at the Department of Health and Human Services through a program coordinated by the Department of Geography and Environmental Engineering. Offerings from the various departments differ year to year and interested cadets should contact the respective department AIAID coordinators to explore options.

Academics

Cadets start their premedical coursework during the second-class year. Typical courses include advanced biology (CH375), organic chemistry (CH383/384) and physics (PH201/251 and PH202/252).

Clinical Exposure

Yearling year is an ideal time to continue gaining exposure to medicine through shadowing and other clinical opportunities. For those who did not start shadowing during plebe year, it is extremely important to begin. This can be done independently or through AIAD programs. These shadowing opportunities help inform the decision to become a physician. If medicine is not the right path, it is good to figure that out as early as possible. Conversely, if clinical exposure reinforces the decision to enter the healthcare profession, having a variety of experiences will strengthen one's medical school application and improve chances for success.

Most cadets have leave time during the summer. All are encouraged to set up shadowing opportunities while away from West Point. Cadets should try to establish relationships with providers who can be visited throughout the undergraduate years. These repeat encounters provide opportunities to receive clinical letters of recommendation that are required as part of the West Point endorsement process. Exposure to patients is the key and varied experiences are ideal. Cadets should not narrow shadowing experiences to one or two specialties. Students interested in surgery should spend time with primary care providers, medical specialists, radiologists, etc., in addition to surgeons. Future medical school applicants should carve out time to work with nurses, physician assistants, physical therapists, and other healthcare personnel. Anything that puts applicants in contact with patients and provides education about healthcare is

worthwhile. The more clinical exposure an individual has, the stronger the application will be. Civilian applicants often have thousands of hours working as paramedics, emergency medical technicians, scribes and health aids. While cadets cannot attain massive numbers of clinical hours due to the demands of academy life, it remains important to accumulate a significant amount of clinical exposure.

Research

Hopefully, most yearlings started working with a research group and/or advisor during their first year (see Plebe Year, Research). If so, they should continue working with their partners and principal investigators. If one's interest has been sparked by other projects and/or professors, those areas of study should be explored. For cadets who have not yet entered the research arena, this is the time to start. Consider bench (basic science) research, clinical research (often performed with physicians from KACH or USU), translational research, or studies in other disciplines of interest. These endeavors can be pursued with mentors from any department. Projects should create new knowledge and/or use existing knowledge in a new and creative way to generate new concepts, methodologies and/or understandings. A record of publications and presentations is not an absolute requirement for all medical schools; however, it greatly enhances applications and may be required for acceptance to top tier institutions.

Volunteerism and Community Service

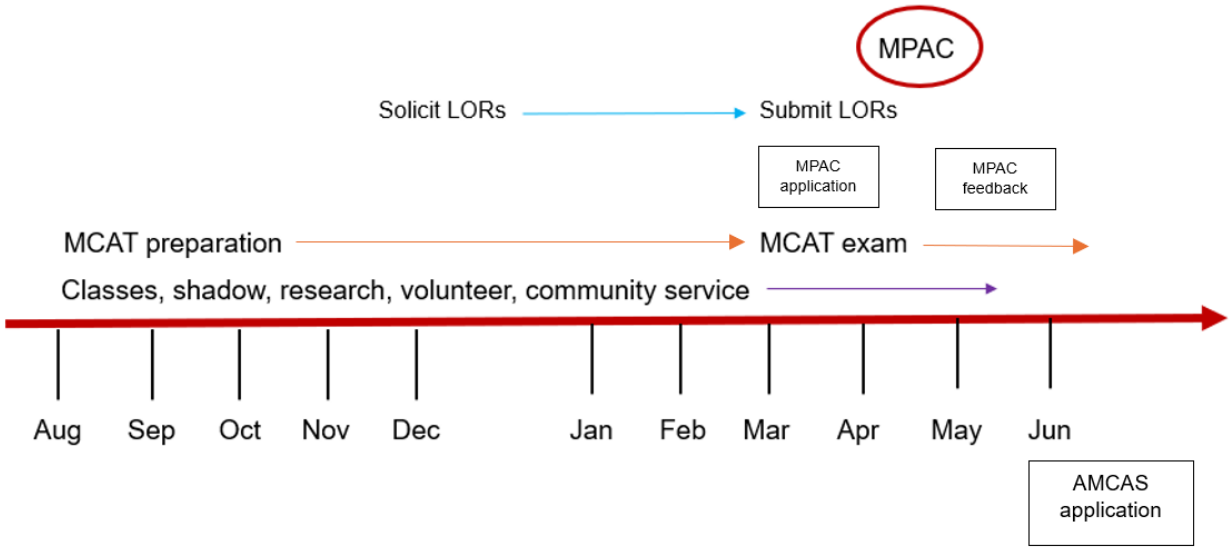
These endeavors should continue during the third-class year. Cadets are encouraged to serve in leadership positions.

Summer Programs

It is extremely important to manage summer requirements to free up time during the beginning of the summer prior to firstie year. Cadets are strongly encouraged to discuss their medical school aspirations with their tactical officers/non-commissioned officers (NCOs) to develop summer programs that will facilitate the medical school application process. Rising second class cadets should try to meet two graduation requirements (Cadet Troop Leader Training (CTLT), Cadet Leader Development Training (CLDT), leadership detail, AIAD/MIAD/PIAD) during cow summer, leaving only one or two additional requirements for firstie summer. Having unstructured time at the beginning of firstie summer provides opportunities to work on applications, study for the MCAT (for cadets who have not taken, or plan to retake, the exam), and/or enroll in CH498 - Advanced Study in Pre-medical Science. The medical school application process is detailed and time-consuming. Devoting quality time to it in May and June of one's senior year pays tremendous dividends down the road.

Second class (Cow) year

Timeline



Academics

Cadets complete their premedical coursework during the second-class year in anticipation of taking the MCAT. Typical courses include physiology (CH387) and biochemistry (CH483); both classes are taught during the second semester. Cows are strongly encouraged to take Healthcare Professions Seminars 1&2. The first semester (CH291) explores the "big picture" of medicine and the second semester (CH292) helps guide aspiring physicians through the medical school application process.

AIADs, clinical exposure, research, volunteerism and community service

These endeavors, detailed in the sections above, continue into cow year. Schedule permitting, AIADs are available during the summer. Shadowing, research, volunteerism and community service should continue throughout the second-class year. Premed cadets often assume senior positions in research teams and volunteer organizations.

The Medical College Admission Test® (MCAT)

Overview

The Medical College Admission Test® is a standardized, multiple-choice examination administered by the AAMC. It is designed to assess problem solving, critical thinking, and knowledge of natural, behavioral, and social science concepts and principles prerequisite to the study of medicine. The test provides a consistent way to compare applicants from a wide range of undergraduate colleges and universities. In April 2015, the AAMC launched the current version of the MCAT exam. Scores are reported in four sections:

- Biological and Biochemical Foundations of Living Systems
- Chemical and Physical Foundations of Biological Systems
- Psychological, Social, and Biological Foundations of Behavior
- Critical Analysis and Reasoning Skills

Successful completion of the MCAT is a required element of the West Point Pre-Medical Scholarship Program. USU, HPSP and almost all U.S. medical schools require submission of MCAT exam scores. The total score ranges from 472 to 528. The absolute minimum scores to receive a scholarship are 500 overall and 124 on each section; however, gaining acceptance to medical school usually requires considerably higher numbers. A score of 511 is the generally accepted cutoff to be competitive for medical school. The average score nationwide of medical school matriculants in 2024 was 511.7.

The key to success on the MCAT is preparation. Historically, cadets have underprepared and underperformed on the exam, limiting their opportunities at many medical schools. Conversely, those who scored well were accepted by many of the best schools in the country. AAMC data demonstrate that the largest number of applicants who take the MCAT study more than 30 hours a week for over 16 weeks.

Time spent preparing	Percentage of respondents
Weeks	
0-8	**26%**
9-12	**27%**
13-16	**19%**
More than 16	**28%**
Hours per week	
0-10	**21%**
11-20	**28%**
21-30	**22%**
More than 30	**29%**

AAMC recommendation:

240 hours over 3 months

Preparation Materials

There are many companies that provide test preparation services. These include Blueprint, Kaplan, Princeton Review, Altius, Khan Academy, MCAT Self-Prep, Magoosh, Prep 101, etc. AAMC provides a variety of study resources including full length practice tests. Since AAMC writes and administers the MCAT, applicants are encouraged to use their resources with supplementation as needed from any of the myriad companies that offer materials.

Test Format

The standard MCAT is a 7.5-hour computerized test divided into four sections. The exam is presented in the order depicted and includes the components detailed below:

Section Name	Abbreviation	Questions	Minutes	Biochemistry	Biology	General Chemistry	Organich Chemistry	Physics	Psychology	Sociology
Examinee agreement			8							
Tutorial (optional)			10							
Chemical and Physical Foundations of Biological Systems	Chem/Phys	59	95	25%	5%	59	95	25%	0%	0%
Break (optional)			10							
Critical Analysis and Reading Skills	CARS	53	90	0%	0%	0%	0%	0%	0%	0%
Break (optional)			30							
Biological and Biochemical Foundations of Living Systems	Bio/Biochem	59	95	25%	65%	5%	5%	0%	0%	0%
Break (optional)			10							
Psychological, Social, and Biological Foundations of Behavior	Psych/Soc	59	95	0%	5%	0%	0%	0%	65%	30%
Void question			5							
Survey (optional)			5							
Overall		230	453	16.7%	25.0%	11.7%	6.7%	8.3%	21.7%	10.0%

Scoring

Raw scores: Scoring is based on the number of questions answered correctly. The raw score reflects correct answers only; a wrong answer is scored the same as an unanswered question. There is no additional penalty for wrong answers, so it is advisable to make an educated guess when the occasion arises. The raw scores from each of the four sections are converted to a scaled score ranging from 118 (lowest) to 132 (highest).

Scaled Scoring: The conversion of raw scores to scaled scores compensates for small variations in difficulty between sets of questions. The exact conversion of raw to scaled scores is not constant because different sets of questions are used on different exams. Two students of equal ability are expected to get the same scaled score, even though there might be a slight difference between the raw scores each student obtained on the test.

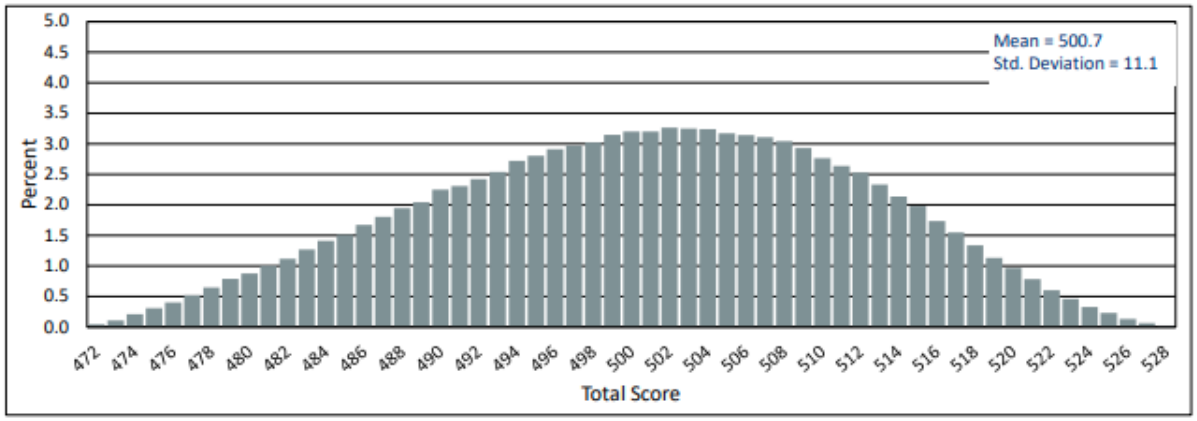
Percentiles: The percentile ranks reflect the percentage of test takers who received the same scores, or lower scores, on the exam. They provide a comparison to the scores of other examinees. On May 1st each year, the percentile ranks are updated using data from one or more testing years. These annual updates ensure that the percentile ranks reflect current and stable information about the scores. As a result, changes in percentile ranks from one year to another reflect meaningful changes in the scores of examinees, rather than year-to-year fluctuations.

Summary of MCAT Total and Section Scores

Percentile Ranks in Effect May 1, 2024 – April 30, 2025

N = 280,733

MCAT Total



Total Score	Percentile Rank
472	<1
473	<1
474	<1
475	1
476	1
477	2
478	2
479	3
480	4
481	5
482	6
483	7
484	9
485	10
486	12
487	14
488	16
489	18
490	20

Total Score	Percentile Rank
491	22
492	25
493	27
494	30
495	33
496	36
497	39
498	42
499	45
500	48
501	51
502	54
503	58
504	61
505	64
506	67
507	70
508	73
509	76

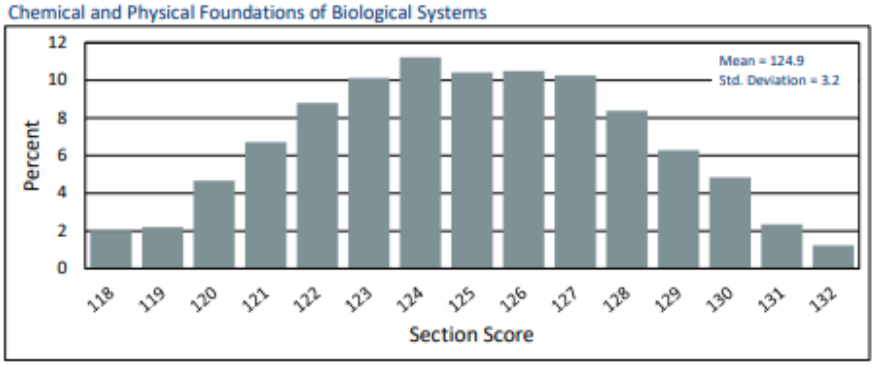
Total Score	Percentile Rank
510	79
511	82
512	84
513	87
514	89
515	91
516	92
517	94
518	95
519	96
520	97
521	98
522	99
523	99
524	100
525	100
526	100
527	100
528	100

MCAT
AAMC

Summary of MCAT Total and Section Scores (*Continued*)

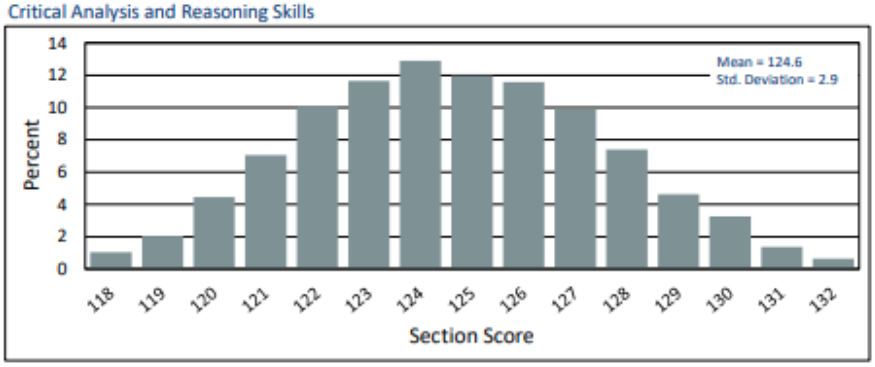
Percentile Ranks in Effect May 1, 2024 to April 30, 2025

Chemical and Physical Foundations of Biological Systems



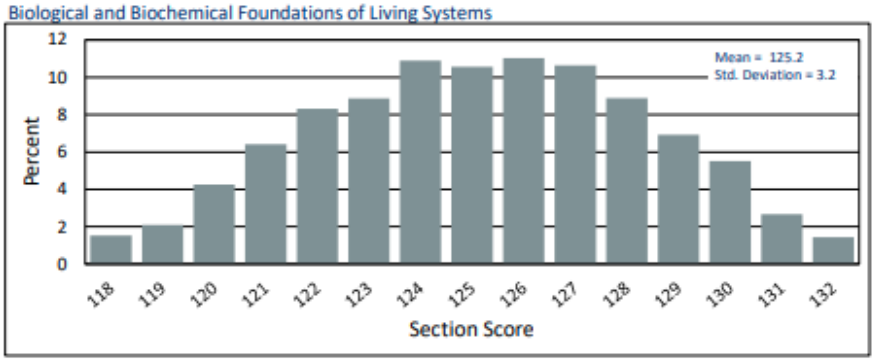
Section Score	Percentile Rank
118	2
119	4
120	9
121	16
122	24
123	34
124	46
125	56
126	67
127	77
128	85
129	92
130	96
131	99
132	100

Critical Analysis and Reasoning Skills



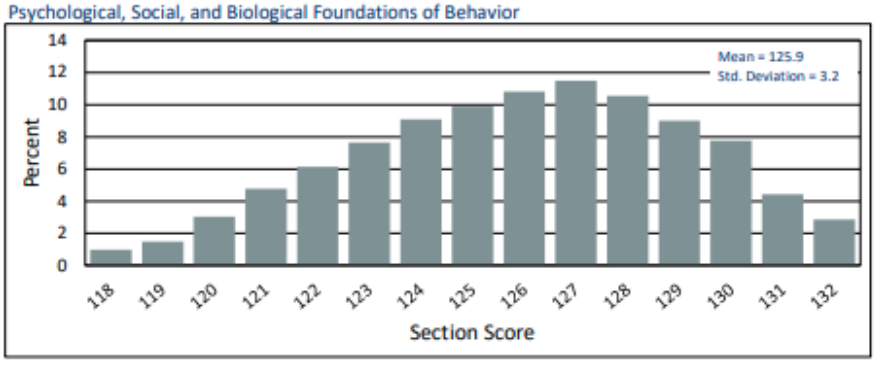
Section Score	Percentile Rank
118	1
119	3
120	8
121	15
122	25
123	36
124	49
125	61
126	73
127	83
128	90
129	95
130	98
131	99
132	100

Biological and Biochemical Foundations of Living Systems



Section Score	Percentile Rank
118	2
119	4
120	8
121	14
122	23
123	31
124	42
125	53
126	64
127	75
128	83
129	90
130	96
131	99
132	100

Psychological, Social, and Biological Foundations of Behavior



Section Score	Percentile Rank
118	1
119	2
120	5
121	10
122	16
123	24
124	33
125	43
126	54
127	65
128	76
129	85
130	93
131	97
132	100

Timing

The latest date a cadet is permitted to take the MCAT is mid-June of cow year. The exact date is announced several times each admissions cycle. Cadets are strongly encouraged to take the MCAT no later than April of their cow year. This provides an opportunity to retake the examination in the event of a low score. The scores must be received by mid-July and cadets who do not meet the cut-off scores (500 overall and 124 on each section) by that date are eliminated from the scholarship program. While they may attend medical school in the future, those cadets are obligated to serve in the Army prior to pursuing their studies.

Medical Program Advisory Committee (MPAC)

Overview

The Medical Program Advisory Committee convenes a board each spring to assess individual readiness for application to attend medical school. The committee can select up to three percent of the second-year class for endorsement to attend medical school directly from USMA. The exact number is calculated based on the number of cadets in the class in January of the second semester of cow year. The exact timeline and application requirements are disseminated through the WPPMS. A briefing is held at the beginning of the second semester to explain the process in detail and answer questions.

Participants

The MPAC board is composed of the Dean's Health Professions Advisor and representatives from the Department of CLS, KACH, USCC, and Uniformed Services University (USU). Prior to the interviews, the board reviews packets that include the materials detailed below. During the interview, board members ask a series of questions to gain a better understanding of each cadet's suitability and readiness to become an Army physician.

Required Documents

Application: This includes demographic information, CQPA, grades in designated subjects and specific questions.

Personal Statement: The essay is limited to 5,300 characters (including spaces). This exact format is used in the AMCAS medical school application. Assistance is permitted and applicants are strongly encouraged to have their statements reviewed for errors in spelling, grammar, punctuation, etc. The use of artificial intelligence (AI) platforms is not permitted in crafting personal statements; it is important that the essay is individualized based on qualities, goals and aspirations of the applicant. AI is permitted to perform copy-editing once the initial drafts of the essay have been completed.

Resume: A specific format is provided for applicants. Cadets should not include honors, activities, etc. from their high school years unless they are still actively involved in the activity/organization (example: Special Olympics – 2018-2024).

Letters of Recommendation (LOR): Applicants are required to submit five to seven letters of recommendation. At least two letters must be from faculty in the Department of Chemistry and Life Science and cadets must have a minimum of one letter from a physician (M.D. or D.O.). Letters should be addressed "To Whom It May Concern." A detailed memorandum on letters of recommendation is provided as part of the MPAC preparation materials.

Clinical exposure/shadowing log: Cadets are asked to list medically related shadow and volunteer activities. The log includes the experience/specialty (example: general surgery), mentor (Dr. Smart), estimated number of hours each day, location (example: KACH) and a brief description of the experience.

Work and Activities: This section provides the opportunity to highlight up to fifteen work experiences, extracurricular activities, AIADs/MIADs/PIADs, research activities, chain of command positions, awards, honors, publications, or other endeavors that applicants want to bring to the attention of the MPAC and medical schools. It follows the exact format used by AMCAS. Applicants are encouraged to consider the transformative nature of the experience, the impact made while engaging in the activity and the personal growth experienced as a result of participation. Entries typically address the following: time spent (commitment), responsibilities and accomplishments, impact (on whom, how), values/qualities demonstrated, and lessons/growth (if applicable).

Cadet Record Brief (CRB) and TAC endorsement: Each packet includes a CRB. In addition, each Company TAC is contacted to ensure that endorsement to attend medical school is supported. Cadets are required to speak with their TACs to let them know that they will be applying to the MPAC. The Dean's office solicits the CRB and TAC comments for the board.

Transcript: The Dean's office obtains the transcript.

Endorsement

Following the interviews, the committee announces provisional endorsements pending spring semester grades and successful completion of the MCAT by mid-June. If there are more qualified cadets than available slots, an Order of Merit List (OML) is created to designate alternates. Endorsed cadets are re-evaluated in August. Those who meet established HPSP requirements (CQPA = 3.2, MCAT = 500, section scores ≥ 124) remain endorsed. Those who fail to meet these criteria are re-evaluated by a sub-committee of the MPAC. Individuals originally on the alternate list can receive an endorsement if slots become available following the re-evaluation process or following voluntary withdrawal by an endorsed cadet. The Dean's Health Professions Advisor writes committee letters and creates letter packets for the medical school applications of endorsed cadets.

MPAC Feedback

Following announcement of the MPAC selections, cadets are required to meet with the USMA Health Professions Advisor to receive feedback. Meetings take place from late April through graduation week. During these sessions, applications are reviewed in detail with a focus on strengths and areas for improvement. Constructive critiques of interview performances are provided. Finally, cadets are expected to present the list of medical schools where they plan to apply.

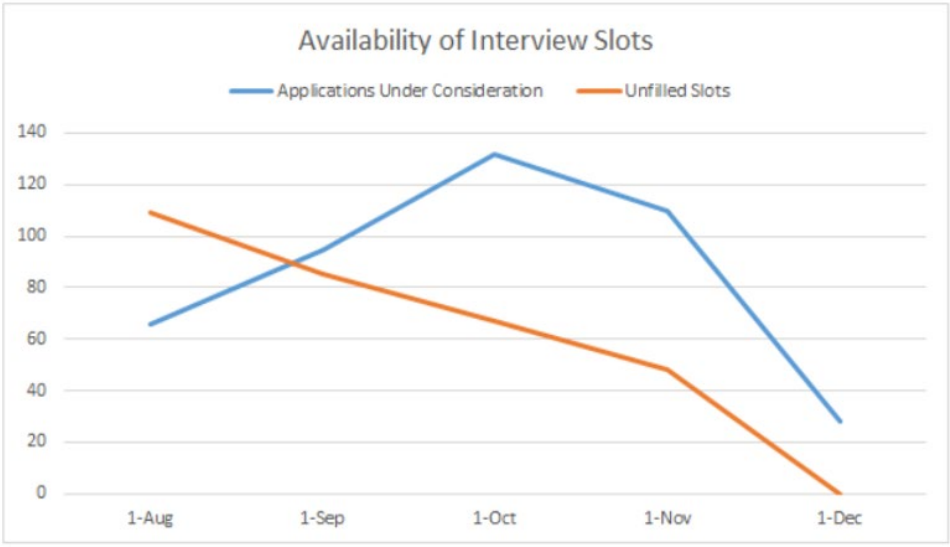
First class (Firstie) year

Advanced Study in Pre-medical Science (CH489)

Advanced Study in Pre-medical Science (CH489) is a STAP 1 course that provides endorsed candidates the opportunity to finalize preparations for the MCAT (if necessary) and medical school applications. The course essentially carves out time for pre-medical activities during a busy phase of the process. Individuals who are taking the MCAT can use the time to finish preparing for the examination. Cadets also complete and submit their American Medical College Application Service (AMCAS) applications and work on pre-writing secondary submissions.

Primary Applications

Primary application to the vast majority of allopathic medical schools in the United States is done through the American Medical College Application Service (AMCAS). Schools in Texas use a different application that is administered by the Texas Medical and Dental Schools Application Service (TMDSAS). Osteopathic schools employ the American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS). **Cadets are strongly encouraged to send their applications on the day that the annual cycle opens for submission to the respective services (usually in May).**



Data from Washington University demonstrating the advantages of early application

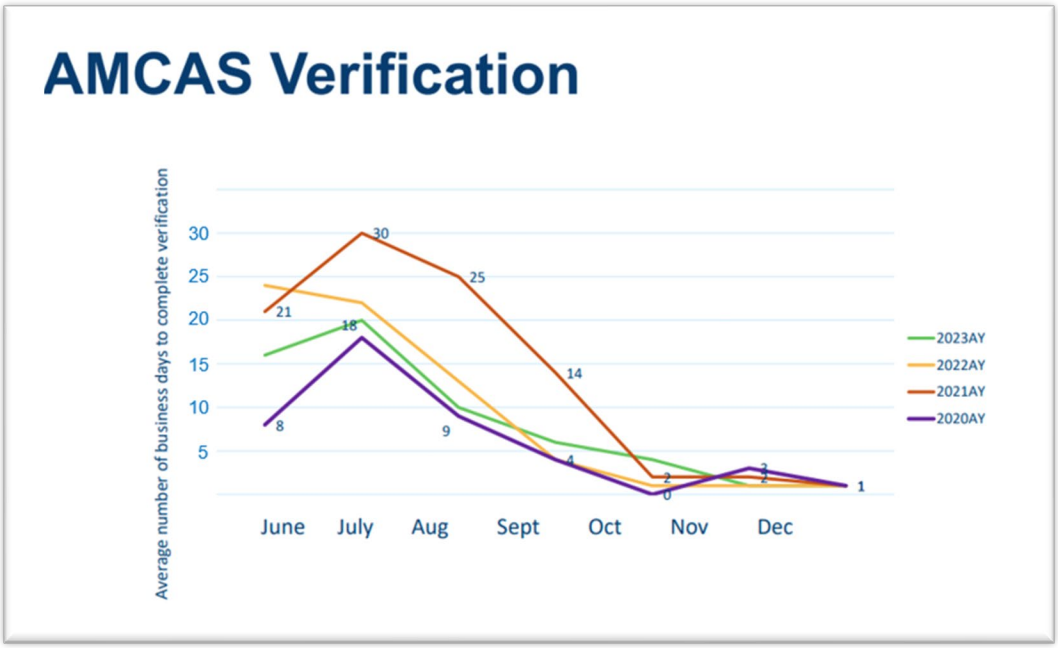
AMCAS Application – Major Components

Background Information

This section includes basic background information including name, date of birth, schools attended, citizenship, etc.

Course Work

Applicants are required to enter all courses from every college and university attended. This includes physical education classes, military science courses and military development grades. College courses taken in high school programs that offer college credit through a partner institution are listed; however, Advanced Placement (AP) and International Baccalaureate (IB) courses are not included. The calculated GPA consists of all classes that confer a grade and offer credit hours. For example, military development (MD) grades are listed but not included in the GPA calculation because they do not confer credit hours. The highest grade recognized by the system is an "A." Cadets who received grades of "A+" will find that their AMCAS GPA is slightly lower than their USMA APSC. Courses are verified by AMCAS after receiving transcripts. The length of time for verification increases as the cycle progresses, presenting another reason to apply on the earliest possible date (see graph below). Applications are returned for missing or incomplete information so attention to detail is paramount. Further guidance on all sections of the application is available in the AMCAS Applicant Guide.



Transcripts

Cadets arrange for their USMA transcripts to be sent by the health professions advisor in the Office of the Dean to AMCAS. This is accomplished by sending the transcript request form generated in the AMCAS application to the advisor. Transcripts should be sent as soon as possible following the conclusion of the spring term. Application verification cannot begin until transcripts have been received.

Work and Activities

This is an important section where applicants enter work experiences, extracurricular activities, awards, research, chain of command activities, military training, etc. Individuals may enter up to fifteen items; however, quality is more important than quantity. Applicants are not required to meet the maximum number. Narratives of up to 700 characters are written for each item. These should be thoughtful reflections highlighting leadership, teambuilding, and the development of qualities and attributes that will make the applicant a better physician. In addition, three items may be designated as "most meaningful" and an additional 1,325 characters are permitted to provide remarks.

Medical schools do not receive a separate resume or curriculum vita, so the Work and Activities section provides a critical window into contributions outside the classroom. Applicants are encouraged to demonstrate balance in their selection of entries. Clinical exposure/shadowing, research and other experiences that relate to the practice of medicine should be included. Activities performed while in high school should NOT be included unless the applicant continues to contribute to the activity/organization in a meaningful way as an undergraduate.

Letters of Evaluation

In this section, applicants enter information about their letter writers and indicate which schools should receive recommendations. In most cases, the letters provided for the MPAC are also used for medical school applications. The number of letters accepted by schools varies, ranging from three to ten. Since the AMCAS application is distributed to many schools, up to ten letters can be uploaded; however, cadets are encouraged to submit five to seven letters, not counting their committee letter.

Committee letters are written by the health professions advisor for all endorsed cadets. A packet is created that includes a cover letter describing the program at West Point, an individualized letter unique to the cadet, and all letters of recommendation received by the MPAC and designated by the applicant. It is important to check the requirements of the medical schools. Most institutions permit a committee letter packet that includes the additional individual recommendations. Some schools only allow committee letters without a packet, necessitating the submission of separate individual letters. Cadets applying to medical schools that do not accept packets must contact their letter writers individually to have the additional recommendations uploaded.

Medical Schools

Applicants list the medical schools where they wish to apply. The current Medical School Admissions Requirements (MSAR), a document provided by AAMC, is an excellent resource to guide the selection of allopathic schools. Cadets are advised to apply to 15 to 20 medical schools but are permitted to apply to as many as they want. In 2023, the national average number of schools per AMCAS applicant was eighteen, resulting in three interviews and one acceptance per individual. Cadet success in receiving interviews and acceptances generally exceeds the outcomes reflected in the national statistics.

Several guidelines are offered when developing a school list: 1) Apply to USU, even if it is not your top choice, 2) apply to all the state schools in your state (unless there are a very large number like in Texas and California), 3) only apply to state schools outside your state if the MSAR confirms that they take a reasonable number of out-of-state residents. Acceptance to medical school is all about "fit," a concept that transcends numbers alone. Analyzing the mission

of a medical school is critically important when determining fit. However, the metrics (GPA and MCAT score) should also guide applicants. Beyond MCAT and GPA averages, the MSAR details ranges of scores for all accepted applicants to each school.

Cadets are encouraged to divide schools into three categories: 1) “reach” schools, 2) “in the zone” schools and 3) “comfortable by metrics” schools. There are no true “safe schools” in the medical school application process. Applicants should carefully research the medical schools to establish places that provide the best fit. Do not rely on reputation and metrics alone. As stated by an expert advisor, “Speak to those in the know, honor your deal breakers, align your passions/program and consider your support system.”

Essays

The personal statement is uploaded in this section. It is a 5,300-character (including spaces) essay that introduces the medical school admissions committee to the applicant. The completion of a well-crafted personal statement is an iterative process that takes considerable time and effort. Most applicants write multiple drafts before arriving at their final product. Meticulously edit the personal statement for errors in spelling, grammar, punctuation and create a well-written and compelling essay.

Standardized Tests

MCAT scores will be directly loaded into applications by AAMC as soon as the results are available. For applications submitted prior to receipt of MCAT results, the scores will automatically be forwarded to the schools listed by the applicant as soon as they become available. Cadets should submit their AMCAS applications as soon as possible in May and not wait for their test results. School lists can be revised once the scores are received.

Application Costs

The application fees in 2024 were as follows:

AMCAS: $175 for the first school, $45 for each additional.

TMDSAS: $215 flat fee for any/all schools.

AACOMAS: $198 for the first school; $55 for each additional.

<u>Allopathic and Osteopathic Medical Schools</u>

Cadets may attend any accredited medical school in the United States. Schools fall into two broad categories: allopathic and osteopathic. Allopathic (“M.D.”) schools comprise a system in which medical doctors and other healthcare professionals (such as nurses, pharmacists, and therapists) treat symptoms and diseases using remedies (ex: prescription drugs, radiation, surgery). Allopathic medicine is also known as conventional medicine, mainstream medicine, and Western medicine. Osteopathic (“D.O.”) schools are a system of institutions that promote the body’s innate ability to heal itself. Osteopathy offers the benefits of modern medicine including prescription drugs, surgery, and the use of technology to diagnose disease and evaluate injury. It offers the added benefit of hands-on diagnosis and therapy through a system of treatments known as osteopathic manipulative medicine. Approximately 25% of physicians in the U.S. are graduates of osteopathic medical schools. Applicants can apply to either, or both, types of programs. Cadets seeking admission to osteopathic schools are strongly encouraged to learn the philosophy and approach of osteopathy prior to preparing applications and interviewing.

Secondary Applications

Almost all medical schools require the completion of secondary applications. Some schools require all applicants to complete them while others are selective and send requests after a screening process. These applications are extremely important because they demonstrate how an applicant aligns with a specific school. Cadets are encouraged to research each school before completing the secondary application.

Timing is important. Since these submissions often represent the "rate limiting step" in the application process, quick turnaround is imperative. Most medical schools do not change the questions from one year to the next so most secondary applications can be completed well in advance. The questions are easily accessible through the internet. Cadets are strongly encouraged to complete the secondary applications for their top 5-10 schools well in advance to expedite the process. When the applications arrive, simply re-check the questions, adjust as necessary, and submit as soon as possible.

Situational Judgment Tests

There are two situational judgment tests required by some medical schools. Casper, the "Computer-Based Assessment for Sampling Personal Characteristics," is an examination administered by Acuity Insights that's used by nearly 50 medical schools. The PREview Professional Readiness Exam, designed and administered by AAMC, assesses similar skills. The following chart provides details on the tests:

Differences	**Casper**	**PREview**
Test Type:	Video and typed responses	Multiple choice responses
Test length:	90-110 minutes	90-115 minutes
Test Cost:	$85 USD, which includes distribution of scores to 7 schools. Additional schools cost $18 each.	One-time cost of $100. Unlimited distribution of scores to medical schools.
Test Results:	Provided only to schools	Provided to students and schools
Participating schools:	Approximately 50 MD and DO schools, as well as residency programs.	Required by 6 schools, recommended by 7.
Administered by:	Acuity Insights	AAMC

For schools that require the exams, the results are an important part of their holistic admissions process. Many institutions use Casper as an initial screening tool to assess applicants' non-cognitive skills (e.g., empathy, communication, ethical decision-making). Schools consider Casper and PREview scores alongside other application components (GPA, MCAT, letters of recommendation). Each school has its own policies regarding these tests, so it is essential to check individual requirements when applying. Study materials are available to assist with preparation. These exams should be completed as soon as possible in May or June since the results may govern the proffering of interviews and acceptances.

Interviews

Cadets are encouraged to accept all interviews until they are accepted to medical school. Once accepted, applicants can be more selective based on their prioritized lists. The costs of travel and lodging are the responsibility of the applicants; West Point does not provide funding for interviews. Cadets apply for special passes to obtain permission to attend the sessions. This is generally a seamless process, and any difficulties should be referred to the health professions advisor.

Interview formats are specific to each school ranging from traditional one-on-one interviews to the multiple mini interview, a format that uses many short independent assessments to obtain an aggregate score of each candidate's soft skills. During 2020, schools conducted interviews remotely in response to COVID-19. Since that time, most schools have continued with online interviews. Cadets are strongly advised to research the school before attending the interview. Understand the mission of the institution and investigate specific features of the medical school. Acceptance to medical school is all about "fit" and the interview is the time and place to demonstrate suitability to attend a specific program.

Application Costs

Applying to medical school is a costly endeavor. Beyond the basic fees associated with submission of the application, there are costs associated with the MCAT, interviews, etc. The chart below provides perspectives on the financial outlays in calendar year 2024.

	Range of Costs	**Sample cost**
MCAT preparation	Varies widely	$500
MCAT registration	$335	$335
MSAR	$28	$28
Primary application	$175 first school	$1,075 (20 schools)
AMCAS	$45 each additional	
Transcript	$5	$5
Secondary application	Avg. $100 ($0-250)	$1,500 (15 schools)
Casper test	$85 ($15 per school ≥8)	$85
PREview test	$100	$100
Interviews	Varies – majority remote	
Deposits	Varies – may be non-refundable	
Total		$3,628

Tracking and reporting

Applications, interviews, and acceptances are tracked by the health professions advisor and reported to the Dean, CLS department and other agencies at West Point and outside the academy. Cadets are expected to provide regular updates as they receive interview offers and acceptances.

Medical School Selection

Many medical schools employ a system of rolling admissions. By applying early, most cadets gain acceptance to medical school during the first semester. In order to provide enough time to issue orders and complete administrative requirements, cadets must receive an acceptance at least one week prior to graduation in May.

In 2019, AAMC introduced the AMCAS® Choose Your Medical School tool to facilitate enrollment management for medical schools by enabling applicants to communicate their decisions about which schools they plan to attend. Final selections must be communicated to AMCAS by 30 April using the tool. After that date, applicants can only select a different school if accepted from a waitlist.

Pre-medical Physicals

A commissioning physical examination is required for all cadets prior to graduation. The pre-medical physical includes a few items beyond the requirements of the basic commissioning examination. The pre-medical physical doubles as the commissioning physical; only one examination is required. Cadets endorsed to attend medical school will be advised of the timing of the physicals. Examinations are performed by healthcare providers at the Cadet Health Clinic. Completed exams are delivered to USU, DoDMERB, and the AMEDD recruiters (HPSP coordinators) by the health professions advisor.

Medical School Scholarship Options

Uniformed Services University of the Health Sciences (USU)

The mission of USU is to support the readiness of America's Warfighter and the health and well-being of the military community by educating and developing uniformed health professionals, scientists and leaders; by conducting cutting-edge, military-relevant research, and by providing operational support to units around the world. USU is the nation's federal health professions academy — akin to the undergraduate programs at West Point, Annapolis and Colorado Springs. Students are not charged tuition; they repay the nation for their education through service. In many respects, USU's curricula and educational experiences are similar to those of civilian academic health centers, with one important difference: its emphasis on military health care, leadership, readiness and public health set USU apart.

The F. Edward Hébert School of Medicine offers doctorate degrees in medicine and other disciplines. Each year approximately 30 percent to 40 percent of incoming students have prior service either as academy graduates, ROTC program participants, or service members. The remainder come from civilian backgrounds with no prior military experience. Medical students remain on active duty throughout their education and are compensated as such. More than 60 percent of USU graduates willingly serve 20 years or longer.

Health Professions Scholarship Program (HPSP)

The Health Professions Scholarship Program (HPSP) provides paid medical education to prospective military doctors (M.D. or D.O.) in exchange for service as commissioned medical officers. HPSP was established under the 1972 Uniformed Services Health Professions Revitalization Act and remains the main source of qualified healthcare personnel joining the U.S. Armed Forces. Scholarship recipients are placed on inactive reserve status as second lieutenants during their medical training. While on scholarship, the Army pays the following expenses:

- $2,700+ monthly stipend
- $20,000 sign-on bonus
- Books, equipment, other fees
- Full tuition up to 4 years
- Officer's pay during school breaks

Students are expected to serve 45 days of active training duty (ADT) each fiscal year. Upon graduation, students are promoted to the rank of captain. Almost all HPSP graduates do their residencies in the Military Healthcare System.

Pathway Programs

Starting in 2024, West Point partnered with two medical schools offering pathway programs for cadets. The schools and details of their programs are as follows:

Texas A&M Military Academy to Medicine (MA2M) Program

The Military Academy to Medicine (MA2M) Program is designed for cadets who are currently enrolled in one of the three service academies (Army, Navy and Air Force), pursuing a medical billet, and interested in obtaining a medical degree with the Texas A&M School of Medicine. USMA cadets will be considered for the program immediately following selection by the MPAC. Requirements include:

- Overall GPA ≥3.5, Biology-Chemistry-Physics-Math (BCPM) GPA ≥ 3.5
- B or higher in premed requirements
- MCAT ≥504
- Community service, clinical exposure: 30+ hours each

Northeast Ohio Medical University (NEOMED)

NEOMED has a long history of educating military, veteran, and military-affiliated students. The current President and Provost are former senior military physicians, and the school is committed to actively supporting military students while increasing opportunities for cadets interested in medicine. NEOMED offers a unique opportunity to two cadets each year who are selected by academy leadership for careers in medicine. USMA cadets will be considered for the program immediately following selection by the MPAC and must meet the following academic criteria:

- Overall GPA ≥3.4
- Overall MCAT score ≥510

M.D.–Ph.D. Programs

Highly select cadets may apply to enter an M.D/Ph.D. program directly following graduation from West Point. Individuals must meet strict criteria, follow the designated process, and agree to the terms below.

Criteria (applicants must meet all)

- Endorsed by the Medical Program Advisory Committee (MPAC) to attend medical school.
- CQPA ≥ **3.8** at the end of 2nd class (cow) year.
- Author or co-author of at least **2** peer-reviewed publications (published or in-press).
- Oral and/or poster presentation at a minimum of **2** professional/academic meetings.
- At least **1** poster presentation at West Point Project's Day.
- Significant exposure to clinical medicine (shadowing, etc.).
- Demonstrated commitment to volunteerism and community service.
- Letter of recommendation from research advisor.

Process

- Applicants will request permission to apply for an M.D/Ph.D. by contacting the health professions advisor in the Office of the Dean by the end of the 2nd class (cow) year.
- A committee of representatives from the Department of Chemistry and Life Science and Office of the Dean will select no more than one applicant per year.
- Approval will be requested from the Assistant Secretary of the Army for Manpower and Reserve Affairs (M&RA). Prior approval must be obtained from the Superintendent, USMA and Surgeon General of the Army.
- Cadets must apply to the M.D/Ph.D. program at the Uniformed Services University of the Health Sciences.
- Civilian programs can only be attended if there is a specific, sanctioned scholarship to fund the schooling (example: Knight-Hennessy Scholarship). Funding from the medical school does not qualify as a scholarship.

Terms

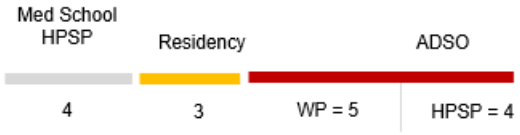
- Applicants must agree to attend the M.D/Ph.D. program, if accepted. This commitment cannot be abrogated to attend a preferable medical school without a Ph.D. track.
- Cadets accepted to more than one M.D/Ph.D. program (example: Stanford through Knight-Hennessy and USU) may select either of the schools.
- Cadets must agree to the extended active-duty service obligation (ADSO). Final determination of the duration will be made by the Army prior to enrollment. The ADSO is served after the completion of all schooling and training (internship, residency, fellowship). As of 2022, the Knight-Hennessey and USU M.D./Ph.D. ADSOs were each 14 years.

Active Duty Service Obligation (ADSO)

The Active Duty Service Obligation for cadets attending medical school (without a Ph.D. program) varies depending on the school, type of residency and fellowship training. The ADSO for attending USU is 7 years while the obligation for attending a civilian school through HPSP is 4 years. Obligations are served in chronological order: USMA – HPSP/USU – residency – fellowship. The West Point and medical school ADSO's are served consecutively; residency and USU/HPSP are paid back concurrently. Fellowships generally add one year for each year of training. Examples are detailed below:

HPSP

Short Residency (example: Pediatrics, Family Medicine, Internal Medicine)



WP + 16 years, ADSO = 9 years

Long Residency (example: Orthopedics, General Surgery)

WP + 20 years, ADSO = 10 years

Calculations

HPSP – short residency

Ex: Family Practice, Pediatrics

- West Point = 5 years
- HPSP = 4 years
- Internship = 0 years
- Residency = 2 years

- **Obligation = 5 + 4 = 9 years**
  - Years after completing residency
  - 4 HPSP & 2 residency concurrent
  - Fellowships add more time

- **WP graduation + 16 years**
  - 4 years medical school
  - 3 years residency
  - 9 years pay back

HPSP – long residency

Ex: Surgery (6-year program)

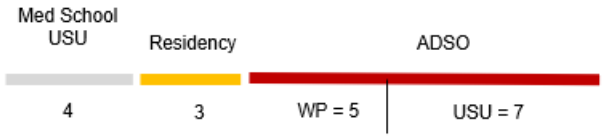
- West Point = 5 years
- HPSP = 4 years
- Internship = 0 years
- Residency = 5 years

- **Obligation = 5 + 4 + 1 = 10 years**
  - Years after completing residency
  - 4 HPSP & 4 residency concurrent
  - Add 1 year for 5th residency year
  - Fellowships add more time

- **WP graduation + 20 years**
  - 4 years medical school
  - 6 years residency
  - 10 years pay back

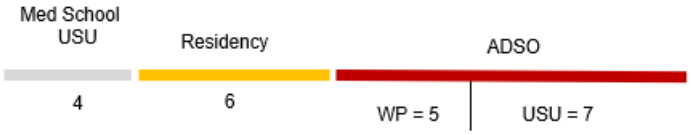
USU

Short Residency



WP + 19 years, ADSO = 12 years

Long Residency



WP + 22 years, ADSO = 12 years

Calculations

USU – short residency

Ex: Family Practice, Pediatrics

- West Point = 5 years
- USUHS = 7 years
- Internship = 0 years
- Residency = 2 years

- **Obligation = 5 + 7 = 12 years**
  - Years after completing residency
  - 7 USUHS & 2 residency concurrent
  - Fellowships add more time

- **WP graduation + 19 years**
  - 4 years medical school
  - 3 years residency
  - 12 years pay back

USU – long residency

Ex: Surgery (6-year program)

- West Point = 5 years
- USUHS = 7 years
- Internship = 0 years
- Residency = 5 years

- **Obligation = 5 + 7 = 12 years**
  - Years after completing residency
  - 7 USUHS & 5 residency concurrent
  - Fellowships add more time

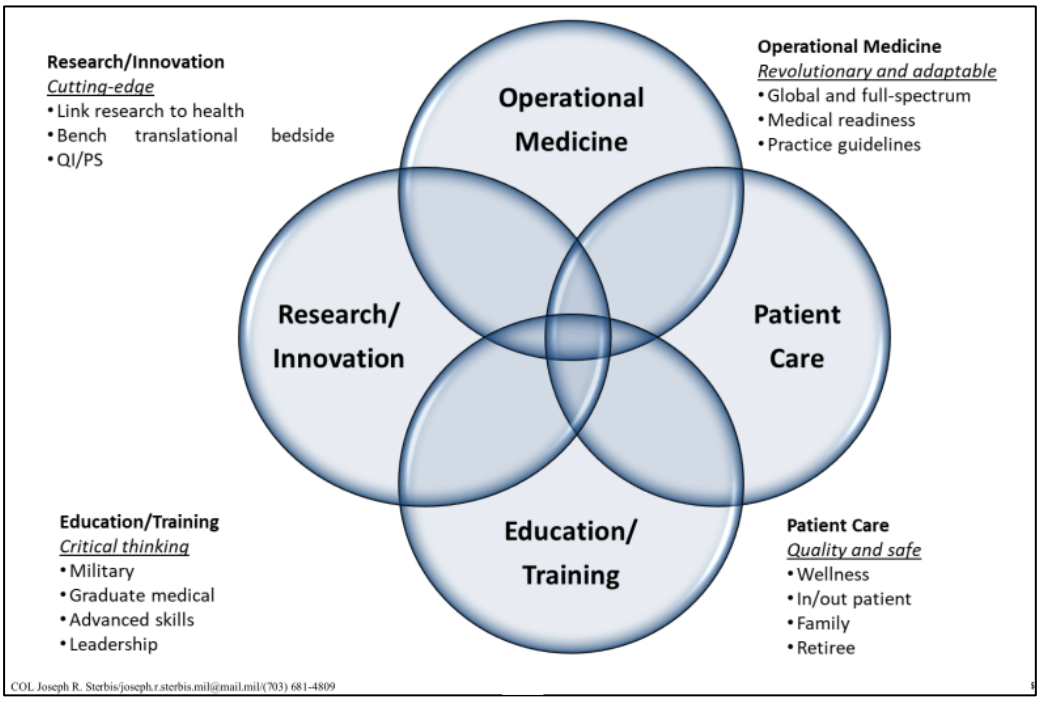
- **WP graduation + 22 years**
  - 4 years medical school
  - 6 years residency
  - 12 years pay back

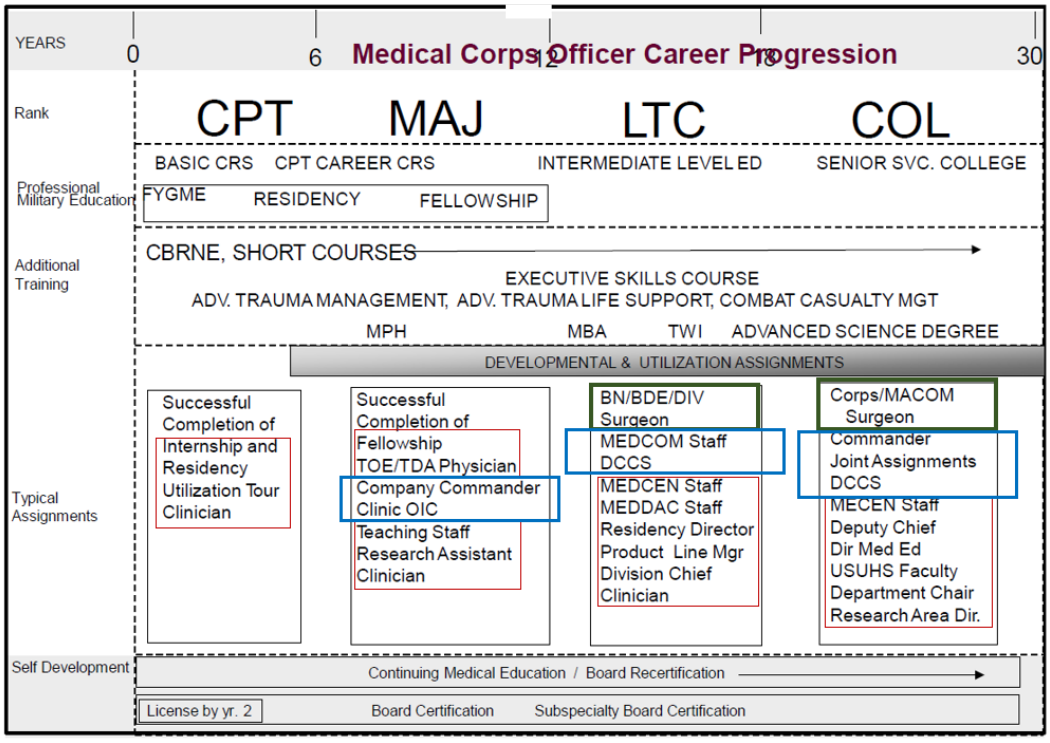
Graduate Medical Education (GME)

Graduate Medical Education includes internship, residency and fellowship training. At any given time, 33-38% of active-duty Army Medical Corps officers are in GME. The Army provides training at 12 military hospitals that offer 72 residencies. In addition, partnerships have been developed with civilian training programs in general surgery, neurosurgery, emergency medicine, and urology with others in the offing. Seventy-four fellowships in a wide variety of specialties are supported at civilian and military institutions. All cadets are required to apply to the military residency match. Over 98% of USU and HPSP graduates do their training in military hospitals. All programs are in good standing and accredited by the Accreditation Council for Graduate Medical Education (ACGME). The first-time specialty board pass rate for the military programs is 96% (civilian 86-87%).

Career Progression

The Army provides opportunities for highly rewarding careers as healthcare professionals. Four major tracks exist: 1) clinical, 2) operational, 3) administrative/command, and 4) research. Most physicians spend time on more than one track throughout their careers. The following slides highlight medical corps areas of emphasis and career progression for Army physicians.





Red = clinical, black = operational, blue = administrative/command

Questions

Questions regarding the material in this guide should be addressed to the health professions advisor in the Office of the Dean.