

Frequently Asked Questions

1. What's the best way to reach out to past MHP students with application questions?

- The best way to reach out to MHP students is through the ambassador email (mhpambassadors@gmail.com). You can also reach us through our Facebook group (UF Medical Honors Program Interest) by posting questions on the group page. Either way, we will try to answer your question as quickly as possible.

2. Is the MHP application processed under rolling admissions?

- No, please take all the time you need to submit the best possible application to the admissions committee. Rolling admissions means that as applications get submitted, they are processed and reviewed for decisions about interviews and acceptances. In this case, submitting earlier is better, but MHP only starts to review applications once the application window has closed.

3. How anecdotal should my personal statement be?

- Stories are a great way to hook the reader in the opening paragraph and show your skills as a writer. However, make sure to follow stories with reflections on what you learned from the experience and how it contributed to the events leading up to your application. Don't forget to answer all parts of the question too!

4. How should I use the supplemental information section of the application?

- You can use the supplemental section in any way that you see fit-- listing extra activities/experiences, clarifying elements of your application, etc. However, candidates this year might benefit from using the space to describe how COVID has impacted your undergraduate experience or your decision to become a physician.

5. Do I need to/should I work to be involved in as many events as possible to strengthen my application?

- No, you should never extend yourself just so you can "look better". In fact, try to find one or two things you are very passionate (and very involved in) and chase them to the fullest extent. This will give the ADCOM a better sense of who you are and what your drive is. Additionally, it becomes very hard to get very involved when you are a part of 10+ organizations.

6. I know I want to be a (fill in the blank) type of physician. Should I use my personal statement to explain why I want to be that specialty and what qualifies me?

- Maybe. The personal statement is a chance for you to tell a story about yourself. Further, it is a chance to explain how you (and your story) align with the MHP and UFCOM values. This is not the chance, however, to explain why you would make a great ophthalmologist, for example. If it applies to your story (say, a great lesson learned while shadowing) then feel free to include it.

7. I would like my personal statement to be looked over once more by another pair of eyes. Is there anyone else who would be willing to read my statement before I submit it?

- Yes, absolutely! The Pre-Health advisors at the Academic Advising Center advertise that they would love to help any pre-health student in reading their essay. First, make sure that you have had plenty of other people -- friends, family, mentors -- read your essay and give you advice. After you have edited your personal statement based on their advice, you are welcome to have your FINAL copy of your personal statement reviewed by a Pre - Health advisor.

8. Can I include non-medical experiences on my application?

- Absolutely! Include anything that you're passionate about and that you feel confident discussing in an interview. Also, any specific hobbies or skills that you wish to include that help set you apart can help too!

9. What should go in my personal statement versus my experiences?

- This really depends on the applicant, but a general tip would be if you find your personal statement sounds like a list of your extracurricular activities, then most of those would probably be better suited for your Experiences section. You really want to pick what you think are the most important experiences for your personal statement which may end up being only 2-3 experiences.

10. I attended the application workshop, but don't agree with some of the things the MHP students who read my essay had to say. Should I change my essay anyway?

- During the application session, all the MHP students can offer is advice based on our previous experiences. Your personal statement is supposed to be a reflection of who you are as a person and who you will be as a physician. If you feel that your personal statement tells that story properly, let people read your statement and hear their advice, but don't let them change your voice.

11. What should I do if a lot of the information I provided is in both my personal statement and activities section?

- I would recommend brainstorming in what specific moment or during which activity you felt driven to become a doctor. Think of the personal statement as a way to explain why you want to be a doctor and then brainstorm the specific moments and activities that truly led you to that decision.

12. What is "grit" anyways?

- Glad you asked. For all you physics nerds, grit is a vector. It has both direction and magnitude. The direction that defines grit is your passion--your life priority. The magnitude is your perseverance or determination. While we often think solely about the perseverance portion of grit, it is crucial to have a passion. If you have determination, but no passion or direction, you are going to get burnt out. Make sure your passion comes through in your essay.

13. How do I make my personal statement cohesive and flow well?

- Take a minute to read your personal statement thoroughly and write down 1-3 overarching themes that you are trying to get across to the ADCOM. Then consider what you have included in your personal statement and see how you can reflect on each part to relate to your themes and how you think it will contribute to your goals as a physician.

14. I haven't started my personal statement yet - any tips?

- Write, write, write! Take an hour to write down bullet points: powerful moments in your pre-med journey, why you're interested in MHP, personality traits you want to convey, etc. Then, challenge yourself to write a draft without making any edits. Keep working from there, and don't delete any of your previous drafts! I HIGHLY recommend the book "Guide to the Medical School Personal Statement" by Ryan Gray, MD. It's a quick read and extremely helpful :)

15. What should I include in my experience description in the activities section?

- You should start by discussing your position in the activity and what it entailed. Don't spend too much time on this section, because what ADCOM wants to see is what you gained from the experience. For the rest of the space you have left, discuss what you learned, the impact it had on you as a person, and how it has impacted your path as a future physician.