



Complete this worksheet and bring it to your mandatory Career Advising session

Your Medical School Performance Evaluation (MSPE), the formal letter of evaluation that assesses students' academic performance and professional attributes that all medical schools are required to submit with residency applications, contains a Noteworthy Characteristics section. This section is made up of three personalized statements that describe key distinctions of your application.

You should have an NCs section that not only spells out what your accomplishments and experiences are but also is intriguing enough that a Program Director can't help but keep reading your application to learn more about you, and look forward to finding out more in person.

- ❖ Noteworthy Characteristics are defined as: personal attributes, experiences, and accomplishments **supported by verifiable** information and summative evaluations. **SHOW**, don't just tell!
- ❖ Consider the NCs as **HEADLINES** for the ERAS application, ie. items that you want the Program Director to be sure to know.
- ❖ Explanation of difficulties and lengthy biographical descriptions are **not recommended** due to the time required for review and because these details can be found in other sections of the application.
- ❖ Think about expressing a larger concept or accomplishment and highlighting **evidence**; it's OK to be creative and think beyond just listing things from your CV.
- ❖ Make sure that your characteristics are organized and tell a story.
- ❖ You should present as much information as possible in the space allowed. The more specific, the better.
- ❖ All NCs should be written in the third-person, past tense – no "I" statements.
- ❖ While in most cases NCs will be related to your experiences in medical school, if you have had a major life event or experience prior to medical school that you might want to share, you may include it.
- ❖ Know your audience! Program Directors are looking for **professional achievements**. Getting married or having children is **not** relevant here. The same applies to your involvement in church, you should not include it unless you can claim it as Community Service and have tangible evidence of your involvement.
- ❖ Reach out to your peers and ask them to review your NCs before submitting them. Allow time for review and rewrite.

Examples:

1. As a son of parents who emigrated from Vietnam, Mr. Lam is a first-generation college graduate as well as the first person in his family to go to medical school. At a young age, he was taught the importance of helping others in need and giving back to his community as evidence by his involvement in Project C.U.R.E, Habitat for Humanity, and CoachArt mentorship.
2. Mr. Anderson has continuously worked to improve his leadership, communication, and teamwork skills; working as a raft guide, attending the National Outdoor Leadership School, and serving as president and treasurer of his Outdoor Club in at Oberlin College. Most recently, Mr. Anderson organized and rowed an eighteen-day expedition down the Grand Canyon after his first year of medical school, his third such trip in four years.
3. Ms. Leith traveled alone to Ilumán, Ecuador during her 3rd year of medical school to live with an indigenous family, volunteer at a rural health clinic, and participate in health education in an indigenous, medically underserved community. She also used this time to solidify her medical and conversational Spanish language skills, and is able to conduct a patient interview in Spanish.
4. Based on her high academic achievement and dedication to research, Ms. Glaze was selected to participate in the Physician-Scientist Honors Track – an elective at RVUCOM that consists of additional, specialized training related to research. She is currently the lead research coordinator on an international, clinical follow-up study sponsored by Abbott Laboratories with principal investigator and neurosurgeon, Dr. David VanSickle.
5. Ms. Lee used her voice to help raise over \$7,000 to benefit survivors of domestic violence. As a cast member of the medical student production of "The Vagina Monologues" for the past two years, she dedicated many hours to rehearsals and five performances in order to benefit The Denver Safehouse.
6. Mr. Jordan Hesser took part in various clinical and educational research projects at the university. He initiated an original research project on exercise prescription that took 1st place at the Rocky Vista University Research Appreciation Day oral presentation competition and 3rd place at the American Academy of Osteopathy national poster competition for original research.

Things to consider:

- ❖ Achievements in research
- ❖ Activities to address healthcare disparities
- ❖ Leadership in student organizations
- ❖ Community service
- ❖ Honors and awards
- ❖ Hobbies that speak to your career interests (writing about medicine, leadership of peers in sports leagues)
- ❖ Peer educating and mentorship
- ❖ Work experiences before medical school that have influenced your practice

Use evidence. Your accomplishments in the above areas should be highlighted with objective markers of success, like awards received, recognition, length of service, etc.

Organization is key. Organize your sections in categories with items within the same group.

- ❖ Leadership-tutoring, mentoring, president of organization, ultrasound scholar, etc
- ❖ Recognition-honors, awards, etc.
- ❖ Extracurriculars-specialty tracks, community service, conferences attended, etc.

Here, you can outline 3 outstanding characteristics, in **two sentences or less** each. You will review your NCs with your Career Advisor during your **required** yearly Career Advising session.