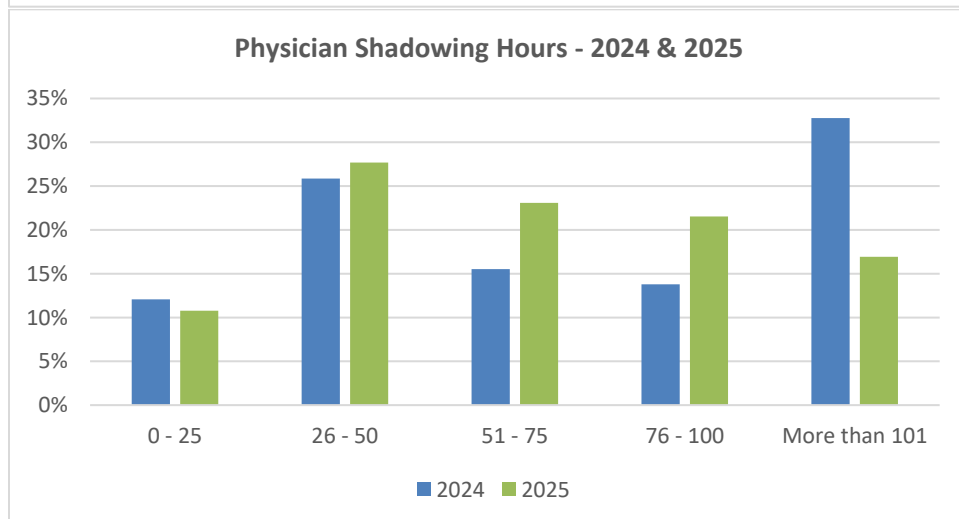
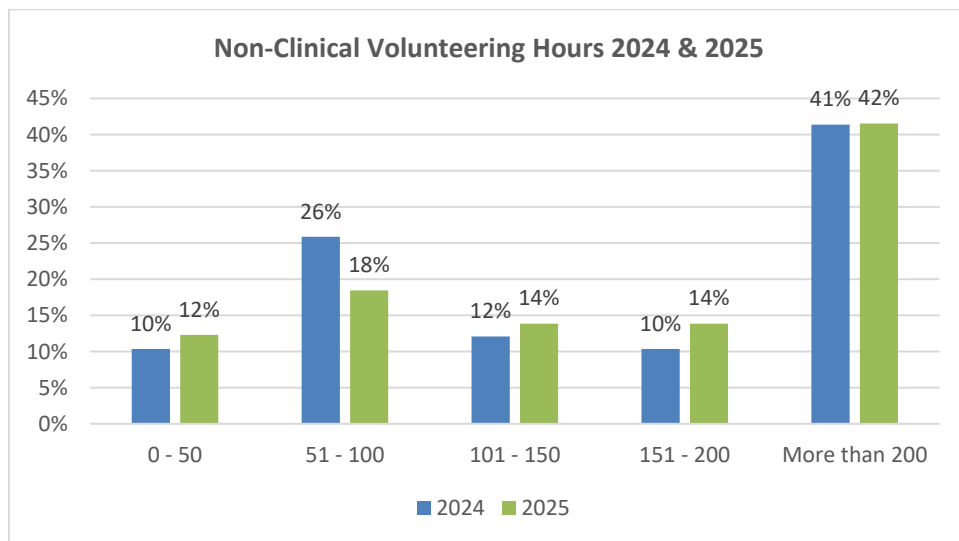
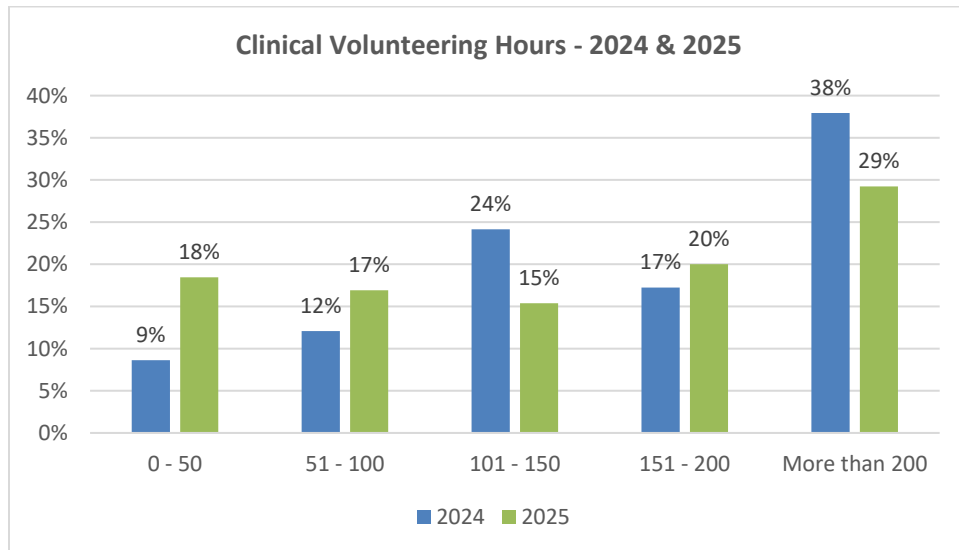


What Do I Need By The Time I Apply to Med School?

Data from surveys of Northwestern University undergraduates accepted to medical schools in 2024 and 2025.



Considerations and Takeaways:

- Reminder, this data is from accepted medical school applicants.
- Data is self-reported.
- Around 200 hours of volunteering in each setting is a good goal to have.
 - These experiences should be steady and over time (over the course of multiple years).
 - A volunteer shift for 4 hours a week consistently for a full calendar year would yield about 200 hours. Taking into account school breaks, 200 hours for most students can be achieved in 1.5 – 2 years.
- Around 25 - 50 hours of shadowing experience is a good goal to have.
 - Shadowing can be sporadic, it does not have to be consistent.
- Applicants accepted with smaller numbers of volunteering hours are assumed to have more work experiences and/or extenuating circumstances.
- **MOST IMPORTANTLY, medical schools are NOT simply focused on the number of hours of any one activity.**
 - Medical schools conduct holistic reviews of the applicants and are looking for reflection and growth from these experiences.
 - Please review the [AAMC Anatomy of an Applicant](#) to better understand the competencies that medical schools want to see demonstrated in applications.