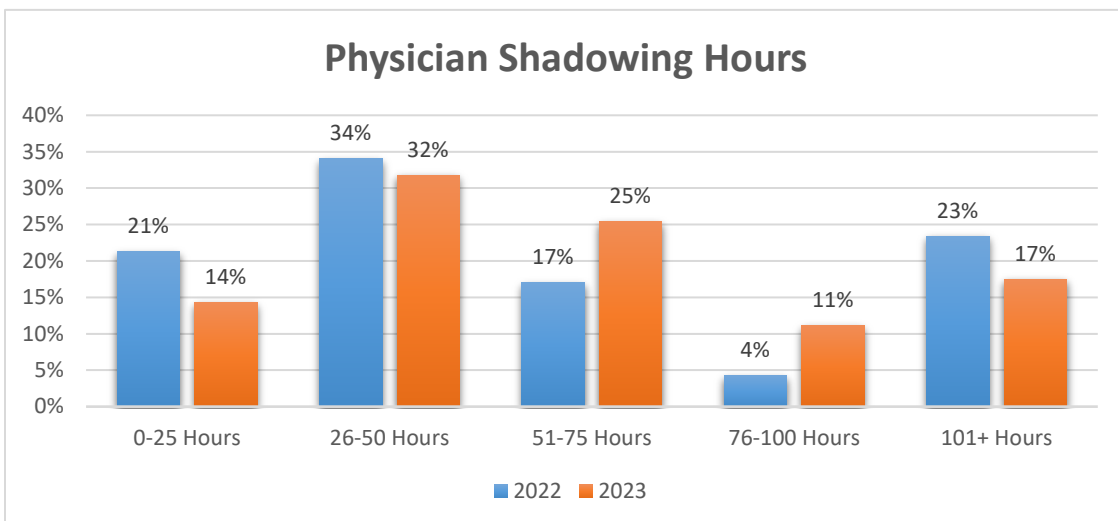
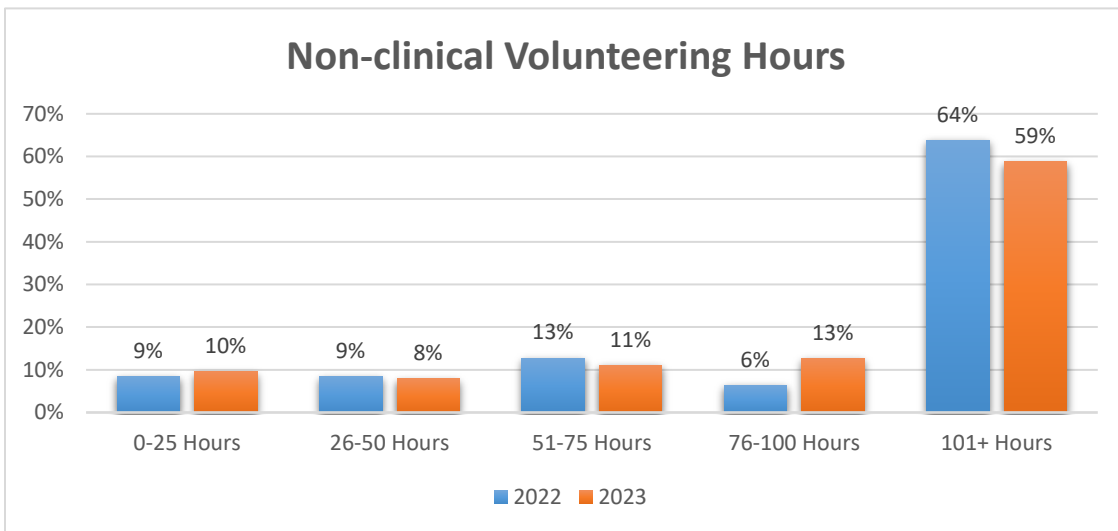
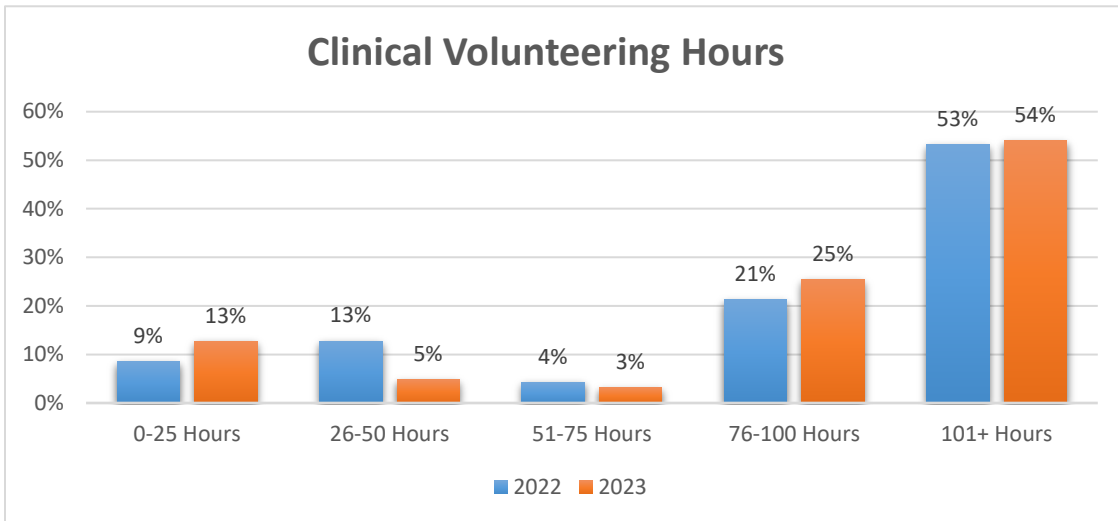


What Do I Need By The Time I Apply to Med School?

Data from surveys of Northwestern University undergraduates accepted to MD programs in 2022 and 2023.



Considerations and Takeaways:

- Reminder, this data is from accepted MD applicants.
- Data is self-reported.
- More than 100 hours of volunteering in both settings is a good goal to have.
 - These experiences should be steady and over time (over the course of multiple years).
- 25 – 50 hours of shadowing experience is a good goal to have.
- Applicants accepted with smaller numbers of volunteering are assumed to have more work experiences and/or extenuating circumstances.
- Both 2022 and 2023 applicants' hours may have been affected by the reduced number of opportunities available during the height of the Covid pandemic.