

Disadvantaged Status on the AMCAS application

- Criteria: YOU decide whether you are disadvantaged

Suggested Categories

- Grew up in an environment with limited resources: inner city / low income school district/ rural)
- First generation college: limited guidance/resources/role models
- Family circumstances: death, divorce, incarceration, abusive home, single family home, foster care
- Displacement: refugee/undocumented status
- Limited income: received state or federal income resources, CalFresh, worked throughout high school/college

Suggested Categories

- Lacked financial resources for MCAT preparation course/tutoring
- Lack of belonging – cultural climate at your college/community
- Insufficient environmental resources: limited research/clinical opportunities at your college
- Limited income: received state or federal income resources, CalFresh, worked throughout high school/college

Strategies

- Write succinctly
- Describe your resilience
- Celebrate your success despite challenges
- As a reviewer, I see this before your grades, MCAT score, personal statement
- Let this be your “movie trailer” as a preview to your engaging story

Strategies

- Project confidence in your writing
- Persuade the Admissions Committee that YOU can do this
- Not a sob story -> a story of resilience