

## HPAC 2026 Application Instructions

[Click here to access the HPAC Application.](#)

**The HPAC Application is an online form.**

**Do NOT attempt to submit this document!**

This document is a COPY of the instructions that can be found within the Application. You can use this document to read through the directions and assist you in preparing your application.

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### **Welcome!**

This application and the HPAC process as a whole are opportunities for you to share your values, motivations, competencies, and experiences with a committee of GW advisors and professors. By completing this application you can get an early start on your application materials, receive guidance and feedback, and earn a committee packet to include with your primary application. The HPAC process is intended to mimic the health professional school process. Therefore, your submission should reflect the high level of professionalism and polish expected in the admissions process. Do your best! We look forward to reviewing your submission!

### **Requirements**

All parts of this written application, including unofficial transcripts, must be complete and submitted by the deadline in order to be evaluated by the committee. A required HPAC Self Assessment form must be submitted in addition to this application. Your submission to HPAC must meet GW's standards for [academic integrity](#). Fabrication, falsification, or plagiarism are strictly prohibited. Please note that for the 2026-2027 health professional school application, the majority of health professional schools prohibit the use of artificial intelligence and language learning models in writing application materials. Therefore, the HPAC process will adhere to the same prohibition.

### **Referral**

If you have any questions about the HPAC process, please refer to the [HPAC website](#) or email us at [prehealth@gwu.edu](mailto:prehealth@gwu.edu).

### **Instructions**

- This application may take up to several weeks to complete!
- Please begin this form as soon as possible to ensure you have time to get help from Pre-Health Advising if needed.
- As with ANY online application form, it is best to write your responses in your OWN SAVED DOCUMENT. Do NOT type long responses, especially essays, directly into the form, because of the risks of errors and loss of work. We recommend a personal Google Drive that automatically saves to the cloud and that you will have access to wherever you go. After pasting your work into the form's text boxes, reread for any formatting errors.
- For work and activity descriptions and essays, please type in full sentences without errors. Follow the guidelines for corresponding sections of the centralized application service of your top choice health professional schools (ie. AMCAS, AACOMAS, AADSAS, TMDSAS), including formatting and character counts.
- Most of you will be applying to multiple schools in the same application service. For HPAC we recommend that you do NOT tailor your essays to a particular school.

- It helps to have your spreadsheet, resume, calendar, or other personal records of activities with you when you are completing this form.
- It also helps to have Degree Map or other records of your grades with you when completing this form.
- You are able to pause and revisit this form anytime, so long as you submit it before the HPAC Application deadline.
- Upon submission, a summary of your responses will be shown which you can save for your records.

This application consists of the following sections:

1. Identifying Information
2. Academic Information including Unofficial Transcripts and GPAs
3. List of Letters of Recommendation Writers
4. Work and Activities
5. Personal Statement
6. Three Short Essays (Practice Secondaries)

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### Identifying Information

\*First Name

\*Last Name

\*Pronouns

\*Email

\*GWID (G12345678)

\*Is this your 1st time going through HPAC?

Yes

No

\*Will this be your 1st time applying to health professional school?

Yes

No

\*What program(s) do you plan to apply to? (Check all that apply)

MD

DO

MD/PhD

MD/MPH

DDS/DMD

DPM

DVM

Other

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### Colleges Attended

In this section, list every US postsecondary institution where you were enrolled for at least one course, even if the credits were transferred, no credit was earned, or you withdrew. If you studied abroad, you should NOT include foreign transcripts. When in doubt, consult your primary application service's guide (ie. AMCAS, AACOMAS, AADSAS).

For GW, unofficial transcripts can be downloaded from [GWeb](#). For the vast majority of institutions, a downloadable unofficial transcript is available with a little bit of searching on the institution's website. PDF is preferred. Please avoid screenshots.

**College/University 1**

Institution Name  
State/Territory/Province, Country  
Program Type  
Start Date  
End Date  
Degree Name (Bachelor of Science, Bachelor of Arts, etc)  
Major(s)  
Minor(s)

**Unofficial Transcript 1**

Select a file or drag here

**College/University 2**

Institution Name  
State/Territory/Province, Country  
Program Type  
Start Date  
End Date  
Degree Name (Bachelor of Science, Bachelor of Arts, etc)  
Major(s)  
Minor(s)

**Unofficial Transcript 2**

Select a file or drag here

**College/University 3**

Institution Name  
State/Territory/Province, Country  
Program Type  
Start Date  
End Date  
Degree Name (Bachelor of Science, Bachelor of Arts, etc)  
Major(s)  
Minor(s)

**Unofficial Transcript 3**

Select a file or drag here

**College/University 4**

Institution Name  
State/Territory/Province, Country  
Program Type  
Start Date  
End Date  
Degree Name (Bachelor of Science, Bachelor of Arts, etc)  
Major(s)  
Minor(s)

**Unofficial Transcript 4**

Select a file or drag here

**College/University 5**

Institution Name  
State/Territory/Province, Country  
Program Type  
Start Date  
End Date  
Degree Name (Bachelor of Science, Bachelor of Arts, etc)  
Major(s)  
Minor(s)

## Unofficial Transcript 5

Select a file or drag here

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### GPAs

You must include credits earned at all US institutions. If you studied abroad, do NOT include grades from foreign transcripts.

You must include original grades for any repeated courses including those for which you received academic forgiveness.

[GPA Calculator Spreadsheet](#) (Can be used to calculate any GPA type)

[AMCAS BCPM Course Classification](#)

[AACOMAS Science Course Classification](#)

[AADSAS BCP Course Classification](#)

[VMCAS Science Course Classification](#)

[AACPMAS Science Course Classification](#)

[TMDSAS BCPM Course Classification](#)

\*Current Undergraduate Cumulative GPA

\*Current Undergraduate BCPM GPA

Post-bacc/Graduate Cumulative GPA (if applicable)

Post-bacc/Graduate BCPM GPA (if applicable)

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### Letter Writers

You are required to obtain 3 – 5 Letters of Recommendation for your health professional school application and submitted by your letter writers to your PrivateFolio account. At least one must be from a science faculty member and one from a major faculty member (cannot be the same letter if you are majoring in the sciences).

Reach out to your letter writers and supply them with [HPAC Guidelines for Recommendation Letter Writers](#). When requesting a letter from a professor, be sure to state in writing that you grant them permission to share your protected academic information (such as grades).

Check with the schools to which you will be applying for any other letter of recommendation parameters, such as non-science professor or clinician requirements. If you have more than 5 letters, you will be able to add additional letters to your primary application and select which schools you want to send the committee packet and/or individual letters.

Type of Letter (Science professor, Major professor, Clinical Supervisor, etc.)

Name of Letter Writer

Date of Letter Request

Status of Letter (Completed, In Progress, Request not sent)

Received on PrivateFolio?

1

2

3

4

5

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### Work and Activities and Essays

The remaining sections will contain parameters that may differ somewhat from your primary application service. Please consider which application service is the most important for you, usually the one that contains your top choice school(s), and do your best to prepare for those applications within this HPAC Application. Later, when you prepare for your primary application service, you can adjust accordingly. Also, some of you may choose to apply to more than one application service (for instance, both AMCAS and AACOMAS).

[AMCAS Guide](#)

[AACOMAS Guide](#)

[AADSAS Guide](#)

[TMSAS Guide](#)

[VMCAS Guide](#)

[AACPMAS Guide](#)

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## **Work and Activities**

On the next page, enter the jobs, extracurricular activities, awards, honors, and/or publications that you would like to bring to the attention of your health professional schools. You may enter up to 15 experiences in this HPAC Application, though some centralized applications will allow more entries.

Please follow the guidelines below and reach out to Pre-Health Advising if you need any assistance.

### Choosing Experiences

- If you held more than one role at a particular organization, you may choose whether to split it into more than one entry.
- Some experiences can be grouped as one entry, for instance, shadowing experiences with multiple clinicians. Follow the guidelines for your favored centralized application service.
- The order of experience entries is not important for HPAC.
- If you reach the limit of your entries, you may choose which to include. Consider which experiences you may want to discuss in future essays and interviews and project the core competencies that health professional schools are seeking.

### Experience Type

- Enter the type according to the options in your favored centralized application service.
- Choose the best match for the majority of the duties and responsibilities of your role.
- If there is confusion about an "Experience Type", the name and description can help support the type.

### Date and Hours

- For HPAC, do NOT include hours that occurred before high school graduation (or your high school equivalent). You may enter a start date for activities that began earlier and continued after, but you may ONLY include hours that were completed after.
- For HPAC, do NOT include anticipated hours. If you are involved in an ongoing activity, you may enter an end date in the future, but you may ONLY include hours that have been completed at the time of your HPAC Application submission.
- Do NOT include anticipated activities that have NOT yet begun.
- Although some centralized application services DO allow broader inclusion of hours, HPAC cannot at this time. This is so that the committee can evaluate applicants fairly and consistently.

### Description

- Write in full sentences without errors. Exceptions can be made for entries that involve lists, like clinicians shadowed or publications.
- Follow the character count limits for your favored centralized application service.
- For AMCAS applicants, do NOT include additional "Most Meaningful Experience" descriptions in your HPAC application, but do prepare those entries on your own.
- **Where possible, focus your description on what you learned, what impacted you, and what impact you had on others!** DO describe enough of *what you did* that the experience itself makes sense in context. Do NOT feel obligated to explain tasks that would be easily understood by admissions personnel to be part of your role.

#### Activity 1

Experience Type  
 Experience Name  
 Experience Start Date  
 Experience End Date (past or projected)  
 Total Hours (at time of HPAC submission)  
 Organization Name  
 Country and City  
 Contact Information  
 Experience Description

#### Activity 2

Experience Type  
 Experience Name  
 Experience Start Date  
 Experience End Date (past or projected)  
 Total Hours (at time of HPAC submission)  
 Organization Name  
 Country and City  
 Contact Information  
 Experience Description

#### Activity 3

Experience Type  
 Experience Name  
 Experience Start Date  
 Experience End Date (past or projected)  
 Total Hours (at time of HPAC submission)  
 Organization Name  
 Country and City  
 Contact Information  
 Experience Description

#### Activity 4

Experience Type  
 Experience Name  
 Experience Start Date  
 Experience End Date (past or projected)  
 Total Hours (at time of HPAC submission)  
 Organization Name  
 Country and City  
 Contact Information  
 Experience Description

#### Activity 5

Experience Type  
 Experience Name

Experience Start Date  
Experience End Date (past or projected)  
Total Hours (at time of HPAC submission)  
Organization Name  
Country and City  
Contact Information  
Experience Description

#### Activity 6

Experience Type  
Experience Name  
Experience Start Date  
Experience End Date (past or projected)  
Total Hours (at time of HPAC submission)  
Organization Name  
Country and City  
Contact Information  
Experience Description

#### Activity 7

Experience Type  
Experience Name  
Experience Start Date  
Experience End Date (past or projected)  
Total Hours (at time of HPAC submission)  
Organization Name  
Country and City  
Contact Information  
Experience Description

#### Activity 8

Experience Type  
Experience Name  
Experience Start Date  
Experience End Date (past or projected)  
Total Hours (at time of HPAC submission)  
Organization Name  
Country and City  
Contact Information  
Experience Description

#### Activity 9

Experience Type  
Experience Name  
Experience Start Date  
Experience End Date (past or projected)  
Total Hours (at time of HPAC submission)  
Organization Name  
Country and City  
Contact Information  
Experience Description

#### Activity 10

Experience Type  
Experience Name  
Experience Start Date  
Experience End Date (past or projected)  
Total Hours (at time of HPAC submission)

Organization Name  
Country and City  
Contact Information  
Experience Description

Activity 11

Experience Type  
Experience Name  
Experience Start Date  
Experience End Date (past or projected)  
Total Hours (at time of HPAC submission)  
Organization Name  
Country and City  
Contact Information  
Experience Description

Activity 12

Experience Type  
Experience Name  
Experience Start Date  
Experience End Date (past or projected)  
Total Hours (at time of HPAC submission)  
Organization Name  
Country and City  
Contact Information  
Experience Description

Activity 13

Experience Type  
Experience Name  
Experience Start Date  
Experience End Date (past or projected)  
Total Hours (at time of HPAC submission)  
Organization Name  
Country and City  
Contact Information  
Experience Description

Activity 14

Experience Type  
Experience Name  
Experience Start Date  
Experience End Date (past or projected)  
Total Hours (at time of HPAC submission)  
Organization Name  
Country and City  
Contact Information  
Experience Description

Activity 15

Experience Type  
Experience Name  
Experience Start Date  
Experience End Date (past or projected)  
Total Hours (at time of HPAC submission)  
Organization Name  
Country and City  
Contact Information

### **Personal Statement**

- Consider and write your Personal Statement Essay carefully. Many admissions committees place significant weight on the essay.
- Your essay may take weeks to write! START EARLY so that you have time to reach out for assistance.
- Your first draft is likely to be a "brain dump". Write down all of your ideas in one document without regard to character count. Then create an outline and a new, well-organized, focused draft.
- Focus your essay on what you learned, what impacted you, and what impact you had on others.
- Consider the core competencies that health professional schools are seeking.
- Provide support for your values, motivations, competencies and experiences through illustration, example, explanation, and/or anecdote.
- Your essay should be unified, cohesive, and well organized, usually around a central theme.
- Have at least three people read your essay and provide feedback. They could be people who know you well, know health professional school admissions well, or know grammatically correct, professional writing well.
- You can reach out to Pre-Health Advising for assistance. If you are current student, you can also use the [Writing Center](#) and [Career Services](#). Again, reach out EARLY.
- Here are some questions you may want to consider while writing the essay: Why have you selected this health profession? What motivates you to learn more about this health profession? What do you want admissions committees to know about you that has not been disclosed in other sections of the application?

Be sure to follow the guidelines and requirements of your health professional school application service, including character limits. Personal Statement character limits range from 3000-5300. The box below has a limit of 5300 characters.

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### **Additional Short Essays**

To practice writing secondary essays, you must submit responses to the following three questions. Each essay has a limit of 2500 characters.

Describe a significant challenge you have experienced in your life. Share the strategies you employed to overcome the challenge, and what you learned from the experience.

From the following list of human qualities, choose the ONE you think is most important and explain your choice and its relevance: intelligence, honor, humility, perseverance, and optimism.

What experiences have you had with rural and/or underserved communities/populations? What have you learned from these experiences?

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You have completed every section of the HPAC Application. You cannot make changes once you have submitted this application. Please contact Pre-Health Advising if you have any questions or concerns. Click "Next" to end this form and see a copy of your responses.