

Finding volunteer experience for medical school

The anatomy of an applicant

The Association of American Medical Colleges (AAMC) manages the admissions of medical schools in North America. To be successful in the healthcare field, you need more than good grades and scores. The AAMC outlines 15 core competencies that assess your preparedness for medical school based on the following categories: pre-professional, thinking and reasoning, and science competencies. Taking on volunteer roles is a great way to improve your professional skills!



Pre-professional competencies:

- Service orientation
- Social skills
- Cultural competence
- Teamwork
- Oral communication
- Ethical responsibility
- Reliability and dependability
- Resilience and adaptability
- Capacity for improvement

Your autobiographical sketch

When starting your medical school applications, you will be asked to complete an autobiographical sketch (ABS), a snapshot of our relevant activities and experiences since age 16. Your ABS is a place to showcase a wide range of skills acquired from previous endeavours, including on- and off-campus volunteering activities. An ABS consists of the following categories:

- Employment
- Volunteer activities
- Extracurricular activities
- Awards and accomplishments

Volunteer positions to search for

Various volunteer positions deal with highly transferrable skills, such as communication and teamwork. Whether you are interested in working with certain populations or using your talents to address community needs, having a passion for what you do will help set yourself apart from other candidates in our application! You might not think that you can play a role in your community virtually. However, many volunteer roles are available online to provide valuable experience in a virtual setting. Here are some remote opportunities in the Hamilton and surrounding areas to get you started:

Board of directors membership

- [Hamilton Conservation Foundation](#)
- [Habitats for Humanity Hamilton](#)
- [Interval House of Hamilton](#)

Pandemic support

- [COVID-19 Central](#)
- [Moriarty Lab COVID-19 Volunteer](#)
- [Masks for Docs](#)



Working with diverse populations

- [Hamilton Centre for Civic Inclusion](#)
- [Immigrants Working Centre](#)
- [Micah House](#)

Mental health support

- [Crisis Text Line](#)
- [Crisis Services Canada](#)
- [Canadian Mental Health Association](#)

Virtual shadowing

- [Pre-Health Shadowing](#)
- [Clinical Shadowing](#)
- [eShadowing](#)

Remote global opportunities

- [SSC Global Experience Award](#)
- [United Nations Online Volunteering](#)
- [Red Cross Community Health Services](#)

Have questions about specific volunteer areas?

The SSC offers a variety of services aimed towards various student needs. Whether you have questions about your career goals, global opportunities, volunteering or further education, the SSC staff would be glad to support you.

Careers

- Career and further education planning
- Volunteering
- Personal statement and further education applications

Global Opportunities

- Ask about the Global Experience Award
- Learn about virtual global opportunities

Book an appointment on [OSCARplus](#) > Student Success Centre > Appointments.

Volunteer resources

Listed below are resources that regularly update available opportunities for your next potential volunteer role.

- [OSCARplus](#)
- [City of Hamilton](#)
- [Volunteer Match](#)
- [CharityVillage](#)
- [GoinGlobal](#)
- [Youth Employment Network](#)
- [SparkOntario](#)
- [UN Volunteers](#)
- [DoSomething](#)

