

Cabot House Premedical Advisory Committee Personal Information Form (PIF) for Medical School Applicants

The Cabot House Premedical Advisory Committee uses this form to help us advise you and to help you organize your thoughts as you prepare your medical school applications. We know that you have a compelling story of how you ended up wanting to go to medical school and why you're going to be an awesome future doctor, so we want to (1) help you figure out how to tell that story and (2) learn that story ourselves so we can best advise you. Including details really helps you and us--nothing is too small to mention! Only members of the Premedical Advisory Committee will see this form; it will not be seen by any medical school admissions committee. Your honesty and diligence on this form will be to your benefit!

Directions

This form must be completed using Microsoft Word and submitted to the Academic Coordinator (ac_cabot@fas.harvard.edu), cc Annabelle Wang (annabelle_wang@hms.harvard.edu) by **Monday, February 16th, 2026**. YOU WILL NOT BE ASSIGNED A PREMEDICAL ADVISOR UNTIL THIS FORM HAS BEEN RECEIVED.

Important Notes and Dates

January-March – Request letters of recommendation (letters due to house by April 1st, 2026) and make sure to ask if the recommender can write a “strong letter” of support. (Letters from classes/activities during the Spring Semester are due by June 1st). Fill out your portion of the [waiver](#) and send to each recommender individually. This MUST be received by the House with your letter. Letters are submitted electronically to ac_cabot@fas.harvard.edu and must be typed, signed, and on letterhead.

February 16th – This PIF is due to the Academic Coordinator (ac_cabot@fas.harvard.edu) and Annabelle (annabelle_wang@hms.harvard.edu).

March – Remind writers of letter of recommendation of deadline, ask if they need any added information. You will receive access to a Med School App Status spreadsheet – **update this regularly throughout your application cycle.**

April 1st – Recommendation letters in the Cabot House Office. You are responsible for ensuring that they arrive!

Early May - AMCAS will open to be filled out, but not for submission yet.

By May 24 – Must have had 1-2 conversations (in person, via Zoom or phone) with your assigned non-resident tutor.

June – AMCAS opens for submission around June 1. Submit your complete AMCAS/MCAS/AADSAS application, *at the latest*, by the last week in June 2026, but **earlier is better!**

Start of Fall Semester – Most secondary applications should be completed during the summer and early in the fall semester – REMEMBER THE 2 WEEK RULE! Mock interviews with the Pre-Med committee

September through March – Interviews

Now let's get started...

2026 CABOT PIF

insert current

photo here

Name:

Graduating Class:

Personal Information

AAMC ID:

Date of birth:

State in which you are a legal resident:

Harvard email address:

Permanent non-Harvard Email address:

Cell/permanent phone:

Permanent address:

Summer address:



I. GPA

AMCAS calculates GPA slightly differently than Harvard. Please re-calculate your GPA here using the following metric:

A+, A 4.0		A half course at Harvard equals 4 credit hours, a full course is 8 hours.
A- 3.7		Multiply the grade's numerical equivalent by the number of credit hours.
B+ 3.3		Add all of the resulting #'s and divide by the # of total credit hours.
B 3.0 etc.		Omit Pass/Fail and unsats. This yields your GPA.

Freshman year: Science GPA _____ Non-science GPA _____ Overall GPA _____

Sophomore year: Science GPA _____ Non-science GPA _____ Overall GPA _____

Junior year: Science GPA _____ Non-science GPA _____ Overall GPA _____

Senior year: Science GPA _____ Non-science GPA _____ Overall GPA _____

Current overall: Science GPA _____ Non-science GPA _____ Overall GPA _____

Post-baccalaureate: Science GPA _____ Non-science GPA _____ Overall GPA _____

Graduate school: Science GPA _____ Non-science GPA _____ Overall GPA _____

Please use the space below to share any special circumstances which may have affected your performance in a particular term/year, feeling free to list individual courses and specific personal challenges/obstacles you may have faced:

II. MCAT Scores

(if you have not yet taken the test, please indicate when you plan to, include any other standardized exam scores i.e. GRE, GMAT, as well)

New MCAT. **Date taken:**

Category	Score
Chemical and Physical Foundations of Biological Systems	
Critical Analysis and Reasoning Skills	
Biological and Biochemical Foundations of Living Systems	
Psychological, Social and Biological Foundations of Behavior	

III. Academic Honors

List any academic honors, prizes and fellowships that you received while at Harvard. (add additional rows as needed)

Year (ex, Freshman/2015)	Name	Awarded by (Institute/organization)	Description

IV. Recommendation Letters

Please list the name, position, email, and/or telephone number of your recommendation letter writers.

Recommender name	Position	Department	Email and/or phone number

Please answer the following questions in as much detail as you see fit

There is no maximum or minimum word limit on these questions, but we urge you to treat your responses as “first drafts” of your actual application essays. Please take your time and be honest and thoughtful. **PLEASE READ ALL OF THE QUESTIONS BEFORE YOU BEGIN TO ANSWER THEM.** Please avoid repetition if possible.

V. Background

Please describe your motivation for a career in medicine.

Where are you from?

What are your parents' occupations?

Is anyone in your family involved in medical care?

What is the name and location of your high school?

Please list your high school honors and prizes.

Please describe any research or major project you did in high school.

Please describe any volunteering you did in high school.

What is your college concentration and why did you choose it?

What were your favorite classes in college and why?

V. Extracurriculars

Below describe your most significant extracurricular experiences at Harvard and why you chose to pursue these. Please detail your duration of involvement, interesting projects and your leadership roles. Be sure to include any important learning points.

Community Service

Participation Dates (e.g. June 2010-May 2011, or Summer 2009 or Freshman & Sophomore year)	Description (including leadership positions held, projects completed, important achievements)

Research / Lab work

Give us as much detail as possible about your project, the extent of supervision you had, abstracts, posters or papers published and any special experiences. List any scientific conferences that you have attended. (If you plan to complete or have completed a thesis, please describe it in the specific Thesis section next) ***If you list a professor's or researcher's name, please include their full academic title and full name of the institution in which they work.**

Participation Dates (e.g. June 2010-May 2011, or Summer 2009 or Freshman & Sophomore year)	Description (be very detailed – please give the full academic/employment title of any people you list), list any related publications

Leadership Roles

Participation Dates (e.g. June 2010-May 2011, or Summer 2009 or Freshman & Sophomore year)	Description (include organization and responsibilities)

Clinical experiences / Physician Shadowing

Participation Dates (e.g. June 2010-May 2011, or Summer 2009 or Freshman & Sophomore year)	Description (be very detailed – please give the full academic/employment title of any people you list)

Work and Jobs (Including tutoring)

Participation Dates (e.g. June 2010-May 2011, or Summer 2009 or Freshman & Sophomore year)	Description (be very detailed)

Publications or Presentations

Participation Dates (e.g. June 2010-May 2011, or Summer 2009 or Freshman & Sophomore year)	Description (be very detailed, include co-authors, Journal for publications or location for presentation)

Any other activities (eg. Athletics, study abroad)

Participation Dates (e.g. June 2010-May 2011, or Summer 2009 or Freshman & Sophomore year)	Description (include pertinent summer activities here)

VI. Additional Information

Are you writing a thesis? Why did you choose your topic? Tell us about your project.

Please describe any mentors you have had in college and what role they have played in your life.

What areas of medicine interest you most (e.g., research, teaching, academics, public health, subspecialties)?

Do you plan to apply to joint programs (MD/PhD, MD/MPH, MD/MPP, MD/JD, MD/MBA, etc.)?

Please discuss any weakness in your academic record.

Please discuss any interruptions and/or anything non-traditional in your academic career.

Tell us anything of interest about you that we might not know.

What are the three most important points about you that we should convey to medical schools?

List the medical schools you are interested in applying to.

VII. Senior Year/Alumni

1. If you are applying as a Senior, what are your summer plans and plans for the year following graduation?
2. If an alum, what have you done since graduation?

Additional Documents

HARVARD COLLEGE Request for Dean's Letter

Cabot House
Office of the Allston Burr Resident Dean
Cabot Mail Center
60 Linnaean Street
Cambridge, MA 02138
617-495-8744 phone

STUDENT: Complete this form and email it to the Academic Coordinator (ac_cabot@fas.harvard.edu).

Name of Student (print): _____ Class: _____

Preparation and Release of Dean's Letter:

I hereby request that Harvard College prepare a Dean's Letter in support of my application(s) to professional school or for a fellowship. I understand and agree that, to prepare the Dean's Letter, officers of the College, including my Allston Burr Resident Dean and others, will access my educational records. I further request that Harvard College send the Dean's Letter to the institutions that I designate. I will provide my Allston Burr Resident Dean with a list of all such institutions.

Student's signature

Date

Waiver of Access to Dean's Letter:

I understand that, under the Family Educational Rights and Privacy Act, 20 U.S.C. § 1232g ("FERPA"), I have the right to see the Dean's Letter.

I hereby WAIVE / DO NOT WAIVE my right of access under FERPA with respect to the Dean's Letter.

Student's signature

Date