OPSA Portal/Application Activity Pro Tips

- Leave out info already recorded in the entry to save space.
- If the EXACT date (mm/dd/yyyy) is not known, get as close as you are able.
- Share only information needed to understand WHAT something is to someone that may not know A&M jargon and/or acronyms
- Focus on the "so what/how" this developed you personally and/or professionally
- USE YOUR OWN WORDS
    - The examples below are a guide, not for copying
    - AI tools are not your friend in the case of your OPSA Portal/Application(s)
- Check out THIS video about Activities Myths and learn directly from Dr. Kellaway from Long SOM!

HONORS/AWARDS
List academic honors, awards, and other recognitions received since graduating from high school. (300 character limit)

Example:
Distinguished Student
What: Completed 15 hours+ with no grade lower than C and with a GPA of no less than 3.5 for semester

So what: Refined my study skills to achieve and maintain academic excellence and content mastery.

Potential Entry:
After a rocky start to college, I refined my study skills to achieve and maintain academic excellence and content mastery completing 15 hours+ with no grade lower than C and with a GPA of no less than 3.5 for semester. (215 characters)

To maintain competitive metrics and secure solid foundational knowledge for professional school, my dedication to academic excellence and content mastery resulted in completing 15 hours+ with no grade lower than C and with a GPA of no less than 3.5 for semester. (265 characters)

HEALTHCARE ACTIVITIES
List all direct healthcare-related activities you have participated in since graduation high school (500 character limit)

Shadowing:
Observed and participated in patient interactions with Dr. Ahmed. I strengthened my

understanding of the diagnostic process and how to build positive rapport and trust with diverse patient populations. The long-term relationships with patients was also an attractive feature of this specialty. I learned about the broad range of conditions internists encounter, and I was intrigued by cases ranging from general wellness to incredibly complex cases including multiple chronic illnesses. (490 characters)

LEADERSHIP
List any leadership roles or positions of responsibility held since graduating from high school using the following format, including any future positions that are known.

Texas Association of Advisors for the Health Professions: Secretary
My primary growth area is supporting those in key positions, rather than calling the shots. Leveraging my attention to detail and robust communication skills, I prioritize transparent communication throughout the organization while building a comprehensive repository of accurate minutes. (288 characters)

COMMUNITY ENGAGEMENT
H.O.S.T.S: Helping One Student To Succeed
Partnered with students in 1-3 grade to fortify their reading and literacy skills through word recognition and reading comprehension activities. Reading is my favorite pastime, and investing in youth to help this skill go from a challenge to a joy was incredibly rewarding while developing my capacity to patiently tailor instruction/activities to meet the needs of the individual before me. I am eager to build on these foundational skills to aid my future patients with their health outcomes. (496 characters)

MOST MEANINGFUL--MUST BE FROM LISTED ACTIVITIES
-Doesn't have to be related to medical or dental field, BUT it would not be surprising if at least ONE is from those sections.

H.O.S.T.S: Helping One Student To Succeed
I was filled with honor and dread when the volunteer coordinator shared she specifically paired me with three students that demonstrated the most challenge to teachers and other volunteers because she trusted my abilities and history with the program. The initial struggles to build positive rapport with my mentees helped me develop empathetic interpersonal skills while maintaining high expectations. I learned to empower and equip individuals to unlock their potential to accomplish goals. (494 characters)