* Categorize any activities and experiences you have engaged in since graduating high school below.
* Do not list an activity/experience in more than one category. *EXCEPTIONS*:
	+ An activity/experience may be listed in both Healthcare Activities and Employment (or also under Dental Experience and Employment) if it was a paid position and fits under BOTH Healthcare Activities and Employment (or Dental Experience and Employment).
	+ Any activity that results in a leadership role may be entered in both categories.
	+ If you have activities in more than one section, the descriptions should highlight the aspects of the experience, and not be identical. Example from TMDSAS: “As a scribe, discuss the employment aspect of that activity in the corresponding section, while the Healthcare section may see more information about the experiences and doctors you may have worked it.”
* It is not required that you use all categories.
* Stay within the maximum character count (including spaces) indicated for activity descriptions.
* Please refer to the Activities & Experiences Instructions for details about each category. Current activities include everything before November 1, 2025. Planned Activities are November 1, 2025 through medical school matriculation (roughly July 2026). Planned Activity hours can be estimated.
* If you currently participate in activities that you plan to continue beyond the application deadline, you should enter these activities as **both Current and Planned Activities** using the date breakdowns shown above to show your activity is continuous.
* There is no limit to the number of activities/experiences you may include in TMDSAS, but avoid fluff.

**Academic Recognition**

* **Award Title** – Date Received; City, Country, State; [Description – 300 characters maximum]

**Non-Academic Recognition**

* **Award Title** – Date Received; City, Country, State; [Description – 300 characters maximum]

**Leadership**

* **Role/Title** – Organization; Start Date- End Date; City, Country, State; [Description – 500 characters maximum]

**Employment**

* **Title** – Employer; Start Date- End Date; City, State, Country; Hours per week: - [Description – 300 characters maximum]

**Research Activities**

* **Role/Title** – Organization; Start Date- End Date; City, State, Country; Hours per week: –; Cumulative Hours: -;[Description of research – 500 characters maximum]
	+ If Resulted in Publication, abstracts, presentations or posters, cite or share dates of presentation (500 characters):

**Healthcare Activities (only those not related to Dental)**

* **Role/Title** – Organization; Start Date- End Date; City, State, Country; Hours per week: –; Cumulative Hours: - [Description – 500 characters maximum]

**Dental Experience (experiences where at least 50% of your time was spent interacting with or under the direct supervision of a dentist)**

* **Role/Title** – Location; Dentist Name; Paid or Volunteer; Start Date- End Date; City, State, Country; Cumulative Hours: - [Description – 300 characters maximum]

**Community Engagement**

* **Role/Title** – Organization – Start Date- End Date; City, State, Country; Hours per week: - ; Cumulative Hours: - [Description – 500 characters maximum]

**Extracurricular and Leisure Activities**

* **Activity** – Start Date- End Date; City, State, Country; Hours per Month: - ; Cumulative Hours: - [Description – 500 characters maximum]

**Manual Dexterity**

* **Activity** – Start Date- End Date; City, State, Country; Hours per Month: - ; Cumulative Hours: - [Description – 500 characters maximum]

**Top Meaningful Activities (list 3)**

* **Activity Name** – Organization; Date: [Description – 500 characters maximum]
* **Activity Name** – Organization; Date: [Description – 500 characters maximum]
* **Activity Name** – Organization; Date: [Description – 500 characters maximum]

**Planned Activities (future activities between November 1, 2025 and July/August 2026)**

* **Activity Type** – City, State, Country; Projected Start Date- End Date; Projected Cumulative Hours: [Description – 500 characters maximum]