



The PA Acceptance Blueprint

A Complete, Step-by-Step System to Take You From Overwhelmed
to Confidently Submitting a Competitive Application

YOUR PATH. YOUR ACCEPTANCE.

34,000+

Applicants Annually

20–31%

Acceptance Rate

\$47

Complete System

Created by a 30-Year Practicing Pediatric PA & University Professor

A Letter From Your Mentor

Hello, future colleague,

If you're reading this, I know exactly how you feel. You're standing at the base of a mountain, looking up at the peak: a PA school acceptance letter. You can see it, you know you want it, but the path to get there feels confusing, overwhelming, and incredibly steep.

You're juggling prerequisite courses, trying to find quality patient care hours, thinking about the GRE, and hearing a million different opinions on what it really takes to get in. The fear of missing a critical step, of making a mistake that costs you a whole application cycle, is very real.

I want you to take a deep breath. I've been there. And for the past 30 years as a pediatric PA and as an adjunct professor mentoring pre-PA students just like you, I've guided hundreds of students up that same mountain.

I created The PA Acceptance Blueprint for one reason: to give you the clear, step-by-step, and proven roadmap I wish I had. This isn't a collection of random tips you can find on the internet. This is a complete, structured system designed to take you from anxious and uncertain to confident and in control of your application.

We will not just talk about what to do; we will do it. Together. Each pillar in this Blueprint is designed to produce a tangible, measurable result—a finished piece of your application. You will see your progress, you will build momentum, and you will craft an application that truly represents the amazing candidate you are.

This journey is a marathon, not a sprint. But you don't have to run it alone. Think of me as your guide and this Blueprint as your map. Trust the process, do the work, and I promise you'll be amazed at what you can accomplish.

Let's begin.

To your acceptance,

Beverly Garrison MS, PA-C

[Pediatric PA-C](#) | [Adjunct Professor](#) | [Pre-PA Mentor](#)

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The Clinical Readiness Profile & Acceptance Ignition

Time Required: 15–20 minutes. This is not optional — it is the single most important action you will take before opening any pillar. It answers two questions every applicant must face: *Where do I currently stand?* And *Why does this matter enough to do the hard work?* Complete all three parts in order.

Part 1: The Clinical Readiness Profile (15 Minutes)

Answer each question honestly. Your score will route you directly to the most critical pillar for your situation, so that you spend your energy exactly where it matters most.

Section 1: Clinical Experience Profile

1. Total Hours of Direct Patient Care Experience (PCE):

- (a) Over 2,000 hours
- (b) 1,000 – 2,000 hours
- (c) 500 – 1,000 hours
- (d) Under 500 hours

2. Diversity of Your Clinical Roles:

- (a) I have worked in 3 or more distinct clinical settings (e.g., hospital, clinic, EMS).
- (b) I have worked in 2 different clinical settings.
- (c) I have worked in only 1 clinical setting.
- (d) I have not yet started accumulating clinical hours.

3. Level of Patient Interaction in Your Primary Role:

- (a) High level of direct, hands-on patient responsibility (e.g., EMT, Paramedic, Medical Assistant).
- (b) Moderate level of patient interaction, with some hands-on duties (e.g., CNA, Phlebotomist).
- (c) Low level of direct patient interaction (e.g., transporter, scribe).
- (d) My roles have not involved direct patient care.

Section 2: Academic & Standardized Test Readiness

1. Cumulative GPA:

- (a) 3.75 or higher
 - (b) 3.50 – 3.74
 - (c) 3.25 – 3.49
 - (d) 3.0 – 3.24
 - (e) Below 3.0
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2. Science GPA (Biology, Chemistry, Physics):

- (a) 3.75 or higher
 - (b) 3.50 – 3.74
 - (c) 3.25 – 3.49
 - (d) 3.0 – 3.24
 - (e) Below 3.0
-

3. Prerequisite Coursework Status:

- (a) All prerequisites completed with grades of B+ or higher.
 - (b) All prerequisites completed, but some grades are B or lower.
 - (c) 1–3 prerequisites are currently in progress.
 - (d) More than 3 prerequisites are still outstanding.
-

4. GRE/PA-CAT Preparation:

- (a) I have taken the exam and scored in the 75th percentile or higher.
 - (b) I have a structured study plan and am actively preparing.
 - (c) I have registered for the exam but have not started a formal study plan.
 - (d) I have not yet considered or planned for the standardized test requirement.
-

Section 3: Personal Narrative & Support Network

1. Personal Statement Draft:

- (a) I have a completed draft that clearly articulates my unique journey and motivation for becoming a PA.
 - (b) I have an outline and several key stories identified.
 - (c) I have some general ideas but haven't started writing.
 - (d) I am unsure how to begin or what to write about.
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2. Letters of Recommendation (LORs):

- (a) I have identified and confirmed 3–4 strong recommenders (PAs, MDs, Professors) who know me well.

- (b) I have a list of potential recommenders but have not contacted them yet.
- (c) I am struggling to identify enough strong recommenders.
- (d) I have not yet thought about who to ask for letters.

3. Understanding of the PA Profession:

- (a) I have shadowed multiple PAs and can clearly articulate the role of a PA in the healthcare system.
- (b) I have shadowed one PA or have done extensive research on the profession.
- (c) My understanding comes primarily from online research and articles.
- (d) I am still learning about the day-to-day responsibilities of a PA.

Scoring & Your Immediate Action Plan

Answer	Points
(a)	4 points
(b)	3 points
(c)	2 points
(d)	1 point
(e) — Academic only	0 points

Total Your Score:

35–40	Clinically Ready & Primed for Acceptance Your application is already in the top tier. Your immediate action is to use Pillar 3 to refine your personal statement into a masterpiece and Pillar 5 to ensure your LORs are flawlessly executed.
25–34	Strong Foundation, Key Gaps to Fill You have a solid base, but there are critical gaps to address. Dive into Pillar 2 to strategize how to elevate your clinical hours and address any GPA or prerequisite concerns.
15–24	Urgent Action Required Your application has significant vulnerabilities that require immediate and strategic intervention. Start with Pillar 1 to build a rock-solid application plan from the ground up.
Below 15	Foundational Blueprint Is Critical You are in the very early stages of your journey. Read the entire PA Acceptance Blueprint from cover to cover before taking any other steps.

Part 2: The Acceptance Visualization (5 Minutes)

Find a quiet space and close your eyes. Imagine the exact moment you receive your acceptance email. Feel the buzz of your phone. Feel the rush of adrenaline as you open the message. See the words: *'We are thrilled to offer you a seat...'* Imagine the overwhelming joy. Who is the first person you call? What does it feel like to walk into your next shift or class knowing you are an incoming PA student? Hold onto this feeling. This is your destination. Every action in this Blueprint moves you closer to this moment.

Part 3: The Commitment Contract (5 Minutes)

Write down your deepest reason for pursuing the PA path. Is it to serve an underserved community? To honor a family member's medical journey? To fulfill a lifelong calling? Research in behavioral psychology consistently shows that written commitments, especially those tied to personal identity and signed with one's name, significantly increase follow-through on goal-directed behavior. This is your psychological anchor.

I, _____, commit to pursuing the path of a Physician Assistant because:

Signature: _____ **Date:** _____