OMSAS Autobiographical Sketch and verifier checklist

List activities since age 16 in the official OMSAS categories, stay inside the 32-item space the form allows, and record a verifier for each activity before you submit.

NAME

DATE

MY APPLICATION

APPLICATION YEAR

SCHOOLS I AM APPLYING TO

ABS SUBMITTED ON (CANNOT BE CHANGED AFTER THIS)

DOCUMENT TRACKING CHECKED

ACTIVITIES (THE FORM HAS ROOM FOR UP TO 32; ADD A SECOND SHEET IF NEEDED)

#	Category (employment, volunteer, extracurricular, awards, research, other)	Activity, dates, hours and place	Verifier name, phone, email and address

BEFORE SUBMITTING

- [ ] Every activity has a verifier I have permission to name

OMSAS Autobiographical Sketch and verifier checklist (continued)

- [ ] Hours and dates are calculated the way OMSAS asks (per week or per month, start and end)
- [ ] No acronyms in organization names where OMSAS says to avoid them
- [ ] I have not forwarded extra CV pages or recommendation letters that OMSAS says not to send
- [ ] I understand I cannot change the ABS after I submit

OMSAS arranges the sketch the way each school requires. Queen's and some other school pages say you do not have to fill all 32 spots; quality matters, not the count. We do not advise what to include.

SOURCES (CHECKED 2026-11-27)

OMSAS says the Autobiographical Sketch is a detailed and comprehensive list of activities since age 16, in any of these categories: Employment, Volunteer Activities, Extracurricular Activities, Awards and Accomplishments, Research, and Other. https://www.ouac.on.ca/guide/omsas-sketch/ (checked 2026-11-27)
OMSAS says that for each activity you must provide the names, addresses, telephone numbers and email addresses of contacts who can verify your involvement, that the same verifier may be used for multiple activities where appropriate, and that you cannot make changes or corrections to the ABS after you submit the application. https://www.ouac.on.ca/guide/omsas-sketch/ (checked 2026-11-27)
The Queen's University OMSAS page says there is room in the form to provide information for up to 32 items, that you are not required to fill all available spots, and that submissions are assessed based on the quality of the listed items and the characteristics they represent, not the number of items listed. https://www.ouac.on.ca/guide/omsas-queens/ (checked 2026-11-27)