OUAC grade conversion and OMSAS or OLSAS GPA worksheet

Convert each undergraduate course with the official OUAC table, then compute the course-weight average OMSAS and OLSAS describe. The official Document Tracking figure is the one the application uses.

NAME _____ DATE _____

THE SCALE I AM USING

APPLICATION (OMSAS, OLSAS, OR BOTH) _____

UNIVERSITY AND OUAC SCALE FROM THE OFFICIAL TABLE _____

I AM USING PERCENTAGES / LETTERS / NUMERIC GRADES (CIRCLE THE ONE ON THE TRANSCRIPT) _____

DATE I CHECKED THE OFFICIAL TABLE _____

COURSES OMSAS OR OLSAS WOULD INCLUDE

Course	Weight (2, 1, 1.5 or 0.5)	Grade on the transcript	OUAC value from the official table	Weight × OUAC value

CUMULATIVE AVERAGE

OUAC grade conversion and OMSAS or OLSAS GPA worksheet (continued)

TOTAL COURSE WEIGHTS	TOTAL OF (WEIGHT × OUAC VALUE)
AVERAGE (TOTALS DIVIDED, NOT AN AVERAGE OF YEAR AVERAGES)	THE FIGURE LATER POSTED IN DOCUMENT TRACKING

OMSAS and OLSAS both say the cumulative average is not an average of the averages. Each school may still use a different GPA based on its own admission criteria. International transcripts from outside Canada and the US are processed as non-convertible. Do not reconcile letter grades to a percentage scale.

SOURCES (CHECKED 2026-11-27)

OMSAS says it uses a 4.0 scale, converts grades using the Undergraduate Grade Conversion Table and the scale noted for the applicant's university, and calculates the cumulative average by adding all the course weights and all the converted grades, then dividing the total course weights into the total converted grades. The cumulative average is not an “average of the averages”. https://www.ouac.on.ca/guide/omsas-gpa-calculations/ (checked 2026-11-27)
OMSAS weights a full-year course as 2, a half-year or semester course as 1, a three-quarter course as 1.5, and a lab course as 0.5. https://www.ouac.on.ca/guide/omsas-gpa-calculations/ (checked 2026-11-27)
OLSAS says it uses the same Undergraduate Grade Conversion Table and 4.0 scale, and calculates the cumulative average by adding all the course lengths and converted grades and dividing the total course lengths into the total OLSAS values from the conversion table. https://www.ouac.on.ca/guide/olsas-gpa-calculations/ (checked 2026-11-27)
The OUAC Undergraduate Grade Conversion Table says it is used for converting individual grades only, and that the scales are applicable only to current grading schemes. https://www.ouac.on.ca/guide/undergraduate-grade-conversion-table/ (checked 2026-11-27)