

Self-Assessment Report

For Pre-Health Professional Health Programs

The purpose of this Self-Assessment Report is to give you a chance to summarize and evaluate your background in each of the areas expected of a successful health professional applicant. Score yourself on each area from a 1 (needs work) to a 5 (excellent).

And be honest with yourself – this will help establish how to move forward.

ACADEMIC STRENGTH	1	2	3	4	5
Is your GPA where you want it? Is it in line with what you understand to be required for the future program you are interested in? Do you expect it to go up, down or be stable – and why? Any Cs or worse? Many Ws? If so, how do you intend to explain them? (A few are tolerable in some circumstances, but it is always better to frame them appropriately). Highlight any challenges you have faced and what you have done to overcome them. What is your MCAT target, and how will you prepare to achieve this?					
Reflections:					

MEDICAL & CLINICAL EXPOSURE	1	2	3	4	5
<p>What is the extent of your clinical exposure (shadowing, internships etc.)? Are your total hours and positions in line with where they should be, given your year and program (programs vary considerably with respect to desired professional contact – are you aware of what is needed for the programs you are interested in?). Do you have good contacts that can write strong letters from these experiences? What can you highlight about these experiences? What are your plans for: 1. This summer, 2. The rest of your time here?</p>					
<p>Reflections:</p>					

NON-MEDICAL & OTHER ACTIVITIES	1	2	3	4	5
<p>What else are you doing? This includes non-medical service and development (tutoring, community service, research, sports etc.). How is this relevant to a career in medicine and how will they make you a better applicant? Do you have references who can speak to your inter- and intra-personal skills (leadership, teamwork, self-awareness, tenacity, professionalism)? What are your plans for the future?</p>					
<p>Reflections:</p>					

AWARENESS OF THE PROFESSION	1	2	3	4	5
<p>What are the major issues relating to health care today that you can speak intelligently on? What do you know about how the profession is changing in response to challenges it faces? Have you worked in or studied in any of these areas?</p>					
<p>Reflections:</p>					

ESTABLISHING GOALS	1	2	3	4	5
<p>Did you meet your goals for this year? Why or why not? What are your goals for the next year?</p>					
<p>Reflections:</p>					

For more information contact:
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