

Name: _____

Class of _____ Eagle# _____

#1: Self-Assessment Profile^a

In a survey conducted by the American Association of Medical Colleges, it was found that the pre-admission variables accorded high importance by medical school admissions personnel included: (1) undergraduate grade point average, (2) MCAT scores, (3) letters of evaluation, (4) involvement in health-related work experiences, (5) interviewing skills, (6) involvement in extracurricular activities.

In light of these variables, it is important that you are able to step back and assess your developing profile as an applicant to health professions schools. What are the strengths of your developing application profile? What are areas in need of attention? What are ways you can improve your overall application? During your self-assessment, feel free to consult our website (www.bc.edu/premed) and/or appropriate office advising packet for additional resources and ideas as you answer the various questions below.

Consider the following self-inventory. Be honest with yourself as you rate yourself according to the following scale:

Ratings: 1 = needs considerable improvement
 2 = needs some improvement
 3 = OK
 4 = very good shape
 5 = outstanding

- | | | | | | |
|--|---|---|---|---|---|
| • Strength of your undergraduate and/or graduate OVERALL GPA | 1 | 2 | 3 | 4 | 5 |
| • Strength of your undergraduate and/or graduate SCIENCE GPA | 1 | 2 | 3 | 4 | 5 |
| • Strength of your standardized test scores | 1 | 2 | 3 | 4 | 5 |
| • Your involvement in health-related experiences | 1 | 2 | 3 | 4 | 5 |
| • Your involvement in extra-curricular activities | 1 | 2 | 3 | 4 | 5 |
| • Your ability to present yourself in person | 1 | 2 | 3 | 4 | 5 |
| • Your ability to present yourself in writing | 1 | 2 | 3 | 4 | 5 |
| • How well you relate to others | 1 | 2 | 3 | 4 | 5 |
| • Ways you exhibit independence/initiative/perseverance | 1 | 2 | 3 | 4 | 5 |
| • Ways you exhibit leadership skills | 1 | 2 | 3 | 4 | 5 |
| • Your sense of purpose and motivation | 1 | 2 | 3 | 4 | 5 |
| • Your sense of intellectual curiosity | 1 | 2 | 3 | 4 | 5 |
| • Your common sense | 1 | 2 | 3 | 4 | 5 |
| • Your ability to handle stressful situations | 1 | 2 | 3 | 4 | 5 |
| • Your interest in science and biomedical research | 1 | 2 | 3 | 4 | 5 |
| • Your breadth of interests | 1 | 2 | 3 | 4 | 5 |
| • How you have demonstrated commitment to service | 1 | 2 | 3 | 4 | 5 |
| • Your familiarity with current issues in health care | 1 | 2 | 3 | 4 | 5 |
| • How you will distinguish yourself as a candidate | 1 | 2 | 3 | 4 | 5 |
| • How well your professors and advisors know you | 1 | 2 | 3 | 4 | 5 |

^a Adapted from Lang G., Verrier D., Assessing Your Application Profile: A Workshop For Prehealth Students, *The Advisor*, March 2000; 20; #2; p 52-56

#2: Self Assessment Grid^b

What schools look for	What I have done	What I need to do
Academic ability		
Leadership skills		
Exposure to/experience in the profession		
Appreciation of diversity		
Intellectual Curiosity		

signature

date

Ability to overcome adversity		
Perseverance		
Creativity		
Communication skills		
Commitment		

^b From Huntington, B and Masse, L., *Writing About Me*, Montezuma Publishing, 2003

signature

date