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# PRE-HEALTH SELF-ASSESSMENT GUIDE

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| --- |
| **Am I ready to apply this cycle for medical/dental/veterinary school admissions?** |

This assessment should be used as a general guide to assist pre-health applicants in the self-assessment of the current readiness of their portfolio for a professional school application. This guide will help you assess your experiences and personal development in the context of “readiness” for the admissions process. Unless you’re planning to apply soon, chances are that you haven’t completed everything in the assessment. It is important to consider when you will be in the best possible position for success as you embark on this next step towards a career in the health professions.

***All students who plan to go through the application process for medical/dental/veterinary school admissions in 2021 – 2022 are required to complete this form. Please upload to your veCollect account by March 1, 2021.***

### Personal Information:

Name: Major(s):

Email:

### SELF-ASSESSMENT BEGINS ON PAGE 2

*Please rate yourself based on the scale provided for each item.*

**Personal Statement** – Rate your personal statement on a scale of 1-5

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Generic essay | | **Essay with some personalization** | | **Truly authentic essay, persuasive and personal** |
| 1 | 2 | 3 | 4 | 5 |
|  |  |  |  |  |

**Letters of Recommendation** – Rate the quality of your recommender relationships as a group, on a scale of 1-4

|  |  |  |  |
| --- | --- | --- | --- |
| No relationship with recommenders |  |  | High-quality, substantial relationship with recommenders |
| 1 | 2 | 3 | 4 |
|  |  |  |  |

**Experiences**

**Leadership Roles** – Rate your leadership roles on a scale of 1-8

*(Leadership is defined as a position of responsibility for others, with a purpose to guide or direct others. Sample Leadership roles: Teaching assistant, tutor, College Council, Junior Advisor, chairing a committee, leading an athletic team, etc. The average applicant has 3 different leadership experiences each lasting 3 months; the minimum is 1 leadership experience lasting 3 months.)*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Minimal/no experience | | | Typical/average experience | | Extensive experience | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  |  |  |  |  |  |  |

**Community Service Experiences** – Rate your community service experiences on a scale of 1-8

*(The average medical school applicant has 100 hours of community service when they apply, often the minimum is around 35 hours.)*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Minimal/no experience | | | Typical/average experience | | Extensive experience | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  |  |  |  |  |  |  |

**Patient Contact/Clinically Relevant Experiences** – Rate your patient contact experiences on a scale of 1-8

*(Patient contact is defined as direct interaction with patients and hands-on involvement in the care of individuals in a health care related environment, attending to their health maintenance, progression, or end of life needs. (The average applicant has 50+ hours of patient contact; the minimum is 30 hours.)*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Minimal/no experience | | | Typical/average experience | | Extensive experience | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  |  |  |  |  |  |  |

**Research Experiences** – Rate your experiences on a scale of 1-8

*(Research is defined as involvement in a scholarly or scientific hypothesis investigation that is supervised by an individual with verifiable research credentials. Research may be in any discipline and performed at any site. It must, however, involve a testing hypothesis. The average applicant has experience with hypothesis-based research that is supervised by an individual with verifiable research credentials. This may include independent senior research or senior thesis. The minimum is research within a class where the applicant answered or tested a hypothesis and received a grade. Examples: a writing project, lab work, etc. NOTE: Research completed as part of a pre-health course requirement is not considered to meet this requirement by health professions programs.*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Minimal/no experience | | | Average experience | | Extensive experience | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  |  |  |  |  |  |  |

#### Metrics

**Rate your Cumulative GPA:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| < 3.0 | 3.0 – 3.1 3.1 – 3.2 | | 3.3 – 3.4. 3.4 – 3.5 | | 3.5-3.6 | 3.6-3.7 | 3.8+ |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  |  |  |  |  |  |  |

**Rate your science-only GPA**:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| < 3.0 | 3.0 – 3.1 3.1 – 3.2 | | 3.3 – 3.4. 3.4 – 3.5 | | 3.5-3.6 | 3.6-3.7 | 3.8+ |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  |  |  |  |  |  |  |

***National Metrics Data (Source: AAMC.org)***

*Average Cumulative GPA of 2020 - 2021 national applicants: 3.6*

*Average MCAT score of 2020 - 2021 national applicants: 506.4*

#### Other Attributes and Experiences

**Remember that you are more than a set of numbers!** Most health professions programs have a holistic admissions process. The core element of this holistic process involves widening the lens through which schools review applicants, and recognizing and valuing different dimensions that shape each individual and contribute to their unique set of experiences. We encourage you to read more about “Holistic Review in Medical School Admissions” as well as “The Core Competencies for Entering Medical Students” on the AAMC’s website (see the links below). Other application services have similar pages describing their holistic admissions review and relevant core competencies. Another helpful reference is the AAMC’s “Anatomy of an Applicant” resource library, which includes an extensive and holistic downloadable “Self-Assessment Guide” (based on the core competency areas).

**“Holistic Review in Medical School Admissions” (AAMC):**

<https://students-residents.aamc.org/choosing-medical-career/article/holistic-review-medical-school-admissions/>

**“The Core Competencies for Entering Medical Students” (AAMC):**

<https://students-residents.aamc.org/applying-medical-school/article/core-competencies/>

**“Anatomy of an Applicant” Resource Library and Downloadable “Self-Assessment Guide” (AAMC):**

<https://students-residents.aamc.org/applying-medical-school/preparing-med-school/anatomy-applicant/>