

Name: _____

Class: _____

#1 Self Assessment Profile ^a

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?

#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 | | |

| | | |
|--------------------------------------|--|--|
| Ability to overcome adversity | | |
| Perseverance | | |
| Creativity | | |
| Communication skills | | |
| | | |