

Your Premed Application Profile: A Self-Assessment

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) quality of degree-granted undergraduate institution, (4) letters of evaluations, (5) involvement in health-related work experiences, (6) interview ratings, (7) personal comments on AMCAS or supplemental applications, and (8) 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 applications?

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

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

Important Variables	1	2	3	4	5
Your involvement in health-related experiences					
• Shadowing a physician – quality hours (~30 hrs min)					
• Volunteer in healthcare setting (Recommend ~1 yr min)					
Your involvement in extra-curricular activities					
How you have demonstrated commitment to service					
How well you relate to and work with others					
Ways you exhibit leadership skills					
Your ability to present yourself in person (oral comm.)					
Your ability to present yourself in writing (written comm.)					
Your ability to empathize					
Ways you exhibit independence/initiative					
Ways you exhibit perseverance/adaptability					
Your sense of purpose and motivation					
Your ability to handle stressful situations					
Your sense of ethical responsibility to self and others					
Your critical thinking skills & intellectual curiosity					
Your interest in science and biomedical research					
Your breadth of interests					
Your resilience and your ability to cope with challenges					
Your experience working with diverse populations					
Your familiarity with current issues in health care					
How you will distinguish yourself as a candidate					
How well your professors and advisors know you					
Strength of your overall undergraduate/post-bacc GPA					
Strength of your undergraduate/post-bacc science GPA					
Strength of your standardized test scores					