

 **Pre-Health Student Self-Assessment and Planning Worksheet**

Student Name \_\_\_\_\_\_\_\_\_\_ Pre-Health Interest:

To help you assess your progress toward admission to a professional health program, to assist you in setting personal goals, and to assist your pre-health advisor in providing targeted guidance, please complete the following self-assessment and planning worksheet and bring an updated copy to your pre-health advising meeting(s) each semester.

Don’t let the list below intimidate you. Remember that preparation for professional school is a journey, and that your goal is to develop your own unique set of personal and professional experiences and competencies over several years that will make you a successful applicant to your desired professional school.

Carefully check admission criteria (required and recommended academic coursework, average GPA and test scores of accepted students, clinical/professional experience, etc.) at all professional schools of interest. Useful links and information can be found under the fields of interest [on the UI pre-health web site.](http://www.uidaho.edu/pre-health)  BottoPremed students should also review the [Univ. of Utah School of Medicine Self-Assessment form](http://medicine.utah.edu/admissions/criteria/index.php)  and consider purchasing the [Med School Admission Requirements (MSAR).](https://www.aamc.org/students/applying/requirements/msar/)

**Self-Score Rubric**: 1 = minimal, 2 = moderate, 3 = substantial, and 4 = exceptional.

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| **Common Criteria Used to Evaluate Applicants for Professional Schools** | **Self Score** **(1-4)** | **Describe your Personal Experiences/Preparation** | **Describe your Personal Goals** **and Timeline** |
| **Academic performance/grades** A GPA of 3.5+ is recommended for all pre-health professions students. Accepted med school applicants have an average GPA of 3.7 (Science GPA = 3.64) |  | Prerequisite coursework completed to date:Science GPA:  |  |
| **Anticipated timeline…**for applying to and entering professional school (applications are typically submitted in the summer, 12-15 months before the fall that you plan to enroll) |  | Month/year of graduation from UI: Month/year of application: Month/year of matriculation:  |  |
| **Volunteer/community service experience** Include type, and # of hours |  |  |  |
| **Shadowing experience** **Include # of hours, type of provider shadowed** |  |   |  |
| **Extracurricular activities** Include type, and # of hours |  |  |  |
| **Leadership Experience** Ex. Tutoring, RA, Orientation LeaderInclude type, and # of hours |  |  |  |
| **Work experience**Include type, and # of hours |  |  |  |
| **Research experience**Include poster presentations, publications |  |  |  |
| **Honors, awards and achievements**  |  |  |  |
| **Potential References** Faculty, health professionals and others who would be able to write ***strong*** letters of recommendation |  | List names and job titles for all references: |  |
| **Required admission test:** MCAT, DAT, GRE, PCAT, OAT, etc.  |  | Test preparation to date:Future study plan:Expected test date: Month/year =Test score, if taken:  |  |
| **Alternative career options explored** (<http://explorehealthcareers.org/en/home> and <http://www.ama-assn.org/ama/pub/education-careers/careers-health-care/directory.page>) Consider your motivation, your academic abilities, your personality and interests, and your desired lifestyle**. Be able to clearly articulate why you have chosen your desired career.** |  | Careers that you have considered and reviewed: |  |