Pre-Med Self Assessment Guide

The Self-Assessment Guide will help you assess your experiences and personal development. Ideally, you will begin your Self-Assessment Guide early in your college experience along with the Health Professions Handbook to guide and record your preparation. Where appropriate, insert a number from the rating scale in the space prior to each comment.

**Rating Scale:**
- 0 = Can’t Rate
- 1 = Not Satisfied
- 2 = Somewhat Satisfied
- 3 = Satisfied
- 4 = Very Satisfied

**ACADEMIC PREPARATION**

_____ I am satisfied that my grades are at or above the national mean of accepted medical students (Science GPA= 3.6, Non-Science GPA= 3.7, Overall GPA= 3.6).

_____ I am satisfied that my science courses have prepared me for the rigorous medical school science curriculum.

_____ I am consistently making improvements in my critical reading and writing skills.

_____ I am satisfied that my nonscience courses have improved my communication skills and have given me a broader understanding of diverse individuals and groups.

What insights have you gained from review of your academic preparation?

What is your plan to improve or maintain your readiness to be successful within the rigorous medical school curriculum?

What are your contingency plans should you not be accepted to medical school?

**MCAT PERFORMANCE**

My ACT Score ____________  My SAT Score ____________

_____ I am satisfied with myself as a competent standardized test taker.
MCAT PERFORMANCE (continued)

If you do not see yourself as a competent test taker, what do you think is/are the cause(s)?

- Reading Comprehension
- Reading Speed
- Vision Problems
- Fatigue
- Language Problems
- Test Taking Anxiety
- Learning Problems
- Problem Solving/Reasoning Problems
- Easily Distracted/Concentration
- Unfamiliar with Multiple Choice Tests
- Unfamiliar with Essay Examinations
- Other

_____ I am satisfied with the way my course work is preparing me for the MCAT.

My additional preparation for the MCAT includes the following methods:
1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________

_____ I am satisfied with the way I am preparing for the MCAT.

_____ I am satisfied that I can earn MCAT scores that are consistent with the national mean scores of accepted applicants (VR = 9.6, PS = 10, WS = P, BS = 10.3).

What insights have you gained from review of your MCAT preparation?

What is your plan to perform well on the MCAT?

If you listed causes that may be preventing you from living up to your potential on standardized tests, be sure your plan includes a strategy to address them.

MEDICAL/CLINICAL EXPERIENCES

_____ I am satisfied that my medical/clinical experiences clearly reinforced my motivation for a career in medicine.

_____ I am satisfied that I understand the demands of a career in medicine.

_____ I am satisfied that I have the interest and ability to meet these demands.

What insights have you gained from your medical/clinical experiences?

What is your plan to continue to explore your goal to become a physician through medical/clinical work or volunteer experiences?
COMMUNITY SERVICE EXPERIENCES

_____ I am satisfied that my community volunteer or work experiences have put me more in touch with diverse groups of people.

_____ I am satisfied that I have a growing understanding of individuals who are different from me.

_____ I am satisfied that my community service or work experiences have reinforced my motivation to “give something back” to my community.

What insights have you gained from your community service experience?

What is your plan to continue to gain experience that demonstrates your understanding of the diverse patient population, your growing cultural competency, and your commitment to ongoing involvement in the community?

GROUP AND LEADERSHIP EXPERIENCES

_____ I am satisfied that my leadership experiences demonstrate my ability to lead or mentor less experienced, disadvantaged, or younger individuals.

_____ I am satisfied that my group experiences demonstrate my ability to be a good team member and team builder.

What insights have you gained from your experience?

What is your plan to continue to develop your group and leadership skills?

RESEARCH EXPERIENCES

_____ I am satisfied that my research experiences expanded my understanding of scientific method.

_____ I am satisfied that my research experiences supported my interest in research and my knowledge of its relevance to medicine.

_____ I am satisfied that I can describe my role in the research projects in which I have participated.

_____ I am satisfied that I can describe and discuss the research projects in which have participated.

What insights have you gained from your research experiences?

What is your plan to continue to gain valuable research experience?
PERSONAL QUALITIES/PROFESSIONAL BEHAVIOR & DEVELOPMENT

_____ I am satisfied that I understand the concept of professional behavior.

_____ I am satisfied with my personal growth and development.

_____ I am satisfied that my maturity is evident.

_____ I am satisfied that I am living my life in a way that develops and demonstrates the exemplary behavior I expect from a physician.

_____ I am satisfied that I am a worthy mentor and role model for individuals who are younger or less experienced than I.

What are your strongest personal attributes?

What personal attributes have you identified for development?

What insights have you gained as you consider professional behavior?

What is your plan to understand and develop professional behaviors and maturity?

LETTERS OF EVALUATION

What is your plan to secure meaningful letters of evaluation?

Who will write your letters of evaluation (minimum of 3 letters plus your Health Committee Letter)?

1. ________________________________________________
2. ________________________________________________
3. ________________________________________________
4. ________________________________________________
5. ________________________________________________

MEDICAL SCHOOL APPLICATION

What is your plan to continue to improve your general application for medical school?

What are the three things you hope an admissions committee will remember about you when they make their final decision on your application?

1. ________________________________________________
2. ________________________________________________
3. ________________________________________________
MEDICAL SCHOOL APPLICATION (continued)

How will you convey these three things to the Committee?

What do you want to consider including in your AMCAS Personal Statement?

What medical schools are you most interested in and why?

What are the best resources to use when investigating and choosing medical schools?

What are the relative advantages/disadvantages for you of domestic allopathic, domestic osteopathic and international allopathic medical schools?

(Adapted from Michigan State University Premedical Handbook and Self Assessment Guide 9/09 sm)