

**The following evaluation was created by NAU premed advisors using the AAMC core set of entry-level competencies in combination with application components. It is meant to help premed students reflect on their own attributes and skills before applying to medical programs as a self-reflection exercise.*

Am I ready?

On a scale of 1 to 5 (1 being low/lacking, 5 being high/extremely strong) *honestly* rate yourself on how strong you are in each category.

Motivation- I am confident I can clearly articulate my motivations to become a health professional and why I want to pursue this career.

1 2 3 4 5

Academic Preparation

I am satisfied that my grades are at or above the national mean of accepted health profession students

1 2 3 4 5

I am satisfied that my coursework has prepared me for rigorous graduate school studies

1 2 3 4 5

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

1 2 3 4 5

I am satisfied with my time management and study skills

1 2 3 4 5

Shadowing and Volunteer Experiences

I am satisfied that my shadowing and clinical experiences are aligned with my motivations for a career in healthcare.

1 2 3 4 5

I am satisfied that my shadowing and clinical experiences have given me a good understanding of the demands of my intended career

1 2 3 4 5

I am satisfied that my service and volunteer experiences have put me in touch with diverse groups of people and the challenges people face in navigating the healthcare system.

1 2 3 4 5

I am satisfied that I have a growing understanding of cultural competency.

1 2 3 4 5

I am satisfied that my service and volunteer experiences demonstrate my service orientation and commitment to community engagement

1 2 3 4 5

On a scale of 1 to 10 (1 being low/lacking, 10 being high/extremely strong) *honestly* rate yourself on how strong you are in each competency. Also, try to provide specific examples that justify your rating.

Interpersonal Competencies

Service Orientation - Demonstrates a desire to help others and sensitivity to others' needs and feelings; demonstrates a desire to alleviate others' distress. Recognizes and acts on his/her responsibilities to society, locally, nationally, and globally.

1 2 3 4 5 6 7 8 9 10

Can you give a *specific* example? _____

Social Skills - Demonstrates an awareness of others' needs, goals, feelings, and the ways that social and behavioral cues affect peoples' interactions and behaviors; adjusts behaviors appropriately in response to these cues; and treats others with respect.

1 2 3 4 5 6 7 8 9 10

Can you give a *specific* example? _____

Cultural Competence - Demonstrates knowledge of social and cultural factors that affect interactions and behaviors; shows an appreciation and respect for multiple dimensions of diversity; recognizes and acts on the obligation to inform one's own judgment; engages diverse and competing perspectives as a resource for learning, citizenship, and work; recognizes and appropriately addresses bias in themselves and others; interacts effectively with people from diverse backgrounds.

1 2 3 4 5 6 7 8 9 10

Can you give a *specific* example? _____

Teamwork - Works collaboratively with others to achieve shared goals; shares information and knowledge with others and provides feedback; puts team goals ahead of individual goals.

1 2 3 4 5 6 7 8 9 10

Can you give a *specific* example? _____

Oral Communication - Effectively conveys information to others using spoken words and sentences; listens effectively; recognizes potential communication barriers and adjust approach or clarifies information as needed.

1 2 3 4 5 6 7 8 9 10

Can you give a *specific* example? _____

Intrapersonal Competencies

Ethical Responsibility to Self and Others - Behaves in an honest manner; cultivates personal and academic integrity; adheres to principles; follows rules and procedures; resists peer pressure to engage in unethical behavior and encourages others to behave in honest and ethical ways; and develops and demonstrates ethical and moral reasoning.

1 2 3 4 5 6 7 8 9 10

Can you give a *specific* example? _____

Reliability and Dependability - Consistently fulfills obligations in a timely and satisfactory manner; takes responsibility for personal actions and performance.

1 2 3 4 5 6 7 8 9 10

Can you give a *specific* example? _____

Resilience and Adaptability - Demonstrates tolerance of stressful or changing environments or situations and adapts effectively to them; is persistent, even under difficult situations; recovers from setbacks.

1 2 3 4 5 6 7 8 9 10

Can you give a *specific* example? _____

Capacity for Improvement - Sets goals for continuous improvement and for learning new concepts and skills; engages in reflective practice for improvement; solicits and responds appropriately to feedback.

1 2 3 4 5 6 7 8 9 10

Can you give a *specific* example? _____

Thinking and Reasoning Competencies

Critical Thinking - Uses logic and reasoning to identify the strengths and weaknesses of multiple solutions, conclusions, or approaches to problems.

1 2 3 4 5 6 7 8 9 10

Can you give a *specific* example? _____

Quantitative Reasoning - Uses data and mathematics to describe or explain phenomena in the natural world.

1 2 3 4 5 6 7 8 9 10

Can you give a *specific* example? _____

Scientific Inquiry - Applies knowledge of the scientific process to integrate and synthesize information, solve problems and formulate research questions and hypotheses; is facile in the language of the sciences and uses it to participate in the discourse of science and explain how scientific knowledge is discovered and validated.

1 2 3 4 5 6 7 8 9 10

Can you give a *specific* example? _____

Written Communication - Effectively conveying information to others using written words and sentences.

1 2 3 4 5 6 7 8 9 10

Can you give a *specific* example? _____

Science Competencies

(Consider your science GPA and/or MCAT score)

Living Systems - Applies knowledge and skill in the natural sciences to solve problems related to molecular and macro systems including biomolecules, molecules, cells, and organs. Applies knowledge of complex living organisms including how they transport materials, sense their environment, process signals, respond to changes and chemical interactions/reactions..

1 2 3 4 5 6 7 8 9 10

Can you give a *specific* example? _____

Human Behavior - Applies knowledge of the self, others, and social systems to solve problems related to the psychological, social-cultural, and biological factors that influence health and well-being, behavior, and how we think about ourselves and others. Applies knowledge of cultural and social differences as well as social stratification and access to resources.

1 2 3 4 5 6 7 8 9 10

Can you give a *specific* example? _____

Scoring

Add up your scores and refer to the grid below. Also, for every specific example you could provide award one additional point.

215-180	179-155	164-150	149-135	134 and below
Confident Applicant. Remember, admissions considers Experiences, Attributes and academic metrics (scores)	Good Applicant. Look over your Experiences, Attributes and academic metrics, for possible improvements	Average Applicant. These are competitive programs. You need to prove you are a good fit to admissions	Less than Average. You may need time to gain experience that will help you become a more confident applicant	Novice. Need to evaluate application readiness

Post Evaluation

Identify three strengths of your application.

- 1.
- 2.
- 3.

Identify three areas of your application that need to be improved.

- 1.
- 2.
- 3.

Outline the ways you will address each of the areas you have identified for improvement.

- 1.
- 2.
- 3.

What are your contingency plans should you not be accepted?

Who do you anticipate will write your individual reference letters? Many schools recommend 2 science faculty and 1 practitioner, but you may choose to include other references who can speak to leadership, service, your motivations, or other aspects of your application.

- 1.
- 2.
- 3.
- 4.
- 5.