Your 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-granting undergraduate institution, (4) letters of evaluation, (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 application?

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

___ Your involvement in health-related experiences  
___ Your involvement in extra-curricular activities  
___ Your ability to present yourself in person  
___ Your ability to present yourself in writing  
___ How well you relate to others  
___ Ways you exhibit independence or initiative or perseverance  
___ Ways you exhibit leadership skills  
___ Your sense of purpose and motivation  
___ Your sense of intellectual curiosity  
___ Your common sense  
___ Your ability to handle stressful situations  
___ Your interest in science and biomedical research  
___ Your breadth of interests
How you have demonstrated commitment to service
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 or post-bac grade point average
Strength of your standardized test scores

This self-assessment is taken from "The Advisor" March 2000/Vol. 20, No.2 "Assessing Your Application Profile: A Workshop for Pre-Health Students" by David Verrier, Ph.D. and Gale Lang, MSW

Now, for each of these variables for which it is appropriate, and for you have given yourself at least a ‘3,’ think of one ‘best example’ (story or anecdote) that illustrates this variable. Does the strength of your example match your rating?

What area(s) are you going to focus on next? How (be specific) are you going to proceed?