

ARE YOU READY TO APPLY TO HEALTH PROFESSIONAL SCHOOL?  
HPU PRE-HEALTH PROFESSIONS  
SELF-ASSESSMENT

This self-assessment will help you gain a comprehensive understanding of your strengths, goals and readiness for the application process for Health Professional Schools. Use it to help evaluate where you are in your preparation process, and identify the areas you still need to work on. For students applying to Medical and Dental schools and requesting a Committee Letter, completion of this assessment is mandatory.

\*\*\*\*\*

Name:  
Email:  
Phone:  
Degree Plan:  
Date:  
Term:  
Pre-Health Goal:  
Application Date Goal:

\*\*\*\*\*

Please use the following rating scale for the questions marked with an \*\*

- 0 = Cannot Rate
- 1 = Not Satisfied
- 2 = Somewhat Satisfied
- 3 = Satisfied
- 4 = Very Satisfied

\*\*\*\*\*

MOTIVATION

\*\* \_\_\_\_ I am satisfied that I can clearly articulate my motivations to be a [health professional].

Why do you want to be a [health professional]? Please attach a 1 page (~250 word) response.

ACADEMIC PREPARATION

My current cumulative GPA: \_\_\_\_\_ My current Science GPA: \_\_\_\_\_

\*\* \_\_\_\_ I am satisfied that my grades are at or above the national mean of accepted [health profession] students.

\*\* \_\_\_\_ I am satisfied that my coursework has prepared me for rigorous graduate school studies.

\*\* \_\_\_\_ I am consistently making improvements in my critical reading and writing skills.

\*\* \_\_\_\_ I am satisfied with my time management and study skills.

What is your plan to maintain or improve your readiness to be successful within the rigorous [health profession] school curriculum?

Which required/recommended pre-requisite courses do you have left to complete?

What insights have you gained from reviewing your academic preparation?

## SHADOWING AND CLINICAL EXPERIENCES

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

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

\*\* \_\_\_\_ I am satisfied that I have the interest and ability to meet the demands of my intended career.

\*\* \_\_\_\_ I am satisfied that my shadowing and clinical experiences have helped me to identify the characteristics of a good [health professional].

What is your plan to continue to explore the field through shadowing and clinical experiences?

What insights have you gained from your shadowing and clinical experiences?

## SERVICE AND VOLUNTEER EXPERIENCES

\*\* \_\_\_\_ 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.

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

\*\* \_\_\_\_ I am satisfied that my service and volunteer experiences demonstrate my service orientation and commitment to community engagement.

What is your plan to continue to gain experience that demonstrates your understanding of diverse patient populations, your growing cultural competency, and your commitment to service?

What insights have you gained from your service and volunteer experiences?

## LEADERSHIP AND TEAMWORK EXPERIENCES

\*\* \_\_\_\_ I am satisfied that my group experiences demonstrate my ability to be an effective team member.

\*\* \_\_\_\_ I am satisfied that my experiences demonstrate my ability to lead people who have different ideas from me.

\*\* \_\_\_\_ I am satisfied with my social and interpersonal skills.

How do you describe your leadership style?

What is your plan to continue to develop your social, interpersonal, leadership and teamwork skills?

What insights have you gained from your leadership and teamwork experiences?

## RESEARCH EXPERIENCES

Note: Not all health professions graduate schools recommend or require research, but some knowledge of research is recommended.

\*\* \_\_\_\_ I am satisfied that my research experiences expanded my understanding of scientific method.

\*\* \_\_\_\_ I am satisfied that I can describe and discuss my role in the research projects in which I have participated.

If you plan to gain additional research experience, please outline it below.

What insights have you gained from your research experiences?

## PERSONAL QUALITIES AND PROFESSIONAL BEHAVIOR

\*\* \_\_\_\_ I am satisfied that I understand the concept of professional behavior.

\*\* \_\_\_\_ I am satisfied with my oral communication skills and ability to clearly communicate complex concepts.

\*\* \_\_\_\_ I am satisfied that my reliability and dependability is evident.

\*\* \_\_\_\_ I am satisfied that I am living my life in a way that develops and demonstrates behavior I expect from a [health professional] including ethics and integrity.

\*\* \_\_\_\_ I am satisfied that I have demonstrated a capacity for improvement.

\*\* \_\_\_\_ I am satisfied that when faced with difficult circumstances, I am both adaptable and resilient in working towards an appropriate outcome.

\*\* \_\_\_\_ I am satisfied with my problem solving abilities.

What are your strongest personal attributes?

What personal attributes have you identified for development? What is your plan to develop these attributes?

What insights have you gained as you consider your personal qualities and professional behavior?

## INDIVIDUAL REFERENCE LETTERS

Who do you anticipate will write your individual reference letters (not including the committee letter)? 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.

What is your plan to secure meaningful reference letters?

## RESUME / CV

Please attach a resume or CV which includes: type of experience (ex: research, leadership/teamwork, service/volunteer, shadowing/clinical, employment, skills, awards), name of organization, your title, dates, hours/week, total hours completed, supervisor, brief description of experience, one sentence explaining what you learned from the experience. All experiences

should be post-high school, unless you had a formative experience prior to college. Maximum two pages.