

## The University of Scranton Health Professions Program Pre-Health Student's Self-Assessment 2019-2020

Please evaluate your background in each competency expected of a successful health professions applicant:

- ☐ Academic achievement
- ☐ Strong performance on required professional school exam
- ☐ Clinical exposure relevant to your professional degree goal
- ☐ Meaningful involvement in service to others
- ☐ Leadership in campus and/or community activities
- ☐ Awareness of issues affecting health care

**Please use ink or type your responses.** If your answer to any question from 1→7 suggests that you are not yet strong in that area, propose **on a separate sheet** a concrete plan to strengthen that part of your preparation.

Date completed \_\_\_\_\_ Name \_\_\_\_\_ Cell phone (\_\_\_\_) \_\_\_\_\_  
Major(s) \_\_\_\_\_ **Professional Degree(s)** you intend to earn \_\_\_\_\_

What qualities do you seek in the health professionals who take care of you or members of your family?

How do you plan to develop these qualities? \_\_\_\_\_

\_\_\_\_\_

Describe your response when you encounter difficulty in a course or project \_\_\_\_\_

\_\_\_\_\_

How many HPO meetings have you attended during the most recent year? \_\_\_\_\_

If you do not regularly attend HPO meetings, please explain your reasoning for not participating in HPO

\_\_\_\_\_

### ***Your self-assessment:***

I have completed \_\_\_\_\_ credits. My GPA is \_\_\_\_\_. The *average* GPA of Scranton students accepted to M.D. schools for the past five years has ranged between 3.76 - 3.79. The *average* GPA of those accepted to D.O. schools has been 3.54 - 3.63. For dental school matriculants, the *average* GPA varies between 3.53 - 3.72. To ascertain average GPA's of students accepted to schools of podiatry, optometry, pharmacy, and veterinary medicine, please ask.

1. Reflections on my GPA \_\_\_\_\_

\_\_\_\_\_

2. Books I have read in the past four months (*other than those required for class*) include \_\_\_\_\_

\_\_\_\_\_

3. I read the national newspaper \_\_\_\_\_ at least \_\_\_\_\_ days each week.

The topics I consult when I read this newspaper include \_\_\_\_\_

4. My primary **ongoing** service work has been (do not list one-time events) \_\_\_\_\_

\_\_\_\_\_

Comment on what you learned **about yourself** from your service activities. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. The **extracurricular activities** to which I devote the most time are (do NOT list jobs, exercise, sports, hanging out with friends, or family time)\_\_\_\_\_

6. Describe your exposure to clinical medicine, including the number of hours \_\_\_\_\_

From which **healthcare professional(s)** will you request a preceptor's letter of reference?\_\_\_\_\_

7. Positions of responsibility which I have accepted or will seek include \_\_\_\_\_

8. Research experience, if applicable (\*\*Applicants for M.D./Ph.D. programs must have significant research experience.)\_\_\_\_\_

9. What distinguishes me from other applicants:\_\_\_\_\_

**Summary of self-assessment.** If your answer to any question from 1→ 7 suggests a weakness in any area, propose on a separate sheet a clear and precise plan to strengthen your preparation in that area.

Topic	Area of activity	Competitive	Average	Deficient
1	*GPA			
2	Books read			
3	Newspaper reading			
4	Service to others			
5	Extracurricular Activities			
6	Clinical experience			
7	Leadership experience			
8	If applicable, research experience**			
9	"The things that distinguish you"			

\*Consider the GPA statistics listed on the front of the page to determine whether your GPA is competitive, average, or deficient.

**Goals** which I plan to meet between now and the year (20\_\_\_\_) when I make application to \_\_\_\_\_ school include (please fill out and check all that apply):

- ☐ Declare/complete a minor in \_\_\_\_\_.
- ☐ If applicable, declare/complete a second major in \_\_\_\_\_.
- ☐ If applicable, pursue research with \_\_\_\_\_ in \_\_\_\_\_.
- ☐ Tutor \_\_\_\_\_ through the Center for Teaching and Learning Excellence.
- ☐ Obtain clinical experience with \_\_\_\_\_ at \_\_\_\_\_.
- ☐ Volunteer to \_\_\_\_\_ at \_\_\_\_\_.
- ☐ Complete a Faculty-Student Teaching Mentorship with \_\_\_\_\_ in \_\_\_\_\_.
- ☐ Apply for \_\_\_\_\_ (internship/Honors Program/research stipend, etc.).

Questions which I have include (This section should **not** be left blank):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_