The University of Scranton Health Professions Program
Pre-Health Student’s Self-Assessment 2018-2019

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 3.73 - 3.78. The average GPA of those accepted to D.O. schools has been 3.54 - 3.72. For dental school matriculants, the average GPA varies between 3.57 - 3.78. 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 health care professional(s) will you request a preceptor’s letter of reference? ________________

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

8. Faculty whom I will ask for letters of reference include (science 1) _____________________________
   (science 2) _____________________________ (non-science) _______________________________________

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

10. 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.

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<thead>
<tr>
<th>Topic</th>
<th>Area of activity</th>
<th>Competitive</th>
<th>Average</th>
<th>Deficient</th>
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<tbody>
<tr>
<td>1</td>
<td>*GPA</td>
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<td>2</td>
<td>Books read</td>
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<td>3</td>
<td>Newspaper reading</td>
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<td>4</td>
<td>Service to others</td>
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<td>5</td>
<td>Extracurricular Activities</td>
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<td>6</td>
<td>Clinical experience</td>
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<td>7</td>
<td>Leadership experience</td>
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<td>8</td>
<td>If applicable, research experience**</td>
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<td>9</td>
<td>“The things that distinguish you”</td>
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*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 _________________.
- Declare/complete a second major in ________________.
- 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. ____________________________________________