

Name: \_\_\_\_\_

## #1: Self-Assessment Profile<sup>a</sup>

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) letters of evaluation, (4) involvement in health-related work experiences, (5) interviewing skills, (6) 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? During your self-assessment, feel free to consult our website ([www.bc.edu/premed](http://www.bc.edu/premed)) and/or appropriate office advising packet for additional resources and ideas as you answer the various questions below.

Consider the following self-inventory. Be honest with yourself as you rate yourself according to the following scale:

Ratings:           1 = needs considerable improvement  
                      2 = needs some improvement  
                      3 = OK  
                      4 = very good shape  
                      5 = outstanding

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| • Strength of your undergraduate and/or graduate OVERALL GPA | 1 | 2 | 3 | 4 | 5 |
| • Strength of your undergraduate and/or graduate SCIENCE GPA | 1 | 2 | 3 | 4 | 5 |
| • Strength of your standardized test scores                  | 1 | 2 | 3 | 4 | 5 |
| • Your involvement in health-related experiences             | 1 | 2 | 3 | 4 | 5 |
| • Your involvement in extra-curricular activities            | 1 | 2 | 3 | 4 | 5 |
| • Your ability to present yourself in person                 | 1 | 2 | 3 | 4 | 5 |
| • Your ability to present yourself in writing                | 1 | 2 | 3 | 4 | 5 |
| • How well you relate to others                              | 1 | 2 | 3 | 4 | 5 |
| • How you exhibit independence/initiative/creativity         | 1 | 2 | 3 | 4 | 5 |

## #2: Self Assessment Grid <sup>b</sup>

<b>What schools look for</b>	<b>What I have done</b>	<b>What I need to do</b>
<b>Academic ability</b>		
<b>Leadership skills</b>		
<b>Exposure to/experience in the profession</b>		
<b>Appreciation of diversity</b>		
<b>Intellectual Curiosity</b>		

<b>Ability to overcome adversity</b>		
<b>Perseverance</b>		
<b>Creativity</b>		
<b>Communication skills</b>		