Pre-Health Portfolio and Self-Assessment Guide

Name: _____________________________________________

Expected graduation date: ____________________________

Major: _____________________________________________

Minor(s):___________________________________________

Major faculty advisor: _________________________________

Preferred email: _____________________________________

Phone: _____________________________________________

CAREER PLANS/GOALS (professional school goals, ultimate career goals):

PARALLEL PLAN/GOALS (secondary plan- until acceptance into professional school):

SELF-REFLECTIONS:
After updating the information in this document, do a self-reflection about things that you have accomplished during the year, goals for the upcoming year, strengths and weaknesses, experiences, variations in academic records, etc.

Year 1:

Year 2:
Year 3:

Year 4:
**ACADEMICS:**
Coursework, standardized exams, awards and honors

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<th>Year 1</th>
<th>Science courses</th>
<th>Science GPA</th>
<th>Non-science courses</th>
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STANDARIZED TEST SCORES (MCAT/DAT/etc) including practice test scores (if taken, but mark as practice)

Date exam taken: _______________ Scores (overall and subsections): ______________
Date exam taken: _______________ Scores (overall and subsections): ______________
Date exam taken: _______________ Scores (overall and subsections): ______________
If not taken yet, date planned ______

ACADEMIC HONORS, AWARDS, SCHOLARSHIPS, ACCOMPLISHMENTS:

Accomplishment:
Dates (start- end):
Summary:

EXTRACURRICULAR ACTIVITIES:
For EACH activity, describe the activity and your role, motivation for being involved, contributions to development of competencies.
*keep a shadowing, clinical, volunteer experience journal

Experiences in clinical settings:

Activity:
Dates (start- end):
Average # hours/week:
Total number of hours:
Organization/department:
Contact name, title, contact info:
Activity summary:
Skills/competencies learned/demonstrated:

Volunteer experiences:

Activity:
Dates (start- end):
Average # hours/week:
Total number of hours:
Organization/department:
Contact name, title, contact info:
Activity summary:
Skills/competencies learned/demonstrated:
Research experiences:
   Activity:
   Dates (start- end):
   Average # hours/week:
   Total number of hours:
   Organization/department:
   Contact name, title, contact info:
   Activity summary:
   Skills/competencies learned/demonstrated:

Extracurricular activities (clubs, sports, etc):
   Activity:
   Dates (start- end):
   Average # hours/week:
   Total number of hours:
   Organization/department:
   Contact name, title, contact info:
   Activity summary:
   Skills/competencies learned/demonstrated:

HAVE YOU EXPLORED OR HAVE KNOWLEDGE OF THE FOLLOWING TOPICS?
   US Healthcare system and future directions?
   Medical ethics?
   Current issues in healthcare/medicine?
   Diversity/social justice?

PERSONAL STATEMENT:
   Why the professional school you chose (why not a different path)?
   What is the story you want to tell?
   Ideas for your approach (main focus) of your personal statement?
   *keep a shadowing, clinical, volunteer experience journal
LETTERS OF RECOMMENDATION:

Faculty referees:
   1.
   2.
   3.

Non-faculty referees:
   1.
   2.
   3.

Planning on using Individual letters or Committee letter? Date requested?

ARE YOU PREPARED FOR INTERVIEWS?

   Types of interviews?
   General types/topics of questions?
   Specific questions or information about the school/programs you have applied?
   Have you practiced?