

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

Year 1	Science courses	Science GPA	Non-science courses	Non-science GPA	Overall GPA
Fall quarter					
Winter quarter					
Spring quarter					
Summer session					

Year 2	Science courses	Science GPA	Non-science courses	Non-science GPA	Overall GPA
Fall quarter					
Winter quarter					
Spring quarter					
Summer session					

Year 3	Science courses	Science GPA	Non-science courses	Non-science GPA	Overall GPA
Fall quarter					
Winter quarter					
Spring quarter					
Summer session					

Year 4	Science courses	Science GPA	Non-science courses	Non-science GPA	Overall GPA
Fall quarter					
Winter quarter					
Spring quarter					
Summer session					

STANDARDIZED 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?