Professional healthcare schools (Medical. Dental. Veterinary Medicine, P.A., etc.) are looking for students with excellent grades and entrance exam scores. However they are also looking for students who have engaged in activities that demonstrate knowledge of the profession, patient/family experiences and self-knowledge regarding fit for the profession. All applicants need to demonstrate specific competencies in the following areas:

1. Service orientation
2. Social and interpersonal skills
3. Cultural competence
4. Team work
5. Oral & written communication
6. Integrity and ethics
7. Reliability and dependability
8. Resilience and adaptability
9. Capacity for improvement
10. Strong academic foundation in the core pre-dental/medical/veterinary medical/etc sciences
11. Knowledge of and experience in the professional field of interest
12. Self-motivation and perseverance
13. Appropriate self-appraisal/assessment

In addition for pre-dental applicants:

1. Demonstrable manual dexterity

As you record your experiences you will need to review each to determine what you did to demonstrate the competencies. To help you prepare your strongest application we encourage you to be intentional in planning your pre-application years at UF. Watch the Pre-Health 101 and other related workshops at: http://advising.ufl.edu/prehealth/workshops.html

We provide this worksheet to help you plan your academics, experiences and personal development as you prepare to apply to professional healthcare schools. Ideally, you will begin your Planner early in your college experience to guide and record your preparation. The recorded information will be useful as you prepare your application, complete secondary applications, prepare for interviews, and if necessary, consider reapplication. Use the scale provided to rate each assessment statement below.
**Academic Preparation:** You can list below or attach your academic plan

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_____ I am confident that my grades are at or above the national mean of accepted students for my
_____ I am confident I took rigorous course loads such as 2 sciences, 15-17 credits per semester.
_____ I am confident that my performance in science courses has prepared me for the rigorous professional school science curriculum.
_____ I am confident my academics are well rounded and include courses in all areas of academic proficiency including the social sciences and humanities.
_____ I am consistently making improvements in my critical reading and writing skills.
_____ I am confident that my non-science courses have improved my communication skills and given me a broader understanding of diverse individuals and groups.

What insights have you gained from the review of your academic preparation?
UF Pre-Health Application Planner

What is your plan to improve or maintain your readiness to be successful within the rigorous medical/dental/vet medicine/etc school curriculum?

What are your contingency plans should you not be accepted to medical/dental/vet med/PA school?

Entrance Exam Performance

___ My ACT Score  ___ My SAT Score  ___ My past MCAT/DAT/GRE score (if applicable)
___ I am confident with the way my course work is preparing me for the MCAT.
___ I am satisfied with my test taking skills when taking standardized tests.
___ I am satisfied with the way I am preparing for the MCAT.
___ I am satisfied that I can earn MCAT/DAT/GRE scores that are consistent with the national mean scores of accepted applicants

If you do not feel you are competent taking standardized tests, what do you think is/are the cause(s)?
(Circle all that apply)

Reading Comprehension  Problem Solving/Reasoning Problems  Language Problems

Learning Problems  Easily Distracted/ Concentration  Unfamiliar with Essay Examinations

Reading Speed  Fatigue  Test Taking Anxiety

My additional preparation for the MCAT/DAT/GRE includes the following methods:

1.
2.

3.

What is your plan to perform well on the MCAT/GRE/DAT? If you listed causes that may be preventing you from performing up to your potential on standardized tests be sure your plan includes a strategy to address them.

Clinical Experiences

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____ I am confident that my clinical experiences clearly reinforced my motivation for a career in medicine/dental/veterinary med/etc.

____ I am confident that I understand the demands of a career in medicine/dental/veterinary med/etc.

____ I am confident that I have the interest and ability to meet these demands.

What insights have you gained from your clinical experiences?

What is your plan to continue to explore your goal to become a physician/dentist/veterinarian through clinical work or volunteer experiences?
Community Service Experiences

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I am confident that my community volunteer or work experiences have put me more in touch with diverse groups of people.

I am confident that I have a growing understanding of individuals who are different from me.

I am confident that my community service or work experiences have reinforced my motivation to "give something back" to my community.

What insights have you gained from your community service experience?

What is your plan to continue to gain experience that demonstrates your understanding of the diverse patient population, your growing cultural competency, and your commitment to ongoing involvement in the community?
Group and Leadership Experiences

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I am confident that my leadership experiences demonstrate my ability to lead or mentor less experienced, disadvantaged, or younger individuals.

I am confident that my group experiences demonstrate my ability to be a good team member and team builder.

What insights have you gained from your experience?

What is your plan to continue to develop your group and leadership skills?

Research Experiences

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____ I am confident that my research experiences expanded my understanding of scientific method.
____ I am confident that I can describe my role in the research projects in which I have participated.
____ I am consistently making improvements in my critical reading and writing skills.
____ I am confident that I can describe and discuss the research projects in which I have participated.

What insights have you gained from your research experiences?

What is your plan to continue to gain research experience?

**Personal Qualities/Professional Behavior Development**

____ I am confident that I understand the concept of professional behavior.
____ I am confident with my personal growth and development.
____ I am confident that my maturity is evident.
____ I am confident that I am living my life in a way that develops and demonstrates the exemplary behavior I expect from a physician.
____ I am confident that I am a worthy mentor and role model for individuals who are younger or less experienced than I.

What are your strongest personal attributes?

What personal attributes have you identified for development?
UF Pre-Health Application Planner

What insights have you gained as you consider professional behavior?

What is your plan to understand and develop professional behaviors and maturity?

Letters of Evaluation - See the related workshops at: http://advising.ufl.edu/prehealth/workshops.html

What is your plan to secure meaningful letters of evaluation?

Who will write your letters of evaluation (minimum of 3, maximum of 5)?

1.
2.
3.
4.
5.

Professional School Application

What is your plan to continue to improve your general application?
What are the three things you hope admissions committee members will remember about you when they make their final decision on your application?

1. 
2. 
3. 

How will you convey these things to the Committee?

**Resume/Personal Record of Experiences** – See the related workshops at: [http://advising.ufl.edu/prehealth/workshops.html](http://advising.ufl.edu/prehealth/workshops.html)

Should include:
- Education
- Medical/Clinical Experiences
- Community Service Experiences
- Group and Leadership Experiences
- Research Experience
- Employment since High School

**What do you want to consider including in your Personal Statement that indicates/demonstrates ‘why’ you want to pursue this profession?**