

Your Pre-Health Application Profile: A Self-Assessment

Adapted from: Verrier D, Lang G. Assessing your application profile: a workshop for pre-health students. *The Advisor*, NAAHP, 2000;20(2):52-56. (Thanks to Dr. David Verrier)

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? 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

Knowledge of your profession	1	2	3	4	5
Understanding of the patient/family experience	1	2	3	4	5
Quality of health-related experiences	1	2	3	4	5
Your familiarity with current issues in health care	1	2	3	4	5
Knowledge of diverse populations	1	2	3	4	5
Ways you exhibit leadership skills	1	2	3	4	5
How you have demonstrated commitment to service	1	2	3	4	5
How well you relate to others	1	2	3	4	5
Ways you exhibit independence/initiative/perseverance	1	2	3	4	5
Your sense of purpose and motivation	1	2	3	4	5
Your sense of intellectual curiosity	1	2	3	4	5
Your ability to handle stressful situations	1	2	3	4	5
Your interest in science and biomedical research	1	2	3	4	5
Your breadth of interests	1	2	3	4	5
How well professors and other professionals know you	1	2	3	4	5
Your ability to present yourself professionally	1	2	3	4	5
Your ability to communicate orally and in writing	1	2	3	4	5
The rigor of your academic schedules/course loads	1	2	3	4	5
Strength of your overall undergraduate/post-bac GPA	1	2	3	4	5
Strength of your science undergraduate/post-bac GPA	1	2	3	4	5
Strength of your standardized test scores	1	2	3	4	5
Evidence of ability to balance time/interests	1	2	3	4	5

*What are your areas in need of improvement? How are you going to go about addressing these areas?
What strengths do you want emphasized as a candidate for medical or other health professions school?*