

Self Assessment for Pre-health Professions Students 2008-2009

Please complete both sides. If your answer to questions 3→ 7 suggests a weakness in any area, please propose a clear and precise plan to strengthen your preparation in that area.

Date completed _____ Name _____

Major(s) _____ Professional Degree(s) you intend to earn _____

How many HPO meetings have you attended during the current (or most recent) semester? _____

What have you learned from HPO meetings? _____

What topics would you like to see covered at HPO meetings? _____

Your self assessment:

As of this date, I have completed _____ credits. My GPA is _____. The average GPA of University of Scranton students accepted to allopathic medical schools for the past five years has ranged between 3.71-3.78. The average of those accepted to osteopathic schools has ranged from 3.37-3.51. The GPA's of those students accepted to dental schools have averaged between 3.33-3.62.

1. Reflections on my GPA _____

2. Strategies to improve my GPA _____

3. Books I have read in the past three months (other than those required for class) include _____

4. My primary volunteer work has been _____

5. The extracurricular activities to which I devote the most time are _____

6. Summary of my clinical experience _____

7. Positions of responsibility for which I will apply/run include _____

8. Honors programs in which I am enrolled/ to which I will apply are _____

9. What sets me apart from other applicants to professional schools is that _____

10. Goals which I might reasonably meet between now and the time (_____) when I make application to _____ school include (please fill out and check all that apply):

- Declare/complete a minor in _____.
- Declare/complete a second major in _____.
- Pursue research with _____ in _____.
- Obtain clinical experience with _____ at _____.
- Volunteer to _____ at _____.
- Complete a Faculty-Student Teaching Mentorship with _____ in _____.
- Apply for _____ (internship/Honors Program/research stipend, etc.).
- Participate in foreign study (or faculty-led study abroad program) _____.

10. Summary of self assessment

<i>Area of activity</i>	<i>Competitive</i>	<i>Average</i>	<i>Deficient</i>
<i>*GPA</i>			
<i>Volunteer work</i>			
<i>Extracurricular Activities</i>			
<i>Clinical experience</i>			
<i>Research experience</i>			
<i>Difficulty of chosen curricular program(s)</i>			
<i>Reading habits</i>			
<i>"Extra edge"</i>			

**Consider the GPA statistics listed on the front of the page to determine whether your GPA is competitive, average, or deficient. The GPA's noted on the reverse side of this page represent the average GPA of successful applicants.*

Questions which I have include:

- _____
- _____
- _____
- _____