

## **Your Pre-Health Application Profile: A Self-Assessment**

It is important to step back and assess your developing profile as an applicant to health professions schools. **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

5= Outstanding

### **ACADEMIC ABILITY**

Strength of your overall undergraduate GPA

Strength of your science undergraduate GPA

Strength of your standardized test scores

Rigor of your academic schedule/course loads

### **HEALTHCARE EXPERIENCE**

Knowledge of the profession

Understanding of the patient experience

Familiarity with current issues in health care

Experience with diverse populations

Quality of health-related experiences

### **OTHER EXPERIENCES**

Evidence of service to others

Exposure to research

Ways you exhibit leadership skills

### **PERSONAL ATTRIBUTES**

Ability to communicate orally and in writing

Ability to present yourself professionally

Ways you exhibit initiative/perseverance

Sense of purpose and motivation

Sense of intellectual curiosity

Ability to handle stressful situations

Ability to balance time/interests

**What areas need improvement? How are you going to address these areas?**

**What strengths will you emphasize in your application for health professions school?**