



ASSESS YOURSELF

GPA & MCAT Data
for Applicants &
Acceptees 

Name: _____

GRADES & TRANSCRIPT

Cumulative GPA: _____

"Science" GPA: _____

 See [AMCAS Guide](#) for what counts

- My GPA adequately represents my ability.

- My transcript shows strong evidence of my ability to tackle challenging science courses.

Reflections:

STANDARDIZED TESTING

Score: _____ Practice Test Range: _____

- I have time to sufficiently prepare for and (re)take the test before I apply.

- My score reflects my performance on practice tests.

- My score is in line with acceptance stats for the schools I am considering.

Reflections:

PREREQUISITES

- I will have completed most important requirements by the time I apply.

- I (will) meet the specific requirements for the schools I am considering.

Check school-specific requirements on [MSAR](#) 

Reflections:

HEALTHCARE EXPERIENCE

- I have shown a sustained interest in gaining healthcare experience.
- I have developed a good understanding of the day-to-day demands of a medical career.
- I can talk and write about experiences that illustrate the kind of medical professional I wish to be.
- I have been exposed to the delivery of healthcare in various environments.
- I am aware of the healthcare needs and challenges in my community.
- I have developed empathy for patients facing healthcare struggles.
- I can articulate how my healthcare experiences have informed my motivation for pursuing a career in medicine.

Reflections & Summary of Experiences:

Reflections & Future Steps:

COMMUNITY SERVICE

 AAMC's Core
Competencies for
Entering Medical
Students

- I have demonstrated an authentic concern for the wellbeing of others.
- I have shown sustained commitment to causes or groups that are important to me.
- I have developed interpersonal and intrapersonal skills that will inform my career in medicine.
- I have demonstrated initiative or leadership in tackling challenges faced by my community.
- Some of my service commitments reflect my reasons for pursuing medicine.

Reflections & Summary of Experiences:

Reflections & Future Steps:

RESEARCH

- I have developed a good understanding of the research process.
- I have engaged in research for at least two semesters.
- I can talk and write about how research experience has contributed to my future in the medical field.
- I have developed positive relationships with my PI and/or mentor.

Reflections:

LETTERS OF RECOMMENDATION

- I have professors who know more about me than "did well in class."
- I have other recommenders who can write about the personal traits I have displayed. My research PI
- and/or mentor could speak in detail about my contributions to the team.

Reflections & Strategy for LOR's:

AAMC CORE COMPETENCIES



FULL COMPETENCIES LIST

PROFESSIONAL COMPETENCIES

- Commitment to Learning & Growth:** I continuously practice personal and professional growth, including setting and communicating goals; I reflect on success, challenges, and mistakes; I pursue opportunities for growth and ask for and incorporate feedback.
- Cultural Awareness:** I appreciate how historical, sociocultural, political, and economic factors affect others' interactions, behaviors, and wellbeing. I value diversity and demonstrate a desire to learn about different cultures.
- Cultural Humility:** I seek out and engage with diverse and divergent perspectives with a willingness to adjust my own mindset; I can understand situations from alternative viewpoints; I reflect on my own values, beliefs, and identities and how they may affect others; I reflect on and address personal biases; I foster inclusivity.
- Empathy & Compassion:** I recognize, understand, and acknowledge others' experiences, feelings, and perspectives; I am sensitive to others' needs and feelings; I demonstrate a desire to help others and alleviate distress.
- Ethical Responsibility to Self & Others:** I behave with honesty and integrity; I consider multiple and/or conflicting principles and values to inform decisions; I adhere to ethical principles when carrying out obligations; I resist pressure to engage in unethical behavior and encourage others to behave honestly.
- Interpersonal Skills:** I effectively convey information to others using spoken words and sentences; I actively listen to understand the meaning and intent behind what others say; I recognize potential communication barriers and adjust my approach as needed.
- Reliability & Dependability:** I demonstrate accountability for performance and responsibilities to myself and others; I prioritize and fulfill obligations in a timely and satisfactory manner; I understand consequences.
- Resilience & Adaptability:** I demonstrate the ability to persevere in challenging, stressful, or ambiguous situations by adjusting my behavior or approach in response to new information, changing conditions, or unexpected obstacles. I seek help and support when needed; I recover from and reflect on setbacks.
- Service Orientation:** I show a commitment to something larger than myself; I can demonstrate dedication to service and to making meaningful contributions that meet the needs of communities.
- Teamwork & Collaboration:** I collaborate with others to achieve shared goals; I can be both a team member and a leader based on the situation; I share information and give/receive feedback.

SCIENCE COMPETENCIES

- Human Behavior:** I can apply knowledge of the self, others, and social systems to solve problems related to psychological, socio-cultural, and biological factors that influence health and well-being.
- Living Systems:** I can apply knowledge and skill in the natural sciences to solve problems related to molecular and macro systems including biomolecules, molecules, cells, and organs.

THINKING & REASONING

- Critical Thinking:** I use logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.
- Quantitative Reasoning:** I can apply quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world.
- Scientific Inquiry:** I can apply knowledge of the scientific process to integrate and synthesize information, solve problems, and formulate research questions and hypotheses; I am facile in the language of the sciences and use it to participate in the discourse of science and explain how scientific knowledge is discovered and validated.
- Written Communication:** I can effectively convey information using written words and sentences.

REFLECTIONS & NOTES

A large, empty rectangular box with a light blue border, intended for reflections and notes. The box is centered on the page and occupies most of the space below the title. The border is a consistent light blue color and has a slight drop shadow effect, giving it a three-dimensional appearance. The interior of the box is plain white, providing a clear space for writing.