



As you progress through your pre-health journey, it will be important to carefully document all of the things you do outside the classroom. When it comes time to enter your activities into the application and write your personal statement for your health professions program, you will be thankful that you have a log of all the activities you have done.

1. **Experience:** This can be anything – a service trip, becoming a member of a student organization, joining a lab for research, shadowing a physician, etc.
2. **Dates:** Record when you started your involvement and if you took time off and restarted
3. **Location:** City/state/country; could be multiple depending on the experience
4. **Contact:** Who could speak to your experience best? This person or people can be good options for letters of recommendation in the future.
5. **Type of Experience:** How would you categorize this experience?
6. **Notes:** This is where you can continuously record your experiences and thoughts in detail. Be sure to reflect not only on what you did and how you did it, but why it was important and what you learned.
7. **Skills:** Think broadly about what you can take away from this experience.
8. **Relation to Health Professions:** Not everything you do is related to health professions, and that is okay! But many times, there will be connections, so think outside the box about how the experience could strengthen you as an applicant.

[For pre-med students, consider how your experiences are helping you to develop the AAMC Core Competencies for Entering Medical Students.](#)

Example of a log entry:

**Experience:** Texas Children’s Hospital Volunteering

**Dates:** January 2022 – present

**Location:** Houston, TX

**Contact Name and Email:** Gayle Smith, gaylesmith@example.edu

**Type of Experience (check all that apply):**

Research    Clinical    Leadership    Service    Abroad    Award/Honor    General Involvement

**Notes:**

Volunteering with children at Texas Children’s Hospital has been an important way for me to see medicine firsthand. I typically volunteer about 5 hours per week, and during my shifts, I bring children and their families blankets, snacks, and drinks, and I help monitor the playrooms on the surgical floor. One of my favorite parts of volunteering is talking with the kids. While many of the children I see have just been released from major surgeries, they often still respond well to their parents, medical staff, and volunteers like me interacting with them. I also have gotten to see how the physicians interact with these patients and their families, and as a freshman college student, it has shown me that I am very interested in continuing to explore medicine as a career in my remaining years at Rice.

**Competencies or Skills Gained:** Service Orientation, Social Skills, Reliability and Dependability

**How might this experience relate to your health professions career?**

Doctors work in a variety of settings, including large hospitals like Texas Children’s. I have been fascinated by the inner workings of a large hospital setting, and while I enjoy being there, I envision working in a more intimate clinic as a better fit for me in my future career.

For clinical activities, it is often helpful to log the number of hours you spent shadowing, working, or volunteering in clinical settings, especially for many allied health programs like PA school.



**Experience:**

**Dates:**

**Location:**

**Contact Name and Email:**

**Type of Experience (check all that apply):**

Research    Clinical    Leadership    Service    Abroad    Award/Honor    General Involvement

**Notes:**

**Competencies or Skills Gained:**

**How might this experience relate to your health professions career?**

**Experience:**

**Dates:**

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**Notes:**

**Competencies or Skills Gained:**

**How might this experience relate to your health professions career?**