



As you progress through your time at Rice, it will be important to carefully document all of the things you do outside the classroom. When it comes time to write your personal statement and interview 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. **Supervisor/Advisor/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 great 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.

An example of something you might log is completed below for you.

Experience: Doctors Without Borders Clinical Mission Trip

Dates: Jan.-Feb. 2017 – prep; March 15-22, 2017 - trip Location: Houston, TX (prep); Lima, Peru (trip)

Supervisor/Advisor/Contact Name and Email: Gayle Smith, gaylesmith@example.edu

Type of experience (circle all that apply):

Research Clinical Leadership Service Abroad Award/Honor General Involvement

Notes on this experience:

I applied and was accepted to this trip in Fall 2016. I got to attend a series of preparation workshops in Houston before leaving to go to Peru over Spring Break. We learned how to do basic medical tasks like taking blood pressure and asking patients for their medical history. During the trip, I got to work on a team of volunteers with different backgrounds to help Lima's poorest residents receive quality medical care. I found it was occasionally difficult to communicate with the Peruvians, but by the end of the week I felt comfortable. It was a great opportunity to learn some basic medical skills while giving my time and talent to a community in need. I also met quite a few doctors on the trip as well.

Skills I have gained: communication, teamwork, flexibility

How might this experience relate to your health professions career?

Doctors work in teams of other healthcare professionals, so they must be ready to work with others and communicate clearly. Flexibility helps doctors in situations where they may need to make adjustments at the last minute.

*Depending on which health professions program you are applying to, it may be helpful to log the number of hours you spent shadowing or volunteering in clinical settings.



OFFICE OF ACADEMIC ADVISING
PRE-HEALTH PROFESSIONS EXTRACURRICULAR LOG

Experience:

Dates:

Location:

Supervisor/Advisor/Contact Name and Email:

Type of experience (circle all that apply):

Research Clinical Leadership Service Abroad Award/Honor General Involvement

Notes on this experience:

Skills I have gained:

How might this experience relate to your health professions career?

Experience:

Dates:

Location:

Supervisor/Advisor/Contact Name and Email:

Type of experience (circle all that apply):

Research Clinical Leadership Service Abroad Award/Honor General Involvement

Notes on this experience:

Skills I have gained:

How might this experience relate to your health professions career?