

Your Application Profile: A Self Assessment

It is important that you are able to step back and assess your developing profile as an applicant to health professions schools. What are the strengths of your developing application profile? What are areas in need of attention? What are ways you can improve your overall application?

Consider the following self-inventory. Be honest with yourself as you, confidentially, rate yourself according to the following scale:

Ratings: 1 = needs considerable improvement
 2= needs some improvement
 3= OK
 4= very good shape
 5= outstanding

- _____ Your involvement in health-related experiences
- _____ Your involvement in extra-curricular activities
- _____ Your ability to present yourself in person
- _____ Your ability to present yourself in writing
- _____ How well you relate to others
- _____ Ways you exhibit independence or initiative or perseverance
- _____ Ways you exhibit leadership skills
- _____ Your sense of purpose and motivation
- _____ Your sense of intellectual curiosity
- _____ Your common sense
- _____ Your ability to handle stressful situations
- _____ Your interest in science and biomedical research
- _____ Your breadth of interests
- _____ How you have demonstrated commitment to service
- _____ Your familiarity with current issues in health care
- _____ How you will distinguish yourself as a candidate
- _____ How well your professors and advisors know you
- _____ Strength of your overall undergraduate or post-bac grade point average
- _____ Strength of your standardized test scores

Now, for each of these variables for which it is appropriate, and for you have given yourself at least a '3,' think of one 'best example' (story or anecdote) that illustrates this variable. Does the strength of your example match your rating?

What area(s) are you going to focus on next? How (be specific) are you going to proceed.

Can you honestly say you are ready to apply? If not what is your plan to get ready? Will you realistically be able to complete that by mid-summer (or next summer if applying the following year)?

This self-assessment is taken from "The Advisor" March 2000/Vol. 20, No.2 "Assessing Your Application Profile: A Workshop for Pre-Health Students" by David Verrier, Ph.D. and Gale Lang, MSW

Thanks to the University of Colorado Academic Advising Center for use of this form.