

Self Assessment for Pre-health Professions Students 2011-2012

Complete both sides. If your answer to any question from 1→ 7 suggests a weakness in any area, propose on a separate sheet a clear and precise plan to strengthen your preparation in that area.

Date completed _____ Name _____
Major(s) _____ Professional Degree(s) you intend to earn _____

How many HPO meetings have you attended during the current semester/year? ____

What topics have you found most interesting? _____

If you are not a regular participant in HPO meetings, please explain your reasoning for not participating in HPO _____

Your self assessment:

As of this date, I have completed _____ credits. My GPA is _____. (If you are a first-term freshman, use your quarter grades to compute your GPA). The *average* GPA of Scranton students accepted to M.D. schools for the past five years has ranged between 3.71-3.79. The *average* GPA of those accepted to D.O. schools has ranged from 3.38-3.55. The *average* GPA of those accepted to dental schools has ranged between 3.56-3.70. Please see me individually to ascertain average GPA's of students accepted to schools of podiatry, optometry, and veterinary medicine.

1A. Reflections on my GPA _____

1B. **If applicable**, strategies to improve my GPA (*consider whether you should repeat a course in which you earned a low grade*) _____

2. Books I have read in the past three months (other than those required for class) include _____

3. I read the national newspaper _____ at least ____ days each week.

4. My primary ongoing service work has been (do not list one-time events) _____

5. The extracurricular activities to which I devote the most time are (do not list jobs, exercise, or family time here) _____

6. Summary of my clinical experience _____

7. Positions of responsibility for which I will apply/run include _____

8. Honors programs in which I am enrolled/ to which I will apply are _____

9. What sets me apart from other applicants to professional schools is that _____

10. Goals which I might reasonably meet between now and the year (_____) when I make application to _____ school include (please fill out and check all that apply):

- Declare/complete a minor in _____.
- Declare/complete a second major in _____.
- Pursue research with _____ in _____.
- Obtain clinical experience with _____ at _____.
- Volunteer to _____ at _____.
- Complete a Faculty-Student Teaching Mentorship with _____ in _____.
- Apply for _____ (internship/Honors Program/research stipend, etc.).

Summary of self assessment. If your answer to any question from 1→ 7 suggests a weakness in any area, propose on a separate sheet a clear and precise plan to strengthen your preparation in that area.

Topic	Area of activity	Competitive	Average	Deficient
1	*GPA			
2	Books read			
3	Newspaper reading			
4	Service to others			
5	Extracurricular Activities			
6	Clinical experience			
7	Leadership experience			
8 (optional)	Difficulty of chosen curricular program(s)			
9	"Extra edge"			

*Consider the GPA statistics listed on the front of the page to determine whether your GPA is competitive, average, or deficient. The GPA's noted on the reverse side of this page represent the **average** GPA of successful applicants.

Questions which I have include (This section should not be left blank):

- _____
- _____
- _____
- _____
- _____