



# Self-Assessment Guide

Name: \_\_\_\_\_

AAMC No. \_\_\_\_\_

Email: \_\_\_\_\_



## Self-Assessment Guide

The Self-Assessment Guide will help you assess your experiences and personal development. Ideally, you will begin to use it early in your college experience to guide and record your preparation. This information will be useful as you prepare your AMCAS Application, complete secondary applications, prepare for interviews, and consider reapplication, if necessary.

Take a look through our website ([MDadmissions.msu.edu](http://MDadmissions.msu.edu)) for more information about what we look for in an applicant. A competitive applicant closely matches our mission for motivation and desire to become an excellent, compassionate, primary care physician who is dedicated to lifelong learning and willing to serve the underserved in a rural or inner city area within Michigan. An applicant needs to have demonstrated their passion for medicine through a history of community service and clinical experience. Competitive MCAT scores should be 9-10<sup>+</sup> in each category, with a cumulative science GPA of 3.5<sup>+</sup>.

### Reapplicants

If you are an unsuccessful applicant and intend to reapply to CHM, you must follow our established procedure to receive feedback about your application. Complete and submit the Self-Assessment Guide for review and response. **Advising appointments (in person or by phone/Skype) are only available for unsuccessful applicants who:**

- have completed and submitted their Self-Assessment Guide
- have been rejected from all other schools, and
- have not yet submitted an AMCAS application for the next application cycle

If you meet all of the above, submit your completed Self-Assessment Guide to us by fax (517. 432.0021) or

mail: College of Human Medicine Office of Admissions  
Clinical Center  
804 Service Rd, Room A112  
East Lansing, MI 48824

After submitting your Self-Assessment Guide, you may submit an appointment request online at [MDadmissions.msu.edu/Contact/default.htm](http://MDadmissions.msu.edu/Contact/default.htm). One of our advisors will contact you by email to set up an appointment.

Here are a few general suggestions:

- Continue to secure meaningful medical/clinical experiences that provide you with as much direct patient contact as possible.
- Continue science-based academic enrichment activities, including but not limited to research and/or additional upper level challenging science courses. Additional coursework can help improve your science and overall GPAs.
- Continue MCAT preparation in the event that a retake of the exam is necessary. There are many resources available online, including the **Michigan eLibrary (MeL) ([mel.org/](http://mel.org/))** and **MCAT ([aamc.org/students/mcat/start.htm](http://aamc.org/students/mcat/start.htm))** websites.

## Self-Assessment Form

Using the scale, enter a numerical rating where applicable.

### Rating Scale

0 = Can't Rate

1 = Not Satisfied

2 = Somewhat Satisfied

3 = Satisfied

4 = Very Satisfied

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### Academic Preparation

\_\_\_\_ I am satisfied that my grades are at or above the national mean of applicants accepted to US medical schools (science GPA = 3.61, overall GPA = 3.67).

\_\_\_\_ I am satisfied that my science courses have prepared me for the rigorous medical school science curriculum.

\_\_\_\_ I am consistently making improvements in my critical reading and writing skills.

\_\_\_\_ I am satisfied that my nonscience courses have improved my communication skills and given me a broader understanding of diverse individuals and groups.

What insights have you gained from review of your academic preparation?

What is your plan to improve or maintain your readiness to be successful within the rigorous medical school curriculum?

What are your contingency plans if you are not accepted to medical school?

### MCAT Performance

\_\_\_\_ My ACT Score

\_\_\_\_ My SAT Score

\_\_\_\_ I am satisfied with the way my course work is preparing me for the MCAT.

\_\_\_\_ I am satisfied with my competency when taking standardized tests.

If you do not feel competent when taking standardized tests, what do you think are the causes? (circle all that apply)

Reading Comprehension

Learning Problems

Reading Speed

Problem Solving/  
Reasoning Problems

Unfamiliarity with  
Multiple Choice Tests

Easily Distracted/  
Concentration Issues

Fatigue

Vision Problems

Language Problems

\_\_\_\_ I am satisfied with the way I am preparing for the MCAT.

\_\_\_\_ I am satisfied that I can earn MCAT scores that are consistent with the national mean scores of accepted applicants (VR = 9.8 | PS = 10.4 | BS = 10.8).

My additional preparation for the MCAT includes the following methods:

1.

2.

3.

4.

What insights have you gained from review of your MCAT preparation?

What is your plan to perform well on the MCAT? If you indicated factors that may be preventing you from living up to your potential on standardized tests, make sure your plan includes a strategy to address this.

### Medical/Clinical Experiences

\_\_\_\_ I am satisfied that my medical/clinical experiences clearly reinforce my motivation for a career in medicine.

\_\_\_\_ I am satisfied that I understand the demands of a career in medicine.

\_\_\_\_ I am satisfied that I have the interest and ability to meet the demands of a medical career.

\_\_\_\_ I have reviewed the **CHM Technical Standards** ([MDadmissions.msu.edu/ApplicationProcess/current/techstandards.htm](http://MDadmissions.msu.edu/ApplicationProcess/current/techstandards.htm)) and meet each of them.

What insights have you gained from your medical/clinical experiences?

What is your plan for continuing to explore your goal to become a physician through medical/clinical work or volunteer experiences?

### **Community Service Experiences**

\_\_\_\_ I am satisfied that my community volunteer or work experiences have put me more in touch with diverse \_\_\_\_ groups of people.

\_\_\_\_ I am satisfied that I have a growing understanding of individuals who are different from me.

\_\_\_\_ I am satisfied that my community service or work experiences have reinforced my motivation to “give \_\_\_\_ something back” to my community.

What insights have you gained from your community service experience?

What is your plan to continue to gain experience that demonstrates your understanding of the diverse patient population, your growing cultural competency, and your commitment to ongoing involvement in the community?

### **Group and Leadership Experiences**

\_\_\_\_ I am satisfied that my leadership experiences demonstrate my ability to lead or mentor less experienced, \_\_\_\_ disadvantaged, or younger individuals.

\_\_\_\_ I am satisfied that my group experiences demonstrate my ability to be a good team member and team builder.

What insights have you gained from your experience?

What is your plan to continue to develop your group and leadership skills?

### **Research Experiences**

\_\_\_\_ I am satisfied that my research experiences expanded my understanding of scientific method.

\_\_\_\_ I am satisfied that I can describe my role in the research projects in which I have participated.

\_\_\_\_ I am consistently making improvements in my critical reading and writing skills.

\_\_\_\_ I am satisfied that I can describe and discuss the research projects in which I have participated.

What insights have you gained from your research experiences?

What is your plan to continue to gain research experience?

### **Personal Qualities/Professional Behavior Development**

\_\_\_ I am satisfied that I understand the concept of professional behavior.

\_\_\_ I am satisfied with my personal growth and development.

\_\_\_ I am satisfied that my maturity is evident.

\_\_\_ I am satisfied that I am living my life in a way that develops and demonstrates the exemplary behavior I expect from a physician.

\_\_\_ I am satisfied that I am a worthy mentor and role model for individuals who are younger or less experienced.

What are your strongest personal attributes?

What personal attributes have you identified for development?

What insights have you gained as you consider professional behavior?

What is your plan to understand and develop professional behaviors and maturity?

### **Letters of Evaluation**

What is your plan to secure meaningful letters of evaluation?

Who will write your letters of evaluation (minimum of three, maximum of five)?

- 1.
- 2.
- 3.
- 4.
- 5.

### **Medical School Application**

What is your plan to continue to improve your general application for medical school?

What are the three things you hope the College of Human Medicine Committee on Admissions members will remember about you when they make their final decision on your application?

- 1.
- 2.
- 3.

How will you convey these things to the Committee?

What do you want to consider including in your AMCAS Personal Statement?

## Personal Record of Experiences

### Medical/Clinical Experiences

Name of Organization	Dates	Hours/Week
A. Supervisor: Experience Description:		
B. Supervisor: Experience Description:		
C. Supervisor: Experience Description:		
D. Supervisor: Experience Description:		
E. Supervisor: Experience Description:		

### Community Service Experiences

Name of Organization	Dates	Hours/Week
A. Supervisor: Experience Description:		
B. Supervisor: Experience Description:		
C. Supervisor: Experience Description:		
D. Supervisor: Experience Description:		
E. Supervisor: Experience Description:		



## Group and Leadership Experiences

Name of Organization	Dates	Hours/Week
A. Supervisor: Experience Description:		
B. Supervisor: Experience Description:		
C. Supervisor: Experience Description:		
D. Supervisor: Experience Description:		
E. Supervisor: Experience Description:		

## Research Experiences

Name of Organization	Dates	Hours/Week
A. Supervisor: Experience Description:		
B. Supervisor: Experience Description:		
C. Supervisor: Experience Description:		
D. Supervisor: Experience Description:		
E. Supervisor: Experience Description:		

## Employment since High School

Name of Organization	Dates	Hours/Week
A. Supervisor: Experience Description:		
B. Supervisor: Experience Description:		
C. Supervisor: Experience Description:		
D. Supervisor: Experience Description:		
E. Supervisor: Experience Description:		

## Sample Undergraduate Time Line for Premedical Preparation

	FALL	SPRING	SUMMER
Year 1	<ul style="list-style-type: none"> <li>• Chemistry w/Lab</li> <li>• Biology w/Lab</li> <li>• English</li> </ul> <hr style="width: 10%; margin: 10px auto;"/> <ul style="list-style-type: none"> <li>• Community service</li> <li>• Meet with advisor</li> </ul>	<ul style="list-style-type: none"> <li>• Chemistry w/Lab</li> <li>• Biology w/Lab</li> <li>• Social Science/Humanities</li> </ul> <hr style="width: 10%; margin: 10px auto;"/> <ul style="list-style-type: none"> <li>• Community service</li> <li>• Alternative Spring Break</li> <li>• Meet with advisor</li> </ul>	<ul style="list-style-type: none"> <li>• College Algebra</li> </ul> <hr style="width: 10%; margin: 10px auto;"/> <ul style="list-style-type: none"> <li>• Summer job</li> <li>• Shadow physician</li> <li>• Community service</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>• Organic Chemistry w/Lab</li> <li>• Physics w/Lab</li> <li>• Social Science/Humanities</li> </ul> <hr style="width: 10%; margin: 10px auto;"/> <ul style="list-style-type: none"> <li>• Medical/clinical experiences</li> <li>• Meet with advisor</li> </ul>	<ul style="list-style-type: none"> <li>• Organic Chemistry w/Lab</li> <li>• Physics w/Lab</li> <li>• English</li> </ul> <hr style="width: 10%; margin: 10px auto;"/> <ul style="list-style-type: none"> <li>• Medical/clinical experiences</li> <li>• Alternative Spring Break</li> <li>• Explore research options</li> <li>• Meet with advisor</li> </ul>	<hr style="width: 10%; margin: 10px auto;"/> <ul style="list-style-type: none"> <li>• Summer job or international experience</li> <li>• Consider summer school for other prerequisite coursework</li> </ul>
Year 3	<ul style="list-style-type: none"> <li>• Physiology</li> <li>• Biochemistry</li> <li>• Medical Ethics</li> </ul> <hr style="width: 10%; margin: 10px auto;"/> <ul style="list-style-type: none"> <li>• Medical/clinical experiences</li> <li>• Research experiences</li> <li>• Review career direction and alternatives</li> <li>• Meet with advisor</li> </ul>	<ul style="list-style-type: none"> <li>• Cell Biology/Physiology</li> </ul> <hr style="width: 10%; margin: 10px auto;"/> <ul style="list-style-type: none"> <li>• Medical/clinical experiences</li> <li>• Research experiences</li> <li>• Spring MCAT</li> <li>• Schedule appointments for letters of evaluation</li> <li>• Meet with advisor</li> <li>• Prepare AMCAS Application</li> </ul>	<hr style="width: 10%; margin: 10px auto;"/> <ul style="list-style-type: none"> <li>• Summer job or international experience</li> <li>• Submit AMCAS Application after June 1</li> <li>• Consider retake of MCAT</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>• Upper Level Biology Course</li> </ul> <hr style="width: 10%; margin: 10px auto;"/> <ul style="list-style-type: none"> <li>• Balance and prioritize research, community service, and medical/clinical experiences</li> <li>• Secondary essays</li> <li>• Interviews</li> <li>• Review contingency plan</li> </ul>	<ul style="list-style-type: none"> <li>• Upper Level Biology Course</li> </ul> <hr style="width: 10%; margin: 10px auto;"/> <ul style="list-style-type: none"> <li>• Balance and prioritize research, community service, and medical/clinical experiences</li> <li>• Apply for financial aid (January 1)</li> <li>• Graduate</li> </ul>	<hr style="width: 10%; margin: 10px auto;"/> <ul style="list-style-type: none"> <li>• Continue with summer job and medical/clinical experiences</li> </ul>