



Self-Assessment Guide

The Self-Assessment Guide will help you assess your experiences and personal development. Ideally, you will begin your Self-Assessment Guide early in your college experience to guide and record your preparation. The recorded information will be useful as you prepare your AMCAS Application, respond to Secondary Applications, prepare for interviews, and consider reapplication, if necessary. Where appropriate, insert a number from the rating scale in the space prior to each comment.

Rating Scale: 0 = Can't Rate
 1 = Not Satisfied
 2 = Somewhat Satisfied
 3 = Satisfied
 4 = Very Satisfied

Date: _____

Name: _____ E-mail _____

ACADEMIC PREPARATION

- _____ I am satisfied that my grades are at or above the national mean of accepted medical students (Science GPA = 3.6, Non-Science GPA = 3.7, Overall GPA = 3.6).
- _____ 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 have 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 should you not be accepted to medical school?

Self-Assessment

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MCAT PERFORMANCE

My ACT Score _____ My SAT Score _____

_____ I am satisfied with myself as a competent standardized test taker.

If you do not see yourself as a competent test taker, what do you think is/are the cause(s)?

Reading Comprehension

Reading Speed

Vision Problems

Fatigue

Language Problems

Test Taking Anxiety

Learning Problems

Problem Solving/Reasoning Problems

Easily Distracted/Concentration

Unfamiliar with Multiple Choice Tests

Unfamiliar with Essay Examinations

Other _____

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

My additional preparation for the MCAT includes the following methods:

1. _____

2. _____

3. _____

4. _____

_____ 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 = 9.6, PS = 10, WS = P, BS = 10.3).

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

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

MEDICAL/CLINICAL EXPERIENCES

- I am satisfied that my medical/clinical experiences clearly reinforced 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 these demands.

I have reviewed CHM's technical standards document online at www.chm.msu.edu/chmhome/admissions/techstandards.htm and I meet each of the standards.

Yes No

Self-Assessment

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

What is your plan to continue 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?

Self-Assessment

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RESEARCH EXPERIENCES

- _____ I am satisfied that my research experiences expanded my understanding of scientific method.
- _____ I am satisfied that my research experiences supported my interest in research and my knowledge of its relevance to medicine.
- _____ I am satisfied that I can describe my role in the research projects in which I have participated.
- _____ 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 valuable 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 than I.

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?

Self-Assessment

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LETTERS OF EVALUATION

What is your plan to secure meaningful letters of evaluation?

Who will write your letters of evaluation (minimum of 3 letters)?

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.

MEDICAL/CLINICAL EXPERIENCES

Personal Record of 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

Personal Record of 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

Personal Record of 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:		

Sample Time Line for Premedical Preparation

	FALL	SPRING	SUMMER
Year 1	Chemistry w/Lab Biology w/Lab English Community Service Meet with Advisor	Chemistry Biology w/Lab Social Science/Humanities Community Service Alternative Spring Break Meet with Advisor	Summer Job Shadow Physician Community Service
Year 2	Organic Chemistry Social Science/ Humanities Medical/Clinical Experiences Meet with Advisor	Organic Chemistry w/Lab English Medical/Clinical Experiences Alternative Spring Break Explore Research Options Meet with Advisor	Summer Job or International Experience
Year 3	Physics w/Lab Biochemistry Medical Ethics Research Experiences Medical/Clinical Experiences Review career direction and alternatives Meet with Advisor	Physics/ Physiology Research Experiences Medical/Clinical Experiences April MCAT Appt. for Ltrs. Of Eval. Meet with Advisor Prepare AMCAS Application due June 1	Summer Job or International Experience AMCAS Application due June 1 Consider August MCAT
Year 4	Upper Level Science Course Balance and prioritize Research, Community Service, and Medical/Clinical Experiences Secondary Applications Interviews Review contingency plan	Upper Level Science Course Balance and prioritize Research, Community Service, and Medical/Clinical Experiences Apply for Financial Aid (Jan. 1) Graduate	