

PRE-HEALTH APPLICATION READINESS – SELF ASSESSMENT

How do you know if you're ready to apply to health professional school? This pre-medical self-assessment guide is designed to help you address your strengths and weaknesses, put focus on items that you will want to highlight on your application, and identify areas where you need to do more work.

Score Key: 1 = needs considerable improvement; 2 = needs some improvement; 3 = ok; 4 = very good shape; 5 = outstanding

ASSESSMENT	SCORE (1-5)	EVIDENCE	WORK PLAN
Strength of you overall undergraduate GPA	1 2 3 4 5		
Strength of your science undergraduate GPA	1 2 3 4 5		
Strength of your post-bac GPA	1 2 3 4 5		
Strength of your test scores	1 2 3 4 5		
Your sense of intellectual curiosity	1 2 3 4 5		
Your interest in science and biomedical research	1 2 3 4 5		
Your familiarity with current issues in healthcare	1 2 3 4 5		
Your ability to present yourself in person	1 2 3 4 5		
Your ability to present yourself in writing	1 2 3 4 5		
Your involvement in health related experiences	1 2 3 4 5		
Your involvement in extra-curricular activities	1 2 3 4 5		

Adapted from Verrier D., Lang G. Assessing your application profile: a workshop for pre-health students. *The Advisor*, NAAHP, 2000;20(2):52-56.