Application Profile Self-­‐Assessment

Pre-­‐admission variables accorded high importance by professional school admissions personnel include: (1) undergraduate GPA, (2) MCAT or DAT scores, (3) quality of degree-­‐granted undergraduate institution and rigor of academic program taken, (4) letters of evaluation, (5) involvement in health-­‐related work experiences, (6) interview ratings, (7) interpersonal and social skills, (8) quality of personal comments of your main application or of supplemental applications, and (9) involvement in extracurricular activities.

It is important that you are able to assess your profile as an applicant to health professions schools. What are your strengths? What areas are in need of attention? What are ways you can improve your application profile? This assessment includes the main domains of academic performance, working knowledge of the profession, community service, communication skills and personal readiness, and honors and leadership skills. Rate yourself on the items below by placing an X in the box you find appropriate for describing yourself. (Ratings: 1=outstanding; 2=excellent; 3=average; 4=needs improvement; 5=need considerable improvement)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Characteristic** | **1** | **2** | **3** | **4** | **5** |
| Involvement in health-­‐related experiences |  |  |  |  |  |
| Involvement in extra-­‐curricular activities |  |  |  |  |  |
| Ability to present yourself in person |  |  |  |  |  |
| Ability to present yourself in writing |  |  |  |  |  |
| How well you relate to others |  |  |  |  |  |
| Ways you exhibit leadership skills |  |  |  |  |  |
| Ways you exhibit your independence/initiative/perseverance |  |  |  |  |  |
| 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 will you distinguish yourself as a candidate |  |  |  |  |  |
| How well do your professors and advisors know you |  |  |  |  |  |
| Strength of your overall GPA |  |  |  |  |  |
| Strength of your science GPA |  |  |  |  |  |
| Strength of your standardized test scores |  |  |  |  |  |

**Credentials Review Worksheet – Application for 2015 Professional School Admission**

Please complete the Credentials Review Worksheet and the Application Profile Assessment and submit to Drs. Crivello and Sanford.

Indicate Program Application: MD MD/PhD Dental Osteopathic PA Other \_\_\_\_\_\_

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Permanent email address \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_

Major \_\_\_\_\_\_\_\_\_\_\_ Minor \_\_\_\_\_\_\_Other Concentrations \_\_\_\_\_\_\_\_\_\_\_\_Degree: BA BS MA MS PhD

Year of graduation \_\_\_\_\_\_\_\_ State Residency \_\_\_\_\_ Cumulative GPA \_\_\_\_ Science GPA \_\_\_

When are you planning on taking the MCAT, DAT GRE, or other pertinent exam? \_\_\_\_\_\_\_\_\_\_\_

Names of Recommenders (name, title, department affiliation) –You are advised to request a minimum of three and no more than seven letters of recommendation to be included with your Composite Committee letter: two from science faculty, one from non-science faculty and/or at least one from individuals under whom you conducted research or clinical internships, employment, volunteer or community service.

1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 6 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please provide an answer for the following questions:

1. Where were you born? Where did you go to high school? Identify significant interests, activities, and accomplishments in high school? What do your parents do as a living?

2. What is your motivation for applying to a graduate health program? Include in your answer the influence of teachers, family, physicians, dentists, PAs or any health care professional that helped motivate you toward this career path. Are either of your parents or siblings in the health professions? Also include any unusual circumstances that have occurred to you that have also motivated you to make this decision (e.g., a serious illness to yourself or a family member). Identify people, events, and experiences.

3. What is your major and why did you pick it? Are you expecting to receive a minor in any area? Why did you choose that minor? Is there anything unusual about the major you’ve chosen or the classes you’ve selected?

4. Have you been involved in research? If so, why? How much time have you dedicated to research? What projects have you been involved in?

5. What extracurricular activities have you been involved with? Please list only those things you have had a sustained interest in. Also, be sure to note if you have had any leadership roles.

6. What community service activities have you been involved with? What was your motivation and the level of your time commitment?

7. How good do you think are your written and oral communicative skills? How do you get you news each day (web-based, print, radio, or TV)? Do you read for pleasure (outside the classroom)? If so, what was the last book you read?

8. Are you a social type of person? How do you think your friends would describe you? Is it easy for you to interact with people in a social setting? Identify an example.

9. Have you had to work to pay for your undergraduate education? If so, how many hours per week?

10. Is there anything else that you think makes you different from other people (life experience, work experience, etc.)?

11. Can you give us an indication of what medical or dental schools you are considering applying to? Why did you pick those schools?

Please answer these questions and return this form by email to premed\_predental@uconn.edu

Make sure that you have met with both Dr. Crivello and Dr. Sanford before the composite letter is prepared.