

Haverford College Health Professions Advising Self-Assessment

Step back and assess your developing profile as an applicant to health professions schools. What are the strengths of your developing application profile? What are areas in need of attention? What are ways you can improve your overall application? Be honest with yourself as you rate yourself.

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| <i>Ratings:</i> | <i>1= needs considerable improvement</i> | <i>3= OK</i> | <i>5= outstanding</i> |
| | <i>2= needs some improvement</i> | <i>4= very good shape</i> | |

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|--|---|---|---|---|---|
| Your sense of intellectual curiosity and passion | 1 | 2 | 3 | 4 | 5 |
| The breadth of your academic interests | 1 | 2 | 3 | 4 | 5 |
| Your interest in science | 1 | 2 | 3 | 4 | 5 |
| Strength of your grades | 1 | 2 | 3 | 4 | 5 |
| Strength of your science grades | 1 | 2 | 3 | 4 | 5 |
| How well your professors and advisors know you | 1 | 2 | 3 | 4 | 5 |

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| Your involvement in meaningful activities outside of the classroom | 1 | 2 | 3 | 4 | 5 |
| How you have demonstrated commitment to serving others | 1 | 2 | 3 | 4 | 5 |
| Your involvement in clinical, patient centered experiences | 1 | 2 | 3 | 4 | 5 |
| Experience with research and/or independent inquiry | 1 | 2 | 3 | 4 | 5 |
| Your familiarity with current issues in health care | 1 | 2 | 3 | 4 | 5 |
| Your sense of purpose and motivation | 1 | 2 | 3 | 4 | 5 |

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| How well you interact with others | 1 | 2 | 3 | 4 | 5 |
| Experiences that exhibit leadership qualities | 1 | 2 | 3 | 4 | 5 |
| Your ability to handle stressful situations | 1 | 2 | 3 | 4 | 5 |
| Ways you exhibit perseverance | 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 |

Reflections:

What aspects of your experiences, competencies, and aptitudes do you want to stand out the most in your application to health professions school?

What are your areas in need of the most improvement? What components stand out?

How are you going to go about addressing these areas? What will your plan be? What factors will you consider in prioritizing areas and devising a plan?