

PRE-PROFESSIONAL HEALTH SELF-ASSESSMENT WORKSHEET

This worksheet is a guide to help you accurately assess the competitiveness of your application status towards your desired graduate or professional health program



Student Name: _____

Professional Program anticipated start date: _____

Pre-Professional Health Advising Track: _____

Professional Program application due date: _____

APPLICATION CATEGORIES:	YOUR APPLICATION STATUS:	COMPETITIVE CANDIDATE STATS:	NEXT STEPS:
Cumulative GPA	_____	_____	What are 3 things I can do to become a more competitive candidate? - - -
Science GPA (Biology, Chemistry, Physics, Mathematics)	_____	_____	
Admissions Test (MCAT, PCAT etc.) Test:	(If not taken, how will you prepare)	_____	
Clinical Experience - Experience types:	_____	_____	What are 2 things I need to research and learn more about? - -
Community Service - Experience types:	_____	_____	
Extracurricular Experience - Experience types:	_____	_____	Additional Notes:
Letters of Recommendation	_____	_____	