

Student Self-Assessment Sheet

Now that you are more familiar with what it is that medical or other health-related professions schools look for in applicants, take some time to assess your own preparation. Beside the following statements **rank your strength in that area on a scale of 1 to 5, with 1 indicating an area that needs much improvement and 5 representing outstanding achievement or effort.** For those aspects that require more improvement, jot down some next steps on how to go about strengthening that element of your health professional school application.

Exploration of Health Related Field	Score	Ways to Improve
Conducting informational interviews (with friends, family, using Alumni ICAN)		
Volunteering/interning in a health related setting		
Exploring current health care related issues		
Attending School Admissions Presentations		

Prehealth Advising	Score	Ways to Improve
Meeting with a Preprofessional Advisor in the MIT Careers Office		
Meeting with your Prehealth Advisor (if assigned)		
Speaking with my academic advisor and other professors		
Looking through the Premed Website online		

Activities and Academics	Score	Ways to Improve
Extracurricular activities that show leadership, teamwork, etc.		
Volunteer work or community service		
Work/research experience		
Experience working with others different from yourself		

Clinical experience		
Overall Grade Point Average		
Science Grade Point Average		

Targeting Schools	Score	Ways to Improve
Reviewing the Admission Requirements books		
Review Preprofessional Advising website on Strategy for Applying to Med School		
Attending School Admissions Presentations		
Visiting schools		
Contacting alumni		

Other Application Considerations	Score	Ways to Improve
Opening a Credential File in the MIT Careers Office		
Letters of Recommendation - Building rapport with professors/supervisors		
Personal Statement – get feedback from advisors, writing center, and Careers Office		
MCAT – Prep and Completion		
Motivation to pursue medicine – Why do you wish to pursue this career?		
Displaying leadership skills		
Uniqueness and personality		
Interviewing skills (participating in mock interviews)		