

Self Assessment Worksheet

2011 Application Year

Complete the following areas to help you assess your strengths and weaknesses as they relate to the application process.

Scores and GPAs

MCAT: _____ V _____ BS _____ PS _____ W _____ DAT/GRE: _____ Date Future MCAT/DAT/GRE: _____

Cumulative GPA: _____

Estimated Science GPA: _____

(Med./Vet. Applicants – Bio, Physics, Chem., Math; Dental Applicants – Bio, Physics, Chem.)

Names of Potential Recommenders (name, title, department/affiliation)

(You are advised to request a minimum of four and no more than six letters of recommendation to be included with your Committee Letter. It is recommended that 2 be from science faculty, 1-2 from non-science faculty, and 2 from individuals under whom you conducted an internship, employment, volunteer work, etc.)

1	_____	Science
2	_____	Science
3	_____	Non Science
4	_____	NS or Other
5	_____	Other
6	_____	Other

Research/Lab/Presentation/Publications (indicate dates)

Clinical Volunteering or Shadowing Experience (indicate dates)

Community Service/Volunteer – May Or May Not Be Medical/Clinical (indicate dates)

Employment (during school or summers)

Extra-Curricular/Leadership/Hobbies (indicate dates and identify leadership positions)

Manual Dexterity (Dental Applicants) or Animal Experience (Vet Applicants)

