**HPAC GrEEnsheet 2023 ADvising Form**

**Preliminary SELF-ASSESSMENT**

1) Name: Click or tap here to enter text. Class Year: Click or tap here to enter text.

Email: Click or tap here to enter text. Major(s): Click or tap here to enter text.

Academic Advisor: Click or tap here to enter text. GPA: Click or tap here to enter text.

Gateway Counselor: Click or tap here to enter text. GreenSheet submitted Click or tap to enter a date.

2) I am interested in (choose): medical (MD, DO), podiatry, dental, veterinary, optometry, combined degree programs (MD/PhD, DO/PhD, MD/MBA, MD/MPH, etc.), allied health area (PA, NP, PT, OT, other? OR *I am uncertain at this time? Explain:* Click or tap here to enter text.

3) Please articulate in a few words “why” you are considering this career in the health professions.

Click or tap here to enter text.

4) Please check ONLY ONE:

 [ ]  uncertain at this time even IF I will apply

 [ ]  uncertain at this time to which area I will apply; explain

 [ ]  uncertain at this time exactly WHEN I will apply; explain

[ ]  considering applying in this present cycle (begin November 2023, submit June 2024, attend Fall 2025)

 [ ]  definitely applying in this present cycle (begin November 2023, submit June 2024, attend Fall 2025)

 [ ]  definitely applying in the NEXT cycle (begin November 2024, submit June 2025, attend Fall 2026)

 [ ]  planning a growth/gap year or more

It is important that you honestly and holistically assess your developing profile as a prospective applicant. Remember, consider yourself as part of the entire application cohort. As you do so, please consider these [**core competencies**](https://students-residents.aamc.org/applying-medical-school/article/core-competencies) and how your [**key attributes**](https://students-residents.aamc.org/media/5781/download) support your portfolio:

**Service Orientation Ethical responsibility to self and others Critical thinking**

**Social skills Reliability and dependability Quantitative reasoning**

**Cultural Competence Resilience and adaptability Scientific inquiry**

**Teamwork Capacity for improvement Written communication**

**Oral communication**

**Some key attributes might include: maturity, values & beliefs, curiosity, identity, distance travelled…**

5) Please rate yourself and comment on the aspects of your candidacy below.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 |  | 2 |  | 3 |  | 4 |  | 5 |
| Needs considerable Improvement |  | Needs some Improvement |  | Satisfactory |  | Very good |  | Outstanding |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| A) My academic preparation (GPA overall & science), standardized test score, research experience, completion of course requirements). |  | 1[ ]  | 2[ ]  | 3[ ]  | 4[ ]  | 5[ ]  |

Comments:

Click or tap here to enter text.

My specific plans to enhance this competency:

Click or tap here to enter text.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| B.) Experience and knowledge of health care settings, including understanding of and direct interaction with patients. |  | 1[ ]  | 2[ ]  | 3[ ]  | 4[ ]  | 5[ ]  |

Comments:

Click or tap here to enter text.

My specific plans to enhance this competency:

Click or tap here to enter text.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| C.) Evidence of my commitment to helping others and serving my community. |  | 1[ ]  | 2[ ]  | 3[ ]  | 4[ ]  | 5[ ]  |

Comments:

Click or tap here to enter text.

My specific plans to enhance this competency:

Click or tap here to enter text.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| D.) Predicted strength of my letters of recommendation (3 academic and 2 non-academic letters). |  | 1[ ]  | 2[ ]  | 3[ ]  | 4[ ]  | 5[ ]  |

Comments:

Click or tap here to enter text.

6) I plan to take my entrance exam (MCAT, DAT, GRE, OAT, etc.) on:

Click or tap here to enter text.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7) Additional science and relevant courses I plan to complete before I apply include:

Click or tap here to enter text.

8) Please articulate any specific questions for which you are requesting answers from HPAdvising.

Click or tap here to enter text.