**HPAC GrEEnsheet 2024 ADvising Form**

**Preliminary SELF-ASSESSMENT**

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

Pronouns: Click or tap to enter a date.

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 2024, submit June 2025, attend Fall 2026)

definitely applying in this present cycle (begin November 2024, submit June 2025, attend Fall 2026)

definitely applying in the NEXT cycle (begin November 2025, submit June 2026, attend Fall 2027)

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.