



Health Professions Program

2025-2026



Your HPKey
Unlock your potential!

Name:

Class Year:

Dear Student,

With your **HPKey**, your journey begins! We have designed this document for your convenience so you can log your participation in events offered through the Health Professions Office, as well as our campus partners in the Gateway Career Center. Whenever you attend an *information session, workshop, panel discussion* or *talk*, present your **HPKey** to collect a stamp (in person or via email to healthprofessions@lafayette.edu). We believe that each stamp represents an important step toward your education. As an active participant in our HP programming, you will have the opportunity to learn from health professionals, connect with your peers and future alumni mentors, and reflect on what you're learning.

Plus, you can submit your **HPKey** to our Health Professions Office (101 Scott Hall) at the end of the year as part of a chance to win a prize!

We look forward to having you be a part of our Health Professions community!

Best wishes,
Health Professions Team

The HPKey Program Overview

Engaged students will attend and complete *at least 2*, but preferably more, programs/activities related to each of the topics listed below. This helps ensure you get the most from the resources offered to you by us in HP Advising and our partners. It also qualifies you to be entered for an HP prize.

1. HP Programming
2. Learning about Professional Competencies
3. Skills Development

In the space below, please indicate your potential health professions area of interest. Then please share with us what YOU think your starting point is to get you to where you are going!

Health Professions Programming

We encourage you to attend all of our HP programs. However, we recognize that this might not be possible due to your academic schedule or your other important commitments. That being said, we strongly recommend you prioritize attending the Health Professions Information Session specific to your class year (e.g., First Year and Transfer Student Information Session; Second Year Student Information Session; Junior and Senior Pre-Application Meeting; Junior and Senior Application Meeting, etc.). We also encourage you to attend at least 4 related programs (e.g., Admissions presentation, workshops, career panels, etc.). Two of these should target the array of health professions to help you clarify your motivations and provide evidence for your goals.

My HP Events:

Date:	Event Name:	Stamp
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Learning about Core Competencies

As a health professions student, you will need to have an understanding of the core competencies essential to your health profession and critical to your graduate school training. In general, health professions schools are looking for your professional, thinking and reasoning competencies. The AAMC (American Association of Medical Colleges) has developed this list of 17 core competencies. But they are relevant to all fields within the health professions:

- Commitment to Learning and Growth
- Cultural Awareness
- Cultural Humility
- Empathy and Compassion
- Ethical Responsibility to Self and Others
- Interpersonal Skills
- Oral Communication
- Reliability and Dependability
- Resilience and Adaptability
- Service Orientation
- Teamwork and Collaboration
- Science Competencies
 - Human Behavior
 - Living Systems
- Thinking and Reasoning Competencies
 - Critical Thinking
 - Quantitative Reasoning
 - Scientific Inquiry
 - Written Communication

For specific definition of each competency, please visit the AAMC's website, <https://students-residents.aamc.org/real-stories-demonstrating-premed-competencies/premed-competencies-entering-medical-students>

Reflection

For each event (e.g., alumni panel, Candid Conversations event, etc.) please comment on at least two of the professional competencies mentioned. Explain briefly how you can apply this knowledge to advance your health professions goals.

Date:

Event Name:

Professional Competency:

I Learned:

Date:

Event Name: _____

Professional Competency: _____

I Learned:

Date: _____

Event Name: _____

Professional Competency: _____

I Learned:

Reflection

Date: _____

Event Name: _____

Professional Competency: _____

I Learned:

Date: _____

Event Name: _____

Professional Competency:

I Learned:

Date: _____

Event Name: _____

Professional Competency: _____

I Learned:

Skills Development

As you explore your career interest in the health professions, we encourage you to connect with and access the rich resources available to you through the Gateway Career Center. The GCC runs multiple events throughout the year; these are specifically focused on your career development skills. As part of your participation in the **HPKey** Program, we ask you to connect with your Gateway Career Counselor for an individual appointment. We also ask that you attend at least one event that will help you improve your professional documents writing (e.g., resume/CV, cover letter, etc.), interview & networking skills, or apply for an externship/internship opportunity.

My Gateway Events

Date:	Event Name:	Stamp
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