**HPAC GREENSHEET 2025 ADVISING FORM**

**PRELIMINARY SELF-ASSESSMENT**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Name: |  | | | Pronouns: | |  | | Class Year: | 2025 |
| Email: |  | | | Major(s): | |  | | GPA: |  |
| Academic Advisor: | |  | | | Gateway Counselor: | |  | | |
| GreenSheet Submission Date | | |  | | | | | | |

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:*

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

Please describe the path of career exploration that landed you here.

Please select **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 2025, submit June 2026, attend Fall 2027) |
|  | definitely applying in this present cycle (begin November 2025, submit June 2026, attend Fall 2027) |
|  | definitely applying in the NEXT cycle (begin November 2026, submit June 2027, attend Fall 2028) |
|  | 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…**

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 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| My academic preparation (GPA overall & science), standardized test score, research experience, completion of course requirements). | 1  ◻ | 2  ◻ | 3  ◻ | 4  ◻ | 5  ◻ | |
| Comments: | | | | | |
| My specific plans to enhance this competency: | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Experience and knowledge of health care settings, including understanding of and direct interaction with patients. | 1  ◻ | 2  ◻ | 3  ◻ | 4  ◻ | 5  ◻ |
| Comments: | | | | | |
| My specific plans to enhance this competency: | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Evidence of my commitment to helping others and serving my community. | 1  ◻ | 2  ◻ | 3  ◻ | 4  ◻ | 5  ◻ |
| Comments: | | | | | |
| My specific plans to enhance this competency: | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Predicted strength of my letters of recommendation  3-Academic and 2-NonAcademic Letters. | 1  ◻ | 2  ◻ | 3  ◻ | 4  ◻ | 5  ◻ |
| Comments: | | | | | |

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

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

Please articulate any specific questions for which you are requesting answers from HP Advising.