

## EXPLORE – PREPARE – APPLY

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# Pre-Professional Self-Evaluation

To be a successful candidate for a health professions program and a practitioner in that field, you should periodically perform a self-assessment to help discern your strengths and weaknesses. This evaluation form is a tool to help you evaluate your current preparedness for professional school. In addition to using this form, it is imperative that you consult with your pre-professional advisor regularly.

### Section 1: Place an "X" in the box in each section that best describes your current status.

<p><b>GPA</b></p> <p><i>Run a What-If Report for BCPM GPA</i></p>	<p><input type="checkbox"/> 1. My overall GPA is above a 3.7 and math and science (BCPM) GPA is ____.</p> <p><input type="checkbox"/> 2. My overall GPA is above a 3.4 and math and science (BCPM) GPA is ____.</p> <p><input type="checkbox"/> 3. My overall GPA is above a 3.2 and math and science (BCPM) GPA is ____.</p> <p><input type="checkbox"/> 4. My overall GPA is a 3.1 &lt; and math and science (BCPM) GPA is ____.</p>
<p><b>Admission Test Preparedness</b></p>	<p><input type="checkbox"/> 1. I have investigated methods of preparation and registration. I know the way the test is scored and what is competitive. I have begun to study with a study plan outlined.</p> <p><input type="checkbox"/> 2. I have researched the exam a little and know the coursework and resources required. I have explored some methods of preparation and their cost.</p> <p><input type="checkbox"/> 3. I know what test I need to take and have thought about investigating what will be required.</p> <p><input type="checkbox"/> 4. I know what test I need to take but unsure of other details.</p>
<p><b>Application Preparedness</b></p> <p><i>Professional Program = med, pharm, PA, dental, vet, etc.</i></p> <p><i>Specific school = UC, OSU, OU, etc.</i></p>	<p><input type="checkbox"/> 1. I have investigated the admissions requirements, application process, timelines, and the application service for my professional program along with specific school criteria. I have been gathering information for my application and begun to think about my personal statement and interviewing process.</p> <p><input type="checkbox"/> 2. I know what professional program I am interested in and have done some research on the admissions requirements and application process. I have not investigated specific schools.</p> <p><input type="checkbox"/> 3. I am not sure of the application timeline for my professional program or the admission requirements.</p> <p><input type="checkbox"/> 4. I have not begun to prepare for the application process and am still contemplating my career path.</p>
<p><b>Letters of Reference/Evaluation</b></p>	<p><input type="checkbox"/> 1. I know the letters I will need in my application and have met with my professors and other professionals and verified their support for a strong, positive letter of reference.</p> <p><input type="checkbox"/> 2. I am unsure of all the types of letters I will need in my application. However, I have talked with professors and other professionals to keep in contact for future reference.</p> <p><input type="checkbox"/> 3. I have spoken to one or two of my professors with a question in class or at their office hours. I know I will need letters of reference for professional school.</p> <p><input type="checkbox"/> 4. I have never spoken with my professors and do not know about letters of reference needed.</p>
<p><b>Volunteering</b></p> <p><i>In healthcare and non-healthcare settings</i></p>	<p><input type="checkbox"/> 1. I regularly volunteer throughout the year. All my service is recorded in a <a href="#">notebook/log</a> along with self-reflection notes. I keep in contact with the people I worked with for possible future references.</p> <p><input type="checkbox"/> 2. I regularly volunteer throughout the year. I have stayed connected with the people I worked with but have not taken self-reflection notes.</p> <p><input type="checkbox"/> 3. I occasionally volunteer but not regularly and am unsure what would count for volunteering.</p> <p><input type="checkbox"/> 4. I have not volunteered during the last 3 years.</p>

<b>Shadowing Healthcare Professionals</b>	<input type="checkbox"/> 1. I have shadowed healthcare professionals for an extensive period of time (100 hours or more) and have <a href="#">documented my observations and self-reflection</a> . <input type="checkbox"/> 2. I have shadowed healthcare professionals for about 50 hours. I have kept in contact with the people I worked with but have not taken self-reflection notes. <input type="checkbox"/> 3. I have shadowed healthcare professionals for about 20 to 50 hours. <input type="checkbox"/> 4. I have shadowed a healthcare professional for fewer than 20 hours.
<b>Involvement and Leadership</b>	<input type="checkbox"/> 1. I hold a leadership position and am responsible for programming, project management, budgeting and/or supervision. <input type="checkbox"/> 2. I have a supportive role to the leadership of my organization. <input type="checkbox"/> 3. I regularly attend student organization meetings but am not in leadership. <input type="checkbox"/> 4. I am not involved in any extracurricular activity.
<b>Research</b>	<input type="checkbox"/> 1. I have had a research position for several semesters, and I have been involved in publication. <input type="checkbox"/> 2. I have had a research position for 1 or more semesters. <input type="checkbox"/> 3. I am in the process of looking for a research position. <input type="checkbox"/> 4. I have not pursued research.
<b>Other Qualifications</b> <small>Internship, Work, Awards, Certifications, etc.</small>	List your additional qualifications. (Not included in score).

Total up your score by adding the numbers associated with your choice.

Section 1 Total:

## Section 2: Rate yourself in the following characteristics or skills.

		Excellent-1	Good-2	Fair-3	Poor-4	Story
<b>Maturity</b>	<i>Adaptability, leadership, autonomy</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Judgment</b>	<i>Common sense, decisiveness, reasoning</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Perseverance</b>	<i>Persisting in the face of challenge</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Self Confidence</b>	<i>Self-assurance and trust in one's Skills</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Reliability</b>	<i>Dependable and trustworthy</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Adaptability/Resourcefulness</b>	<i>Ability to use resources and develop new ones as needed</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Honesty/Integrity</b>	<i>Demonstrate within all aspects of your life</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Empathy</b>	<i>Tact, consideration, sensitivity to the needs of others</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Oral Communication</b>	<i>Articulation, clarity of expression</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Written Communication</b>	<i>Articulation, clarity of expression</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Study Habits</b>	<i>Studying at least 2 hours per week per credit hour (15credits=30hrs study/week)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Curiosity, originality, and Imagination</b>	<i>Interest and ability to seek out new and different perspectives</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Interpersonal skills/Cultural Humility</b>	<i>Rapport, tact, consideration, cooperation, attitude, biases</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Total up your score by adding the numbers associated with your choice.

Section 2 Total:

Preparedness Score: Section 1 Total:  + Section 2 Total:  Score Total:

**Based on your score, read the descriptions below and reflect on what this means for your goals. Please bring to discuss with your PPAC advisor.**

Points	Grade	Description
21-36	4.0	A 4.0 is a good grade. Looks like you are on track for getting prepared for professional school. Just remember, now is not the time to slow down. Continue to enhance your personal characteristics; they will make a big difference. Make sure you emphasize a diversity of experiences and challenge yourself academically.
37-52	3.0	A 3.0 means you are making progress but perhaps need to expand your horizons. Look at improving your grades and do not be afraid to challenge yourself to take on new volunteering experiences and/or step up into a leadership position. Taking on this type of position will also help to build strong skills and personal traits. You are on your way but there is still some ground to cover.
53-68	2.0	A 2.0 means take a good look at the areas that need improvement and really push to do better. Make sure you are putting in the effort to get good grades, volunteer, and get involved throughout the year consistently. Do not forget to improve yourself as well. Your skills and personal traits are just as important as the other areas. Research the admissions requirements and application process and arm yourself with knowledge.
69-84	1.0	A 1.0 usually either says that you know what you want to be, but you do not know how to get there or for various reasons are not completing what it takes to pursue a professional health career. It is time to evaluate these issues and get help to create a plan. The more you do now, the better your chances of achieving your goals later.

**Your reflections:**

***This evaluation is only a guide, meet with your [Pre-Professional advisor](#) to develop ways to improve your experience and readiness.***  
*This assessment was developed by the Center for Student Engagement of the College of Natural Sciences at Michigan State University. The PPAC uses it (modified) with their permission, granted February 2012.*

*Self-Evaluation Assessment - updated 2022 Summer*