



PRE-HEALTH SELF-ASSESSMENT

FOR STUDENTS ENTERING
HEALTH PROFESSIONAL PROGRAMS IN FALL 2023

DEADLINE: MONDAY, NOVEMBER 29, 2021

THIS DOCUMENT IS REQUIRED IN ORDER TO SCHEDULE
A COMMITTEE LETTER MEETING WITH THE PRE-HEALTH ADVISOR

PLEASE PRINT NEATLY

NAME: _____

YU ID # _____

MAJOR: _____

This review is for **your** benefit, so do not just “check off the boxes” and go through the motions. Take a moment and think about each section.

PART ONE—ARE YOU READY?

The pre-admission variables accorded high importance by medical and dental school admissions personnel include:

- ✓ undergraduate overall & science GPA
 - BCPM approximately for pre-med=3.7
 - BCP approximately for dental = 3.3
- GPA Calculator <https://www.yu.edu/registrar/students>

- ✓ MCAT /DAT scores
 - MCAT scores
 - approximately 90th% percentile for science and CARS section
 - DAT scores
 - approximately for sciences (20);
 - approximately quant, reading & PAT (minimum 18)
- ✓ letters of evaluation,
 - at least two letters from science faculty for everyone (not lab instructors), letters for research, your major and minor, community service, paid employment, etc.
- ✓ involvement in health-related work experiences,
 - at least 150 hours of clinical work for pre-med
 - at least 100 hours of shadowing for pre-dent
- ✓ Involvement in extracurricular activities.

IN THE WAKE OF THE PANDEMIC, AS YOU REVIEW YOUR HEALTH-RELATED EXPERIENCES AND YOUR EXTRA-CURRICULAR ACTIVITIES, BE SURE TO CONSIDER THESE IMPORTANT QUESTION THAT MEDICAL AND DENTAL SCHOOLS WILL WANT TO KNOW:

- ✓ How did the current pandemic affect me personally and academically?
- ✓ What did I do to help others (either in the health arena or in my community)?
 - ✓ What did I learn from my experiences?

In light of these variables, it is important for you to step back and assess your developing profile as an applicant to health professions schools.

- ✓ What are the strengths of your developing application profile?
- ✓ What are areas in need of attention?
- ✓ What are ways you can improve your overall application?

Consider the following self-inventory.

Be honest with yourself, and make sure you have others who will be able to verify your claims as you rate yourself according to the following scale:

RATINGS	
1	Needs Considerable Improvement
2	Needs Some Improvement
3	Adequate
4	Very Good Shape
5	Outstanding

TOPIC					
INVOLVEMENT IN EXTRA-CURRICULAR ACTIVITIES Example(s):	1	2	3	4	5
HOW DO I EXHIBIT LEADERSHIP SKILLS? Example(s):	1	2	3	4	5

<p>HOW YOU HAVE DEMONSTRATED COMMITMENT TO COMMUNITY SERVICE?</p> <p>Example(s):</p>	1	2	3	4	5
<p>HOW WELL YOU RELATE TO OTHERS</p> <p>Example(s):</p>	1	2	3	4	5
<p>SENSE OF PURPOSE AND MOTIVATION</p> <p>Example(s):</p>	1	2	3	4	5
<p>DO YOU EXHIBIT: INDEPENDENCE/INITIATIVE/PERSEVERANCE</p> <p>Example(s):</p>	1	2	3	4	5
<p>A SENSE OF INTELLECTUAL CURIOSITY</p> <p>Example(s):</p>	1	2	3	4	5

<p>ABILITY TO HANDLE STRESSFUL SITUATIONS</p> <p>Example(s):</p>	1	2	3	4	5
<p>INTEREST IN SCIENCE AND BIOMEDICAL RESEARCH</p> <p>Example(s):</p>	1	2	3	4	5
<p>HOW WELL DO YOUR PROFESSORS KNOW YOU?</p> <p>Example(s):</p>	1	2	3	4	5
<p>HOW WELL DOES THE PRE-HEALTH ADVISOR KNOW YOU?</p> <p>Example(s):</p>	1	2	3	4	5
<p>HOW YOU WILL DISTINGUISH YOURSELF AS A CANDIDATE</p> <p>Example(s):</p>	1	2	3	4	5

<p>ABILITY TO PRESENT YOURSELF IN WRITING</p> <p>Example(s):</p>	1	2	3	4	5
<p>FAMILIARITY WITH CURRENT ISSUES IN HEALTH CARE</p> <p>Example(s):</p>	1	2	3	4	5
<p>STRENGTH OF YOUR OVERALL UNDERGRADUATE GPA</p> <p>Example(s):</p>	1	2	3	4	5
<p>STRENGTH OF YOUR BCPM UNDERGRADUATE GPA</p> <p>Example(s):</p>	1	2	3	4	5
<p>STRENGTH OF YOUR STANDARDIZED TEST SCORES</p> <p>Example(s): Include your SAT/ACT scores</p>	1	2	3	4	5

Consider:

- ✓ What are your areas in need of improvement?
- ✓ How are you going to go about addressing these areas? Be specific.
- ✓ What strengths do you want emphasized as a candidate for medical or other health professions school?

PART TWO—IS YOUR APPLICATION READY?

Now is not the time to ask, “How many letters of recommendation do I need?” or “How many volunteer hours do I need?” Now is the time for finalizing your application to make the most favorable impression.

RATING	
1	Needs Considerable Improvement
2	Needs Some Improvement
3	Adequate
4	Very Good Shape
5	Outstanding

TOPIC						
GPA	What is my overall GPA? What is my science GPA? Are these competitive? Should I consider a post-bac program to strengthen my application? To calculate your science GPA, go to GPA Calculator https://www.yu.edu/registrar/students	1	2	3	4	5
SCIENCE COURSES	Do I know which sciences courses are required for medical or dental school? Have I taken all of them?	1	2	3	4	5
MCAT/DAT	Have I begun studying for the MCAT/DAT? How do I study best? Alone or in groups? Should I take a prep course? When do I plan to take the test? (May/June in the year you are applying are the common dates, though earlier is better.) Do I know which dates the tests are available? Am I familiar with the various sections of the test? Am I familiar with the “day of” procedures of the exams? Do I know when to expect the results? Do I know what results are needed to be competitive? What are my plans if I don’t meet the minimum result for successful entry?	1	2	3	4	5

VOLUNTEERING	How many hours of volunteering do I have? Do I need more? Have I requested a letter of recommendation?	1	2	3	4	5
PRE-MED APPLICANTS: RESEARCH	Have I completed consistent “problem based” research? How many hours? Is this sufficient? Have I requested a letter of recommendation?	1	2	3	4	5
PRE-DENT APPLICANTS: SHADOWING	Have I shadowed an oral health professional? For how long? Is this sufficient? Have I requested a letter of recommendation?	1	2	3	4	5
OUTSIDE ACTIVITIES	Do I understand what medical or dental schools are looking for in a candidate? What are my outside activities? How have these shown leadership, initiative, and growth? Have any been outside my “comfort zone?” Do I need more?	1	2	3	4	5
LETTERS OF RECOMMENDATION	Do I know how many recommendation letters I need? Do I know the different types I need? Have I requested all of them? Have I requested 1-2 extra for safety?	1	2	3	4	5
OPTIONS	Have I met with the Pre-Health Advisor to discuss my goals? Are they realistic? Have I considered other options available such as Physical Therapy, Osteopathic schools, etc.?	1	2	3	4	5

MAKING THE TOUGH DECISIONS

Now that you’ve evaluated your preparation, it’s time to make some decisions. Medical and dental schools receive thousands of applications, so it’s crucial that you submit the strongest application possible. If you have any concerns, please arrange a meeting with the Pre-Health Advisor to discuss your application in detail.

- ✓ How competitive is my application?
- ✓ Am I really ready?

- ✓ What can I do to make it stronger?
- ✓ Would it benefit from an extra year of postbacc, volunteering, research, etc.?

For questions, contact the Pre-Health Advising Office

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