

Medical & Dental schools are looking for students who have good grades and MCAT/DAT scores, and who have also demonstrated that they are competent in the following areas:

- Service orientation
- Social and interpersonal skills
- Cultural competence
- Team work
- Oral communication
- Integrity and ethics
- Reliability and dependability
- Resilience and adaptability
- Capacity for improvement

To help you prepare your strongest application, please complete this worksheet and if you would like to meet with an advisor to discuss it please call the Bates Center for Purposeful Work. This Guide will help you evaluate your experiences and personal development as you prepare to apply to medical/dental school. The information will be useful as you prepare your AMCAS Application, complete secondary applications, prepare for interviews, and consider reapplication, if necessary. Use the scale provided to rate each assessment statement below.

Rating Scale: 0 = Can't Rate 1 = Not Confident 2 = Somewhat Confident 3 = Confident 4 = Very Confident

Academic Preparation (Use Rating Scale)

- ☐ I am confident that my grades are at or above the national mean of accepted medical students (Science GPA = 3.5, Non-science GPA = 3.7, Overall GPA = 3.6).
- ☐ I am confident that my performance in science courses has prepared me for the rigorous medical school curriculum. I
- ☐ am consistently making improvements in my critical reading and writing skills.
- ☐ I am confident that my non-science courses have improved my communication skills and given me a broader understanding of diverse individuals and groups.

What insights have you gained from review of your academic preparation?

What is your plan to improve or maintain your readiness to be successful within the rigorous medical/dental school curriculum?

What are your contingency plans should you not be accepted to medical/dental school?

MCAT/DAT Performance (Use Rating Scale)

My ACT Score My SAT Score My past MCAT/DAT score (if applicable)

- ☐ I am confident with the way my course work is preparing me for the MCAT. I
- ☐ am satisfied with my competency when taking standardized tests.
- ☐ I am satisfied with the way I am preparing for the MCAT/DAT.
- ☐ I am satisfied that I can earn MCAT/DAT scores that are consistent with the national mean scores of accepted applicants

What insights have you gained from review of your MCAT/DAT preparation?

If you do not feel you are competent taking standardized tests, what do you think is/are the cause(s)? (Check all that apply)

- | | | |
|---|--|--|
| <input type="checkbox"/> <i>Reading Comprehension</i> | <input type="checkbox"/> <i>Problem Solving/Reasoning Problems</i> | <input type="checkbox"/> <i>Language Problems</i> |
| <input type="checkbox"/> <i>Learning Problems</i> | <input type="checkbox"/> <i>Easily Distracted/ Concentration</i> | <input type="checkbox"/> <i>Unfamiliar with Essay Examinations</i> |
| <input type="checkbox"/> <i>Reading Speed</i> | <input type="checkbox"/> <i>Fatigue</i> | <input type="checkbox"/> <i>Test Taking Anxiety</i> |

My additional preparation for the MCAT/DAT includes the following methods:

What is your plan to perform well on the MCAT/DAT? If you listed causes that may be preventing you from performing up to your potential on standardized tests be sure your plan includes a strategy to address them.

Medical/Clinical Experiences (Use Rating Scale)

- ☐ I am confident that my medical/clinical experiences clearly reinforced my motivation for a career in medicine.
- ☐ I am confident that I understand the demands of a career in medicine.
- ☐ I am confident that I have the interest and ability to meet these demands.

What insights have you gained from your medical/clinical experiences?

What is your plan to continue to explore your goal to become a physician or dentist through medical/clinical work or volunteer experiences?

Community Service Experiences (Use Rating Scale)

- ☐ I am confident that my community volunteer or work experiences have put me more in touch with diverse groups of people and have reinforced my motivation to “give something back” to my community.
- ☐ I am confident that I have a growing understanding of individuals who are different from me.

What insights have you gained from your community service experience?

What is your plan to continue to gain experience that demonstrates your understanding of the diverse patient population, your growing cultural competency, and your commitment to ongoing involvement in the community?

Group and Leadership Experiences (Use Rating Scale)

- ☐ I am confident that my leadership experiences demonstrate my ability to lead or mentor less experienced, disadvantaged, or younger individuals.
- ☐ I am confident that my group experiences demonstrate my ability to be a good team member and team builder.

What insights have you gained from your experience?

What is your plan to continue to develop your group and leadership skills?

Research Experiences (Use Rating Scale)

- ☐ I am confident that my research experiences expanded my understanding of scientific method.
- ☐ I am confident that I can describe my role in the research projects in which I have participated.
- ☐ I am consistently making improvements in my critical reading and writing skills.
- ☐ I am confident that I can describe and discuss the research projects in which I have participated.

What insights have you gained from your research experiences?

What is your plan to continue to gain research experience?

Personal Qualities/Professional Behavior Development (Use Rating Scale)

- ☐ I am confident that I understand the concept of professional behavior.
- ☐ I am confident with my personal growth and development.
- ☐ I am confident that my maturity is evident.
- ☐ I am confident that I am living my life in a way that develops and demonstrates the exemplary behavior I expect from a physician.
- ☐ I am confident that I am a worthy mentor and role model for individuals who are younger or less experienced than I.

What are your strongest personal attributes?

What personal attributes have you identified for development?

What insights have you gained as you consider professional behavior?

Bates College Pre-Medical Studies: **Self-Assessment Guide**

What is your plan to understand and develop professional behaviors and maturity?

Letters of Evaluation

What is your plan to secure meaningful letters of evaluation?

Who will write your letters of evaluation (minimum of 3, maximum of 5)?

1.	
2.	
3.	
4.	
5.	

Medical/Dental School Application

What is your plan to continue to improve your general application for medical/dental school?

What are the three things you hope medical/dental school admissions committee members will remember about you when they make their final decision on your application?

1.	
2.	
3.	

How will you convey these things to the Committee?

Resume/Personal Record of Experiences

What do you want to consider including in your Personal Statement?

Resume should include:

- Education
- Medical/Clinical Experiences
- Community Service Experiences
- Group and Leadership Experiences
- Research Experience
- Employment since High School

Please see Bates Center for Purposeful Work resume guide for more information, available online or in the office:

<https://www.bates.edu/purposeful-work>