

ARE YOU READY TO APPLY TO MEDICAL SCHOOL?

Rate yourself from 1 (strongly disagree) to 4 (strongly agree) to determine your readiness for medical school.
 This assessment is confidential – you won't be sharing answers with your peers, so be honest with yourself.

1 = strongly disagree 2 = disagree 3 = agree 4 = strongly agree

I have demonstrated a commitment to community service and the betterment of my community.	1	2	3	4
I have demonstrated an interest in continued educational growth.	1	2	3	4
I have engaged in research (in any field of study) utilizing critical thinking skills, quantitative reasoning, and/or scientific inquiry.	1	2	3	4
I have engaged with patients in a clinical setting (volunteering, clinical research, or employment).	1	2	3	4
I have held a leadership role and/or a position of responsibility in an organization or initiative that has meaning to me.	1	2	3	4
I have developed academic and professional relationships with professors, supervisors, and others who know me well and are in a position to write a letter of recommendation on my behalf.	1	2	3	4
My transcript demonstrates my academic abilities and achievements in pre-medical courses.	1	2	3	4
I have diversified my academic interests in a manner that reflects my intellectual curiosity.	1	2	3	4
I have engaged in experiences that help me understand some of the social, cultural, or political factors that affect the delivery of healthcare.	1	2	3	4
I am familiar with and can converse about some current issues in healthcare.	1	2	3	4
I have shown resilience and adaptability when faced with challenges or obstacles.	1	2	3	4
I can articulate examples of how I bring diversity to a medical school (whether that is based on ethnicity, race, religion, sexuality, disability, thought, experiences, etc.).	1	2	3	4
I can articulate examples of how I have demonstrated leadership in my experiences.	1	2	3	4
I can articulate examples of how I have demonstrated teamwork in my experiences	1	2	3	4
I have an established plan for taking the MCAT that allows 3 – 6 months for preparation and will not negatively impact my academics, pre-med activities, or extra-curricular activities.	1	2	3	4
I am able to make time for self-care (sleep, exercise, nutrition, a balanced life).	1	2	3	4

- If you selected **mostly 1's and 2's**, it might be wise to give yourself more time before applying to health professions schools.
- If you selected **mostly 3's and 4's**, you're doing a great job! Keep up the good work!