

**Self Assessment Form**

**Marist College Pre-Health Professions Committee**

Directions:

The information you provide will be used to help the Pre-Health Professions Committee get to know you and to write an informed composite letter of evaluation to accompany your applications. You also may adapt your answers for use in personal statements and other components of your applications to health professions schools. Please provide information and insights that will help determine the value and relevance of your experiences to your chosen career path by responding to the following questions. Before completing this form you should have an updated resume for reference.

Answer the questions on this sheet and return Professor Stephens, Chair of the Pre-Health Professions Committee, by **February 1 of your application year**. You can drop off a hard copy to DN 228B or leave it in Professor Stephens’ mailbox in DN 228. You may also type on this form, save it as a PDF and then   
e-mail it to [Lisa.Stephens1@marist.edu](mailto:Lisa.Stephens1@marist.edu). ***Please note:*** ***This is not your official personal statement.***

**Name: Date:**

**Major: Primary Academic Advisor:**

**Marist Address: Home Address:**

**Marist Phone: Home or Cell Phone:**

**Marist E-mail: Home E-mail:**

1. List all people from whom you anticipate requesting letters of reference. Briefly indicate in what capacity you know these individuals. You should plan to get at least 1-2 letters from medical professionals and 2-3 letters from faculty (including at least one from a science faculty member).

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| Reference | How do you know this person? |
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1. List all college-level courses you have taken at colleges other than Marist including: college/university, course name & number, grade and date taken. Why did you take the course where you did? Please have transcripts from each school (or a photocopy) forwarded to Professor Stephens by March 1. (Please add an extra sheet if you need have taken more classes than will fit below).

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| Course Number & Name | Date Taken | College | Grade |
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Why did you take these courses where you did?

1. How and when did you become interested in the health profession to which you are applying? Answer the question: “Why do you want to be a \_\_\_\_\_?” Go beyond “because I want to help people and like science.” If you’re a pre-med student, which branches of medicine are you currently interested in practicing? In what setting do you anticipate practicing?
2. Applicants to medical school need to show competency in several different areas. These areas are described below. Evaluate the level to which you meet these competencies providing support based on your experience (past and planned) and coursework.
   * 1. **Service Orientation:** Demonstrates a desire to help others and sensitivity to others’ needs and feelings; demonstrates a desire to alleviate others’ distress; recognizes and acts on his/her responsibilities to society; locally, nationally, and globally.
     2. **Social Skills:** Demonstrates an awareness of others’ needs, goals, feelings, and the ways that social and behavioral cues affect peoples’ interactions and behaviors; adjusts behaviors appropriately in response to these cues; treats others with respect.
     3. **Cultural Competence:** Demonstrates knowledge of socio-cultural factors that affect interactions and behaviors; shows an appreciation and respect for multiple dimensions of diversity; recognizes and acts on the obligation to inform one’s own judgment; engages diverse and competing perspectives as a resource for learning, citizenship, and work; recognizes and appropriately addresses bias in themselves and others; interacts effectively with people from diverse backgrounds.
     4. **Teamwork:** Works collaboratively with others to achieve shared goals; shares information and knowledge with others and provides feedback; puts team goals ahead of individual goals.
     5. **Oral Communication:** Effectively conveys information to others using spoken words and sentences; listens effectively; recognizes potential communication barriers and adjusts approach or clarifies information as needed.
     6. **Ethical Responsibility to Self and Others:** Behaves in an honest and ethical manner; cultivates personal and academic integrity; adheres to ethical principles and follows rules and procedures; resists peer pressure to engage in unethical behavior and encourages others to behave in honest and ethical ways; develops and demonstrates ethical and moral reasoning.
     7. **Reliability and Dependability:** Consistently fulfills obligations in a timely and satisfactory manner; takes responsibility for personal actions and performance.
     8. **Resilience and Adaptability:** Demonstrates tolerance of stressful or changing environments or situations and adapts effectively to them; is persistent, even under difficult situations; recovers from setbacks.
     9. **Capacity for Improvement:** Sets goals for continuous improvement and for learning new concepts and skills; engages in reflective practice for improvement; solicits and responds appropriately to feedback.
     10. **Critical Thinking:** Uses logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.
     11. **Quantitative Reasoning:** Applies quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world.
     12. **Scientific Inquiry:** Applies knowledge of the scientific process to integrate and synthesize information, solve problems and formulate research questions and hypotheses; is facile in the language of the sciences and uses it to participate in the discourse of science and explain how scientific knowledge is discovered and validated.
     13. **Written Communication:** Effectively conveys information to others using written words and sentences.
     14. **Understanding of Living Systems:** Applies knowledge and skill in the natural sciences to solve problems related to molecular and macro systems including biomolecules, molecules, cells, and organs.
     15. **Understanding of Human Behavior:** Applies knowledge of the self, others, and social systems to solve problems related to the psychological, socio-cultural, and biological factors that influence health and well-being.
3. A career in the medical profession requires a commitment to learning throughout one's career. Please comment, in-depth, on an academic experience at Marist that has fostered this commitment in you.
4. What factors do you think should be stressed in supporting your application? Are there any weaknesses or gaps in your preparation that concern you? If you have withdrawals or contrasting grades on your transcript that require explanation, take the opportunity to do so at this time.
5. Tell us anything else you think that we should know about you.