

PRE-HEALTH PROFESSIONS SELF-EVALUATION CHECKLIST

Do you have the qualifications to get accepted to medical or dental school? This chart should help you evaluate the strengths and weaknesses of your candidacy as you begin the application process. Criteria are listed in approximate order of importance. A weakness in one area may be strengthened by superior qualifications in other areas. Remember, these are general guidelines, not absolutes.

CRITERIA	RATE YOURSELF	COMMENTS
OVERALL GPA and BCPM GPA	_____ Excellent (3.7-4.0) _____ Good (3.5-3.6) _____ Fair (3.2-3.4) _____ Poor (≤ 3.1)	UNH students accepted to the health professions over the past four years had a mean overall GPA of 3.65 and a mean BCPM GPA of 3.67. The BCPM GPA is your GPA in biology, chemistry, physics and math courses.
MCAT SCORE DAT SCORE	_____ Excellent (32+) (DAT P21+, A21+) _____ Good (29-31) (DAT P18-20, A 18-20) _____ Fair (27-28) (DAT P-17 , A 17) _____ Poor (≤ 26)	Assuming that you have never taken the MCAT/DAT/OAT or a practice test, consider your SAT or achievement test scores. Strong SAT or achievement test scores with <i>good reading comprehension skills</i> and success in physical and life sciences course work might indicate future success on these tests.
COMMUNICATION CULTURAL COMPETENCY INTERVIEW SKILLS	_____ Excellent (Reads widely, well informed, able to respond thoughtfully to questions, participated in mock interviews, experience living & working in culturally diverse settings, researched schools, comfortable in an interview setting) _____ Good (as above but may not be as well read or researched, comfortable but not as confident or prepared in interview) _____ Fair (Needs more preparation, confidence in interviews and more thoughtful responses to questions) _____ Poor (nervous/uncomfortable in interview setting, poor preparation, unable to formulate clear responses to questions)	Schools offer acceptances only after they have interviewed a candidate. Unless you display excellent communication skills during the interview (as well as excellent writing skills in your application essays), you are not likely to be accepted. Think about how you might respond to possible interview questions and scenarios. Take advantage of opportunities to interact with professors, health professionals, practice a mock interview, be well informed about current events and cultural issues. Put yourself in settings and situations that stretch your comfort zone. Interact with a range of people of varying ages and backgrounds. Take part in National Student Exchange/Study Abroad (esp. non-English speaking countries)
LETTERS OF RECOMMENDATION	_____ Excellent _____ Good _____ Fair _____ Poor	A competitive applicant will have three strong letters of support from UNH science and major faculty as well as a strong composite letter of evaluation from the Advisory Committee. Get to know your professors, ask them if they feel they can write a strong letter about you (don't assume they will), if not, seek out others.
HEALTH RELATED AND COMMUNITY/ VOLUNTEER SERVICE	_____ Excellent _____ Good _____ Fair _____ Poor	A strong community service record and experience in a health related field are important components of an application to a health professional program. Demonstrated a <u>sustained</u> involvement of several hours a week over several years (500 hour minimum is a very general guideline). Health-related experience is essential and should include significant patient contact.(PA/PT often expect much higher)
OTHER QUALIFICATIONS	_____ Excellent _____ Good _____ Fair _____ Poor	Undergraduate research projects, multicultural experiences, proficiency in a foreign language, involvement in collegiate organizations, clubs, sports, leadership and team building and other opportunities.