



Northeastern University

**PreMed and PreHealth  
Advising Program**

2025 APPLICATION  
WORKSHOP SERIES:

*THE  
SELF-ASSESSMENT*

*JANUARY 17, 2024*

# TODAY'S AGENDA



Introductions



Review the key components of the Self-Assessment



Thoughtful Reflection



Discussion



Q&A

# INTRODUCTIONS



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# WHAT IS THE SELF-ASSESSMENT?



A preparation tool that allows both the applicant and their advisor to assess application readiness (open to ALL health professions. *Deadlines vary.*)



A reference for primary & secondary applications that may inquire about similar topics



DUE: January 31st 2024, uploaded to MAP

# KEY COMPONENTS OF THE SELF-ASSESSMENT

APPLICANT INFORMATION

BIOGRAPHIC INFORMATION

ACADEMIC HISTORY

LETTER PROCESS & AGREEMENT (MD/DO, DENTAL, PODIATRY ONLY)

COMPETITIVE METRICS

ACADEMIC COMPETENCIES

EXPERIENTIAL LEARNING

INTERPERSONAL & INTRAPERSONAL COMPETENCIES

SCHOOL LIST & WRAP UP (FINAL REFLECTIONS)

CORE COMPETENCIES

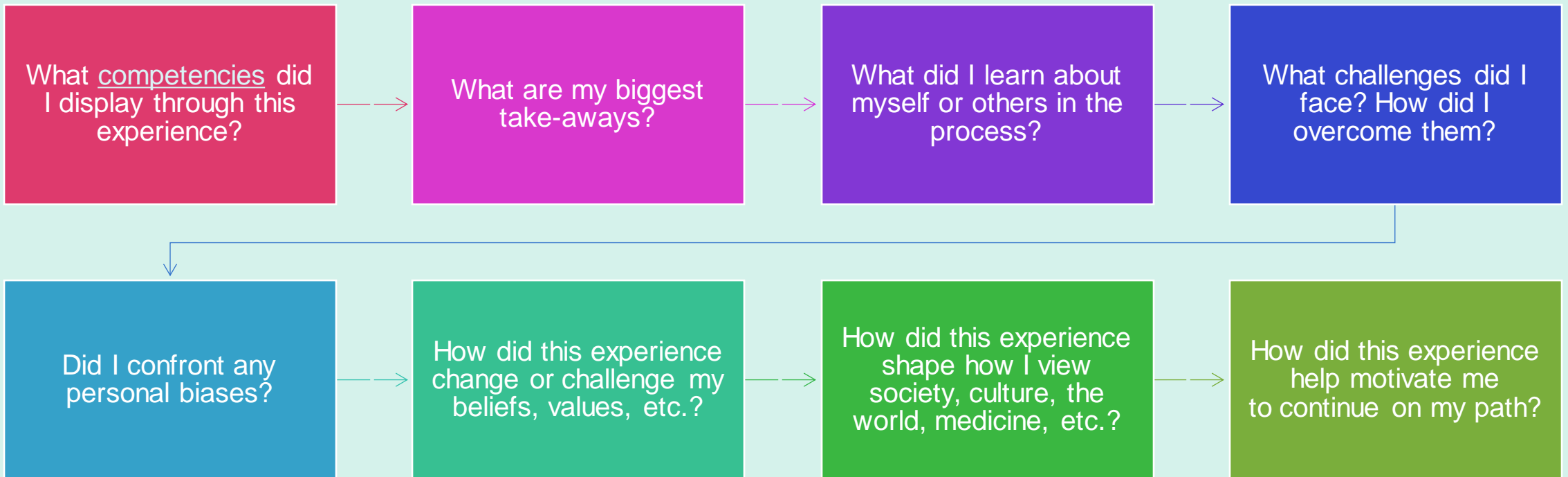
*(You are able to save and go back to your self assessment once begun. However, you cannot edit your responses once submitted.)*



WHAT IS *THOUGHTFUL REFLECTION*?

- Taking a step back from the learning experience and developing critical thinking skills to improve future performance by analyzing the experience and your role
- Taking into account the bigger picture - what you did and *WHY* you did it
- It is not simply recounting your role/responsibilities or tasks you completed

# QUESTIONS TO ASK YOURSELF



THOUGHTFUL  
REFLECTION:  
(ACADEMIC  
PREPARATION)

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## Academic Preparation

In the following questions, please reflect on your academic experiences as they relate to your health career aspirations. Please note: the following questions are similar to those you may encounter throughout your application process, including primary applications, secondary applications, and in interviews.

**Why did you choose your undergraduate major?**

**Please explain any inconsistencies in your university, graduate, or professional school academic performance and/or entrance exam scores.**

If the question does not apply to you, please put N/A in the box provided.

**Please share any academic achievements or experiences that you wish to highlight (Honors coursework, Service-Learning Course, XN Project, Dean's List, study abroad, etc.).**

If the question does not apply to you, please put N/A in the box provided.





THOUGHTFUL  
REFLECTION:  
EXPERIENTIAL  
LEARNING  
*(CLINICAL)*

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### Experiential Learning

In the following questions, please reflect on your experiential preparation as they relate to your health career aspirations. Please note: the following questions are similar to those you may encounter throughout your application process, including primary applications, secondary applications, and in interviews.

### Clinical Experience

(Clinical experience can include healthcare volunteering, shadowing, paid employment, etc.)

Please provide details on up to five clinical experiences. Include which competency you feel is best represented in each experience. You can view [AAMC Core Competencies here](#). Please put N/A under the Organization column for rows that don't apply to you.

	Organization	Position Title	Start Date	End Date	Co-op (Yes/No)?	Competency	Total Current Hours
1.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
4.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
5.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**Together, how have your clinical experience(s) shaped your perspective of medicine and healthcare?**



DISCUSSION:  
CLINICAL  
EXPERIENCE  
AND ITS  
IMPACT

THOUGHTFUL  
REFLECTION:  
EXPERIENTIAL LEARNING  
*(COMMUNITY  
ENGAGEMENT)*

### Community Engagement


(Community engagement can include volunteer work, student organizations and leadership, other campus involvement, etc.)

Please provide details on up to five community engagement/community service experiences. Include which competency you feel is best represented in each experience. You can view [AACMC Core Competencies here](#). Please put N/A under the Organization column for rows that don't apply to you.

	Organization	Position Title	Start Date	End Date	Co-op (Yes/No)?	Competency	Total Current Hours
1.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
4.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
5.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**With consideration to your Community Engagement activities, what do you believe is your responsibility to your community as a healthcare professional?**





DISCUSSION: COMMUNITY  
ENGAGEMENT AND ITS  
MEANING

THOUGHTFUL  
REFLECTION:  
EXPERIENTIAL  
LEARNING  
*(RESEARCH)*

### Research Experience

(Research can include volunteer positions, paid employment, research for academic credit, etc.)

Please provide details on up to five research experiences. Include which competency you feel is best represented in each experience. You can view [AAMC Core Competencies here](#). Please put N/A under the Organization column for rows that don't apply to you.

	Organization	Position Title	Start Date	End Date	Co-op (Yes/No)?	Competency	Total Current Hours
1.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
4.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
5.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**Why did you choose your specific research experiences?**

**What did your research teach you about the scientific process?**

(i.e. synthesizing information, problem solving, critical thinking, formulating research questions and hypotheses, etc.)



DISCUSSION:  
RESEARCH EXPERIENCE AND  
SKILLS LEARNED



THOUGHTFUL  
REFLECTION:  
EXPERIENTIAL LEARNING  
*(ADDITIONAL  
EXPERIENCE)*

### **Additional Experience**

Are there any other experiences (personal or professional) that you would like us to know about? (Leadership experiences, part-time jobs, athletic commitments, hobbies, etc.)

DISCUSSION:  
ADDITIONAL EXPERIENCES &  
TAKEAWAYS





THOUGHTFUL  
REFLECTION:  
INTERPERSONAL &  
INTRAPERSONAL  
COMPETENCIES

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## Interpersonal and Intrapersonal Competencies

Describe yourself

Describe a significant challenge that has prepared you for a healthcare career

Choose **ONE** of the competencies from the list below and detail how you have displayed this trait through one of your previously listed experiences.

- Commitment to Learning and Growth
- Cultural Awareness
- Cultural Humility
- Empathy and Compassion
- Ethical Responsibility to Self and Others
- Interpersonal Skills
- Oral Communication
- Reliability and Dependability
- Resilience and Adaptability
- Service Orientation
- Teamwork and Collaboration

Detailed descriptions can be found [here](#).

# FINAL REFLECTIONS

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## Final Reflections

**Based on your self-assessment, what do you believe is the greatest strength in your application? Why?**

**Based on your self-assessment, what do you believe is the greatest weakness in your application? What is your plan for improvement?**

**Do you have any Institutional Actions on your academic/conduct record? How do you plan to address these in your application?**

If you are unsure, please check with [DSCC](#).

Please be aware that institutional actions that have been expunged from your record due to graduation must still be reported.

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## End of Self-Assessment

On the next page, you will see a summary of your responses, as well as a link to download a PDF copy of your Self-Assessment. Please download this PDF and upload it your MAP profile to complete this requirement.

A link to your responses will also be sent to the preferred email provided.

Please expect to receive an invitation from your individual advisor to schedule your required Application Readiness Meeting within a week of the Self-Assessment deadline.

**ONCE YOU HIT THE NEXT ARROW, YOU WILL NOT BE ABLE TO GO BACK.** Please ensure your Self-Assessment is complete before proceeding.



END OF SELF-  
ASSESSMENT:  
DOWNLOAD PDF AND  
UPLOAD TO MAP



QUESTIONS?

*REMINDER:*

SELF ASSESMENT DEADLINE IS

JANUARY 31<sup>st</sup>, 2024