

Self-Assessment for Applicants to Health Professions Programs

Name: _____

Wellesley Email: _____

Alternate Email: _____

Phone Number: _____

Wellesley ID: _____

Year of Graduation: _____

Intended field (MD,
Dental, etc.): _____

Your goal in applying to professional school is to apply once, when you are most ready, and to be accepted into a top-choice school. Thoughtful reflection on your experiences and attributes facilitates successful application; take the time to carefully respond to the questions in this self-assessment as a first step in preparing your application.

The self-assessment can also be used as a tool to identify and address any areas that need additional work before you submit your application. After a complete self-assessment, some applicants may decide to defer their application for a year or more.

Components of a Competitive Application

1. Academics, Including Completion of Course Requirements with Strong Cumulative and Science GPAs
2. Competitive Entrance Exam Score
3. Application Timing
4. Clinical Experience
5. Commitment to Community
6. Research Experience
7. Personal Attributes and Competencies
8. Strong Letters of Recommendation

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Please don't try to edit the original document.**

1. Academics

List all Colleges and Graduate Schools attended (including Wellesley)

Name of School, Location (please use asterisk if Study Abroad or Study Away)	Dates Attended MM/YY to MM/YY		Community or Jr. College (check box)	Degree and Graduation Year

Major(s) and why you chose it/them:

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Minor(s) and why you chose it/them:

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Average GPA's for Accepted Students		
* Wellesley DO and Dental sample sizes are too small to report		
	Cumulative	Science
MD Wellesley 2022	3.7	3.68
MD National 2022	3.75	3.68
DO National 2021	3.56	3.47
Dental National 2021	3.59	3.51

List your GPA for all your college level coursework

Grade Point Averages (All undergraduate and graduate level courses)	
Academic Status	GPA
College Classes taken in High School	
Cumulative Wellesley GPA to date	
Cumulative Wellesley Science GPA to date	
Cumulative All Undergraduate GPA to date	
Cumulative All Undergraduate Science GPA to date	
Cumulative Graduate GPA to date	

Coursework – Schools typically require a grade of C or better in prerequisite (shadow grades are acceptable for first year fall):

	Subject	Course Number	Grade
Biology:	Biology		
	Biology		
	Biology (required for some)		
Chemistry:	General Chemistry		
	General Chemistry		
	Organic Chemistry		
	Organic Chemistry		
	Biochemistry		
Physics:	Physics		
	Physics		
Math:	Calculus		
	Statistics		

Writing:	English/Writing		
	English/Writing		
Research for credit:			
Additional:			

List any additional courses that you need to take and plans to complete them:

Thesis if applicable:

How did you challenge yourself academically at Wellesley?

2. Entrance Exam

Average Entrance Exam Scores for Accepted Students * Wellesley DO and Dental sample sizes are too small to report					
MCAT	Total	CHEM/PHYS	CARS	BIO	Psych/Soc
MD Wellesley 2022	514.5	128.4	128.2	128.4	129.5
MD National 2022	511.3	127.9	127.0	128.2	128.9
DO National 2021	504.6	125.9	125.2	126.2	127.13
DAT	AA	PAT	TS		
Dental National 2022	20.7	20.6	20.4		

A. List in chronological order, earliest to latest the entrance exam you have taken, their dates, your scores and sub-scores, and the percentiles if available:

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B. If you haven't yet taken your entrance exam when do you plan to take it?

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C. What is your goal score?

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D. Will you be able to spend 3-4 months studying? (300-400 hundred hours) Yes No

E. Will you be ready to take the MCAT before the middle of May or the DAT before the middle of June? Yes No

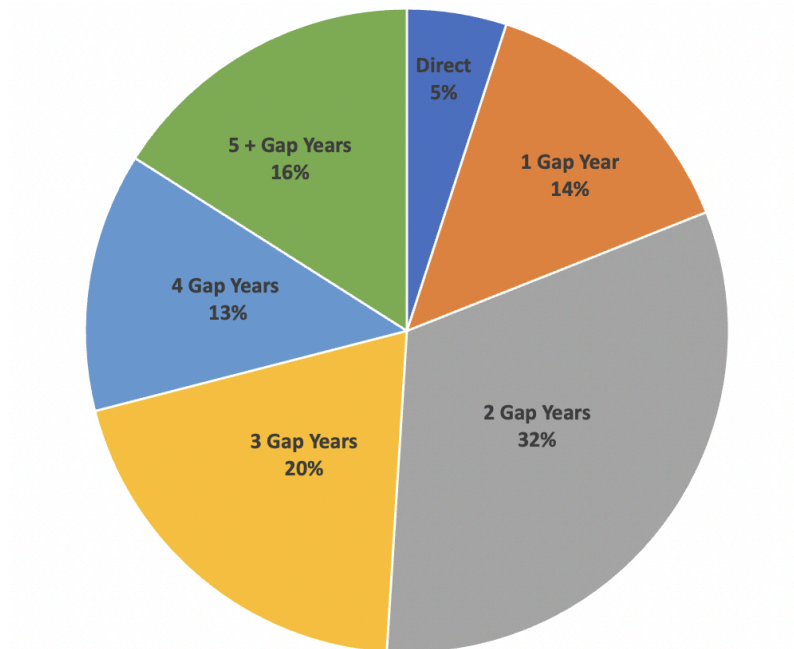
Your goal should be to take your entrance exam only once, when you are most ready! The most common mistake that applicants make is to rush in taking the MCAT/DAT.

3. Application Timing

Appropriate timing includes applying in the year when you are most ready, and according to school timelines:

Year of application:

Gap Year Data for Wellesley Students



The majority of Wellesley students take one or more gap years. Would you be a better applicant if you waited a year?

Yes

No

Application timeliness:

Early application is an essential component of a competitive application.

Will you have all requirements complete so that you can submit in June or early July?

Yes

No

Will you be able to spend significant time in June and July writing secondary applications?

Yes

No

4. Clinical Experience

A. Describe your clinical experience. How much patient contact have you had?

B. What have you learned from observing physicians/dentists and other healthcare providers? How did this learning contribute to your interest in healthcare?

C. What have you learned from interacting with patients? Did this differ from your assumptions going into your experience?

D. Please articulate how your clinical experiences have contributed to your interest in becoming a doctor/dentist. What was your biggest take away from your clinical experience?

5. Community Service Experience

A. How have you served your community? Why did you choose this specific experience?

B. What have you learned about community needs? Did this differ from your assumptions going into your experience?

C. What have you learned about working with people with backgrounds that are different from your own?

D. What have you learned about yourself? What was your biggest takeaway from serving?

6. Research Experience

A. Describe your research experience and what you have learned from it.

B. Describe the hypothesis or hypotheses you were testing.

C. What is the relevance of your research project(s)?

7. Personal Attributes

A. Why do you want to be a doctor/dentist?

B. Describe an ethical challenge you faced and how you handled it.

C. Describe a time that you worked on a team.

D. How have you demonstrated leadership ability? Or, how would you describe your leadership style?

E. How are you unique?

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F. What's one accomplishment that you are very proud of?

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G. What's one time where you displayed resilience?

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H. What is your plan to take care of your personal wellness during the application cycle?

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I. Is there anything else you want to share with us?

8. Strong Letters of Recommendation

Please list your anticipated letter writers. Recommended letters include:

- 2 letters from science faculty
- 1 letter from a non-science faculty
- 1-3 non-faculty letters

Recommendation	Letter Writer Name	Letter Writer's Relationship to You
2 Science Faculty , includes: Biology, Chemistry, Math, Physics and Neuroscience		
1 Additional Faculty , recommend non-science faculty		
1-3 Additional Letter Writers Recommended recommend from a clinician, research PI, work supervisor, coach, volunteer coordinator, etc. <i>*Most applicants will only have 1-2 additional letters</i>		