



The RAMP: Work & Activities Workbook

A Student Guide for Documenting Your Experiences

Student Information

Full Name:

Email Address:

Program / Major:

Expected Graduation:

Advisor / Counselor:

Complete one entry per experience • Use alongside the Instructional Manual

How to Use This Workbook

This workbook is your personal record of every significant experience — clinical, research, volunteer, academic, and personal. Complete one entry per activity. For each entry: complete the Section 4 brainstorm first, then write your description in Section 2 using the 4-step framework (Context & Role → Impact Statement → Reflection Statement → Strengthen). Refer to your Instructional Guide for full writing guidance, examples, and strategy.

Experience Types

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
| ☐ Community Service — Non-Clinical | ☐ Military Service |
| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Core Competencies Reference

Select up to 4 core competencies per experience that best reflect the skills you demonstrated or developed.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
| ☐ Empathy and Compassion | ☐ Oral Communication | ☐ Written Communication |
| ☐ Equity and Inclusion | ☐ Reliability and Dependability | ☐ Advocacy |

Tips for Strong Entries

Use the 4-Step Framework. Every description should follow four steps in order: Context & Role, Impact Statement, Reflection Statement, then Strengthen. Complete the Section 4 brainstorm before you write — it feeds directly into steps 3 and 4.

Be specific. Name procedures, populations, skills, or outcomes — vague descriptions weaken your application.

Show growth. Reflect on what you learned, how you adapted, and how the experience shaped your goals.

Use your Most Meaningful Summary wisely. Tell a story: set the scene, describe a pivotal moment, and share its impact. Only the first 3 entries include this section.

Stay within character limits. Experience Description ≈ 700 characters. Most Meaningful Summary ≈ 1,325 additional characters.

Complete each entry fully. Missing contact info, dates, or hours can delay your application.

Experience Tracker

Use this page to track all 15 experiences at a glance. Update it as you complete each entry. The first 3 entries include a Most Meaningful Experience Summary section.

#	Experience Name	Type	Hours	Top 3?	Competencies Selected
1				Yes / No	
2				Yes / No	
3				Yes / No	
4				—	
5				—	
6				—	
7				—	
8				—	
9				—	
10				—	
11				—	
12				—	
13				—	
14				—	
15				—	

Total Entries: _____ Total Hours: _____ Top 3 Identified: _____

1

EXPERIENCE ENTRY

Experience Name: _____

★ Most Meaningful Experience

Section 1 Basic Information

Experience Type (select one)

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
| ☐ Community Service — Non-Clinical | ☐ Military Service |
| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Organization & Location

Organization Name: _____

City: _____

Country: _____

Supervisor / Contact

Contact Name: _____

Contact Title: _____

Contact Phone: _____

Contact Email: _____

Dates & Hours

Start Date

End Date

Total Hours

Anticipated?

Yes / No

If Anticipated — Expected End Date:

If Anticipated — Expected Hours:

Section 2 Written Descriptions

Complete the Section 4 brainstorm below first — then return here and write your description using the 4-step framework: Context & Role → Impact Statement → Reflection Statement → Strengthen. Target ≈ 700 characters.

Experience Description (≈ 700 characters)

Most Meaningful Experience Summary

Tell a story: set the scene, describe a pivotal moment, and explain what it meant for your path. Be specific and personal. This is an additional ≈ 1,325 characters.

Most Meaningful Summary (≈ 1,325 additional characters)

Section 3 Core Competencies

Select up to 4 competencies that best reflect the skills demonstrated or developed in this experience.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
| ☐ Empathy and Compassion | ☐ Oral Communication | ☐ Written Communication |
| ☐ Equity and Inclusion | ☐ Reliability and Dependability | ☐ Advocacy |

Section 4 Brainstorm First

Answer these questions before writing your description — your answers feed directly into your Reflection Statement and Strengthen steps. These notes are for your eyes only and do not appear in your application.

What motivated you to pursue this experience?

What was the most challenging moment, and how did you handle it?

How did this experience change your perspective or goals?

Are there any awards, accolades, publications, or presentations tied to this experience? (List them here — you'll add these to your description in Step 4: Strengthen)

Entry #1 Complete • Complete Section 4 first, then write using the 4-step framework in Section 2

2

EXPERIENCE ENTRY

Experience Name: _____

★ Most Meaningful Experience

Section 1 Basic Information

Experience Type (select one)

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
| ☐ Community Service — Non-Clinical | ☐ Military Service |
| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Organization & Location

Organization Name: _____

City: _____

Country: _____

Supervisor / Contact

Contact Name: _____

Contact Title: _____

Contact Phone: _____

Contact Email: _____

Dates & Hours

Start Date

End Date

Total Hours

Anticipated?

Yes / No

If Anticipated — Expected End Date:

If Anticipated — Expected Hours:

Section 2 Written Descriptions

Complete the Section 4 brainstorm below first — then return here and write your description using the 4-step framework: Context & Role → Impact Statement → Reflection Statement → Strengthen. Target ≈ 700 characters.

Experience Description (≈ 700 characters)

Most Meaningful Experience Summary

Tell a story: set the scene, describe a pivotal moment, and explain what it meant for your path. Be specific and personal. This is an additional ≈ 1,325 characters.

Most Meaningful Summary (≈ 1,325 additional characters)

Section 3 Core Competencies

Select up to 4 competencies that best reflect the skills demonstrated or developed in this experience.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
| ☐ Empathy and Compassion | ☐ Oral Communication | ☐ Written Communication |
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Section 4 Brainstorm First

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Entry #2 Complete • Complete Section 4 first, then write using the 4-step framework in Section 2

3

EXPERIENCE ENTRY

Experience Name: _____

★ Most Meaningful Experience

Section 1 Basic Information

Experience Type (select one)

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
| ☐ Community Service — Non-Clinical | ☐ Military Service |
| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Organization & Location

Organization Name: _____

City: _____

Country: _____

Supervisor / Contact

Contact Name: _____

Contact Title: _____

Contact Phone: _____

Contact Email: _____

Dates & Hours

Start Date

End Date

Total Hours

Anticipated?

Yes / No

If Anticipated — Expected End Date:

If Anticipated — Expected Hours:

Section 2 Written Descriptions

Complete the Section 4 brainstorm below first — then return here and write your description using the 4-step framework: Context & Role → Impact Statement → Reflection Statement → Strengthen. Target ≈ 700 characters.

Experience Description (≈ 700 characters)

Most Meaningful Experience Summary

Tell a story: set the scene, describe a pivotal moment, and explain what it meant for your path. Be specific and personal. This is an additional ≈ 1,325 characters.

Most Meaningful Summary (≈ 1,325 additional characters)

Section 3 Core Competencies

Select up to 4 competencies that best reflect the skills demonstrated or developed in this experience.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
| ☐ Empathy and Compassion | ☐ Oral Communication | ☐ Written Communication |
| ☐ Equity and Inclusion | ☐ Reliability and Dependability | ☐ Advocacy |

Section 4 Brainstorm First

Answer these questions before writing your description — your answers feed directly into your Reflection Statement and Strengthen steps. These notes are for your eyes only and do not appear in your application.

What motivated you to pursue this experience?

What was the most challenging moment, and how did you handle it?

How did this experience change your perspective or goals?

Are there any awards, accolades, publications, or presentations tied to this experience? (List them here — you'll add these to your description in Step 4: Strengthen)

Entry #3 Complete • Complete Section 4 first, then write using the 4-step framework in Section 2

Experience Name:

Section 1 Basic Information**Experience Type (select one)**

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
| ☐ Community Service — Non-Clinical | ☐ Military Service |
| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Organization & Location

Organization Name:

City:

Country:

Supervisor / Contact

Contact Name:

Contact Title:

Contact Phone:

Contact Email:

Dates & Hours

Start Date

End Date

Total Hours

Anticipated?

Yes / No

If Anticipated — Expected End Date:

If Anticipated — Expected Hours:

Section 2 Written Descriptions

Complete the Section 4 brainstorm below first — then return here and write your description using the 4-step framework: Context & Role → Impact Statement → Reflection Statement → Strengthen. Target ≈ 700 characters.

Experience Description (≈ 700 characters)

Section 3 Core Competencies

Select up to 4 competencies that best reflect the skills demonstrated or developed in this experience.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
| ☐ Empathy and Compassion | ☐ Oral Communication | ☐ Written Communication |
| ☐ Equity and Inclusion | ☐ Reliability and Dependability | ☐ Advocacy |

Section 4 Brainstorm First

Answer these questions before writing your description — your answers feed directly into your Reflection Statement and Strengthen steps. These notes are for your eyes only and do not appear in your application.

What motivated you to pursue this experience?

What was the most challenging moment, and how did you handle it?

How did this experience change your perspective or goals?

Are there any awards, accolades, publications, or presentations tied to this experience? (List them here — you'll add these to your description in Step 4: Strengthen)

5

EXPERIENCE ENTRY

Experience Name:

Section 1 Basic Information

Experience Type (select one)

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
| ☐ Community Service — Non-Clinical | ☐ Military Service |
| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Organization & Location

Organization Name: _____

City: _____

Country: _____

Supervisor / Contact

Contact Name: _____

Contact Title: _____

Contact Phone: _____

Contact Email: _____

Dates & Hours

Start Date
_____End Date
_____Total Hours
_____Anticipated?
Yes / No

If Anticipated — Expected End Date:

If Anticipated — Expected Hours:

Section 2 Written Descriptions

Complete the Section 4 brainstorm below first — then return here and write your description using the 4-step framework: Context & Role → Impact Statement → Reflection Statement → Strengthen. Target ≈ 700 characters.

Experience Description (≈ 700 characters)

Section 3 Core Competencies

Select up to 4 competencies that best reflect the skills demonstrated or developed in this experience.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
| ☐ Empathy and Compassion | ☐ Oral Communication | ☐ Written Communication |
| ☐ Equity and Inclusion | ☐ Reliability and Dependability | ☐ Advocacy |

Section 4 Brainstorm First

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What was the most challenging moment, and how did you handle it?

How did this experience change your perspective or goals?

Are there any awards, accolades, publications, or presentations tied to this experience? (List them here — you'll add these to your description in Step 4: Strengthen)

6

EXPERIENCE ENTRY

Experience Name:

Section 1 Basic Information

Experience Type (select one)

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
| ☐ Community Service — Non-Clinical | ☐ Military Service |
| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Organization & Location

Organization Name: _____

City: _____

Country: _____

Supervisor / Contact

Contact Name: _____

Contact Title: _____

Contact Phone: _____

Contact Email: _____

Dates & Hours

Start Date

End Date

Total Hours

Anticipated?

Yes / No

If Anticipated — Expected End Date:

If Anticipated — Expected Hours:

Section 2 Written Descriptions

Complete the Section 4 brainstorm below first — then return here and write your description using the 4-step framework: Context & Role → Impact Statement → Reflection Statement → Strengthen. Target ≈ 700 characters.

Experience Description (≈ 700 characters)

Section 3 Core Competencies

Select up to 4 competencies that best reflect the skills demonstrated or developed in this experience.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
| ☐ Empathy and Compassion | ☐ Oral Communication | ☐ Written Communication |
| ☐ Equity and Inclusion | ☐ Reliability and Dependability | ☐ Advocacy |

Section 4 Brainstorm First

Answer these questions before writing your description — your answers feed directly into your Reflection Statement and Strengthen steps. These notes are for your eyes only and do not appear in your application.

What motivated you to pursue this experience?

What was the most challenging moment, and how did you handle it?

How did this experience change your perspective or goals?

Are there any awards, accolades, publications, or presentations tied to this experience? (List them here — you'll add these to your description in Step 4: Strengthen)

7

EXPERIENCE ENTRY

Experience Name:

Section 1 Basic Information

Experience Type (select one)

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
| ☐ Community Service — Non-Clinical | ☐ Military Service |
| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Organization & Location

Organization Name:

City:

Country:

Supervisor / Contact

Contact Name:

Contact Title:

Contact Phone:

Contact Email:

Dates & Hours

Start Date

End Date

Total Hours

Anticipated?

Yes / No

If Anticipated — Expected End Date:

If Anticipated — Expected Hours:

Section 2 Written Descriptions

Complete the Section 4 brainstorm below first — then return here and write your description using the 4-step framework: Context & Role → Impact Statement → Reflection Statement → Strengthen. Target ≈ 700 characters.

Experience Description (≈ 700 characters)

Section 3 Core Competencies

Select up to 4 competencies that best reflect the skills demonstrated or developed in this experience.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
| ☐ Empathy and Compassion | ☐ Oral Communication | ☐ Written Communication |
| ☐ Equity and Inclusion | ☐ Reliability and Dependability | ☐ Advocacy |

Section 4 Brainstorm First

Answer these questions before writing your description — your answers feed directly into your Reflection Statement and Strengthen steps. These notes are for your eyes only and do not appear in your application.

What motivated you to pursue this experience?

What was the most challenging moment, and how did you handle it?

How did this experience change your perspective or goals?

Are there any awards, accolades, publications, or presentations tied to this experience? (List them here — you'll add these to your description in Step 4: Strengthen)

8

EXPERIENCE ENTRY

Experience Name:

Section 1 Basic Information

Experience Type (select one)

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
| ☐ Community Service — Non-Clinical | ☐ Military Service |
| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Organization & Location

Organization Name: _____

City: _____

Country: _____

Supervisor / Contact

Contact Name: _____

Contact Title: _____

Contact Phone: _____

Contact Email: _____

Dates & Hours

Start Date

End Date

Total Hours

Anticipated?

Yes / No

If Anticipated — Expected End Date:

If Anticipated — Expected Hours:

Section 2 Written Descriptions

Complete the Section 4 brainstorm below first — then return here and write your description using the 4-step framework: Context & Role → Impact Statement → Reflection Statement → Strengthen. Target ≈ 700 characters.

Experience Description (≈ 700 characters)

Section 3 Core Competencies

Select up to 4 competencies that best reflect the skills demonstrated or developed in this experience.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
| ☐ Empathy and Compassion | ☐ Oral Communication | ☐ Written Communication |
| ☐ Equity and Inclusion | ☐ Reliability and Dependability | ☐ Advocacy |

Section 4 Brainstorm First

Answer these questions before writing your description — your answers feed directly into your Reflection Statement and Strengthen steps. These notes are for your eyes only and do not appear in your application.

What motivated you to pursue this experience?

What was the most challenging moment, and how did you handle it?

How did this experience change your perspective or goals?

Are there any awards, accolades, publications, or presentations tied to this experience? (List them here — you'll add these to your description in Step 4: Strengthen)

Entry #8 Complete • Complete Section 4 first, then write using the 4-step framework in Section 2

9

EXPERIENCE ENTRY

Experience Name:

Section 1 Basic Information

Experience Type (select one)

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
| ☐ Community Service — Non-Clinical | ☐ Military Service |
| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Organization & Location

Organization Name: _____

City: _____

Country: _____

Supervisor / Contact

Contact Name: _____

Contact Title: _____

Contact Phone: _____

Contact Email: _____

Dates & Hours

Start Date
_____End Date
_____Total Hours
_____Anticipated?
Yes / No

If Anticipated — Expected End Date:

If Anticipated — Expected Hours:

Section 2 Written Descriptions

Complete the Section 4 brainstorm below first — then return here and write your description using the 4-step framework: Context & Role → Impact Statement → Reflection Statement → Strengthen. Target ≈ 700 characters.

Experience Description (≈ 700 characters)

Section 3 Core Competencies

Select up to 4 competencies that best reflect the skills demonstrated or developed in this experience.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
| ☐ Empathy and Compassion | ☐ Oral Communication | ☐ Written Communication |
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Section 4 Brainstorm First

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What motivated you to pursue this experience?

What was the most challenging moment, and how did you handle it?

How did this experience change your perspective or goals?

Are there any awards, accolades, publications, or presentations tied to this experience? (List them here — you'll add these to your description in Step 4: Strengthen)

Entry #9 Complete • Complete Section 4 first, then write using the 4-step framework in Section 2

10

EXPERIENCE ENTRY

Experience Name:

Section 1 Basic Information

Experience Type (select one)

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
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| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Organization & Location

Organization Name: _____

City: _____

Country: _____

Supervisor / Contact

Contact Name: _____

Contact Title: _____

Contact Phone: _____

Contact Email: _____

Dates & Hours

Start Date
_____End Date
_____Total Hours
_____Anticipated?
Yes / No

If Anticipated — Expected End Date:

If Anticipated — Expected Hours:

Section 2 Written Descriptions

Complete the Section 4 brainstorm below first — then return here and write your description using the 4-step framework: Context & Role → Impact Statement → Reflection Statement → Strengthen. Target ≈ 700 characters.

Experience Description (≈ 700 characters)

Section 3 Core Competencies

Select up to 4 competencies that best reflect the skills demonstrated or developed in this experience.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
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How did this experience change your perspective or goals?

Are there any awards, accolades, publications, or presentations tied to this experience? (List them here — you'll add these to your description in Step 4: Strengthen)

Experience Name:

Section 1 Basic Information**Experience Type (select one)**

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
| ☐ Community Service — Non-Clinical | ☐ Military Service |
| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Organization & Location

Organization Name:

City:

Country:

Supervisor / Contact

Contact Name:

Contact Title:

Contact Phone:

Contact Email:

Dates & Hours

Start Date

End Date

Total Hours

Anticipated?

Yes / No

If Anticipated — Expected End Date:

If Anticipated — Expected Hours:

Section 2 Written Descriptions

Complete the Section 4 brainstorm below first — then return here and write your description using the 4-step framework: Context & Role → Impact Statement → Reflection Statement → Strengthen. Target ≈ 700 characters.

Experience Description (≈ 700 characters)

Section 3 Core Competencies

Select up to 4 competencies that best reflect the skills demonstrated or developed in this experience.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
| ☐ Empathy and Compassion | ☐ Oral Communication | ☐ Written Communication |
| ☐ Equity and Inclusion | ☐ Reliability and Dependability | ☐ Advocacy |

Section 4 Brainstorm First

Answer these questions before writing your description — your answers feed directly into your Reflection Statement and Strengthen steps. These notes are for your eyes only and do not appear in your application.

What motivated you to pursue this experience?

What was the most challenging moment, and how did you handle it?

How did this experience change your perspective or goals?

Are there any awards, accolades, publications, or presentations tied to this experience? (List them here — you'll add these to your description in Step 4: Strengthen)

Experience Name:

Section 1 Basic Information**Experience Type (select one)**

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
| ☐ Community Service — Non-Clinical | ☐ Military Service |
| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Organization & Location

Organization Name:

City:

Country:

Supervisor / Contact

Contact Name:

Contact Title:

Contact Phone:

Contact Email:

Dates & Hours

Start Date

End Date

Total Hours

Anticipated?

Yes / No

If Anticipated — Expected End Date:

If Anticipated — Expected Hours:

Section 2 Written Descriptions

Complete the Section 4 brainstorm below first — then return here and write your description using the 4-step framework: Context & Role → Impact Statement → Reflection Statement → Strengthen. Target ≈ 700 characters.

Experience Description (≈ 700 characters)

Section 3 Core Competencies

Select up to 4 competencies that best reflect the skills demonstrated or developed in this experience.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
| ☐ Empathy and Compassion | ☐ Oral Communication | ☐ Written Communication |
| ☐ Equity and Inclusion | ☐ Reliability and Dependability | ☐ Advocacy |

Section 4 Brainstorm First

Answer these questions before writing your description — your answers feed directly into your Reflection Statement and Strengthen steps. These notes are for your eyes only and do not appear in your application.

What motivated you to pursue this experience?

What was the most challenging moment, and how did you handle it?

How did this experience change your perspective or goals?

Are there any awards, accolades, publications, or presentations tied to this experience? (List them here — you'll add these to your description in Step 4: Strengthen)

Experience Name:

Section 1 Basic Information**Experience Type (select one)**

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
| ☐ Community Service — Non-Clinical | ☐ Military Service |
| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Organization & Location

Organization Name:

City:

Country:

Supervisor / Contact

Contact Name:

Contact Title:

Contact Phone:

Contact Email:

Dates & Hours

Start Date

End Date

Total Hours

Anticipated?

Yes / No

If Anticipated — Expected End Date:

If Anticipated — Expected Hours:

Section 2 Written Descriptions

Complete the Section 4 brainstorm below first — then return here and write your description using the 4-step framework: Context & Role → Impact Statement → Reflection Statement → Strengthen. Target ≈ 700 characters.

Experience Description (≈ 700 characters)

Section 3 Core Competencies

Select up to 4 competencies that best reflect the skills demonstrated or developed in this experience.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
| ☐ Empathy and Compassion | ☐ Oral Communication | ☐ Written Communication |
| ☐ Equity and Inclusion | ☐ Reliability and Dependability | ☐ Advocacy |

Section 4 Brainstorm First

Answer these questions before writing your description — your answers feed directly into your Reflection Statement and Strengthen steps. These notes are for your eyes only and do not appear in your application.

What motivated you to pursue this experience?

What was the most challenging moment, and how did you handle it?

How did this experience change your perspective or goals?

Are there any awards, accolades, publications, or presentations tied to this experience? (List them here — you'll add these to your description in Step 4: Strengthen)

Entry #13 Complete • Complete Section 4 first, then write using the 4-step framework in Section 2

Experience Name:
_____**Section 1** Basic Information**Experience Type (select one)**

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
| ☐ Community Service — Non-Clinical | ☐ Military Service |
| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Organization & Location

Organization Name: _____

City: _____

Country: _____

Supervisor / Contact

Contact Name: _____

Contact Title: _____

Contact Phone: _____

Contact Email: _____

Dates & Hours

Start Date

End Date

Total Hours

Anticipated?

Yes / No

If Anticipated — Expected End Date:

If Anticipated — Expected Hours:

Section 2 Written Descriptions

Complete the Section 4 brainstorm below first — then return here and write your description using the 4-step framework: Context & Role → Impact Statement → Reflection Statement → Strengthen. Target ≈ 700 characters.

Experience Description (≈ 700 characters)

Section 3 Core Competencies

Select up to 4 competencies that best reflect the skills demonstrated or developed in this experience.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
| ☐ Empathy and Compassion | ☐ Oral Communication | ☐ Written Communication |
| ☐ Equity and Inclusion | ☐ Reliability and Dependability | ☐ Advocacy |

Section 4 Brainstorm First

Answer these questions before writing your description — your answers feed directly into your Reflection Statement and Strengthen steps. These notes are for your eyes only and do not appear in your application.

What motivated you to pursue this experience?

What was the most challenging moment, and how did you handle it?

How did this experience change your perspective or goals?

Are there any awards, accolades, publications, or presentations tied to this experience? (List them here — you'll add these to your description in Step 4: Strengthen)

Entry #14 Complete • Complete Section 4 first, then write using the 4-step framework in Section 2

Experience Name:
_____**Section 1** Basic Information**Experience Type (select one)**

- | | |
|---|--|
| ☐ Paid Employment — Medical / Clinical | ☐ Extracurricular / Hobbies |
| ☐ Paid Employment — Non-Clinical | ☐ Publications |
| ☐ Research / Lab | ☐ Presentations / Posters |
| ☐ Physician Shadowing / Clinical Observation | ☐ Honors, Awards & Recognition |
| ☐ Community Service — Clinical | ☐ Leadership — Not Listed Elsewhere |
| ☐ Community Service — Non-Clinical | ☐ Military Service |
| ☐ Teaching / Tutoring / Teaching Assistant | ☐ Other |

Organization & Location

Organization Name: _____

City: _____

Country: _____

Supervisor / Contact

Contact Name: _____

Contact Title: _____

Contact Phone: _____

Contact Email: _____

Dates & Hours

Start Date

End Date

Total Hours

Anticipated?

Yes / No

If Anticipated — Expected End Date:

If Anticipated — Expected Hours:

Section 2 Written Descriptions

Complete the Section 4 brainstorm below first — then return here and write your description using the 4-step framework: Context & Role → Impact Statement → Reflection Statement → Strengthen. Target ≈ 700 characters.

Experience Description (≈ 700 characters)

Section 3 Core Competencies

Select up to 4 competencies that best reflect the skills demonstrated or developed in this experience.

- | | | |
|--|--|--|
| ☐ Commitment to Learning and Growth | ☐ Ethical Responsibility to Self & Others | ☐ Resilience and Adaptability |
| ☐ Critical Thinking | ☐ Interpersonal Skills | ☐ Service Orientation |
| ☐ Cultural Awareness | ☐ Leadership | ☐ Teamwork and Collaboration |
| ☐ Empathy and Compassion | ☐ Oral Communication | ☐ Written Communication |
| ☐ Equity and Inclusion | ☐ Reliability and Dependability | ☐ Advocacy |

Section 4 Brainstorm First

Answer these questions before writing your description — your answers feed directly into your Reflection Statement and Strengthen steps. These notes are for your eyes only and do not appear in your application.

What motivated you to pursue this experience?

What was the most challenging moment, and how did you handle it?

How did this experience change your perspective or goals?

Are there any awards, accolades, publications, or presentations tied to this experience? (List them here — you'll add these to your description in Step 4: Strengthen)

Entry #15 Complete • Complete Section 4 first, then write using the 4-step framework in Section 2