

## Premed Competencies: Self-Assessment

When evaluating your readiness for medical school, schools assess your development, understanding, and proficiency in the premed competencies through your experiences as described in the AMCAS application, personal statement, interview, letters of recommendation, and performance on other assessments (e.g., MCAT exam, PREview exam).

You should periodically assess or reassess your learning and development in these competencies to determine where you may need additional experiences to better prepare for medical school.

Using the sheet below, reflect on each competency area and what experiences have given you an opportunity to learn and develop in the competency. (You can view all competencies and their definitions at the end of this document.)

### Date of Self-Assessment:

### Competency:

#### Professional

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

#### Thinking and Reasoning

Critical Thinking  
 Quantitative Reasoning  
 Scientific Inquiry  
 Written Communication

#### Science

Human Behavior  
 Living Systems

**Level of Competency Development:**    **Planning**                      **Progressing**                      **Demonstrating**

**How I demonstrated this competency across experiences:**

**How developing this competency helps prepare me to be a successful medical student or future physician:**

**What I learned or how I grew in this competency:**

**How I hope to further learn and grow in this competency:**

**My Plan to Develop This Competency**

**Next steps:**

**Timeline:**

**Notes:**