



UNIVERSITY OF MINNESOTA

Medical School

Driven to DiscoverSM

APPLICANT SELF-ASSESSMENT GUIDELINE

Thank you for your interest in the University of Minnesota Medical School. **This form has been created for applicants who applied to the University of Minnesota Medical School Twin Cities and were not accepted here or at any other medical school in the country for the current cycle.** We will accommodate feedback appointments from October-May only. As these appointments are intended to help you create a long-term plan for success, **we request that you seek a feedback appointment at least four months before you intend on submitting your next application.** We are not able to offer appointments to give feedback on applications older than one application cycle. We encourage you to use the form to reflect on your application as you plan to reapply. Priority will be given to applicants who received no interview invitations and MN residents.

APPLICATION REVIEW PROCESS

Through a holistic review of each application to any of our three programs, we strive to enroll an outstanding class who share a set of essential and desired qualities – deeply held values and skills predicting excellence in all avenues of medicine. In addition to being academically qualified, successful applicants must demonstrate other skills and knowledge needed by health care professionals:

- Commitment to delivering compassionate and quality patient care
- A high degree of personal integrity
- Skill in communicating with diverse groups

ADMISSIONS PREREQUISITES

Bachelor's Degree

A bachelor's degree and all prerequisite courses must be completed by July 1 of the year of matriculation; exceptions may be made on a case by case basis.

Required Premedical Coursework

Biology with lab: Biological sciences coursework with emphasis on general principles, cell biology, and/or physiology, 1 semester or 1 quarter.

Chemistry with lab: General or organic chemistry, 1 semester or 1 quarter.

Life Sciences: Biology, genetics, zoology, botany, parasitology, biochemistry, chemistry (general or organic, but must be in addition to the general or organic chemistry listed above), physics, etc. At least 2 must be upper-level course, 4 semesters or 4 quarters. Upper level courses are designated as level 300 or 3000.

Humanities or Social Sciences: Humanities or social sciences upper-level course, with an intensive writing requirement; courses include but are not limited to Anthropology, Criminal Justice, Communications, Economics, English, Ethics, History, Philosophy, Psychology, Sociology, Theology, Women's and Gender Studies, 1 semester or 1 quarter. Upper level courses are designated as level 300 or 3000.

Recommended courses: Biochemistry, ethics, genetics, psychology, statistics, foreign language, independent learning courses, seminar-type courses involving small group discussions, social and behavioral sciences and humanities.

This information is intended to provide a basic overview of requirements for applying to the University of Minnesota Medical School. Visit our website at <http://www.med.umn.edu/> for complete information.

*****Requirements are subject to change.***



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APPLICANT SELF-ASSESSMENT

Instructions: This form asks you to list your involvement in certain activities and then allows you to review the activities you listed in section one and determine if you meet the average requirements. Complete this form as thoroughly and accurately as you can. Please visit our website for detailed information at <http://www.med.umn.edu/admissions>. Once you have completed the assessment, schedule an appointment with your pre-health advisor to discuss ways in which you might strengthen your application. If you do not know who the pre-health advisor is on your campus, start by contacting the Academic Dean at your institution to find out who serves in this role. If your school does not have a pre-health advisor, contact the Medical School Office of Admissions to set up a 20 minute appointment to review your self-assessment.

If you would like to schedule a feedback appointment, email meded@umn.edu. We will accommodate feedback appointments from October-May only. As these appointments are intended to help you create a long-term plan for success, we request that you seek a feedback appointment *at least* four months before you intend on submitting your next application. We are not able to offer appointments to give feedback on applications older than one application cycle. Priority will be given to applicants who received no interviews and Minnesota residents.

Your self-assessment is not used or accessible by the Medical School as part of the re-application process and will not guarantee an interview or an offer of acceptance during future application cycles. You may also use this document to assess your qualifications as you discuss them with your advisors or mentors. If you have any questions, please send an email to meded@umn.edu.

Self-assessment: The self-assessment is a useful tool to assist current and prospective applicants as they prepare to apply to the University of Minnesota Medical School.

MCAT scores and grades are carefully scrutinized and are an important part of the application process. However, while academics and test scores are important, by themselves they do not predict success in medical school. We consider how you balance outside activities and responsibilities with schoolwork to be an indicator of your ability to deal with the rigors of life as a medical student and future physician. The Medical School Admissions Committee is interested in your motivation for attending medical school and your understanding of the medical profession as well as your diversity of experience. In addition to being academically qualified, you must demonstrate other skills and knowledge needed by health care professionals: Commitment to delivering compassionate and quality patient care, a high degree of personal integrity, and skills in communicating with diverse groups.

Qualifications are assessed through the following means:

- AMCAS Application
- Recommendation letters
- Scope and nature of post-secondary experiences
- Breadth of undergraduate and graduate education
- Responses to the supplemental application
- On-site interview

Resource link that may be beneficial:

[Association of American Medical Colleges \(AAMC\) 15 Core competencies for entering medical students](#)

Self-reflection on Experiences

The Admissions Committee evaluates applicants based on their involvement in the following activities. It's important that you focus on the value of your experiences rather than taking a checklist approach. In the following sections, please rate your experiences as either "Weak," "Acceptable," or "Strong" based on your own definition of those ratings.

Contributions to Diversity

Contributions to diversity includes a thorough self-examination and in depth exploration of personal background and upbringing to illuminate beliefs, values, and potential biases/assumptions about diverse individuals. A desirable candidate will have sought out opportunities to grow their cultural competency by interacting/working with individuals with unique backgrounds and/or engaging in cultural experiences that may challenge personal values and beliefs.

Instructions: Please rate your contribution to diversity. Consider how your upbringing, background, interests, experiences, and/or beliefs will add to the diversity of the class.

_____ Strong

_____ Acceptable

_____ Weak

_____ Not applicable

Please provide a brief explanation of your rating:

Medically Related Experience and Understanding

Medically related experience includes paid employment, scholarly pursuits, volunteer work, or physician shadowing that provides patient exposure and demonstration of understanding of medicine.

Instructions: Please rate your experiences related to clinical exposure, including any current involvements.

_____ Strong

_____ Acceptable

_____ Weak

_____ Not applicable

Please provide a brief explanation of your rating:

Human Service Experience and Understanding

Human service is defined as involvement in a service activity without constraint or guarantee of reward or compensation. Work performed in service learning courses and community service performed as part of employment does not satisfy this requirement.

Instructions: Please rate your community/volunteer service for the past 3-4 years, including your current service activities. List each of your experiences separately. Only consider activities between your undergraduate career and the present.

_____ Strong

_____ Acceptable

_____ Weak

_____ Not applicable

Please provide a brief explanation for your rating:

Research Experience

Research experience is defined as involvement in a scholarly project or scientific hypothesis driven investigation that is supervised by an individual with verifiable research credentials. Research may be in any discipline and performed at any site.

Instructions: Please rate your research experience. Provide any presentation or publication details related to your research, if applicable.

_____ Strong

_____ Acceptable

_____ Weak

_____ Not applicable

Please provide a brief explanation of your rating:

GPA and MCAT Evaluation

Using the scale, enter a numerical rating where applicable.

Rating Scale

0 = Can't Rate

1 = Not Confident

2 = Somewhat Confident

3 = Confident

4 = Very Confident

Academic Preparation

_____ My grades are at or above the national mean of applicants accepted to US medical schools (Science GPA = 3.64, overall GPA = 3.70), <https://www.aamc.org/download/321494/data/factstablea16.pdf>.

_____ My science courses have prepared me for the rigorous medical school science curriculum.

_____ I am consistently making improvements in my critical reading and writing skills.

_____ My non-science courses have improved my communication skills and given me a broader understanding of diverse individuals, groups, and issues.

MCAT Performance

_____ My MCAT scores are consistent with the national mean scores of applicants accepted to US medical school, <https://www.aamc.org/download/321494/data/factstablea16.pdf>.

_____ My course work has prepared me for the MCAT.

_____ My preparation for the MCAT was well-suited for my learning style.

_____ My ability to take standardized tests allows me perform to my maximum potential.

If you do not feel confident when taking standardized tests, what do you think are the causes? (Circle all that apply)

Reading Comprehension

Learning Problems

Reading Speed

Problem Solving

Unfamiliarity with
Multiple Choice Tests

Easily Distracted

Reasoning Problems

Concentration

Fatigue

Vision Problems

Language problems

My preparation for the MCAT included the following methods:

1.

2.

3.

4.

What insights have you gained from review of your academic preparation?

What insights have you gained from review of your MCAT preparation?

What is your plan to improve your performance on the MCAT? If you indicated factors that may be preventing you from maximizing your performance on standardized tests, make sure your plan includes a strategy to address this.

What is your plan to improve or maintain your readiness to successfully manage the rigors of the medical school curriculum?

What are your contingency plans if you are not accepted to medical school?

Develop a plan: After you carefully reviewed your application and your self-assessment please develop and identify the areas of your application that need improvement and outline the steps that you will implement prior to you next application.

Identify all of the areas of improvements needed based on your self-assessment.	Outline your next steps in addressing these areas.
1.	
2.	
3.	
4.	
5.	
6.	

Next Steps:

