

UNIVERSITY OF MINNESOTA

Medical School

DULUTH CAMPUS

APPLICANT SELF-ASSESSMENT TOOL

Thank you for your interest in the University of Minnesota Medical School Duluth Campus. This tool has been created for applicants who were not accepted for the current cycle. We encourage you to use the tool to reflect on your application as you plan to reapply. 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.

Please note that all re-applications benefit from the following:

- Additional direct patient care experience
- Additional volunteer experience
- Additional exposure to family medicine
- Additional exposure to rural Minnesota or an American Indian community

If you are not accepted to any medical school by April, you may email dmeded@d.umn.edu or call 218-726-8511 to request a phone conversation to discuss your application. We schedule individual file review sessions from April through July only.

APPLICATION REVIEW PROCESS

Qualifications are assessed through the following means:

- AMCAS Application
- Supplemental Application
- Recommendation letters
- Scope and nature of post-secondary experiences
- Breadth of undergraduate and graduate education
- On-site interview

The mission of our campus is to train family medicine physicians for rural Minnesota and physicians for American Indian communities. Through a holistic review, we strive to enroll an outstanding class whose career goals match our mission and 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:

- A commitment to lifelong learning
- A commitment to improving the human condition
- Excellent interpersonal skills
- Professionalism

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.

EXPERIENCES SELF-ASSESSMENT

Instructions: List your experiences. Only consider activities between the beginning of your undergraduate career and the present. List each of your experiences separately. Include approximate number of hours and beginning/ending dates.

Mission Related Experience

Our Admissions Committee selects candidates they believe will advance our mission by practicing family medicine in rural Minnesota or by practicing in an American Indian community. How have you explored family medicine as a career? How have you demonstrated your commitment to serve a rural Minnesota community? How have you demonstrated your commitment to serve an American Indian community?

Medically Related Experience

A. Direct Patient Care Paid Work Experience (include work as an aide in an assisted living facility, nursing home, hospital, group home; a medical assistant or home health aide; an EMT or paramedic; a nurse, physician assistant, or other allied health professional)

B. Scribe Paid Work Experience, Physician Shadowing, or Physician Mentoring Experiences

C. Other Medically Related Experience

Volunteer Service Experience

Work performed in service learning courses and community service performed as part of employment does not satisfy this requirement. Include both medical and non-medical volunteer experiences.

Human Service Experience

List paid work experiences where you provided assistance directly to others, such as working as a TA, RA, tutor, or camp counselor.

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.

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 = 3.79), <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 at or above the national mean scores of applicants accepted to US medical schools, <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 to 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 your next application. | |
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| 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:

This document was created with guidance from self-assessment documents from the University of Utah School of Medicine and Michigan State College of Human Medicine's self-assessment forms.