

PREPAREDNESS WORKSHEET



ACADEMIC METRICS

- GPA**
 - Predicts potential for success in medical school curriculum
 - 3.83** Average Overall GPA for matriculating students at UAB Heersink
 - 3.77** Average Science (BCPM) GPA for matriculating students at UAB Heersink
 - 3.0** BCPM requirement for AL residents
 - 3.3** BCPM requirement for out of state applicants

- MCAT**
 - Predicts performance on standardized exams
 - 509** School of Medicine class average for matriculating applicants
 - 495-525** Range of MCAT scores for matriculating applicants
 - 495** Minimum total MCAT score given consideration

- Rigor of Academic Curriculum**
 - Including science and other courses

- Successful Completion of Prerequisite Coursework**
 - General Biology (with lab) – 8 semester hours
 - Biochemistry – 3 semester hours
 - General Physics (with lab) – 8 semester hours
 - Biostatistics/Statistics or College Mathematics – 3 semester hours
 - English – 6 semester hours
 - Behavioral and Social Sciences – 3 semester hours

**WHO COULD
HANDLE THE
ACADEMIC
RIGORS OF
MEDICAL SCHOOL?**

NON-ACADEMIC ATTRIBUTES AND EXPERIENCES

- Desirable personal attributes**
 - Responsible to self and others, honesty, integrity, empathy, compassion, reliable, dependable, resilience, adaptability, self-aware, socially and culturally competent, effective team member, capacity for improvement

- Communication skills & personal interview**
 - Overall ability to communicate effectively and specific ability to convey a realistic understanding of patient's experiences in the doctor-patient relationship; know the importance and the qualities of skillful listening

WHO COULD BE A PHENOMENAL PHYSICIAN?

- Service & volunteer experiences**
Evidence of a demonstrated concern for others, particularly with unmet needs, through a pattern of on-going, face-to-face, hands-on service
- Medically Related Experiences and Shadowing**
Medical exposure is an essential part of being considered competitive for admission.
Through experiences in a medical setting, you will begin to:
 - Develop an understanding of what happens when doctors and patients interact
 - Develop insight into the patient's experience in the patient-physician relationship
 - Better understand what becoming a physician would mean to you
- Extracurricular & campus activities / Work experience**
How have you invested your time in extracurricular activities and work experience?
- Research experience**
Opportunity to develop fundamentals of scientific inquiry important for evidence-based medicine
- Teamwork & Leadership roles**
Experience collaborating with others toward a common goal. Ability to hold self and others accountable.
- Contribution to a diverse and creative class experience**
Learning from others is enhanced in educational settings that include learners with diverse backgrounds and life experiences.
- Potential to meet unmet medical service needs**
Demonstrated interest and experiences working with underserved populations.
- Distance traveled to overcome adversity**
The admissions committee considers an applicant's experiences and attributes in the context of adversity, when applicable.

WHAT HAVE YOU LEARNED AND HOW HAVE YOU GROWN IN YOUR PURSUIT OF MEDICINE?

- For each of your meaningful premedical experiences reflect on:**
 - How did I grow and/or what did I learn through participation in this experience?
 - How did this experience support and/or challenge my motivation for a career in medicine?
 - What have I learned as a result of activities that involved stepping outside my comfort zone?
 - Reflect on a specific example of a learning experience or “a-ha” moment from each experience.