


What are medical schools looking for in their future students?*

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Learn about the **15 core competencies** you'll need as an entering medical student. You can use them as a framework to demonstrate your skills, knowledge, and experiences. Here's one of them:

 **Service Orientation:** Demonstrates a desire to help others and sensitivity to others' needs and feelings; demonstrates a desire to alleviate others' distress; recognizes and acts on his/her responsibilities to society; locally, nationally, and globally.

PRE-PROFESSIONAL COMPETENCIES

- Capacity for Improvement
- Cultural Competence
- Ethical Responsibility to Self and Others
- Oral Communication
- Reliability and Dependability
- Resilience and Adaptability
- Service Orientation
- Social Skills
- Teamwork

THINKING AND REASONING COMPETENCIES

- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Written Communication

SCIENCE COMPETENCIES

- Human Behavior
- Living Systems

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Read stories about **successful medical school applicants** — such as Ai Yamasaki and Hannah Winters — and how they demonstrated the core competencies.



"Lean on your strengths. Everyone has weaknesses, insecurities, and flaws that they need to work on. Don't let this intimidating process distract you from the fact that you are capable of achieving your dreams of becoming a physician."

— AI YAMASAKI, CLASS OF 2019

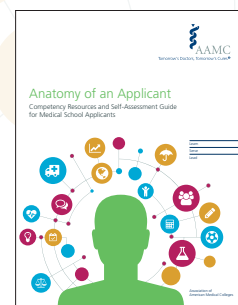


"Please don't become disheartened when the first, or the 20th, rejection comes. Keep trying until you find your school because you are going to love what comes next. Getting into medical school made the painstaking process of applying, and applying again, worth it."

— HANNAH WINTERS, CLASS OF 2021

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Assess yourself in each of the core competency areas using the **Self-Assessment Guide**. A sample from the guide is on the back of this flyer.





Preprofessional Competency: **Service Orientation**

Definition: Demonstrates a desire to help others and sensitivity to others' needs and feelings; demonstrates a desire to alleviate others' distress; recognizes and acts on his/her responsibilities to society—locally, nationally, and globally.

CURRENT COMPETENCY LEVEL: PLANNING PROGRESSING DEMONSTRATING

How I demonstrate(d) this competency:

Why it's important:

What this says about me:

What I learned or how I grew from this experience:

How this prepared me or influenced my interest:

MY PLAN(S) TO DEVELOP THIS COMPETENCY

Next steps:

Timeline:

Notes: