

Core Competency Worksheet

What Schools Look For	What I Have Done	How I Demonstrate this Competency	My Plan(s) to Demonstrate this competency
<p>Service Orientation: demonstrates desire to help others</p>	<p><input type="checkbox"/> Planning</p> <p><input type="checkbox"/> Progressing</p> <p><input type="checkbox"/> Demonstrating</p>		
<p>Social Skills: demonstrates awareness of others' goals/needs/feelings</p>	<p><input type="checkbox"/> Planning</p> <p><input type="checkbox"/> Progressing</p> <p><input type="checkbox"/> Demonstrating</p>		
<p>Cultural Competency: interacts effectively with people from diverse backgrounds</p>	<p><input type="checkbox"/> Planning</p> <p><input type="checkbox"/> Progressing</p> <p><input type="checkbox"/> Demonstrating</p>		
<p>Teamwork: works collaboratively and puts team goals ahead of individual goals</p>	<p><input type="checkbox"/> Planning</p> <p><input type="checkbox"/> Progressing</p> <p><input type="checkbox"/> Demonstrating</p>		

What Schools Look For	What I Have Done	How I Demonstrate this Competency	My Plan(s) to Demonstrate this competency
Oral Communication: listens, recognizes potential barriers	<input type="checkbox"/> Planning <input type="checkbox"/> Progressing <input type="checkbox"/> Demonstrating		
Ethical Responsibility to Self and Others: cultivates personal and academic integrity	<input type="checkbox"/> Planning <input type="checkbox"/> Progressing <input type="checkbox"/> Demonstrating		
Reliability and Dependability: consistently fulfills obligations	<input type="checkbox"/> Planning <input type="checkbox"/> Progressing <input type="checkbox"/> Demonstrating		

The AAMC Complete Anatomy of an Applicant Guide
<https://students-residents.aamc.org/media/6916/download>

Health Professions Sophomore Self-Assessment

The developmental planning worksheet is designed to help you gauge your performance in each of the core competency areas. Remember, professional schools do not expect that you will have fully mastered each competency or mastered each one to the same extent. The purpose is to gauge where you are now, identify opportunities for growth, and help you articulate how and why you are proficient in the core areas.

Performance Reflection and Assessment: A Six-Step Process

Step 1. Read the competency and its definition in the “What schools look for” column.

Step 2. For each competency (row), select one of the options that best describes your current level of proficiency:

Planning: Preparing to gain experience or exploring options

Progressing: Currently gaining experience, somewhat familiar

Demonstrating: Experienced, significant familiarity

Step 3. If you selected “Planning,” use the “My plan(s) to develop this competency” section to draft a strategy to gain experience or mastery in this area. Include next steps, a timeline, and any additional notes for yourself, such as whether you need to speak to a faculty member, attend a meeting, join an organization, or seek training.

Step 4. If you selected “Progressing” or “Demonstrating”:

- List the experiences that speak to “How I demonstrate(d) this competency.”
- Use the “My plan(s) to develop this competency” section to draft a strategy for continuing to strengthen your competencies in this area.

Step 5. After you have completed the worksheet, discuss your responses with the person next to you. You may also wish to discuss the worksheet with your prehealth advisor in a scheduled advising appointment that you can make through <https://professor-carol-weisse.youcanbook.me/>.

Step 6. Update the worksheets regularly to reflect your current level of performance. The worksheets will be extremely useful when it comes time to complete your application.