



SOPHOMORE YEAR: A
CRITICAL TIME FOR
SELF-ASSESSMENT

Agenda

- ❖ Announcements
- ❖ Submit questions to health professions advisors (Prof. Beaton & Professor Weisse)
- ❖ Self-assessment
- ❖ Discussion/Q&A

Announcements

- ❖ Weekly Health Professions updates on resources/opportunities/programs/prehealth society events etc... will be sent out every Friday from Health_pro@union.edu
- ❖ Review FAQs at www.union.edu/medicine
- ❖ Appointments -To schedule an appointment, please go to: <https://professor-carol-weisse.youcanbook.me/>

WHAT:
STUDY ABROAD FAIR

WHEN:

October 26, 2023
Nott Memorial

12:30 - 2 PM

- > Learn about dozens of programs
- > Sample international foods
- > Enter our raffle
- > Talk with faculty and students about their international experiences

EVENT SPONSORED BY THE INTERNATIONAL PROGRAMS OFFICE

STUDY ABROAD

UNION.EDU/INTERNATIONAL



INTERNATIONAL PROGRAMS

National Health Systems Summer 2024



U.S.



Canada



The Netherlands



England

Not too soon to think about summer 2024

The Summer Health Professions Education Program (SHPEP) is a FREE transformative six-week summer experience for students interested in the health professions. SHPEP scholars have a legacy of success: **over 65% of scholars who apply to medical or dental school are accepted.**

Application Opens Nov. 1!

[Learn more about this amazing opportunity >](#)

SHPEP is a national program funded by the [Robert Wood Johnson Foundation](#) with direction and technical assistance provided by the [Association of American Medical Colleges](#) (AAMC) and the [American Dental Education Association](#) (ADEA).

Phone Number: 1-866-587-6337 (toll-free)

Email: shpep@aamc.org

Community Action, Research, and Education (CARE) Program



To volunteer, contact volcoorjnp@gmail.com 518-346-5471

www.joannicoleprincehome.org

Note: volunteering improves candidacy for the **funded** summer Community Action, Research and Education (CARE) program enabling students to spend the summer as a caregiver at a home.

Preparing for the MCAT?

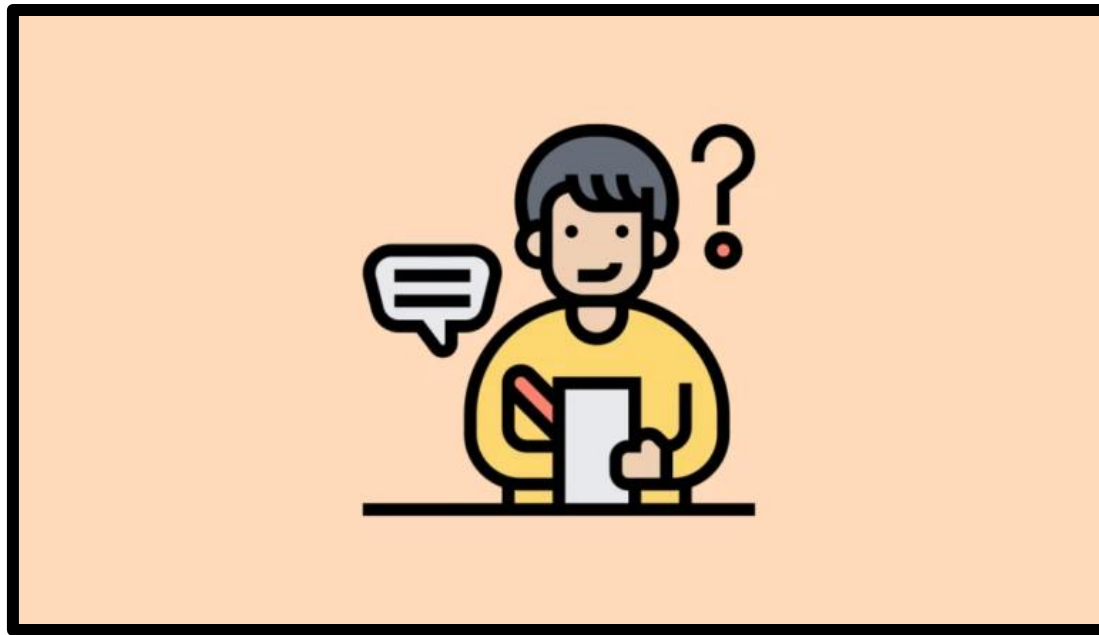
The AAMC will be supporting a FREE Khan Academy Course so all examinees can continue to have access to high-quality, free preparation resources.

[The Khan Academy MCAT Course](#) includes 1,100 videos and 3,000 review questions to help students study for the exam and strengthen the knowledge and skills needed for medical school.

You can [learn more on our website about MCAT Official Prep free resources and the new enhancements](#) developed to help students more easily integrate the Khan Academy content into their preparation.

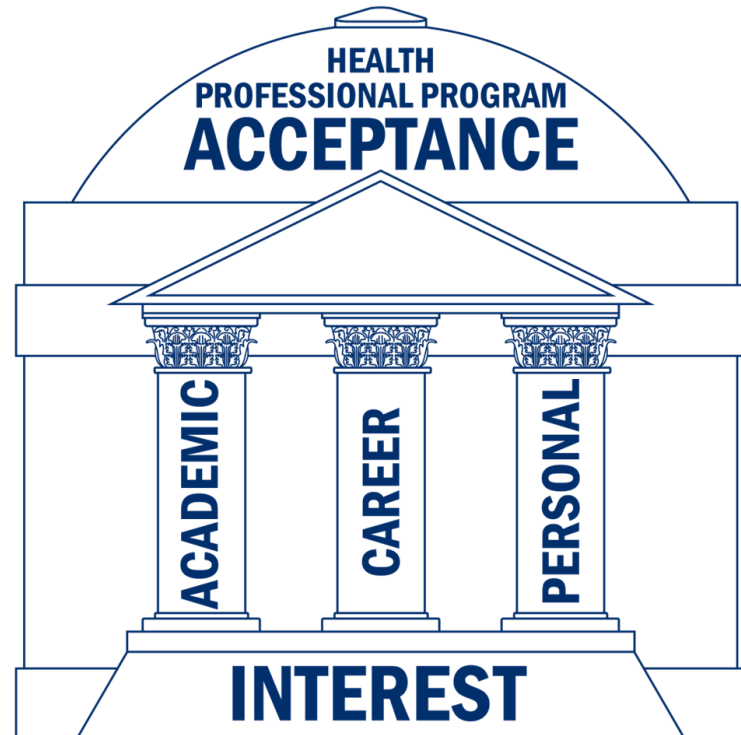
When should you begin studying? Now!

Why are you here? Please take a minute and jot down questions



Goals: After this workshop, you should be able to...

- ❖ Assess your strengths and weaknesses as an applicant to a health profession program
- ❖ Chart out a “game plan” for your final years at Union



Your Application Profile: A Self-Assessment Part I



The American Association of Medical Colleges (AAMC) has identified several competencies beyond scientific and critical thinking, including:

- (1) service orientation-demonstrates desire to help others
- (2) social skills-demonstrates awareness of others' goals/needs/feelings
- (3) cultural competency-interacts effectively with people from diverse backgrounds
- (4) teamwork-works collaboratively and puts team goals ahead of individual goals
- (5) oral communication-listens, recognizes potential barriers
- (6) ethical responsibility to self and others-cultivates personal and academic integrity
- (7) reliability and dependability-consistently fulfills obligations

Take the full self-assessment: [Anatomy of an Applicant](#)

In which stage are you?

Core Competency Worksheet

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

Planning: preparing to gain experience or exploring options

Progressing: Currently gaining experience, somewhat familiar

Demonstrating: Experienced, significant familiarity

Step 5: Discussion



Questions?

