

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





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

- ❖ New office assistant Autumn Knight! Her email is Knigha3@union.edu but she will primarily communicate through the office email below.
- ❖ 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: [Weisse Advising Appt Link](#)

Course planning: Please keep an updated course plan using this [GPA calculator and course plan tool](#)

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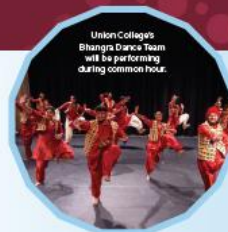
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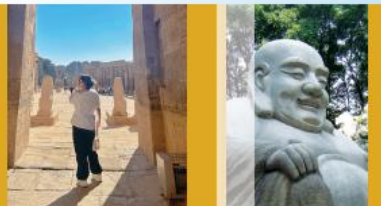
STUDY ABROAD

STUDY ABROAD FAIR

Tuesday, October 28, 2025
12:30-2 p.m.
Nott Memorial



- Talk with faculty and students about their international experiences
- Learn about our many programs
- Sample international foods



EVENT SPONSORED BY THE INTERNATIONAL PROGRAMS OFFICE



UNION.EDU/INTERNATIONAL



Not too soon to think about summer 2026

**SUMMER HEALTH PROFESSIONS
EDUCATION PROGRAM**

Shaping Careers. Changing Lives.



APPLICATION OPENS*
NOV. 1

APPLICATION DEADLINE
FEB. 5

*Application dates are subject to change. Please visit [shpep.org](https://www.shpep.org) for the most up-to-date information.

The Summer Health Professions Education Program (SHPEP) is a transformative summer experience for students interested in the health professions. Formerly known as the Summer Medical and Dental Education Program (SMDEP), SHPEP has been shaping careers and changing the lives of premedical and pre-dental college students for over 30 years. Now, in addition to dentistry and medicine, the program offers opportunities to explore other health careers, including nursing, optometry, pharmacy, physical therapy, and public health.

The **FREE six-week summer enrichment program** prepares college students for a career in the health professions by enhancing their academic proficiency and providing career development opportunities. Participation in SHPEP may better position students for acceptance into advanced-degree programs.

 facebook.com/shpepconnect

 [@shpepconnect](https://twitter.com/shpepconnect)

 [@shpepconnect](https://www.instagram.com/shpepconnect)

 youtube.com/c/shpepconnect

What are the benefits of this FREE program?

Program includes:

- Housing, meals, a stipend, and travel assistance.
- Guidance from current admissions deans, health professionals, students, and SHPEP alumni about how to pursue their profession of interest.

To be eligible, you must:

- Be a U.S. citizen, a permanent resident, or an individual granted deferred action for childhood arrivals (DACA) status by the U.S. Citizenship and Immigration Services.
- Be a college freshman or sophomore at the time of application.
- Have a minimum GPA of 2.5.
- Identify with a group that is underrepresented in the health professions.

<https://www.shpep.org/>

Direct patient care experience opportunity in the community



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

www.joannicoleprincehome.org

Note: students have worked at this home through ISC-203 Exploring Healthcare through community based learning, through Union's summer Community Action, Research, and Education (CARE) program, and through Becker's summer funded internship program.

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!

Updated Premed Competencies



Cultural Awareness



Cultural Humility



Service Orientation



Commitment to Learning and Growth



Ethical Responsibility to Self and Others



Resilience and Adaptability



Reliability and Dependability



Empathy and Compassion



Interpersonal Skills



Oral Communication



Teamwork and Collaboration

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 professional competencies beyond scientific and critical thinking, including:

- | | |
|---|----------------------------------|
| (1) Commitment to learning and growth | (6) Interpersonal skills |
| (2) Cultural awareness | (7) Oral communication |
| (3) Cultural humility | (8) Reliability and adaptability |
| (4) Empathy and compassion | (9) Resilience and adaptability |
| (5) Ethical responsibility to self and others | (10) Service orientation |
| | (11) Teamwork and collaboration |

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
Commitment to Learning and Growth: continues to seek opportunities to learn and grow	☐ Planning ☐ Progressing ☐ Demonstrating		
Cultural Awareness: acknowledges, values, and desires to be educated on diversity	☐ Planning ☐ Progressing ☐ Demonstrating		
Cultural Humility: understands ideas from alternative viewpoints and addresses personal bias	☐ Planning ☐ Progressing ☐ Demonstrating		
Empathy and Compassion: recognizes, is sensitive to, and desires to help others with their needs	☐ Planning ☐ Progressing ☐ Demonstrating		

Planning: preparing to gain experience or exploring options

Progressing: Currently gaining experience, somewhat familiar

Demonstrating: Experienced, significant familiarity

In which stage are you?

What Schools Look For	What I Have Done	How I Demonstrate this Competency	My Plan(s) to Demonstrate this competency
Ethical Responsibility to Self and Others: cultivates personal and academic integrity	☐ Planning ☐ Progressing ☐ Demonstrating		
Interpersonal Skills: adjusts behaviors appropriately and treats others with respect	☐ Planning ☐ Progressing ☐ Demonstrating		
Oral Communication: listens, recognizes potential barriers	☐ Planning ☐ Progressing ☐ Demonstrating		
Reliability and Dependability: consistently fulfills obligations	☐ Planning ☐ Progressing ☐ Demonstrating		
Resilience and Adaptability: perseveres through challenges	☐ Planning ☐ Progressing ☐ Demonstrating		

In which stage are you?

What Schools Look For	What I Have Done	How I Demonstrate this Competency	My Plan(s) to Demonstrate this competency
Service Orientation: remains dedicated to making meaningful contributions	☐ Planning ☐ Progressing ☐ Demonstrating		
Teamwork and Collaboration: works collaboratively and puts team goals ahead of individual goals	☐ Planning ☐ Progressing ☐ Demonstrating		

But wait, there's more..

Thinking and Reasoning Competencies



Critical Thinking. Uses logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.



Quantitative Reasoning. Applies quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world.



Scientific Inquiry. Applies knowledge of the scientific process to integrate and synthesize information, solve problems, and formulate research questions and hypotheses; is facile in the language of the sciences and uses it to participate in the discourse of science and explain how scientific knowledge is discovered and validated.



Written Communication. Effectively conveys information to others by using written words and sentences.

Science Competencies



Living Systems. Applies knowledge and skill in the natural sciences to solve problems related to molecular and macro systems, including biomolecules, molecules, cells, and organs.



Human Behavior. Applies knowledge of the self, others, and social systems to solve problems related to the psychological, sociocultural, and biological factors that influence health and well-being.

Step 5: Group Work/Discussion



Questions?



We want your feedback!
Please answer 3 questions

