

What brings you here today?
Please take a minute and jot
down questions.





SOPHOMORE YEAR: A
CRITICAL TIME FOR
SELF-ASSESSMENT

Agenda

- ❖ Submit questions to health professions advisors (Professor Beaton & Professor Weisse) (5 minutes)
- ❖ Self-assessment (10 minutes)
- ❖ Peer discussion/revisions (10 minutes)
- ❖ Q & A (25 minutes)
- ❖ Related Resources (10 minutes)

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



Competencies needed for healthcare



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

Learn more about each of these at: <https://students-residents.aamc.org/real-stories-demonstrating-premed-competencies/premed-competencies-entering-medical-students>

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		

Step 5: Group Work/Revisions



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.

Q & A



Resources for Developing Competencies

- ❖ Study Abroad
- ❖ Internships/community service
- ❖ Professional School Test Preparation

Science competencies

The AAMC offers a FREE Khan Academy Course.

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.

Learn more by visiting: <https://www.khanacademy.org/test-prep/mcat>

These could help in preparing for tests beyond the MCAT

UNION
COLLEGE
FOUNDED 1795

STUDY ABROAD

STUDY ABROAD FAIR

Thursday, October 15, 2026
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



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.

Summer internship support through Becker Career Center

- Identify a non-profit agency (501c3)
- Secure a support letter confirming that agency can host you for an unpaid internship 8-10 weeks, 30 hours per week
- Union will pay you if selected
- Preference is given to juniors
- April deadline

UNION COLLEGE INTERNSHIP PROGRAMS

Community Service Internship Funding Program

Internships provide valuable opportunities to gain useful work experience, hone skills and explore interest in a field. In today's competitive world, they are essential. They shape career paths, open doors, expand networks and often teach lessons that last a lifetime.

Many internships in non-profit organizations and even businesses and start-ups are unpaid or low-paid. At Union, we're committed to expanding the availability of awards for unpaid summer internships so that students don't have to choose between taking a job they might not find fulfilling and accepting an internship in a field they are passionate about pursuing.

Through generous support from alumni, families and friends of Union, the College is able to offer awards to some students pursuing summer internships at community service non-profit organizations. These awards are open to Union students committed to volunteering throughout the summer in a hands-on role interacting with underserved clients at a community service non-profit organization. Students secure an in-person volunteer internship and then apply for an award from the College. For assistance identifying internships, schedule an appointment through [Handshake](#) with a Career Center Adviser.

+ Application Criteria

+ Application Materials

+ Key Dates

+ FAQs-Frequently Asked Questions

Reminders

- ❖ Additional resources (e.g., course planning/GPA tracker) located at www.union.edu/medicine
- ❖ Weekly Health Professions updates on resources/opportunities/programs/prehealth society events etc... will be sent out every Friday from Health_pro@union.edu
- ❖ To schedule an appointment (after visiting our webpage), please go to: [Weisse Advising Appt Link](#)

Before you go-
Please answer 3 questions

