



College of Human Medicine
MICHIGAN STATE UNIVERSITY

Michigan State University College of Human Medicine is committed to educating exemplary physicians and scholars, discovering and disseminating new knowledge, and providing service at home and abroad. We enhance our communities by providing outstanding primary and specialty care, promoting the dignity and inclusion of all people, and responding to the needs of the medically underserved.

Self-Reflection Guide

Name: _____

AAMC No. _____

Email: _____



Self-Reflection Guide

The Self-Reflection Guide will help you assess your experiences and personal development. Ideally, you will begin to use it early in your college experience to guide and record your preparation. This information will be useful as you prepare your AMCAS Application, complete secondary applications, prepare for interviews, and consider reapplication, if necessary.

Please review our website (MDadmissions.msu.edu) for more information about what we look for in an applicant. A competitive applicant **closely matches our mission**, with desire to become an excellent, compassionate, primary care or specialty care physician, who is dedicated to lifelong learning and willing to serve the underserved and marginalized communities, especially those in rural or inner-city areas within Michigan. An applicant needs to have demonstrated their passion for medicine through a history of community service and clinical experience. MCAT scores and classroom metrics should be competitive and consistent with those of accepted medical school applicants.

Reapplicants

If you intend to reapply to the College of Human Medicine (CHM), please follow our established guidelines to receive feedback about your application. Complete and submit the Self-Reflection Guide for review and response. Advising appointments (in person or by phone/Zoom) are only available for potential reapplicants who:

- have completed and submitted their Self-Reflection Guide
- have not been accepted to any schools, and
- have not yet submitted an AMCAS application for the next application cycle

Please submit your completed Self-Reflection Guide to chm.madadmissions@msu.edu. From there, your information will be forwarded to an Admissions Counselor, who will contact you to schedule your appointment.

Here are general suggestions:

- Continue to secure meaningful medical/clinical experiences that provide you with as much direct patient contact as possible.
- Continue science-based academic enrichment activities, including, but not limited to, research and/or additional upper-level, challenging science courses. Additional coursework can help improve your science and overall GPAs.
- Continue MCAT preparation if a retake of the exam is necessary. There are many resources available online, including the Michigan eLibrary (MeL) (mel.org/) and MCAT (aamc.org/students/mcat/start.htm) websites. **Please see page 11 for more MCAT preparation resources.**

Self-Reflection Guide

Using the scale, enter a numerical rating where applicable.

Rating Scale

0 = Can't Rate

1 = Not Satisfied

2 = Somewhat Satisfied

3 = Satisfied

4 = Very Satisfied



Academics

- Classroom Preparation

___ I am satisfied that my grades are competitive with the national mean of applicants accepted to US medical schools (science GPA = 3.75, overall GPA = 3.81).

___ I am satisfied that my science (BCPM) courses have prepared me for the rigorous medical school science curriculum.

___ I am consistently making improvements in my critical reading and writing skills.

___ I am satisfied that my nonscience courses have improved my communication skills and given me a broader understanding of diverse individuals and groups.

What insights have you gained from review of your academic preparation?

If applicable, what is your plan for improving the competitiveness of your application, based on classroom metrics?

- MCAT Performance

___ I am satisfied with the way my course work is preparing me for the MCAT.

___ I am satisfied with my competency when taking standardized tests.

If you do not feel competent when taking standardized tests, what do you think are the causes? Circle all that apply.

Reading Comprehension

Learning Preferences

Reading Speed

Problem Solving/
Reasoning

Self-Preparation for
Standardized Testing

Concentration

Fatigue

Vision Difficulties

Language Proficiency

____ I am satisfied with the way I am preparing for the MCAT.

____ I am satisfied that my MCAT scores that are competitive with the national mean scores of accepted applicants (CPBS: 128, CARS: 127, BBFL: 128, PSBB: 129, Total: 512).

My preparation for the MCAT has included the following methods. Please describe their usefulness, and approximate number of hours spent using each method.

1.

2.

3.

4.

What insights have you gained from review of your MCAT preparation?

If applicable, what is your plan to improve performance on the MCAT? If you indicated factors that may be preventing you from living up to your potential on standardized tests, make sure your plan includes a strategy to address this.

Academics – Summary

How do academic metrics relate to the mission of the College of Human Medicine?

Life Experiences

- Medical/Clinical Experiences

___ I am satisfied that my medical/clinical experiences clearly reinforce my motivation for a career in medicine.

___ I am satisfied that I understand the demands of a career in medicine.

___ I am satisfied that I have the interest and ability to meet the demands of a medical career.

___ I have reviewed the CHM Technical Standards (MDadmissions.msu.edu/ApplicationProcess/current/techstandards.htm) and meet each of them.

What insights have you gained from your medical/clinical experiences

What is your plan for continuing to explore your goal to become a physician through medical/clinical work or volunteer experiences?

- Community Service Experiences

___ I am satisfied that my community volunteer or work experiences have provided an opportunity for personal growth and exposures to diverse groups of people.

___ I am satisfied that I have a growing understanding of individuals who are different from me.

___ I am satisfied that my community service or work experiences have reinforced my motivation to "give something back" to my community.

What insights have you gained from your community service experience?

What is your plan to continue to gain experience that demonstrates your understanding of the diverse patient population, your growing cultural competency, and your commitment to ongoing involvement in the community?

- Group and Leadership Experiences

___ I am satisfied that my leadership experiences demonstrate my ability to lead or mentor less experienced, disadvantaged, or younger individuals.

___ I am satisfied that my group experiences demonstrate my ability to be a good team member and team builder.

What insights have you gained from your experience?

What is your plan to continue to develop your group and leadership skills?

- Research Experiences

____ I am satisfied that my research experiences expanded my understanding of scientific method.

____ I am satisfied that I can describe my role in the research projects in which I have participated.

____ I am consistently making improvements in my critical reading and writing skills.

____ I am satisfied that I can describe and discuss the research projects in which I have participated.

What insights have you gained from your research experiences?

What is your plan to continue to gain research experience?

Life Experiences – Summary

How do my life experiences relate to the mission of the College of Human Medicine?

Personal Qualities/Attributes/Professional Behavior Development

___ I am satisfied that I understand the concept of professional behavior.

___ I am satisfied with my personal growth and development.

___ I am satisfied that my maturity is evident.

___ I am satisfied that I am living my life in a way that develops and demonstrates the exemplary behavior I expect from a physician.

___ I am satisfied that I am a worthy mentor and role model for individuals who are younger or less experienced.

What are your strongest personal attributes? Cite a life experience(s) that showcase these attributes.

What personal attributes need additional development?

What insights have you gained as you consider professional behavior? What characteristics/attributes define professional behavior? Cite a life experience(s) that showcase professional behavior.

What is your plan to understand and develop professional behaviors?

Personal Qualities/Attributes/Professional Behavior – Summary

How do my personal qualities/attributes/professional behavior relate to the mission of the College of Human Medicine?

Letters of Evaluation

___ I am satisfied that my letter writers know me extremely well.

___ I am satisfied that my letter writers have observed me in situations that would support my application to medical school.

___ I am satisfied that my letter writers are enthusiastically supportive of my career goals.

What is your plan to secure meaningful letters of evaluation?

Who will write your letters of evaluation (minimum of three, maximum of five)?

- 1.
- 2.
- 3.
- 4.
- 5.

Medical School Application – bringing it all together

What is your plan to continue to improve your application for medical school?

What are the top three things you hope the College of Human Medicine Committee on Admissions will remember about you when evaluating a future application?

1.

2.

3.

How will you improve your application to better convey these to the Committee?

What do you want to consider including in your AMCAS Personal Statement?



MCAT Preparation Resources

AAMC Official <u>Free</u> Resources	<u>Free</u> Practice Exams
Planning & Study Resources	March2Success – 2 Full Length Tests
MCAT Sample Question Guide	The Princeton Review – 1 Full Length Test
What’s on the MCAT?	Blueprint – 1 Full Length Test
Preparing for the MCAT Video	Kaplan – 1 Half Length Test
Creating a Study Plan Guide	Gold Standard – Half Length

Other MCAT Tips:

- As the above is not an exhaustive list of resources, check your institutional and local library accesses for more free books and test guides.
- Meet consistently with Pre-Medical / Pre-Health Advisor to learn about courses and study groups on your campus.
- Check big test prep providers, such as [Kaplan](#), [Khan Academy](#), and [Princeton Review](#) (among others) for new quizzes, flashcards, and apps that can help you further your prep.
- Make sure to give yourself enough time to study for your MCAT date. On average, an applicant needs 400 hours of prep time. You may need more, depending on your learning styles or history of success and/ or struggles on standardized testing

Sample Undergraduate Timeline for Premedical Preparation

(Based on the [MCAT-Influenced Preparation Model](#))

	FALL	SPRING	SUMMER
Year 1	<ul style="list-style-type: none"> • Meet with advisor • Chemistry (inorganic) w/Lab • Biology w/Lab • Sociology • Community service 	<ul style="list-style-type: none"> • Meet with advisor • Chemistry (inorganic) w/Lab • Biology w/Lab • Social Science/Humanities • Community service • Alternative Spring Break 	<ul style="list-style-type: none"> • Summer job or school for prerequisite coursework to free-up time • Shadow physician/ Clinical Exp. • Community service
Year 2	<ul style="list-style-type: none"> • Meet with advisor • Organic Chemistry w/Lab • Physics w/Lab • Social Science/Humanities • Medical/clinical experiences 	<ul style="list-style-type: none"> • Meet with advisor • Organic Chemistry w/Lab • Physics w/Lab • Social Science/Humanities • Medical/clinical experiences • Alternative Spring Break • Explore research options 	<ul style="list-style-type: none"> • Summer clinical job or international experience • Consider summer school for other prerequisite coursework to free-up time • Consider initiating research experience
Year 3	<ul style="list-style-type: none"> • Meet with advisor • Psychology • Biochemistry • College Algebra or Statistics • Medical/clinical experiences • Community Service • Consider study abroad • Continue research experiences • Review career direction and alternatives 	<ul style="list-style-type: none"> • Meet with advisor • Upper-level Biology course • Social Science/Humanities • Medical/clinical experiences • Community Service • Research experiences • Late spring MCAT • Schedule appointments for letters of evaluation • Prepare AMCAS Application 	<ul style="list-style-type: none"> • Summer job or international experience • Submit AMCAS Application after June 1 • Consider early summer or retake of MCAT • Develop secondary essay responses
Year 4	<ul style="list-style-type: none"> • Meet with advisor • Complete Major Coursework • Continue research, community service, and medical/clinical experiences • Interviews • Review contingency plan 	<ul style="list-style-type: none"> • Meet with advisor • Complete Major Coursework • Continue research, community service, and medical/clinical experiences • Interviews • Apply for financial aid (Jan. 1) • Pursue feedback if no medical school offers • Graduate 	<ul style="list-style-type: none"> • Continue with summer job and medical/clinical experiences • Pursue academic enhancement if necessary