Full name:

Email:

When considering the strength of your candidacy, the most significant variables include: 1) undergraduate GPA; 2) community service/volunteer experience; 3) leadership experience; 4) research experience; 5) involvement in health-field experiences. In light of these variables, it is important that you reflect on and honestly and holistically assess your developing profile as a prospective applicant. Please rate yourself on the aspects of your candidacy below.

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| 1. Use the [GPA Calculator](https://prehealth.wvu.edu/prepare/metrics/gpa-calculator) to calculate your Total Science or BCPM GPA.
 | [ ]  5 - My science GPA falls within the 4.0 – 3.80 range[ ]  10 - My science GPA falls within the 3.79 – 3.50 range[ ]  15 - My science GPA falls within the 3.49 – 3.20 range[ ]  20 - My science GPA falls within the 3.19 – 2.90 range[ ]  25 - My science GPA is 2.89 or below |
| 1. Please select the following statement that most closely fits your **service experiences.**
 | [ ]  1 - I volunteer at least 2-3 times a month and have done so for most semesters of college. I have ~200 hours of service or more[ ]  2 - I volunteer 1-2 times a month and have done so for most semesters of college. I have between 150 and 200 hours of service[ ]  3 - I volunteer 1-2 times a month. I have between 50 and 150 hours of service[ ]  4 - I participate in community service less than once a month. I have less than 50 hours of service[ ]  5 - I have no community service |
| 1. Please select the following statement that most closely fits your **leadership experience.**
 | [ ]  1 - I have had multiple experiences where I have led a group of people in accomplishing a common goal [ ]  2 - I have had a single experience where I have led a group of people in accomplishing a common goal and have held other leadership positions[ ]  3 - I have held multiple officer positions [ ]  4 - I have held one officer position[ ]  5 - I have not held any leadership positions |
| 1. Please select the following statement that most closely fits your **research experience.**
 | [ ]  1 - I have been involved in research for several semesters I have presented my work and/or have a publication[ ]  2 - I have been involved in research for one semester or more and have presented my work or will in the future[ ]  3 - I have been involved in research for at least one semester but have not presented[ ]  4 - My only research experience is through a course and I’m not pursuing other experiences[ ]  5 - I have not participated in research |
| 1. Please select the following statement that most closely fits your **health-field experience.**
 | [ ]  2 - I have shadowed, volunteered, or worked in a health field over the course of several semesters for a total of more than 100 hours[ ]  4 - I have shadowed, volunteered, or worked in a health field over the course of several semesters for a total of 50 – 100 hours[ ]  6 - I have shadowed, volunteered, or worked in a health field for a total of more than 25-50 hours[ ]  8 - I have shadowed, volunteered, or worked in a health field for a total of less than 25 hours[ ]  10 - I have not shadowed, volunteered, or worked in a health field |

**Total your score by adding the numbers associated with your choice**:

See scoring rubric on next page.

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| **Score:** |
| 10 - 20 | You are on track to be a competitive applicant for professional school. You are clearly committed to this career path and your experiences. Keep up the good work. |
| 21 - 30 | Making progress but perhaps need to expand your horizons. Commitment is important. Continue to be deeply involved in your experiences and/or get involved in new activities to enhance your application. |
| 31 - 40 | Take a good look at the areas that need improvement and strive to do better. Additional time may be necessary to build a competitive application. The Pre-Health Office is here to help, if you need guidance. Appointments can be made here: https://prehealth.wvu.edu/get-started |
| 41 - 50 | This range indicates that your application needs further development. Additional time will be necessary to build a competitive application. The Pre-Health Office is here to help, if you need guidance. Appointments can be made here: https://prehealth.wvu.edu/get-started |