

## Pre-Health Committee Letter Process

### 2023-2024 Academic Year

### Self-Assessment

Please complete the following self-assessment in order to request a Committee Letter from Simmons University. The completed self-assessment is due to the Office of Undergraduate Advising ([advising@simmons.edu](mailto:advising@simmons.edu)) by January 31, 2024 in order to request a committee letter for the 2024-2025 application cycle. Please direct any questions to [advising@simmons.edu](mailto:advising@simmons.edu)

Although this self-assessment is a requirement to request a Committee Letter, it is meant to be a tool to help you prepare for the application process and assess your own readiness to apply. The Pre-Health Advisors encourage you to be thoughtful and self-reflective in your responses to best prepare for a strong personal statement, interview, and overall application.

#### Average Admission Test and GPA Data for Most Recent Years

##### Average MCAT Scores and GPAs for Applicants and Matriculants to U.S. Medical Schools (MD), 2022-2023<sup>1</sup>

Medical Schools (MD)		
	Applicants	Matriculants
Science GPA	3.52	3.68
Non-Science GPA	3.76	3.84
Overall GPA	3.62	3.75
MCAT	506.5	511.9

##### Average MCAT Scores and GPAs for Applicants and Matriculants to U.S. Osteopathic Medical Schools (DO), 2020<sup>2</sup>

Osteopathic Medical Schools (DO)		
	Applicants	Matriculants
Science GPA	3.35	3.45
Non-Science GPA	3.59	3.64
Overall GPA	3.46	3.54
MCAT	502.7	504.3

##### U.S. Dental School Applicants and Enrollees, 2021 Entering Class<sup>3</sup>

Dental Schools		
	Applicants	Matriculants
Science GPA	3.33	3.51
Overall GPA	3.45	3.59
DAT	19.6	20.7

<sup>1</sup> American Association of Medical Colleges (2022). <https://www.aamc.org/data-reports/students-residents/interactive-data/2022-facts-applicants-and-matriculants-data>

<sup>2</sup> American Association of Colleges of Osteopathic Medicine (2021). [https://www.aacom.org/docs/default-source/data-and-trends/2020-aacom-as-applicant-matriculant-profile-summary-report.pdf?sfvrsn=d870497\\_22](https://www.aacom.org/docs/default-source/data-and-trends/2020-aacom-as-applicant-matriculant-profile-summary-report.pdf?sfvrsn=d870497_22)

<sup>3</sup> American Dental Education Association (2022). [https://www.adea.org/ADEA/Blogs/Bulletin\\_of\\_Dental\\_Education/ADEA\\_Releases\\_Data\\_on\\_2021\\_U\\_S\\_\\_Dental\\_School\\_Applicants,\\_Enrollees.html](https://www.adea.org/ADEA/Blogs/Bulletin_of_Dental_Education/ADEA_Releases_Data_on_2021_U_S__Dental_School_Applicants,_Enrollees.html)

**Pre-Health Committee Letter Process**  
2023-2024 Academic Year  
Self-Assessment

Name:

Student ID:

Class Year:

Major(s)/Minors(s):

I am applying to: \_\_\_\_\_ Medical School      \_\_\_\_\_ Dental School      \_\_\_\_\_ Other \_\_\_\_\_

**Completion of Course Requirements**

1. Have you completed required courses with a grade of C or better (ideally at least a B)? If not, please discuss how you would talk about lower grades in an interview.
2. Have you checked the websites of your first choice schools to see if they have any additional course requirements, and to see what their AP/IB policy is (if applicable)?
3. List recommended/additional courses that you will need to take.
4. Outline your plan to complete remaining courses before applying.

**Science GPA and Overall GPA**

5. What is your Cumulative GPA?
6. What is your BCPM GPA (Biology, Chemistry, Physics, and Math)?
7. What is your All Other GPA (all other classes)?
8. If your GPAs are lower than the national averages (listed on page 1), please discuss how you would talk about them in an interview.

**Entrance Exams**

*If you have already taken the MCAT or DAT:*

9. What is your MCAT or DAT score? Do you feel it is an accurate representation of your academic ability?
10. How does this score compare to the national averages for matriculants?
11. Do you plan to retake the exam? If so, when? How will you prepare differently to ensure a different outcome?

*If you have not yet taken the MCAT or DAT or plan to retake it:*

12. How have you been preparing for the exam?
13. Please list your practice exam scores, if applicable.
14. What is your goal score?
15. When do you plan to take the MCAT or DAT?

**Pre-Health Committee Letter Process**  
2023-2024 Academic Year  
Self-Assessment

16. Will you be ready to take the MCAT or DAT by the end of April? What do you plan to do to prepare between now and your exam date?

**Timely Submission**

16. Will you have all requirements complete so that you can submit in June or early July?
17. Will you be able to return your secondary applications at the end of June/July within a week or two of receiving them?

**Clinical Experience**

18. Describe your US clinical experience. How much patient contact have you had?
19. Do you have experience with a US practitioner in the field that you are applying to (an MD or MD applicants, a DO for DO applicants, and a Dentist for Dental applicants)? Please describe.
20. Did you complete some of your experience within the last 18 months? Please describe.
21. What have you learned from observing physicians, dentists, or other health care providers?
22. What have you learned from interacting with patients?
23. Please articulate how your experience contributed to your continued interest in medicine/dentistry.

**Research Experience**

24. Describe your research experience and what you have learned from it.
25. Describe the hypothesis or hypotheses you were testing.
26. What is the relevance of your research project(s)?
27. Are you able to read, understand, and interpret the scientific literature? Please provide an example.

**Community Service**

28. In what ways have you served your community?
29. What have you learned about community needs?
30. What have you learned about working with people with backgrounds different from your own?
31. What have you learned about yourself?

**Personal Attributes**

32. Why do you want to be a doctor or dentist?
33. How have you demonstrated that you are able to make ethical decisions?

**Pre-Health Committee Letter Process**  
2023-2024 Academic Year  
Self-Assessment

34. How have you demonstrated that you can work collaboratively with team members?
35. How have you demonstrated leadership ability?
36. How are you unique? How will you contribute to the diversity of your medical school class?
37. What's the one accomplishment that you are most proud of?
38. Describe a time where you were unsuccessful. What did you learn from it?
39. What challenges have you faced on your Pre-Health track?
40. (If you are comfortable sharing) How have your family members, their values, or other factors contributed to your interest in medicine?
41. Is there anything else you think it's important for the committee to know?

**Your Simmons Experience**

41. Why did you choose to attend a women-centered institution? Why Simmons specifically?
42. What class had the biggest impact on you during your undergraduate career?
43. How will your Simmons experience contribute to your future success?
44. What is your 3D? Discuss why you selected these courses and a few key takeaways from them.

**COVID 19**

45. How were you impacted by the COVID 19 pandemic?
46. How did you adjust your Pre-Health path during the pandemic? What opportunities did you take part in during the pandemic?

**Are you ready to apply?**

47. Based on your self-assessment, what is the greatest weakness in your application? What is your plan for improvement? How will you discuss this in an interview?
48. Do you feel rushed or pressured to apply? If so, how can we help?
49. Do you feel that you are the most competitive applicant that you can be, or would you be more competitive if you took some time to enhance your application?
50. What questions do you have for the pre-health advisors about the application process?

**Pre-Health Committee Letter Process**  
2023-2024 Academic Year  
Self-Assessment

**Application Process Details**

*Note: The information here is not binding and may change between now and the time you apply.*

51. Please list the names of professors/professionals/supervisors etc. who will be writing your letters of recommendation.
52. Please list the schools you plan to apply to.

**REQUIRED for Reapplicants only**

53. What have you done since your last application to improve your candidacy?

Reminder:

- The reapplicant must have significantly improved their candidacy since the unsuccessful application, as determined through consultation with HPA.
- The reapplicant must secure at least one new letter of recommendation from someone with whom they have worked since the previous application.
- The reapplicant may not have been accepted and declined an offer of admission in a previous cycle.
- The applicant must participate in a pre application interview

**Please remember to send us your current CV/Resume and calculated AMCAS GPA in addition to this assessment.**