



Self-Assessment Guide

This self-assessment is an opportunity for you to reflect on the strengths and weaknesses of your PA school application. The guide can help you highlight areas of your application likely to most benefit from improvement.

If, after completing the assessment, you are unclear what you should do to improve your candidacy, you should meet with a pre-health advisor at your undergraduate institution. Advisors are keenly aware of PA school criteria and can often help you map out a plan to improve your application. Completing this guide and meeting with an advisor should be your first steps in strengthening future applications.

You may send your completed self-assessment to the MSU College of Osteopathic Medicine Admissions office by email admissions@pa.com.msu.edu. A member of our staff will review your self-assessment and can provide brief additional feedback via email.

You will also want to look through our website (pa.com.msu.edu) for more information about what we look for in an applicant. Ideal applicants for MSUCOM PA Medicine program will be highly skilled communicators, demonstrate leadership capacity and grit, have a commitment to service in the community, and demonstrate academic preparedness for the rigor of a PA training program.

Here are a few general suggestions:

- Continue to secure meaningful healthcare experiences that provide you with as much direct patient contact as possible as well as give you good insight into the PA profession.
- Continue science-based academic enrichment activities, including but not limited additional upper level challenging science courses. Additional coursework can help improve your science and overall GPAs.
- Continue find meaningful ways to serve your community and gain leadership experience.

Date:	
Name:	
CAS ID	
State of Residence:	
Email Address:	

Self-Assessment Form

Use the following rating scale to rate statements when applicable.

0 = Can't Rate 1 = Not Satisfied 2 = Somewhat Satisfied 3 = Satisfied 4 = Very Satisfied

Academic Preparation

- I have completed all the required prerequisite courses with a minimum 3.0 (B) GPA in each course prior to the prerequisite deadline.
- My grades are at or above the national mean of applicants accepted to US PA schools (science GPA = 3.53, overall GPA = 3.6).
- My science courses have prepared me for the rigorous PA school science curriculum.

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

What is your plan to improve or maintain your readiness to be successful within the rigorous PA school curriculum?

Healthcare Experiences

- I volunteered or have been employed in clinical settings that enabled me to directly interact with patients, PAs, and healthcare staff over a significant period of time.
- My healthcare experiences clearly reinforce my motivation for a career as a PA.
- These experiences exposed me to diverse populations, illnesses and injuries and to many facets of the healthcare delivery process.
- I understand the demands of a career as a PA.
- I have the interest and ability to meet the demands of a PA career.

What insights have you gained from your healthcare experiences?

What is your plan for continuing to explore your goal to become a PA through medical/clinical healthcare experiences?

Community Service Experiences

- I have volunteered for a variety of organizations, but at least one experience has required a long-term (6 months or more) commitment.
- My community volunteer or work experiences have put me more in touch with diverse groups of people.
- My community service or work experiences have reinforced my motivation to “give something back” to my community.
- I have a well-established history of volunteering my time, talents and energy to activities that benefit the underserved.

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

- 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?

Other Program Requirements

- If I did not complete four years of high school in the United States, I have taken the TOEFL with a minimum score of 100
- I will have completed a Bachelor's degree from an accredited institution prior to the program start date.
- I have met all application deadlines.
- I secured three strong letters of evaluation from professionals who know me well and are able to speak to my skills and abilities as it relates to the PA profession.

Personal Qualities/Professional Behavior Development

Over a thousand applicants will meet our minimum requirements each year. Approximately 150 of these will be chosen to interview for a seat in the next class. *It is not enough to simply meet the requirements for admission.* The admissions committee seeks to admit applicants who fit our mission and also have intangible qualities such as leadership, high ethical standards, compassion, professionalism and respect.

- 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 living my life in a way that develops and demonstrates the exemplary behavior I expect from a PA.

What insights have you gained as you consider professional behavior?

If you were invited for an interview, how well did you honestly think you interviewed? Were you well-prepared for the interview?