

# PREPAREDNESS WORKSHEET



## ACADEMIC METRICS

- GPA**  
Predicts potential for success in medical school curriculum  
**3.78** Average Overall GPA for matriculating students at UAB Heersink  
**3.72** Average Science (BCPM) GPA for matriculating students at UAB Heersink  
**3.0** BCPM requirement for AL residents  
**3.3** BCPM requirement for out of state applicants
  
- MCAT**  
Predicts performance on standardized exams  
**509** School of Medicine class average for matriculating applicants  
**493-524** Range of MCAT scores for matriculating applicants  
**495** Minimum total MCAT score given consideration (Alabama residents with above average academic performance with a 493-494 may be considered)
  
- Rigor of Academic Curriculum**  
Including science and other courses
  
- Successful Completion of Prerequisite Coursework**  
General Biology (with lab) – 8 semester hours  
Biochemistry – 3 semester hours  
General Physics (with lab) – 8 semester hours  
Biostatistics/Statistics or College Mathematics – 3 semester hours  
English – 6 semester hours  
Behavioral and Social Sciences – 3 semester hours

**WHO COULD  
HANDLE THE  
ACADEMIC  
RIGORS OF  
MEDICAL SCHOOL?**

## NON-ACADEMIC ATTRIBUTES AND EXPERIENCES

- Desirable personal attributes**  
Responsible to self and others, honesty, integrity, empathy, compassion, reliable, dependable, resilience, adaptability, self-aware, socially and culturally competent, effective team member, capacity for improvement
  
- Communication skills & personal interview**  
Overall ability to communicate effectively and specific ability to convey a realistic understanding of patient's experiences in the doctor-patient relationship; know the importance and the qualities of skillful listening

## WHO COULD BE A PHENOMENAL PHYSICIAN?

- Service & volunteer experiences**  
Evidence of a demonstrated concern for others, particularly with unmet needs, through a pattern of on-going, face-to-face, hands-on service
- Medically Related Experiences and Shadowing**  
Medical exposure is an essential part of being considered competitive for admission.  
Through experiences in a medical setting, you will begin to:
  - Develop an understanding of what happens when doctors and patients interact
  - Develop insight into the patient's experience in the patient-physician relationship
  - Better understand what becoming a physician would mean to you
- Extracurricular & campus activities / Work experience**  
How have you invested your time in extracurricular activities and work experience?
- Research experience**  
Opportunity to develop fundamentals of scientific inquiry important for evidence-based medicine
- Teamwork & Leadership roles**  
Experience collaborating with others toward a common goal. Ability to hold self and others accountable.
- Contribution to a diverse and creative class experience**  
Learning from others is enhanced in educational settings that include learners with diverse backgrounds and life experiences.
- Potential to meet unmet medical service needs**  
Demonstrated interest and experiences working with underserved populations.
- Distance traveled to overcome adversity**  
The admissions committee considers an applicant's experiences and attributes in the context of adversity, when applicable.

## WHAT HAVE YOU LEARNED AND HOW HAVE YOU GROWN IN YOUR PURSUIT OF MEDICINE?

- For each of your meaningful premedical experiences reflect on:**
  - How did I grow and/or what did I learn through participation in this experience?
  - How did this experience support and/or challenge my motivation for a career in medicine?
  - What have I learned as a result of activities that involved stepping outside my comfort zone?
  - Reflect on a specific example of a learning experience or “a-ha” moment from each experience.