

Pre-Health Candidacy Assessment



The Pre-Health Pillars candidacy assessment incorporates three essential components of preparation to be successful in the application process to a health professional program. Let this model serve as a guide to understanding how to build a solid foundation for your development and growth as a pre-health student. For more specifics on candidacy assessment and worksheets, check out our **Application Guide**.

Academic

Your academic performance at the undergraduate level demonstrates your capability to handle the rigor and demands of coursework and licensing exams required to practice in your health profession of interest. The following are all aspects of your application:

- Prerequisite coursework
- Overall and Science GPA
- Entrance exams
- Academic trends

Career

Career exploration is essential in making an informed decision about your future career in healthcare. Your participation in clinical experiences in healthcare settings shows your commitment to the profession. Students who are dedicated to pursuing a health professional career will likely have hundreds of hours of experience devoted to career exploration. Journaling during your clinical and observational experiences is valuable as these experiences are likely to become a part of your personal statement and secondary application essays.

Required clinical hours can vary by program. Be sure to do your research!

Necessary Experience

- Clinical
 - Direct Patient Interaction
 - Observation of Health Professional(s)

Optional Experience

- Research

Personal

Life experience and personal growth are important in the preparation process. This includes any aspect of you that contributes to your interest and fit for a clinical career in healthcare. Examples may include passions, extracurricular experiences, and skills beyond those directly relevant to the health professions.

Non-Clinical Extracurricular Activities

- Study abroad
- Student organizations
- Hobbies
- Community volunteering
- Leadership roles
- ...and more

Personal and Life Experience

- Cultural competence
- Personal and family background
- Maturity level
- ...and more

Competencies

- [AAMC Core Competencies](#)