Tool for Developing a Well-Rounded Medical Application

Instructions: In the left column, indicate individual traits that demonstrate your capacity to succeed in medical school (e.g., cognitive capacity, interest in medical school, or commitment to helping others). Then indicate the aspect within the medical school application process in which you would provide evidence of achievement for that trait by inserting an 'X' or examples (e.g., family member affected by a terminal illness in the personal essay to demonstrate commitment to medicine).

Below indicate individual traits that highlight your readiness to succeed in medical school	Application: Open ended questions	Work and Research Experience	Unpaid Community Service, Extra-curricular activities	GPA/MCATS	Personal Essay	Recommendation Letters	Interview