
INITIAL PRE-HEALTH SELF-ASSESSMENT: FOR FIRST-YEAR STUDENTS

CIRCLE ALL THE CAREERS THAT YOU ARE INTERESTED IN AND/OR WOULD LIKE TO LEARN MORE ABOUT.

Chiropractic

Dentistry

Genetic Counseling

Health Administration

Health Education

Human Medicine

Naturopathic Medicine

Nursing (RN)

APRN (Nurse Practitioner,
Certified Nurse Midwife, Certified
Registered Nurse Anesthetist,
Clinical Nurse Specialist)

Occupational Therapy

Optometry

Pharmacy

Physical Therapy

Physician Assistant

Podiatry

Public Health

Research

Veterinary Medicine

Other health career(s): _____

SELECT *ONE* OF THE CAREERS THAT YOU CIRCLED ABOVE AND BRIEFLY EXPLAIN WHY YOU WANT TO PURSUE THAT CAREER.

WHAT MORE WOULD YOU LIKE TO LEARN ABOUT THAT CAREER?

MORE ABOUT YOU

WHAT DO YOU LOVE TO DO? (THIS COULD BE ANYTHING! NO LIMITS.)

WHAT DO YOU DISLIKE DOING?

WHAT ARE NEW AREAS OF INTEREST THAT YOU WOULD LIKE TO EXPLORE? (THIS IS NOT SPECIFICALLY IN REFERENCE TO A PROFESSION, BUT ANYTHING YOU CAN THINK OF – HOBBIES, ACADEMICS, SERVICE OPPORTUNITIES, ETC...)

WHAT DO YOU FEEL PASSIONATELY ABOUT? (TRY TO FOCUS YOUR RESPONSE ON AN IDEA, PHILOSOPHY, GOAL, ETC. AS OPPOSED TO AN ACTIVITY OR PERSON.)

LIST THREE PERSONAL QUALITIES THAT YOU CONSIDER TO BE YOUR STRENGTHS. FOR EACH ONE, TRY TO THINK OF AN EXAMPLE OF SOMETHING YOU HAVE *DONE* THAT DEMONSTRATES THIS QUALITY.

LIST THREE AREAS OF PERSONAL GROWTH FOR YOU – THAT IS, AREAS IN WHICH YOU FEEL YOU HAVE ROOM TO GROW. THIS COULD BE IN ANY AREA OF LIFE (E.G. ACADEMICS, PERSONAL, PROFESSIONAL...).

NEXT STEPS

AS YOU THINK ABOUT HOW YOU WILL EXPLORE YOUR PROFESSION(S) OF INTEREST AND HOW YOU MAY WORK TOWARDS BECOMING A QUALIFIED APPLICANT FOR PROFESSIONAL SCHOOL, FOCUS ON THESE AREAS:

- Follow your passions.
- Seek experiences that will help you improve in the areas that you identified as areas of personal growth.
- Ensure that you pursue opportunities that allow you to continuously learn more about the profession you hope to enter. If you find yourself uninterested in such opportunities, reflect on that! It could be an indication that a different profession may be a better fit.
- Ongoing reflection and self-assessment are important pieces of the process.

IF YOU WOULD LIKE TO DISCUSS YOUR SELF-ASSESSMENT AND NEXT STEPS WITH A PRE-HEALTH ADVISOR, PLEASE VISIT CLAPP 125 TO MAKE AN APPOINTMENT.