

These essays will aid in preparation for secondary applications to health profession schools during the summer; many of the prompts were taken directly from questions asked by schools (in which case the school is indicated in parentheses). Please do not repeat information already included in your autobiography – we want to learn something new about you. Answer for the health professional program to which you’re applying.

**Please answer *at least two* of the following. Answers should be approximately 300-600 words.**

1. What has been your most humbling experience and how will that experience affect your interactions with your peers and patients? (Duke)
2. The Committee on Admissions regards the diversity of an entering class as important in serving the mission of the school. The Committee strongly encourages you to share unique, personally important, and/or challenging factors in your background, such as the quality of your early educational environment, socioeconomic status, culture, race, ethnicity, sexual orientation, gender identity, and life or work experiences. Please discuss how such factors have influenced your goals and preparation for a career in medicine (Stanford).
3. The ultimate goal of our institution is to produce a population of physicians with a collective desire to improve health of all segments of our society through the outstanding patient care, research and education. In this context, where do you see your future medical career (academic medicine, public health, primary care, research, business/law, etc.) and why? Your answer need not be restricted to one category. If your plans require that you complete a dual degree program, please elaborate here. (NYU)
4. Reflect upon experiences, activities or accomplishments that demonstrate each of the pre-professional competencies listed below. Your responses will be limited to one paragraph for each competency, and should include: 1) examples of situations in which demonstrated each competency; 2) your actions and resulting consequences; and 3) what you learned as a result. (adapted from RWJMS)

Pre-professional Competencies:

- integrity and ethics
- desire to learn
- teamwork skills
- resilience and adaptability
- reliability and dependability
- service orientation
- cultural competence

5. Medical schools recognize “distance traveled” as a factor in evaluating candidates. Distance traveled can be anything that made the road to medical school more challenging than it may be for others, including having to work to support yourself or your family; experiencing prejudice or stereotype threat; having less access to resources and opportunities growing up based on geography, background, or other factors; being a first generation student. Without restating verbatim from your autobiography, tell us about the distance you have traveled in your preparation to become a physician and how it has shaped your vision of your future.
6. Tell us about something you are passionate about and why. (U Michigan)
7. What has been your ONE most important volunteer endeavor and why was it meaningful? (UCLA)
8. Tell us about leadership experiences you have had and what you have learned about your strengths and areas to improve as a leader.
9. If no career opportunities were available in health care right now, what would your career plans be and why?
10. What will the biggest challenges be for you as a doctor (dentist, vet, etc.)? What satisfactions do you hope to receive from your career?