This Intake Form is required of all students who intend to apply to medical or dental school with a Princeton University committee letter of recommendation. Please review the Applicant Information Session slides and Applicant Handbook as you complete this form. Google Docs version of this form: https://bit.ly/2023-HPAintake.

### Demographic Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Click or tap here to enter text.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email</td>
<td>Click or tap here to enter text.</td>
</tr>
<tr>
<td>Pronouns (optional)</td>
<td>Pronouns</td>
</tr>
<tr>
<td>AAMC ID</td>
<td>AAMC ID</td>
</tr>
<tr>
<td>Princeton Student ID</td>
<td>Student ID</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class year</th>
<th>Class Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intended matriculation year</td>
<td>Matriculation Year</td>
</tr>
</tbody>
</table>

| To which professional program(s) will you apply? | Professions |

### Self-Assessment

When considering the strength of your candidacy, the most significant variables include: 1) academic performance (GPA & test score, supported by rec letters); 2) involvement in health-related experiences; 3) development and demonstration of the AAMC Core Competencies for Entering Medical Students. In light of these variables, it is important that you honestly and holistically assess your developing profile as a prospective applicant. Please respond to the following prompts and comment on these aspects of your candidacy below.

### Academic preparation & thinking and reasoning competencies

Please calculate your undergraduate GPA, science and overall, for each academic year:

<table>
<thead>
<tr>
<th></th>
<th>BCPM (Science)</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>First-Year</td>
<td>Click here to enter text.</td>
<td>Click here to enter text.</td>
</tr>
<tr>
<td>Sophomore</td>
<td>Click here to enter text.</td>
<td>Click here to enter text.</td>
</tr>
<tr>
<td>Junior</td>
<td>Click here to enter text.</td>
<td>Click here to enter text.</td>
</tr>
<tr>
<td>Senior</td>
<td>Click here to enter text.</td>
<td>Click here to enter text.</td>
</tr>
<tr>
<td>Postbac Undergrad</td>
<td>Click here to enter text.</td>
<td>Click here to enter text.</td>
</tr>
<tr>
<td>Cumulative</td>
<td>Click here to enter text.</td>
<td>Click here to enter text.</td>
</tr>
</tbody>
</table>

If you plan to take additional science courses before you apply, list them here:

Click or tap here to enter text.

**Most recent / upcoming standardized test date:**

---

1. This is the number assigned to you when you register for your MCAT. Dental applicants can leave this blank.
2. This is the nine-digit number starting with 9 on your Princeton ID.
3. e.g., allopathic medicine (MD), osteopathic medicine (DO), MD/PhD, DO/PhD, dental
4. Use the [HPA GPA calculator](#) or other calculator of your choice to compute your GPA.
**Most recent standardized test score:**

Click or tap here to enter text.

**Please respond to the following statements and comment on your academic preparation & thinking/reasoning competencies:**

<table>
<thead>
<tr>
<th>Statement</th>
<th>strongly disagree</th>
<th>disagree</th>
<th>agree</th>
<th>strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>My academic metrics (GPA, test score) align with schools I’m interested in (use the Selecting Schools spreadsheet for GPA/MCAT info for MD/DO schools).</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am confident in my readiness for the academic rigor of the professional school science curriculum.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I can obtain two letters of recommendation that support my readiness for the academic rigor of the professional school science curriculum.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I can describe how my academic choices (concentration, classes, research) have helped me prepare for my future profession.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am confident in my written communication skills.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please share any comments or concerns that you have about your academic preparation and metrics:

Click or tap here to enter text.

**Knowledge of & Experience in Healthcare Settings**

**In 1-2 paragraphs, describe your purpose and motivation for pursuing your chosen career:**

Click or tap here to enter text.

**Describe 2-3 activities that have given you a realistic understanding of “what you’re getting yourself into” by pursuing your chosen career:**

Click or tap here to enter text.

**Please respond to the following statements and comment on your knowledge of and experience in healthcare settings:**

<table>
<thead>
<tr>
<th>Statement</th>
<th>strongly disagree</th>
<th>disagree</th>
<th>agree</th>
<th>strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have had enough concrete, personal experience in healthcare settings to convince others that I have a realistic understanding of my future profession.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Through my experiences, I can demonstrate my readiness and ability to care for others from diverse backgrounds who have medical needs.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I can confidently articulate my motivation for my chosen profession.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am confident that my recommendation writers can speak to my readiness and “fit” for my chosen profession.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Please share any comments or concerns that you have about your knowledge of healthcare/medicine and clinical experience:
Click or tap here to enter text.

Interpersonal & other AAMC Competencies

Please respond to the following statements and comment on your interpersonal competencies:

<table>
<thead>
<tr>
<th>Statement</th>
<th>strongly disagree</th>
<th>disagree</th>
<th>agree</th>
<th>strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Through my academic and cocurricular experiences, I have demonstrated my service orientation and commitment to civic engagement.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Through my academic and cocurricular experiences, I have demonstrated my respect for and ability to work with individuals from backgrounds different from my own.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Through my academic and cocurricular experiences, I have demonstrated my ability to work collaboratively with others toward shared goals.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am confident in my oral communication skills.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please share any comments or concerns that you have about your interpersonal competencies:
Click or tap here to enter text.

Consider the AAMC core competencies for entering students

<table>
<thead>
<tr>
<th>Competency Area</th>
<th>Service orientation</th>
<th>Social skills</th>
<th>Cultural competence</th>
<th>Teamwork</th>
<th>Oral communication</th>
<th>Ethical responsibility to self &amp; others</th>
<th>Reliability and dependability</th>
<th>Resilience and adaptability</th>
<th>Capacity for improvement</th>
<th>Critical thinking</th>
<th>Quantitative reasoning</th>
<th>Scientific inquiry</th>
<th>Written communication</th>
</tr>
</thead>
</table>

Identify your three most well-developed competencies and describe how you demonstrate each of them through your academics and activities.

Competency 1: Click or tap here to enter text.
Evidence of competency: Click or tap here to enter text.

Competency area 2: Click or tap here to enter text.
Evidence of competency: Click or tap here to enter text.

Competency area 3: Click or tap here to enter text.
Evidence of competency: Click or tap here to enter text.

What areas of your candidacy do you hope to continue to improve before you apply? Include ideas on how to address these areas before/as you apply.
Click or tap here to enter text.

Additional Information
If you have already graduated, briefly describe your activities since graduation:
Click or tap here to enter text.

If you have applied to health professions schools before, describe the ways that you have improved your candidacy since your last application:
Click or tap here to enter text.

What questions or concerns do you have about the application process at this point?
Click or tap here to enter text.

Tell us something interesting or unique about you that we don’t already know:
Click or tap here to enter text.

Please submit a copy of this form through Canvas prior to your applicant intake appointment / scheduling your preapplication interview.
This profile provides helpful information as we prepare your committee letter, and it will facilitate your application process. The more complete and accurate the information you provide, the better informed we will be in preparing your letter, and the more prepared you will be when you apply. Please take your time to complete this profile comprehensively and thoughtfully.

I. **BIOGRAPHIC AND DEMOGRAPHIC INFORMATION**

| Full Name: | Name. |
| Preferred/Nickname: | Nickname. |
| Class Year: | Class |
| Permanent Email: | Email. |
| Citizenship: | Citizenship |
| Preferred Phone: | Phone. |
| State residency: | State |
| Concentration: | Concentration. |
| Certificate(s): | Certificates. |
| Program(s) of interest1: | Programs of Interest. |

**Language proficiency:**

- Let us know if you grew up speaking a language other than English or have studied other languages, and the extent of your language ability in other languages (e.g., fluent, proficient, basic).

Click or tap here to enter text.

**Family background:**

- Describe the education level and occupations of your parent(s) and/or guardian(s) while you were growing up. Describe any challenges your family faced from your childhood to the present (or if you prefer, share this information in your autobiography).

Click or tap here to enter text.

- If there are doctors or other health professionals in your immediate or extended family, please list their professions and their relationship to you.

Click or tap here to enter text.

- Do you wish to be considered a “disadvantaged” applicant by any of your designated medical schools that may consider social, economic, and educational inequity in their holistic review of candidates?

Click or tap here to enter text.

- If you answered yes above, please include information about your background that may have created barriers to your success relative to peers (e.g., working due to family financial difficulties and thus having less time to devote to other activities; attending low-performing schools; lacking adequate access to resources; having to take on responsibilities that would not normally be expected for someone your age).

Click or tap here to enter text.

II. **ACADEMIC PREPARATION**

**Schools Attended:**

1 MD, DO, MD/PhD, DO/PhD, Other
If you attended any colleges or universities other than Princeton—before, during, or after your time at Princeton—please list them here. Please send HPA a copy of your unofficial transcripts from other schools.

<table>
<thead>
<tr>
<th>Name of School</th>
<th>Dates Attended</th>
<th>Course(s) Taken and Grades</th>
</tr>
</thead>
<tbody>
<tr>
<td>School</td>
<td>Dates</td>
<td>Courses and Grades</td>
</tr>
<tr>
<td>School</td>
<td>Dates</td>
<td>Courses and Grades</td>
</tr>
<tr>
<td>School</td>
<td>Dates</td>
<td>Courses and Grades</td>
</tr>
</tbody>
</table>

**Grade Point Averages:**

Please calculate your BCPM (biology, chemistry, physics and math GPA) and cumulative GPA, for each year, and cumulatively. Do not include courses that are not reflected on a US college/university transcript, but include courses taken outside of Princeton at other US institutions. Refer to the Applicant Handbook for instructions or use the HPA GPA Calculator. Summer courses should be calculated into the preceding year (so a class taken in Summer 2018 is part of the 2018-19 academic year).

<table>
<thead>
<tr>
<th></th>
<th>BCPM</th>
<th>Cumulative²</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>GPA</td>
<td># Credits</td>
</tr>
<tr>
<td>College courses taken in High School¹</td>
<td></td>
<td></td>
</tr>
<tr>
<td>First-year courses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sophomore year courses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junior year courses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senior year courses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Undergrad courses taken after graduation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>All undergrad courses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Graduate Courses taken after graduation</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Context regarding academic performance:**

If you feel that there were circumstances (e.g., relatively weak high school preparation, illness, personal situations) that negatively affected your academic performance, please describe them here. We will not include this information in your committee letter without prior discussion with you, but this information will help us contextualize your metrics:

Click or tap here to enter text.

**Thesis**

**Title (if known):** Click or tap here to enter text.

**Adviser (if known):** Click or tap here to enter text.

**Briefly describe your thesis research:**

Click or tap here to enter text.

**MCAT Score(s):**

- **Briefly describe your MCAT preparation (time spent, materials used):**

Click or tap here to enter text.

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¹ Cumulative GPA by year should include only courses taken during that time period (not collectively through that period).
² Only include courses at colleges or universities taken during high school for which you have grades recorded on a college/university transcript.
HPA PREAPPLICATION PROFILE – 2023 MATRICULATION

Please attach a copy of your MCAT score report to this form (you can embed a screen shot here or attach a separate document via Canvas).

If you plan to take or retake the MCAT, please indicate your intended date: Click or tap here to enter text.

III. **LETTERS OF RECOMMENDATION**

From whom should we expect letters of recommendation?
You can request as many letters as you wish, then you will select the 3-6 letters that are included in your committee letter. Two must speak to your readiness for the medical school science curriculum, and at least one of these must be written by an individual who has taught you in a science course at Princeton. This list may still be tentative.

<table>
<thead>
<tr>
<th>Type</th>
<th>Recommender Name</th>
<th>In what context do you know the recommender? (please specify which class(es) if it’s a classroom letter)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Science Class (req’d)</td>
<td>Click or tap here to enter text.</td>
<td>Click or tap here to enter text.</td>
</tr>
<tr>
<td>Science (req’d)</td>
<td>Click or tap here to enter text.</td>
<td>Click or tap here to enter text.</td>
</tr>
<tr>
<td>Other (req’d)</td>
<td>Click or tap here to enter text.</td>
<td>Click or tap here to enter text.</td>
</tr>
<tr>
<td>Other Ideas</td>
<td>Click or tap here to enter text.</td>
<td>Click or tap here to enter text.</td>
</tr>
</tbody>
</table>

IV. **SCHOOL PREFERENCES**

We do not expect you to know where you will apply. This information will help you reflect on your school interests and give advisors guidance on how to help you craft your list.

**Geography:**
Where in the US/Canada have you spent significant time in the past (e.g., growing up, summer internships, post-graduation)?
Click or tap here to enter text.
In what states do you have personal ties?
Click or tap here to enter text.
Are there other location factors that you’re considering in your application (e.g., urban/rural, climate, access to certain patient populations, cultural diversity, other opportunities)?
**Mission:** Which mission statement is most appealing to you and why?

**A:** As a preeminent academic medical center that supports the highest-quality education, research, and patient care, the X School of Medicine will (1) educate and inspire scholars and future leaders who will advance the practice of medicine and the biomedical sciences; (2) advance medical knowledge to sustain and improve health and to alleviate suffering caused by illness and disease; and (3) provide outstanding care and service for patients in a compassionate and respectful manner.

**B:** X Medical School is committed to providing humanistic education in the art and science of medicine within a scientific and scholarly community in which inclusivity, excellence in patient care, innovative teaching, research, and service to our community are valued. Our core values include a commitment to: diversity, personal mentorship, professionalism, collaboration and mutual respect, civic responsibility, patient advocacy, and life-long learning.

**C:** X Medical School’s mission is to be a premier research-intensive medical school that improves health through leadership, diversity and a collaborative approach to discovery and innovation in patient care, education and research.

**D:** X School of Medicine is dedicated to providing excellence in both undergraduate and graduate medical education, research and health care for New Jersey and the nation. An emphasis on primary health care and community health services reflects the School’s philosophy, with specialty care and centers of excellence demonstrating our commitment to innovation and quality in all endeavors. The School seeks to develop clinically skillful, compassionate and culturally competent physicians from diverse backgrounds, who are prepared to become leaders in their communities.

**Focal Areas:** If you were to pursue a scholarly concentration in medical school, which of these would be of greatest interest (choose up to three):

- [ ] Bioengineering
- [ ] Public Health
- [ ] Bioethics
- [ ] Basic Science Research
- [ ] Global Health
- [ ] Social Science
- [ ] Translational Research
- [ ] Primary Care Leadership
- [ ] Medical Humanities
- [ ] Clinical Research
- [ ] Rural Health
- [ ] Alternative Medicine
- [ ] Bio/Medical Informatics
- [ ] Business/Health Administration
- [ ] Other (describe below)

Comments about academic interests:

Click or tap here to enter text.

**Activities/Student Organizations:** Are there certain student organizations/activities (e.g., religious, cultural, arts, service, athletic, social, clinical activities) that you will seek in medical school? These may or may not be activities you participated in while at Princeton.

Click or tap here to enter text.

**Are there medical schools that you are already interested in based on personal experience or advice from mentors, peers, and others?**

Click or tap here to enter text.

**What other factors if any, are guiding your school selections?**

Click or tap here to enter text.
Using the resources on Canvas as a guide, please list up to fifteen schools that you are currently interested in.

1. Click or tap here to enter text.
2. Click or tap here to enter text.
3. Click or tap here to enter text.
4. Click or tap here to enter text.
5. Click or tap here to enter text.
6. Click or tap here to enter text.
7. Click or tap here to enter text.
8. Click or tap here to enter text.
9. Click or tap here to enter text.
10. Click or tap here to enter text.
11. Click or tap here to enter text.
12. Click or tap here to enter text.
13. Click or tap here to enter text.
14. Click or tap here to enter text.
15. Click or tap here to enter text.

V. **Institutional Action / Criminal Record Disclosure**

HPA is committed to helping applicants present themselves in the best possible light. This presentation must be made with honesty and integrity, in keeping with the ethical standards set forth in the University publication, *Rights, Rules, Responsibilities*. Students who were placed on academic or disciplinary probation or suspension must report such instances and discuss them with HPA. The application services for health professions schools require the same disclosure. If you are not certain whether or not you have been the subject of an institutional action, contact your Dean or Director of Studies or the Office of Undergraduate Students for confirmation of your record.

- Were you ever the recipient of any institutional action (e.g., probation, suspension, dismissal) by any college for unacceptable academic performance or conduct violation, even though such action may not have interrupted your enrollment or required you to withdraw?

  Click or tap here to enter text.

- Have you ever been convicted of, or pleaded guilty or no contest to, a felony or misdemeanor crime?

  Click or tap here to enter text.

If you answered “yes” to either of the above, please include a short description of the action(s) and corresponding circumstances, and what you learned from the situation. Health professions schools understand that many individuals learn from the past and emerge stronger as a result. Full disclosure will enable them to more effectively evaluate this information within the context of your credentials.

Click or tap here to enter text.

VI. **Verification of Committee Letter Eligibility**

Please acknowledge that you meet the HPA eligibility criteria for a committee letter by verifying that each of the following statements is true:

- I have taken at least half of the prehealth prerequisite science courses at Princeton.
- I will graduate / have graduated no more than five years prior to my expected professional school matriculation (e.g., class of 2018 for 2023 matriculation).
- I will receive at least two letters that speak to my readiness for the medical school science curriculum, at least one from someone who has taught me in a science course at Princeton.
- I have not been accepted to a health professions school via the regular application process in the past.
- I will participate in a HPA preapplication interview and adhere to HPA deadlines for preapplication materials, interview scheduling, and application submission.
- I will provide HPA with a copy of my verified primary application(s).
VII. RELEASE OF INFORMATION

I understand that the committee letter from the Office of Health Professions Advising is based upon the education records of Princeton University undergraduates, including those records in the Offices of the Registrar, the Dean of the College, and the Dean of Undergraduate Students. Such records may include: 1) information regarding my academic performance at Princeton University, 2) all academic sanctions arising from deficient scholarship, and 3) disciplinary action as recorded in the Office of the Dean of Undergraduate Students. I acknowledge that Health Professions Advising has access to my education records relevant to preparing my committee letter and will share relevant information with schools to which I apply.

Signature: ___________________________ Date: ________________

VIII. REQUEST FOR A COMMITTEE LETTER & WAIVER STATEMENT

I consent to the letters reported on my File Completion Form being made available to health professional schools to which I apply. I further request that the Office of Health Professions Advising (HPA) prepare a committee letter for me and consent to HPA’s disclosure of it to the same persons and institutions as my letters of recommendation. I also consent to the use of my recommendations and committee letter in support of my candidacy for relevant prizes, awards, fellowships, or grants for which I may apply. I understand that they will be used only for the purposes stated above and that these materials will not otherwise be used without my written consent. This statement is provided in connection with the Family Educational Rights and Privacy Act of 1974.

Do you waive your rights of access to your letters of recommendation?

☐ YES: I waive my right of access to these letters. They may be considered confidential and will not be made available to me without prior consent of the authors. I understand that this waiver is not required as a pre-condition of the preparation of the committee letter.

☐ NO: I have read the waiver statement above and do not wish to waive my right of access. I have discussed this decision with an HPA adviser.

Signature: ___________________________ Date: ________________
DEADLINE

- One week prior to your scheduled preapplication interview

PURPOSE

- To prepare you to complete the work/activities section of the professional school common application.
- To give HPA details about how you spent your time and how you developed personally and professionally from your experiences outside of academics.

ACTIVITIES OVERVIEW GUIDELINES

- Include any structured activity that you were involved in outside of class. (e.g., jobs, student orgs, volunteering, internships, research).
- When there’s an activity that’s especially heavy in a couple of weeks but light in others (like performing in a dance group with a heavy tech and performance schedule), add up all of the hours over the course of the semester and divide by the 12 weeks of the term.
- Add meaningful one-off or short-term activities but don’t include them in the weekly averages.
- Add or remove rows as necessary.
- Add sections for pre- or mid-college gap years or additional glide years, add those in as well.

ACTIVITIES LIST GUIDELINES

The Activities List is a narrative version of a resume.

- Be sure that it’s easy to follow the dates and times for each endeavor if you group multiple items.
- Include:
  - High school activities that are particularly relevant to your prehealth preparation (e.g., research, clinical, activities that you continued into college).
  - All college and gap year experiences
- Choose up to three “most meaningful” experiences.
- Include future experiences if they have been confirmed (e.g., glide year job if you’re a senior).
- There is no word limit for the HPA Activities List. When you complete your AMCAS Work and Activities section, entries will be limited to 15 experiences (up to four date/time occurrences for each), 700 character limit for each (with an additional 1,325 characters for the three “most meaningful” activities).

Experience Type

For Experience Type, choose one of the following (this mirrors the experience types on the AMCAS):

- Volunteering: Medical/Clinical
- Volunteering: Not Medical/Clinical
- Shadowing
- Artistic Endeavors
- Conference Attended
- Extracurricular Activity
- Hobby
- Honors/Awards/Recognition
- Intercollegiate Athletics
- Leadership Not Listed Elsewhere
- Military Service
- Paid Employment: Medical/Clinical
- Paid Employment: Not Medical
- Presentations, Posters, Publications
- Research/Lab
- Teaching/Tutoring/TA
Example activities you might include (in no particular order)

- Eagle Scout / Gold Award
- National Youth Leadership Forum
- Student government
- Camp counselor
- Bridge year
- FSI / SIFP
- Study abroad experiences
- Campus/department committee participation
- Student organization participation/leadership
- Eating club / Greek life leadership
- Leadership in religious activities
- Breakout trip participation
- OA/CA/DDA Leader
- RCA
- Peer Health Advisor, SHARE Peer, SHAB
- Res college / HPA peer academic adviser
- Work study jobs
- Tutoring
- Writing Center consultant
- Shadowing
- Hospital volunteering
- Caretaking/ personal care assistant
- Summer internships, jobs, research
- Thesis research
- Conference presentations
- Authorship on publications
- Athletics participation
- Hobbies
- Honors including Phi Beta Kappa, Shapiro award, departmental honors
- Next year activities (if known)

ACTIVITIES OVERVIEW EXAMPLE

<table>
<thead>
<tr>
<th>Fall 2020 Activity</th>
<th>Hours/Week</th>
<th>Spring 2021 Activity</th>
<th>Hours/Week</th>
<th>Summer 2021 Activity</th>
<th>Hours/Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>PU Orchestra (PUO)</td>
<td>5</td>
<td>PUO</td>
<td>5</td>
<td>IIP Internship (Jun-Aug)</td>
<td>40</td>
</tr>
<tr>
<td>TA for Organic Chem</td>
<td>5</td>
<td>TA for Organic Chem</td>
<td>5</td>
<td>Thesis research</td>
<td>20</td>
</tr>
<tr>
<td>Peer Academic Advisor (PAA)</td>
<td>3</td>
<td>PAA</td>
<td>2</td>
<td>Virtual Shadowing (Aug, 50 hours total)</td>
<td>20</td>
</tr>
<tr>
<td>Matriculate advising</td>
<td>2</td>
<td>Matriculate</td>
<td>2</td>
<td>MCAT study</td>
<td>20</td>
</tr>
<tr>
<td>JR total hours per week by term:</td>
<td>15</td>
<td>19</td>
<td>40-60</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

ACTIVITIES LIST EXAMPLE

**Experience Name:** Physician Shadowing (Live and Virtual)

**Experience Type:** Shadowing

**Contact Name & Title:** 1) Alex Tiger, MD; 2) Chris Nassau, DO; 3) Ryan Pyne, MD; 4) prehealthshadowing.com

**Contact Email/Phone:** alex.tiger@alumni.princeton.edu (others on request)

**Organization Name:** 1) Penn Med Princeton Medical Center; 2) private practice; 3) NY Presbyterian Hospital; 4) virtual

**Location:** Princeton; Gary, Indiana; NYC; online


**Approx Hours/Week:** 58 in person; 50 hours virtual

**Approx Total Hours:** 108

**Is this one of your three most meaningful experiences?** No

**Why did you choose this activity?**

To gain a better appreciation of the day to day work of physicians. I wanted to observe different settings and specialties so I chose my shadowing based on that.
What did you do in this activity? What did you learn? How did you grow personally/professionally? How did you demonstrate or develop competencies?

At Penn PMC, I spent two days (10 hours) attending trauma rounds with the Chief of Surgery and saw patients with massive, life-threatening injuries. I spent a week (40 hours) at the private practice, where the cooperative interaction among the medical staff, as well as a strong sense of teamwork and intellectual sharing, impressed me; I look forward to this atmosphere as a clinician. Over two days (8 hours) in the ER at NY Presbyterian, I saw how complex cases required rapid assessments of patients who were often unable to communicate their symptoms. Physicians quickly determined a plan of action and spoke to patients and families with utmost patience and compassion. From all of these experiences, I saw how the role of physician is broader than treating just the patient’s illness; it includes providing information, reassurance, or solace to the family. Virtual shadowing helped me learn about a variety of specialties and think through the cases that were presented via videos. A friend and I sought out as many videos as we could find and discussed them together, and I wrote reflective journal entries on what I observed.

How this may translate on the application:

<table>
<thead>
<tr>
<th>Experience Type:</th>
<th>Physician Shadowing/Clinical Observation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experience Name:</td>
<td>Live &amp; Virtual Shadowing</td>
</tr>
<tr>
<td>Dates:</td>
<td>03/2017 - 03/2017</td>
</tr>
<tr>
<td>Total Hours:</td>
<td>10</td>
</tr>
<tr>
<td>Dates:</td>
<td>07/2019 - 07/2019</td>
</tr>
<tr>
<td>Total Hours:</td>
<td>40</td>
</tr>
<tr>
<td>Dates:</td>
<td>09/2019 - 09/2019</td>
</tr>
<tr>
<td>Total Hours:</td>
<td>8</td>
</tr>
<tr>
<td>Dates:</td>
<td>03/2020 - 08/2021</td>
</tr>
<tr>
<td>Total Hours:</td>
<td>50</td>
</tr>
<tr>
<td>Contact Name &amp; Title:</td>
<td>Ryan Pyne, MD</td>
</tr>
<tr>
<td>Contact Email:</td>
<td><a href="mailto:ryan.pyne@gmail.com">ryan.pyne@gmail.com</a></td>
</tr>
<tr>
<td>Organization Name:</td>
<td>NY Presbyterian Hospital (and others)</td>
</tr>
<tr>
<td>City / State / Country:</td>
<td>New York / NY / United States of America (the)</td>
</tr>
<tr>
<td>Experience Description:</td>
<td>I sought broad exposure to different specialties (emergency, family medicine, surgery) and settings (private practice, community ER, large hospital). Last year, a group of peers and I participated in three virtual programs, learning about a range of MD career pathways and discussing our observations. These experiences broadened my appreciation for the diversity of career options, all unified by the themes of service to society, developing trusting individual relationships, and steering learning, which drew me to medicine. The strong sense of teamwork and intellectual sharing impressed me; I look forward to this atmosphere as a clinician. Additional contact information available upon request.</td>
</tr>
</tbody>
</table>
**ACTIVITIES OVERVIEW & TIME SPENT (SEE INSTRUCTIONS ABOVE)**

<table>
<thead>
<tr>
<th></th>
<th>Fall</th>
<th>Spring</th>
<th>Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Freshman Year</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fall</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activity</td>
<td>Hours/Week</td>
<td>Activity</td>
<td>Hours/Week</td>
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<tr>
<td></td>
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<td></td>
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<tr>
<td><strong>Sophomore Year</strong></td>
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<tr>
<td><strong>Fall</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activity</td>
<td>Hours/Week</td>
<td>Activity</td>
<td>Hours/Week</td>
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<tr>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td><strong>Junior Year</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fall</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activity</td>
<td>Hours/Week</td>
<td>Activity</td>
<td>Hours/Week</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Senior Year</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fall</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activity</td>
<td>Hours/Week</td>
<td>Activity</td>
<td>Hours/Week</td>
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<tr>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>Glide Year</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fall</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activity</td>
<td>Hours/Week</td>
<td>Activity</td>
<td>Hours/Week</td>
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</tbody>
</table>

Frosh total hours per week by term:

| Fall hours per week: | 0 |
| Spring hours per week: | 0 |
| Summer hours per week: | 0 |

Soph total hours per week by term:

| Fall hours per week: | 0 |
| Spring hours per week: | 0 |
| Summer hours per week: | 0 |

Junior total hours per week by term:

| Fall hours per week: | 0 |
| Spring hours per week: | 0 |
| Summer hours per week: | 0 |

Senior total hours per week by term:

| Fall hours per week: | 0 |
| Spring hours per week: | 0 |
| Summer hours per week: | 0 |

Glide total hours per week by term:

| Fall hours per week: | 0 |
| Spring hours per week: | 0 |
| Summer hours per week: | 0 |
ACTIVITIES LIST (see instructions above)

Use the template below for each of your activities, adding / deleting as many copies as necessary.

<table>
<thead>
<tr>
<th>Experience Name:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Experience Type:</strong></td>
<td></td>
</tr>
<tr>
<td>Contact Name &amp; Title:</td>
<td></td>
</tr>
<tr>
<td>Contact Email / Phone:</td>
<td></td>
</tr>
<tr>
<td>Organization Name:</td>
<td></td>
</tr>
<tr>
<td>Location:</td>
<td></td>
</tr>
<tr>
<td>Most meaningful?</td>
<td></td>
</tr>
<tr>
<td>Participation dates:</td>
<td></td>
</tr>
<tr>
<td>Approx Hours/Week:</td>
<td>Approx Total Hours:</td>
</tr>
<tr>
<td>Is this one of your three most meaningful activities?</td>
<td></td>
</tr>
</tbody>
</table>

**Why did you choose this activity?**

What did you do in this activity? What did you learn? How did you grow personally/professionally? How did you demonstrate or develop competencies?

---

**Academics / Research**

(e.g., thesis, research internships, study abroad, publications, presentations, conferences attended, honors, awards)

<table>
<thead>
<tr>
<th>Experience Name:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Experience Type:</strong></td>
<td></td>
</tr>
<tr>
<td>Contact Name &amp; Title:</td>
<td></td>
</tr>
<tr>
<td>Contact Email / Phone:</td>
<td></td>
</tr>
<tr>
<td>Organization Name:</td>
<td></td>
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<tr>
<td>Location:</td>
<td></td>
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<tr>
<td>Most meaningful?</td>
<td></td>
</tr>
<tr>
<td>Participation dates:</td>
<td></td>
</tr>
<tr>
<td>Approx Hours/Week:</td>
<td>Approx Total Hours:</td>
</tr>
<tr>
<td>Is this one of your three most meaningful activities?</td>
<td></td>
</tr>
</tbody>
</table>

**Why did you choose this activity?**

What did you do in this activity? What did you learn? How did you grow personally/professionally? How did you demonstrate or develop competencies?

---

**Clinical Exposure** (Direct work with health professionals and/or patients)

(e.g., shadowing, hospital or hospice volunteering, scribe, EMT, CNA, caretaking for family members)
Health-Related Experience  
(e.g., student organizations that raise awareness about health issues, health education initiatives)

Experience Name:  
Experience Type:  
Contact Name & Title:  
Contact Email / Phone:  
Organization Name:  
Location:  
Most meaningful?  
Participation dates:  
Approx Hours/Week:  
Approx Total Hours:  
Is this one of your three most meaningful activities?  

Why did you choose this activity?  

What did you do in this activity? What did you learn? How did you grow personally/professionally? How did you demonstrate or develop competencies?  

Civic Engagement  
(e.g., volunteering in the community)
Contact Email / Phone: _____________________________________________
Organization Name: _____________________________________________
Location: _______________________________________________________
Most meaningful? ________________________________
Participation dates: ________________________________
Approx Hours/Week: ________________________________ Approx Total Hours: ________________________________
Is this one of your three most meaningful activities? ________________
Why did you choose this activity?
____________________________________________________________

What did you do in this activity? What did you learn? How did you grow personally/professionally? How did you demonstrate or develop competencies?
____________________________________________________________

Campus Engagement (e.g., athletics, leadership or participation in student organizations, peer tutoring/TA, campus employment)
Experience Name: _____________________________________________
Experience Type: _____________________________________________
Contact Name & Title: _____________________________________________
Contact Email / Phone: _____________________________________________
Organization Name: _____________________________________________
Location: _______________________________________________________
Most meaningful? ________________________________
Participation dates: ________________________________
Approx Hours/Week: ________________________________ Approx Total Hours: ________________________________
Is this one of your three most meaningful activities? ________________
Why did you choose this activity?
____________________________________________________________

What did you do in this activity? What did you learn? How did you grow personally/professionally? How did you demonstrate or develop competencies?
____________________________________________________________

Employment not listed elsewhere (e.g., summer jobs or other paid opportunities)
Experience Name: _____________________________________________
Experience Type: _____________________________________________
Contact Name & Title: _____________________________________________
Contact Email / Phone: _____________________________________________
Organization Name: _____________________________________________
Location: _______________________________________________________

Most meaningful?
Participation dates:  
Approx Hours/Week:  Approx Total Hours:  
  Is this one of your three most meaningful activities?  
Why did you choose this activity?

What did you do in this activity? What did you learn? How did you grow personally/professionally? How did you demonstrate or develop competencies?

Everything Else  (e.g., hobbies, artistic endeavors, military service)

Experience Name:  
Experience Type:  
Contact Name & Title:  
Contact Email / Phone:  
Organization Name:  
Location:  
Most meaningful?
Participation dates:  
Approx Hours/Week:  Approx Total Hours:  
  Is this one of your three most meaningful activities?  
Why did you choose this activity?

What did you do in this activity? What did you learn? How did you grow personally/professionally? How did you demonstrate or develop competencies?
DEADLINE

• One week prior to your scheduled preapplication interview

PURPOSE

• To help you reflect on your background as it pertains to your career of choice.
• To give HPA a comprehensive understanding of your story and narrative as it pertains to your career of choice.
• To identify themes and ideas that you may wish to share in your personal statement and secondary essays.

PROMPT

Write a narrative of your life, focusing on your personal and career development.

Some aspects of your life that are helpful for us to know:

• Pre-college
  • your cultural and familial background—what values and perspectives did you develop as a result of your upbringing?
  • experiences that led to personal and intellectual development
• Academic pursuits at Princeton and beyond
  • choice of concentration
  • most meaningful courses
  • involvement in research (both the project and what you find interesting about it)
  • academic trajectory
  • experiences in postbac/glide year courses
• Activities at Princeton and beyond
  • community engagement and service: how have you made a difference in the world around you and gotten out of your personal bubble to learn to engage with people different from you
  • leadership and teamwork: how have you led and worked with others
  • clinical experience: what have you done to better understand the real work of health professionals
  • hobbies or other ways you spend your time that you especially enjoy
  • how have these activities helped you prepare for your future career
• Obstacles or challenges that you have overcome
• Mentors and role models who have influenced your personal or professional development
• How COVID19 has affected your life, personally and in your motivation for your career
• How your experiences, values, and interests have led you to a career in medicine
• Future goals

ADDITIONAL AUTOBIO GUIDANCE

• There are no page limits. Five to seven is the average, but we’ll read as much as you write.
• This is as much for you to think through how all of the pieces fit together as it is for us. It can be a nice chance to connect with family and early mentors about your younger years.
• There is no expectation that this is as polished as an academic paper—structure and format it in the way that’s most helpful to you.

• If you include sensitive / confidential information, let us know whether or not you’d want us to share it in the committee letter.
  • Please note that we are required to report sexual misconduct incidents to the Title IX office to ensure that individuals involved are aware of their resources and have access to means of support.

• Include images / photos / other non-traditional pieces within your autobio if you’d like!
DEADLINE

• One week prior to your scheduled preapplication interview

PURPOSE

• To give you practice writing for prompts you’ll find in secondary applications.
• To give HPA more information about your candidacy that you may not have covered in your autobiography and other materials.

PROMPT

Everyone’s plans have been disrupted and lives have been changed by the current Covid-19 pandemic. Use this space to help us understand the pandemic's effects on your life generally and as it pertains to your professional school preparation and plans. We plan to work with each of you to include information about your situation into your committee letter, if applicable. Items to consider incorporating in your response may include, but are not limited to:

• Personal:
  o How was your transition into the changes brought on by the pandemic in 2020?
  o What has changed for you personally, for the better or for the worse, during the pandemic?

• Academic:
  o If you were a student during the pandemic, how did your interactions with professors, peers, and academic support resources change?
  o How has your living environment (whether on campus or away) affect your ability to continue your studies?
  o What decisions did you make around grades vs. PDF? Describe any circumstances that led you to change your curriculum or grading options.

• Professional enrichment:
  o What opportunities (e.g., student groups, volunteering) did you have to discontinue due to the pandemic?
  o What intended plans were affected?
  o What, if any, new activities did you start in response to the pandemic?

• Resilience:
  o What has this taught you about your own resilience and coping skills?
  o What are you doing to reduce stress and manage anxiety?

No word limit -- attach your response as a document file (e.g., doc, pdf) to the Canvas assignment (you can use one document file for your short essays and COVID essay if you prefer). Please include your name within the file.
DEADLINE

- One week prior to your scheduled preapplication interview

PURPOSE

- To give you practice writing for the kinds of prompts you’ll find in secondary applications.
- To give HPA more information about your candidacy that you may not have covered in your autobiography and other materials.

PROMPTS

Please answer at least two of the following. Answers should be approximately 300-600 words. Word count and school names in parentheses indicate a secondary essay prompt from that specific school).

1. **Clinical Experience**: Briefly describe the one clinical experience you have had that has most significantly influenced your decision to study medicine (500 words, U Miami)

2. **Distance Traveled**: 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.

3. **Diversity**: Our School of Medicine values diversity and inclusion across the institution. We believe that education and professional development are enhanced in educational settings that include individuals from diverse backgrounds and experiences. Please describe how your background and/or experiences would contribute to the medical school community. (UNC)

4. **Future Impact**: Referring to the Eight Paths of Excellence, comment on how you hope to impact medicine in the future. (U Michigan)

5. **Humbling Experience**: What has been your most humbling experience and how will that experience affect your interactions with your peers and patients? (400 words, Duke)

6. **Leadership**: Tell us about leadership experiences you have had and what you have learned about your strengths and areas to improve as a leader.

7. **Marginalized identity**: If you identify as being part of a marginalized group socioeconomically or in terms of access to quality education or healthcare, please describe how this inequity has impacted you and your community. (350 words, UCSF)

8. **Overcoming a Challenge**: During your career as a physician, you will potentially encounter many obstacles and be required to overcome many challenges. Resilience is a prerequisite for success in medical school and beyond. Describe your experience with a situation that had an unfavorable outcome. How did you react, and how might you have responded differently? What did you learn about yourself? (Kaiser Permanente SOM)
9. **Race and Health**: Describe your understanding of race and its relationship to inequities in health and health care. (400 words, Duke)

10. **Career Vision**: What do you see as the most likely practice scenario for your future medical career: private practice; academic medicine; public health; health care administration; health policy; other. Describe the knowledge, skills, and attributes you have developed in preparation for the career path you have chosen. (U of South Florida / Stanford)

11. **Other Careers**: If no career opportunities were available in health care right now, what would your career plans be and why?

12. **Improbable Facts**: Tell us eight improbable facts (things that are unlikely but true) about you that you have not shared in the rest of your application materials. (Stanford Knight-Hennessy Scholars Program)