This Intake Form is required of first-time applicants to medical or dental school requesting a Princeton University committee letter of recommendation. Please review the Applicant Information Session slides and Applicant Guide as you complete this form. Google Docs version of this form: https://bit.ly/2024-HPAIntake.

Demographic Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Click or tap here to enter text.</th>
<th>Pronouns (optional)</th>
<th>Pronouns</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email</td>
<td>Click or tap here to enter text.</td>
<td>Princeton Student ID¹</td>
<td>Student ID</td>
</tr>
<tr>
<td>Class year</td>
<td>Class Year</td>
<td>Intended matriculation year</td>
<td>Matriculation Year</td>
</tr>
</tbody>
</table>

To which professional program(s) will you apply²? 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. 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

Other colleges/universities attended

If you attended any colleges or universities other than Princeton—before, during, or after your time at Princeton—please list them here. Please upload a copy of your unofficial transcripts from other schools to Canvas.

<table>
<thead>
<tr>
<th>Name of School</th>
<th>Dates Attended</th>
<th>Program (e.g., dual enrollment, study abroad, summer school)</th>
</tr>
</thead>
<tbody>
<tr>
<td>School</td>
<td>Dates</td>
<td>Program</td>
</tr>
<tr>
<td>School</td>
<td>Dates</td>
<td>Program</td>
</tr>
<tr>
<td>School</td>
<td>Dates</td>
<td>Program</td>
</tr>
</tbody>
</table>

Year by year grade point averages³:

<table>
<thead>
<tr>
<th></th>
<th>BCPM (Science) GPA</th>
<th>BCPM Credit Hours</th>
<th>Cumulative GPA for this year</th>
<th>Total Credit Hours for this year</th>
</tr>
</thead>
<tbody>
<tr>
<td>High School⁴</td>
<td>HS GPA</td>
<td>HS Cr Hrs</td>
<td>HS GPA</td>
<td>HS Cr Hrs</td>
</tr>
<tr>
<td>First-Year</td>
<td>FY GPA</td>
<td>FY Cr Hrs</td>
<td>FY GPA</td>
<td>FY Cr Hrs</td>
</tr>
<tr>
<td>Sophomore</td>
<td>SO GPA</td>
<td>SO Cr Hrs</td>
<td>SO GPA</td>
<td>SO Cr Hrs</td>
</tr>
<tr>
<td>Junior</td>
<td>JR GPA</td>
<td>JR Cr Hrs</td>
<td>JR GPA</td>
<td>JR Cr Hrs</td>
</tr>
</tbody>
</table>

¹ This is the nine-digit number starting with 9 on your Princeton ID.
² e.g., allopathic medicine (MD), osteopathic medicine (DO), MD/PhD, DO/PhD, dental
³ Use the [HPA GPA calculator](#) or other calculator of your choice to compute your GPA.
⁴ Only include courses with grades on an official college transcript.
If you plan to take additional science courses before you apply, list them here:
science courses planned

If you’ve taken your standardized entrance exam (e.g., MCAT, DAT), list the date and scores:
Test date and score

If you plan to take or retake your standardized entrance exam, list the month (or date if known) here:
Intended test date

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 biomedical 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:
purpose and motivation

Describe 2-3 activities that have given you a realistic understanding of “what you’re getting yourself into” by pursuing your chosen career:
Please respond to the following statements and comment on your knowledge of and experience in healthcare settings:

<table>
<thead>
<tr>
<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>
</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>
</tr>
<tr>
<td>I can confidently articulate my motivation for my chosen profession.</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>
</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>Strongly Disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Through my academic, cocurricular, and work experiences, I have demonstrated my service orientation and commitment to civic engagement.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Through my academic, cocurricular, and work 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>
</tr>
<tr>
<td>Through my academic, cocurricular, and work experiences, I have demonstrated my ability to work collaboratively with others toward shared goals.</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>
</tr>
</tbody>
</table>

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

Overall Assessment

Please respond to the following statements and comment on your overall candidacy:

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
</table>


I am confident that my candidacy is strong enough that I can reach my goals this application cycle. ☐ ☐ ☐ ☐

I am confident that I have the time to dedicate to preparing a strong application this spring and summer. ☐ ☐ ☐ ☐

I am open to taking another year to improve my candidacy prior to applying. ☐ ☐ ☐ ☐

What areas of your candidacy are you most confident about?
Click or tap here to enter text.

What areas of your candidacy do you hope to improve before you apply and during your application year? What ideas do you have 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.

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. If this form has not been received by January 8, 2023, you will be removed from our applicant list and Canvas site.
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**

<table>
<thead>
<tr>
<th>Full Name:</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preferred/Nickname:</td>
<td>Nickname</td>
</tr>
<tr>
<td>Phone:</td>
<td>Phone</td>
</tr>
<tr>
<td>Email:</td>
<td>Email</td>
</tr>
<tr>
<td>Citizenship:</td>
<td>Citizenship</td>
</tr>
<tr>
<td>State residency:</td>
<td>State</td>
</tr>
<tr>
<td>Concentration/Major:</td>
<td>Major</td>
</tr>
<tr>
<td>Certificate(s)/Minor(s):</td>
<td>Certificates/Minors</td>
</tr>
<tr>
<td>Program(s) of interest(^1):</td>
<td>Programs of Interest</td>
</tr>
</tbody>
</table>

**Family background**

- Describe the education level and occupations of your parent(s) and/or guardian(s) while you were growing up.

Click or tap here to enter text.

- In addition to your parents/guardians, if there are health professionals in your immediate or extended family, please list their professions and their relationship to you.

Click or tap here to enter text.

- Professional schools are interested in your “distance traveled” from childhood to medicine. Please describe any social, economic, or educational challenges that you experienced growing up 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). If you prefer, share this information in your autobiography rather than on this form.

Click or tap here to enter text.

II. **ACADEMIC PREPARATION**

**Prerequisites**

Please enter the courses that you took to fulfill your prerequisites.

If you used AP credit, list courses that you took to supplement the AP credit and make a note below. Otherwise, enter the traditional courses (e.g., MOL 214 + EEB 211, not more advanced biology). If you repeated a course, include the most

\(^1\) MD, DO, MD/PhD, DO/PhD, Dental, other
recent attempt and make a note below. Course grades in prerequisites must be a C or higher (C- grades do not satisfy prerequisites). Courses with grades of P taken during the pandemic may be included.

<table>
<thead>
<tr>
<th>General (inorganic) Chemistry</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dept &amp; Number, eg CHM 201</td>
<td>CHM 201 Where you took the course</td>
</tr>
<tr>
<td>Dept &amp; Number, eg CHM 202</td>
<td>CHM 202 Where you took the course</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organic Chemistry</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dept &amp; Number, eg CHM 301</td>
<td>CHM 301 Where you took the course</td>
</tr>
<tr>
<td>Dept &amp; Number, eg CHM 302</td>
<td>CHM 302 Where you took the course</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Biochemistry</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dept &amp; Number, eg MOL 345</td>
<td>MOL 345 Where you took the course</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Biology</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dept &amp; Number, eg EEB 211</td>
<td>EEB 211 Where you took the course</td>
</tr>
<tr>
<td>Dept &amp; Number, eg MOL 214</td>
<td>MOL 214 Where you took the course</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Physics</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dept &amp; Number, eg PHY 103</td>
<td>PHY 103 Where you took the course</td>
</tr>
<tr>
<td>Dept &amp; Number, eg PHY 103</td>
<td>PHY 103 Where you took the course</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Math/Statistics</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dept &amp; Number, eg MAT 103</td>
<td>MAT 103 Where you took the course</td>
</tr>
<tr>
<td>Dept &amp; Number, eg MAT 103</td>
<td>MAT 103 Where you took the course</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>English/Literature</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dept &amp; Number, eg WRI 111</td>
<td>WRI 111 Where you took the course</td>
</tr>
<tr>
<td>Dept &amp; Number, eg WRI 111</td>
<td>WRI 111 Where you took the course</td>
</tr>
</tbody>
</table>

If you have advanced placement for any of these prerequisites, please list that here:

Click or tap here to enter text.

If you repeated any of these courses, please include information about prior attempts (where taken, term, grades) here:

Click or tap here to enter text.

**Grade Point Averages**

Please share your BCPM (biology, chemistry, physics and math) and cumulative GPAs (updated from your self-assessment form to include fall classes).

<table>
<thead>
<tr>
<th></th>
<th>BCPM</th>
<th>Cumulative</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>GPA</td>
<td># Credits</td>
</tr>
<tr>
<td>College courses taken in high school</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Courses taken during college</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Undergrad level courses taken after graduation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>All undergrad level courses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Graduate courses taken after graduation</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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2 Cumulative GPA should include only courses taken during that time period (not collectively through that period).

3 Only include courses at colleges or universities taken during high school for which you have grades recorded on a college/university transcript.
Standardized Test Score(s)

Briefly describe your standardized test preparation (time spent, materials used):

Click or tap here to enter text.

Please attach a copy of your 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 exam, please indicate your intended date: Click or tap here to enter text.

Context regarding metrics

If you feel that there were circumstances (e.g., relatively weak high school preparation, illness, personal situations) that negatively affected your academic or standardized test 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.

III. 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. This list may still be tentative.

Princeton science classroom recommendation (required)

speaks to your readiness for the biomedical science curriculum, science and thinking/reasoning competencies, and contributions to the classroom learning environment

Name: Click or tap here to enter text.
Class(es) taken with this writer: Click or tap here to enter text.

Science recommendation (required)

speaks to your readiness for the biomedical science curriculum, science and thinking/reasoning competencies

Name: Click or tap here to enter text.
In what context do you know this writer: Click or tap here to enter text.

Other recommendation (required)

speaks to your inter/intrapersonal competencies, maturity, professionalism, personal qualities, and potential for success in professional school and your chosen profession
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.

Describe personal ties that you have to other states (e.g., family/friends, other affiliations)?

Click or tap here to enter text.

What other location factors, if any, are you considering in your application (e.g., urban/rural, climate, access to certain patient populations, need for a vehicle, cultural diversity, other opportunities)?

Click or tap here to enter text.

**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, X School will (1) educate and inspire scholars and future leaders who will advance the practice of medicine and the biomedical sciences; (2) advance 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 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 School’s mission is to be a premier research-intensive professional school that improves health through leadership, diversity and a collaborative approach to discovery and innovation in patient care, education and research.

**D:** X School is dedicated to providing excellence in both professional 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.

Click or tap here to enter text.
Selection Factors

How important are the following factors to you in deciding where to attend?

<table>
<thead>
<tr>
<th>Factor</th>
<th>Not important</th>
<th>Very important</th>
</tr>
</thead>
<tbody>
<tr>
<td>Geographic location</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Access to specific patient populations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Proximity to support network</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Research opportunities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Service opportunities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Early clinical exposure opportunities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Support for students who are first-gen and/or low-income</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Support for students of color</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prestige/reputation of school</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cost of school</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Focal Areas

If you were to pursue a scholarly concentration, which of these would be of greatest interest (choose up to three):

- ☐ Basic/Translational Research
- ☐ Clinical Research
- ☐ Bioengineering
- ☐ Health Disparities
- ☐ Public Health
- ☐ Global Health
- ☐ Primary Care
- ☐ Rural Health
- ☐ Bioethics
- ☐ Humanities
- ☐ Business/Health Administration
- ☐ Other (describe below)

Comments about academic interests:
Click or tap here to enter text.

Other factors

Are there schools that you are already interested in based on personal experience or advice from mentors, peers, family members, or 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.

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?

Enter Yes/No response here

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

Enter Yes/No response here

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 successfully completed at least half of the prerequisite science courses (e.g., biology, general and organic chemistry, biochemistry, and physics) at Princeton (with a grade of C or better).

• My graduation year is within five years of my expected professional school matriculation (e.g., class of 2019 for 2024 matriculation).

• I will receive at least two letters that speak to my readiness for the professional school science curriculum, at least one from someone who has taught me in a science class 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 actions 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: ________________________________
Activities Overview & Activities List Instructions
2024 entering class

DEADLINE

- One week prior to your scheduled preapplication interview

PURPOSE

- To help you reflect on how you spent your time, how your activities informed your career choice, and how you have developed personally and professionally through experiences outside of the classroom.
- To prepare you to complete the work/activities section of the professional school common application.
- To help HPA gain a comprehensive understanding of your story and narrative as it pertains to your career of choice, and your development of the core competencies, which we will convey in your committee letter.

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, chronologically as needed.

ACTIVITIES OVERVIEW EXAMPLE

<table>
<thead>
<tr>
<th>Fall 2020</th>
<th>Activity</th>
<th>Hours/Week</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>PU Orchestra (PUO)</td>
<td>5</td>
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<tr>
<td></td>
<td>TA for Organic Chem</td>
<td>5</td>
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<tr>
<td></td>
<td>Peer Academic Advisor (PAA)</td>
<td>3</td>
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<tr>
<td></td>
<td>Matriculate advising</td>
<td>2</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Spring 2021</th>
<th>Activity</th>
<th>Hours/Week</th>
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<tr>
<td></td>
<td>PUO</td>
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<tr>
<td></td>
<td>TA for Organic Chem</td>
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<td>PAA</td>
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<td></td>
<td>Matriculate</td>
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</table>

<table>
<thead>
<tr>
<th>Summer 2021</th>
<th>Activity</th>
<th>Hours/Week</th>
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<tbody>
<tr>
<td></td>
<td>IIP Internship (Jun-Aug)</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>Thesis research</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>Virtual Shadowing (Aug, 50 hours total)</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>MCAT study</td>
<td>20</td>
</tr>
</tbody>
</table>

| JR total hours per week by term: | 15 | 19 | 40-60 |
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
- Campus engagement
  - Student government
  - Athletics
  - FSI / SIFP
  - Campus/department committees
  - Student organization participation/leadership
  - Eating club/Greek life leadership
  - OA/CA/DDA Leader
  - RCA, Peer Academic Adviser
  - Writing Center consultant
  - Work study jobs
- Employment not listed elsewhere
  - Camp counselor
  - Tutoring
- Everything else
  - Hobbies
  - Leadership in off-campus religious activities
  - National Youth Leadership Forum

Example activities you might include (in no particular order)

- Academics/Research
  - Thesis research
  - Conference presentations
  - Authorship on publications
  - Summer research internships
  - Honors including Phi Beta Kappa, Shapiro award, departmental honors
  - Study abroad experiences
- Clinical exposure
  - Shadowing
  - Hospital/hospice volunteering
  - Caretaking/personal care assistant
- Health-related experience
  - Peer Health Advisor, SHARE Peer, SHAB
- Civic engagement
  - Eagle Scout / Gold Award
  - Bridge year
  - Community Action / CA Leader
  - Breakout trip participation
  - Service Focus, other Pace initiatives
**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?**
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 videos and discussed them together, and I wrote reflective journal entries on what I observed.

**What competencies did you develop or demonstrate?**
Reliability/dependability; social skills; teamwork

**How this may translate on the application:**

<table>
<thead>
<tr>
<th>EXPERIENCE</th>
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<tbody>
<tr>
<td>Experience Type: Physician Shadowing/Clinical Observation</td>
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<tr>
<td>Experience Name: Live &amp; Virtual Shadowing</td>
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<td></td>
</tr>
<tr>
<td>Contact Name &amp; Title: Ryan Pyne, MD</td>
</tr>
<tr>
<td>Contact Email: <a href="mailto:ryanpyne@gmail.com">ryanpyne@gmail.com</a></td>
</tr>
<tr>
<td>Organization Name: NY Presbyterian Hospital (and others)</td>
</tr>
<tr>
<td>City / State / Country: New York / NY / United States of America (the)</td>
</tr>
<tr>
<td>Experience Description:</td>
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</table>
### ACTIVITIES OVERVIEW & TIME SPENT (SEE INSTRUCTIONS ABOVE)

#### First Year (20xx-20xx)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours/Week</th>
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**Frosh total hours per week by term:**

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

#### Sophomore Year (20xx-20xx)

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<th>Activity</th>
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</table>

**Soph total hours per week by term:**

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

#### Junior Year (20xx-20xx)

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<th>Activity</th>
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</table>

**Junior total hours per week by term:**

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

#### Senior Year (20xx-20xx)

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<th>Activity</th>
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</table>

**Senior total hours per week by term:**

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

#### Glide Year (20xx-20xx)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours/Week</th>
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</tbody>
</table>

**Glide I total hours per week by term:**

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HPA Activities List - 2024 matriculation - page 4 of 9
ACTIVITIES LIST (SEE INSTRUCTIONS ABOVE)

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

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? __________________________

What led you to participate in this activity? Why dedicate time to it?

Describe your participation and duties in this activity. What did you learn? How did you grow personally or professionally – what skills did you gain that you could use in your future career?

What competencies did you develop or demonstrate?

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

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? __________________________

What led you to participate in this activity? Why dedicate time to it?

Describe your participation and duties in this activity. What did you learn? How did you grow personally or professionally – what skills did you gain that you could use in your future career?

What competencies did you develop or demonstrate?
Clinical Exposure (Direct work with health professionals and/or patients)
(e.g., shadowing, hospital or hospice volunteering, scribe, EMT, CNA, caretaking for family members)

<table>
<thead>
<tr>
<th>Experience Name:</th>
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<tbody>
<tr>
<td><strong>Experience Type:</strong></td>
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<td><strong>Contact Name &amp; Title:</strong></td>
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<td><strong>Contact Email / Phone:</strong></td>
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<td><strong>Organization Name:</strong></td>
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<td><strong>Location:</strong></td>
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</tr>
</tbody>
</table>

Most meaningful?

**Participation dates:**

**Approx Hours/Week:**

**Approx Total Hours:**

Is this one of your three most meaningful activities?

**What led you to participate in this activity? Why dedicate time to it?**

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**Describe your participation and duties in this activity. What did you learn? How did you grow personally or professionally – what skills did you gain that you could use in your future career?**

**What competencies did you develop or demonstrate?**

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Health-Related Experience
(e.g., student organizations that raise awareness about health issues, health education initiatives)

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<thead>
<tr>
<th>Experience Name:</th>
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<tbody>
<tr>
<td><strong>Experience Type:</strong></td>
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<tr>
<td><strong>Contact Name &amp; Title:</strong></td>
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<td><strong>Contact Email / Phone:</strong></td>
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<tr>
<td><strong>Organization Name:</strong></td>
<td></td>
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<tr>
<td><strong>Location:</strong></td>
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</tr>
</tbody>
</table>

Most meaningful?

**Participation dates:**

**Approx Hours/Week:**

**Approx Total Hours:**

Is this one of your three most meaningful activities?

**What led you to participate in this activity? Why dedicate time to it?**
Describe your participation and duties in this activity. What did you learn? How did you grow personally or professionally – what skills did you gain that you could use in your future career?

What competencies did you develop or demonstrate?

### Civic Engagement (e.g., volunteering in the community)

<table>
<thead>
<tr>
<th>Experience Name:</th>
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<tbody>
<tr>
<td><strong>Experience Type:</strong></td>
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<td>Contact Name &amp; Title:</td>
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<td>Most meaningful?</td>
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<td>Participation dates:</td>
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</tr>
<tr>
<td>Approx Hours/Week:</td>
<td>Approx Total Hours:</td>
</tr>
</tbody>
</table>

**Is this one of your three most meaningful activities?**

What led you to participate in this activity? Why dedicate time to it?

Describe your participation and duties in this activity. What did you learn? How did you grow personally or professionally – what skills did you gain that you could use in your future career?

What competencies did you develop or demonstrate?

### Campus Engagement (e.g., athletics, leadership or participation in student organizations, peer tutoring/TA, campus employment)

<table>
<thead>
<tr>
<th>Experience Name:</th>
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<tbody>
<tr>
<td><strong>Experience Type:</strong></td>
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<tr>
<td>Contact Name &amp; Title:</td>
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<td>Organization Name:</td>
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<td>Location:</td>
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<tr>
<td>Most meaningful?</td>
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<tr>
<td>Participation dates:</td>
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</tr>
<tr>
<td>Approx Hours/Week:</td>
<td>Approx Total Hours:</td>
</tr>
</tbody>
</table>

**Is this one of your three most meaningful activities?**
What led you to participate in this activity? Why dedicate time to it?

Describe your participation and duties in this activity. What did you learn? How did you grow personally or professionally – what skills did you gain that you could use in your future career?

What competencies did you develop or demonstrate?

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? ____________________________

What led you to participate in this activity? Why dedicate time to it?

Describe your participation and duties in this activity. What did you learn? How did you grow personally or professionally – what skills did you gain that you could use in your future career?

What competencies did you develop or demonstrate?

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? ____________________________
What led you to participate in this activity? Why dedicate time to it?

Describe your participation and duties in this activity. What did you learn? How did you grow personally or professionally – what skills did you gain that you could use in your future career?

What competencies did you develop or demonstrate?
Autobiography Guidelines
2024 entering class

DEADLINE
- One week prior to your scheduled preapplication interview

PURPOSE
- To help you connect the dots that led you to your career of choice and craft your professional narrative as an applicant.
- To give HPA a comprehensive understanding of your story and narrative as it pertains to your career of choice, which we can share in our committee letter.
- To identify themes and ideas that you may wish to share in your personal statement and secondary essays.

ADDITIONAL AUTOBIO GUIDANCE
- Length: Five to seven pages is the average.
- 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 you can connect with available resources and access support as needed.
- Include images, photos, or other non-traditional pieces within your autobio if you’d like!

PROMPT
Write a narrative of your life, focusing on your preprofessional 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?
  - obstacles or barriers that made your path to Princeton more challenging than it may be for others
  - experiences that led to personal and intellectual development
- Academic and intellectual pursuits at Princeton and beyond
  - choice of concentration
  - most meaningful courses
  - involvement in research (both what you did and what you find interesting about it)
  - academic trajectory – proudest moments, challenges overcome
  - 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
• themes that have emerged in how you spend your time
• Obstacles or challenges that you have overcome
• Mentors and role models who have influenced your personal or professional development
• How your experiences, values, and interests have led you to a career in medicine
• Future goals
**DEADLINE**

- One week prior to your scheduled preapplication interview

**PURPOSE**

- To give you practice writing secondary application essay responses.
- To give HPA more information about your candidacy that you may not have covered in your autobiography and other materials.

**SHORT ESSAY 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. **Attributes:** List the five most important attributes you believe a physician should possess. Choose one that you believe that you embody and describe a personal experience that demonstrates this trait. (1500 characters, Geisinger)

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

3. **Diversity:** Our School of Medicine values diversity and inclusion across the institution. How will your background and experiences contribute to the medical school community and inform your future role as a physician? (500 words, Yale)

4. **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)

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

6. **Overcoming a Challenge:** During your career as a physician, you will encounter obstacles and be required to overcome 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)

7. **Race and Health:** Describe your understanding of race and its relationship to inequities in health and health care. (400 words, Duke)

8. **Career Vision:** What do you see as the most likely practice scenario for your future medical career: private practice; academic medicine; public health; primary care; health administration; health policy; global health; other. Why do you feel well-suited to this setting? Describe the knowledge, skills, and attributes you have developed in preparation for this setting. (U of South Florida / Stanford)

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

10. **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)
COVID Essay Prompt

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

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

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

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

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

→ Attach your response as a document file (e.g., doc, pdf) to the Canvas assignment (you can use either one document file for your short essays and COVID essay, or two separate documents).

→ Please include your name within the file.