

Sought Characteristics

Self Confidence

Integrity: Are you an honest and reliable person?

Strength of character: Do you have a strong personality and a sense of your own wants and desires?

Determination: Are you a person who knows what you want and has the willpower to achieve it?

Independence: Are you able to make your own decisions and be responsible for your own actions?

Realistic Self-Evaluation and Introspective Capabilities

Recognize shortcomings: You do not think of yourself as a 'perfect person' and are always finding ways to improve yourself.

Works hard to improve: Are you determined to succeed even in an area in which you struggle?

Responsibility for shortcomings: Do you take responsibility for your own mistakes/faults and not blame others?

Prefers long-term goals/Not driven by immediate gratification: Are you the type of person who understands that the immediate answer is not always the right one and that patience is sometimes the best path to success?

Consistency in Academics and Personal Life

Course loads taken: Can you manage a difficult and demanding workload and have not slackened off or taken fewer classes when you were faced with a challenging course?

Solid performance or an upward trajectory: Are you excelling in your academic performance and, if you struggled in the beginning, have you improved throughout your college career?

Multi-tasking: Can you take a variety of classes as well as work on a variety of subjects while succeeding in all?

Staying Power

What is your pattern of involvement with extra-curricular activities? Are you the type of person who dedicates herself or himself to something, or do you tend to jump around a lot?

When things get tough, what is your reaction? Are you the type of person who struggles through a difficult situation or are you the type of person who "jumps ship"?

Coping techniques: How do you handle stress—do you relish in it, or is it something you tend to try and avoid/run away from?

Stamina: Are you the type of person who can handle a large work load and the stress that accompanies it over a long period of time?

Leadership Experience

What is your style of leadership? Are you a passive or aggressive leader?

Community Service

When, where, how long? Do you see community service as a part of who you are and, consequently, dedicate your time to something you are passionate about?

Demonstrated Health Interests

Work, internships, and volunteer opportunities in medical settings: Have you gotten to know the medical field and do you understand what being in your desired profession would entail?

When, where, how long? Is getting to know the medical profession something you have taken a lot of time doing—and in what setting(s) has this been accomplished?

What is your motivation toward medicine and how strong is your motivation? Is this a decision you have thoroughly considered and have a strong passion toward? Most importantly, why do you want to dedicate your life to helping others in some form or another?

Team Player

Shares: Are you the type of person who can share your knowledge, skills, etc. with others?

Plays well with others: Are you able to easily interact with people socially, academically, and professionally, and do not take on a competitive or ‘bossy’ attitude?

Competitive: Are you a competitive person who is out there to be the best, or are you more of a person who tries to help others when they are struggling?

Responsibility to a group: Are you able to commit to doing your part in a group project/activity, or do you tend to do all the work yourself or let someone do all the work for you?

Communication and Interpersonal Skills

How do you handle difficult social interactions? Are you the type of person who pushes through and tries to make the best of it, or do you act awkward and tend to shy away?

Can you keep confidences? You only share confidential information in the most dire of circumstances, and tell stories in which the subject person is not easily recognized. Also, that you make sure it is okay with people before you share personal information about them with others.

How do you discuss grade discrepancies? Are you the type of person who makes a big, accusatory deal out of the problem, or do you privately and politely talk to the person and have it explained to you/sorted out?

How do you handle team research projects? Do you try to control every aspect of how the project is carried out, or do you try to let everyone in the group have input and have everyone decide on what methods/calculations would be best for not only you, but the group as a whole?

Are you willing to:

Seek help: If needed, are you the type of person to talk to/email a professor if you have a question or need help? Are you the type of person to go to tutorials or ask other students for help if you need it?

Accept help: If help is offered to you, are you the type of person who accepts it or shrugs it off exclaiming that “I don’t need your help, I am doing just fine”?

Ask questions of instructors: Are you able to go to a professor or TA and ask for help/ ask them questions about topics you are unsure of, or do you try to figure it out without their help/guidance?

Try different approaches to study: Are you able to study in a variety of different ways depending on the subject, be it alone, with a partner, in groups, etc.?

Adaptability

How do you handle new environments? Does it stress you out to be in a new environment, or do you perceive it as an adventure?

How do you handle different teaching styles? Can you learn with different teaching styles, or do you need a set way in which you are presented material? Are you the type of person who prefers lectures, discussions, hands-on activities, or some combination of the aforementioned?

Have you lived in another country? How did you handle it? Can you adapt/accept different cultures and integrate yourself into the country or do you struggle in accepting the country’s differences and find yourself an outsider looking in?

Cultural and Social Sensitivity

How do you interact with people from different ethnic, cultural, and socioeconomic backgrounds? Are you the type of person who tries to understand where someone is coming from and be sensitive toward his/her background and beliefs?