

Metrics

High School: Location, Size, Rank
College 1
College 2
Other: Dual credit, AP credit, CLEP, Q, etc.

SAT and component scores
ACT and component scores

GPA: (calculated by TMDAS- but have an idea of what it is!)
Overall
Science
Graduate
MCAT and Components
Professional Photo

<< Order Transcripts, College 1 >>
<< Order Transcripts, College 2 >>

Personal Biography: Activities Log and Descriptions

Honors and Awards
Academic: Dates, Titles, Nature of Award
Non-academic: Dates, Titles, Nature of Award
Leadership
Research
Health Care
Community Service
Extracurricular & "Leisure"

Work
Planned Activities
Log for each activity: Title, Dates, Hours, Location, Hrs/Week, Total Hours, Description

Good-Better-Best: record, describe, what you learned

Personal Attributes and ***Personal Growth Plan***

Strengths
Characteristics to Work On
Past Challenges
Personal Growth Plan Goals

Goals, Other

Academic Goals
Experience Goals
Apprenticing Goals
Leadership Goals
Extracurricular Goals
Personal Growth Plan Goals



The Virtual Shoebox

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Associate Dean for Admissions & Outreach
Long School of Medicine, San Antonio

Reflection Section

Health Care Reflections on Health Care Experiences and Apprenticing (shadowing)
Personal Statement Section
Prompt:
Ideas:
Diversity Essay Section
Prompt:
Ideas:
Optional Essay Ideas:

Inspiration

Timeline

Questions for Advisors, Schools & Peers