### 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 TMDSAS- but have an idea of what it is!)
- **Overall**
- **Science**
- **Graduate**
- **MCAT and Components**
- **Professional Photo**

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### 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

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

- **Strengths**
- **Characteristics to Work On**
- **Past Challenges**
- **Personal Growth Plan Goals**

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### Goals, Other

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

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### 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:**

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### Inspiration

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### Timeline

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### Questions for Advisors, Schools & Peers