

Skidmore Competencies and Experience Worksheet

Overview

The American Association of Medical Colleges (AAMC) developed in the early 2010s a set of core competencies expected to be demonstrated by successful medical school applicants. The competencies were [revised](#) by AAMC with the broader medical education community in 2023. The competencies identified are the ones medical student must have “[to successfully learn and develop in medical school and become effective physicians.](#)” Further, “[t]he 17 premed competencies highlight essential knowledge, abilities, and skills that medical schools consider to be important for entering medical students and evaluate in each applicant through a holistic review of the application.” The 17 competencies are grouped into three broad categories (professional, science, and thinking & reasoning competencies) that align well with the liberal arts education at Skidmore complemented by the co-curricular experiences encouraged at the College

Fourth, upon review of your experiences and competencies, identify any gaps in your competencies or areas in need of further development, and discuss with your academic advisor, your HPAC advisor, and Rachel Chase in the Career Development Center.

To help you prepare your Competencies and Experiences to submit to HPAC ahead of your committee interview attached to this document are:

- The 17 AAMC competencies
- Example experience sheets completed
- 15 blank experience sheets
 - if you need additional sheets, please feel free to duplicate and add.

Work and Activities

For the AMCAS application for medical school, [Section 5 Work and Activities](#) provides you the opportunity to discuss up to 15 experiences and activities (work experience, extra/co-curricular, internships, research, honors & awards, etc.). The “section is designed to give applicants the opportunity to include any work or extracurricular activities that they would like to bring to the attention of the medical schools where they are applying. Applicants can add up to fifteen (15) entries and will be prompted to summarize each experience in 700 characters.” In addition, “[y]ou may identify up to three experiences that you consider to be the most meaningful.” You get an additional 1,325 characters for each of the most meaningful experiences to explain why they are. “When writing your response, you might want to consider the transformative nature of the experience, the impact you made while engaging in the activity, and the personal growth you experienced as a result of your participation.” The Competencies and Experiences Worksheet, in addition to helping you think about your growth and development and to HPAC understand you better to write an informed committee letter, is a means for you to prepare for completing [Section 5 Work and Activities](#).

Questions

If you have questions, please contact your HPAC advisor or [Dr. Sheppard](#) as chair of HPAC.

Commitment to Learning and Growth:

Practices continuous personal and professional growth for improvement, including setting and communicating goals for learning and development; reflects on successes, challenges, and mistakes; pursues opportunities to improve knowledge and understanding; and asks for and incorporates feedback to learn and grow.



Appreciates how historical, sociocultural, political, and economic factors affect others' interactions, behaviors, and well-being; values diversity; and demonstrates a desire to learn about different cultures, beliefs, and values.



Seeks out and engages diverse and divergent perspectives with a desire to understand and willingness to adjust one's mindset; understands a situation or idea from alternative viewpoints; reflects on one's values, beliefs, and identities and how they may affect others; reflects on and addresses bias in oneself and others; and fosters a supportive



Recognizes, understands, and acknowledges others' experiences, feelings, perspectives, and reactions to situations; is sensitive to others' needs and feelings; and demonstrates a desire to help others and alleviate others' distress.



Behaves with honesty and integrity; considers multiple and/or conflicting principles and values to inform decisions; adheres to ethical principles when carrying out professional obligations; resists pressure to engage in unethical behavior; and encourages others to behave honestly and ethically.



Demonstrates an awareness of how social and behavioral cues affect people's interactions and behaviors; adjusts behaviors appropriately in response to these cues; recognizes and manages one's emotions and understands how emotions impact others or a situation; and treats others with dignity, courtesy, and respect.



Effectively conveys information to others using spoken words and sentences; actively listens to understand the meaning and intent behind what others say; and recognizes potential communication barriers and adjusts approach or clarifies information as needed.



Demonstrates accountability for performance and responsibilities to self and others; prioritizes and fulfills obligations in a timely and satisfactory manner; and understands consequences of not fulfilling one's responsibilities to self and others.



Perseveres in challenging, stressful, or ambiguous environments or situations by adjusting behavior or approach in response to new information, changing conditions, or unexpected obstacles, and recognizes and seeks help and support when needed; recovers from and reflects on setbacks.

Thinking and Reasoning Competencies



Uses logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.



Applies quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world.



Applies knowledge of the scientific process to integrate and synthesize information, solve problems, and formulate research questions and hypotheses; is facile in the language of the sciences and uses it to participate in the discourse of science and explain how scientific knowledge is discovered and validated.



Effectively conveys information to others by using written words and sentences.

Science Competencies



Example
Completed
Competencies and Experiences
Worksheets

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Name of Applicant: _____ Dates of Experience: _____

Name of Experience: _____

Number of Weeks: _____ Number of Hours/Week: _____ Total Hours: _____

Type of Experience (Check all that apply):

- | | | | |
|--|-------------------------------------|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Academic | <input type="checkbox"/> Research | <input type="checkbox"/> Clinical | <input type="checkbox"/> Leadership |
| <input type="checkbox"/> Co-Curricular | <input type="checkbox"/> Teaching | <input type="checkbox"/> Mentoring | <input type="checkbox"/> Service |
| <input type="checkbox"/> Paid Employee | <input type="checkbox"/> For Credit | <input type="checkbox"/> Internship | <input type="checkbox"/> Volunteer |
| <input type="checkbox"/> Abroad | <input type="checkbox"/> Personal | <input type="checkbox"/> Other _____ | |

Primary Competences Developed (Check all that apply, no one experience will cover them all):

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Learning & Growth | <input type="checkbox"/> Cultural Awareness | <input type="checkbox"/> Cultural Humility | <input type="checkbox"/> Empathy/Compassion |
| <input type="checkbox"/> Ethical Responsibility | <input type="checkbox"/> Interpersonal Skills | <input type="checkbox"/> Resilient/Adaptability | <input type="checkbox"/> Oral Communication |
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HPAC C & E

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Editable
Competencies and Experiences
Worksheets to Complete and Submit to
HPAC

Skidmore HPAC Competencies & Experiences Worksheet

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