

Reflective Questions for Health Professions Applicants

Interpersonal Competencies

How have you been of service to others?

Where are you on your journey to becoming culturally competent? What does cultural competence mean to you?

How have you demonstrated respect for individuals whose beliefs are different from your own?

What role do you take on a team? How do you manage difficult team members?

Intrapersonal Competencies

When have you faced an ethical dilemma? How did you decide what to do? How did you feel about your decision afterwards?

How do you know other's trust you?

How would a supervisor describe your work ethic?

Think about a time you made a mistake? What actions did you take to rectify the situation? What did you learn from the experience?

What is the most difficult challenge you have had to overcome? What strategies did you use?

Think about the person you were when you first started college? What has changed? How have you grown and/or matured?

When you receive constructive feedback, how do you respond?

What are your growth areas? What will be most challenging for you in health professional school and/or as a health care provider? What strategies will you use to improve in these areas?

Thinking and Reasoning Competencies

How do you solve complex problems?

What areas of medical or health sciences do you find most fascinating and why?

What courses did you most enjoy in college? What new interests have you discovered?

Science Competencies

What role does science play in society?

How have your basic science classes prepared you for advanced coursework in the medical sciences?

How has your understanding of human behavior evolved throughout college?