HPAC Application

2023

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# About HPAC

The purpose of GW’s Health Professions Advisory Committee (HPAC) is to evaluate applicants on their candidacy for medical, dental school, veterinary, optometry, or podiatry school and provide a letter packet (A letter packet is comprised of the individual letters of recommendation you obtain and submit to PrivateFolio). The committee consists of pre-health advisors and faculty members from the sciences and social sciences.

The letter packet is provided only after the student completes all application requirements, a subsequent HPAC interview, and an HPAC follow-up appointment.

While the HPAC process is not mandatory, it is highly recommended in order for you to get a better sense of your candidacy.

Please email any questions about the HPAC application process to prehealth@gwu.edu and we will answer within two business days.

# HPAC 2023 Check-list & Instructions

|  |  |  |
| --- | --- | --- |
| **To-Do** | **Details** | **Complete?** |
| [**Complete**](https://calendly.com/prehealthevents/virtual-hpac-2023-info-session-with-career-serv?month=2022-08) **HPAC 2023 Training Modules** | The modules are designed to more effectively guide you through the HPAC process, and by extension, the medical or dental school application |[ ]
| [**Complete HPAC Self-Assessment**](https://forms.gle/uVpMfE3pRNFifMDr9) | This self-assessment is designed to help you assess your own candidacy for medical or dental school. You will be asked to assess whether or not you meet the core competencies that most medical and dental schools look for in their applicants and if not, how you can improve in that area. The self-assessment is required of all students and alumni who intend to apply to medical or dental school with a GWU committee packet. Complete this before your HPAC check-in appointment as we will discuss this assessment during that meeting. |[ ]
| [**Schedule & attend HPAC Check-in Appointment**](https://calendly.com/pre-health-advising/hpac-check-in?month=2022-08) | After completing the self-assessment, schedule and attend your 1-on-1 appointment with GW Pre-Health to review the self-assessment, ensure that you meet HPAC’s eligibility requirements, and overall discuss your competitiveness. |[ ]
| [**Create PrivateFolio Account**](https://www.privatefolio.com/auth/webUser/signup?invitedReferralCode=GWpha10) | PrivateFolio is the dossier system we use for supporting letter writers to upload their letters of recommendation. It is also a confidential and permanent home for your letters.This is where your letter writers will upload your official letters of recommendation.*Follow the instructions below to create your PrivateFolio account:*1. *Go to:*[*https://www.privatefolio.com/auth/webUser/signup?invitedReferralCode=GWpha10*](https://www.privatefolio.com/auth/webUser/signup?invitedReferralCode=GWpha10)*(you MUST use this link in order to receive special account pricing and to be properly affiliated with the GWU Pre-Health Program so that we can access your application).*
2. *Enter your information, choose a password, and press Submit to create your account.*
3. *You will receive a confirmation email. Click on the confirmation link in this email, and then log in to your account using your email address and password.*
4. *You will be asked to choose an account term. As a GW affiliate you have the option of receiving a one-year account for free, or a $10 discount off of a 3 year or 5 year account. If you would like to have access to your letters for future years, you should choose and pay for a 3 year account (discounted price of $14.99) or a 5 year account (discounted price of $27.99).*
 |[ ]
| **Start working on HPAC Application** | Complete Identifying Information & Colleges Attended Sections |[ ]
| **Complete Work & Activities** | Work through the accompanying HPAC 2023 training module before you begin. |[ ]
| **Write Secondary Application Essays** | Work through the accompanying HPAC 2023 training module before you begin. |[ ]
| **Write Personal Statement** | Work through the accompanying HPAC 2023 training module before you begin. |[ ]
| **Make appointment with Career Services to review Personal Statement & Secondaries** | You can schedule an HPAC appointment via Handshake and selecting the following: Appointments - Schedule New Appointment - Graduate & Professional School  Support - HPAC Applications & Interview PrepPlease come prepared with a solid first draft in order to work with substantive content. If you have not already viewed the Personal Statement PowerPoint on this Blackboard page and completed the 3-question quiz, please make time to do so. It should only take 20-minutes. **Please note:** Maximum combined 3 Appointments for Personal Statement & Short Essays. |[ ]
| **Reach out to letter writers** | For HPAC, you are required to obtain 3 – 5 Letters of Recommendation (to be submitted by your letter writers to your PrivateFolio account).At least one must be from a science faculty member and one from a major faculty member (cannot be the same letter if you are majoring in the sciences). They \*\*do not\*\* have to be from GW faculty (this is a change from previous years).**Your letter writers must follow the**[**HPAC Guidelines**](https://prehealth.gwu.edu/sites/g/files/zaxdzs1951/f/downloads/HPAC%202020%20Letters%20of%20Recommendation%20Instructions.pdf)**, so be sure to send the document to them after they've agreed to write a letter for you.**Work through the accompanying HPAC 2023 training module before you begin. |[ ]
| [**Submit all requirement documents to Box**](https://gwu.app.box.com/f/3a2efbe30eda4e07aa07e4501b1c0333) | All documents must be submitted by Jan. 31st, including your letters of recommendation. No exceptions can be made. |[ ]
| **Sign up for HPAC Interview** | The link to schedule your interview will be sent via email at the beginning of February (if you do not receive this email even though you applied to HPAC, contact me asap at prehealth@gwu.edu). Interviews will take place from mid-February to beginning-April. |[ ]
| **Prep for HPAC Interview with Career Services**  | When it comes time to prepare for your HPAC interview, please use this enclosed guide to better understand the HPAC interview process and to begin considering practice questions. Please [review this guide](file:///C%3A%5CUsers%5Cdstubbs%5CDesktop%5CHPAC_Interview_Guide___Practice_Questions%281%29.pdf) prior to scheduling an HPAC Mock Interview appointment with career services. |[ ]
| **Complete HPAC Interview** | You will meet with the entire committee, which is usually made up of the pre-health advisors and faculty from various departments. Each interview lasts 15 minutes and you’ll be asked around 5 questions. |[ ]
| **Sign up for HPAC follow-up appointment** | After your interview, you will meet with GW Pre-Health Advising once again to get the entirety of the feedback the committee has compiled for you. During that meeting, we'll talk about both the written application you submitted as well as your performance during the interview. You should schedule your follow-up appointment to occur no more than 3 weeks after your interview.Bring the HPAC self-assessment you filled out in the fall with you as we will revisit that document as well. |[ ]

# Identifying Information

|  |  |
| --- | --- |
| First Name | Click or tap here to enter text. |
| Last Name | Click or tap here to enter text. |
| Pronouns | Click or tap here to enter text. |
| GWID | Click or tap here to enter text. |
| Email | Click or tap here to enter text. |
| Class Standing | Choose an item. |
| Is this your 1st time going through HPAC? | Choose an item. |
| Will this be your 1st time applying to medical or dental school? | Choose an item. |
| What program(s) do you plan to apply to? (Check all that apply) | [ ] MD[ ] DO[ ] MD/PhD[ ] MD/JD[ ] MD/MPH[ ] Dental Schools |
| Current Undergraduate Cumulative GPA | Click or tap here to enter text. |
| Current Undergraduate BCPM GPA | Click or tap here to enter text. |
| If you plan to take additional, undergraduate science courses before you apply, list them here:  | Click or tap here to enter text. |
| Post-bacc/Graduate Cumulative GPA (if applicable) | Click or tap here to enter text. |
| Post-bacc/Graduate BCPM GPA (if applicable) | Click or tap here to enter text. |
| Previous MCAT or DAT score(s) (if applicable) | Click or tap here to enter text. |

# Colleges attended

In this section, list every postsecondary institution where you were enrolled for at least one course, even if the credits were transferred, no credit was earned, or you withdrew.

|  |  |
| --- | --- |
| Country | Click or tap here to enter text. |
| Program Type | Choose an item. |
| Start Date | Click or tap to enter a date. |
| End Date | Click or tap to enter a date. |
| Degree Name (Bachelor of Science, Bachelor of Arts, etc) | Click or tap here to enter text. |
| Major(s) | Click or tap here to enter text. |
| Minor(s) | Click or tap here to enter text. |

|  |  |
| --- | --- |
| Country | Click or tap here to enter text. |
| Program Type | Choose an item. |
| Start Date | Click or tap to enter a date. |
| End Date | Click or tap to enter a date. |
| Degree Name (Bachelor of Science, Bachelor of Arts, etc) | Click or tap here to enter text. |
| Major(s) | Click or tap here to enter text. |
| Minor(s) | Click or tap here to enter text. |

|  |  |
| --- | --- |
| Country | Click or tap here to enter text. |
| Program Type | Choose an item. |
| Start Date | Click or tap to enter a date. |
| End Date | Click or tap to enter a date. |
| Degree Name (Bachelor of Science, Bachelor of Arts, etc) | Click or tap here to enter text. |
| Major(s) | Click or tap here to enter text. |
| Minor(s) | Click or tap here to enter text. |

|  |  |
| --- | --- |
| Country | Click or tap here to enter text. |
| Program Type | Choose an item. |
| Start Date | Click or tap to enter a date. |
| End Date | Click or tap to enter a date. |
| Degree Name (Bachelor of Science, Bachelor of Arts, etc) | Click or tap here to enter text. |
| Major(s) | Click or tap here to enter text. |
| Minor(s) | Click or tap here to enter text. |

# Letter writers

For HPAC, you are required to obtain 3 – 5 Letters of Recommendation (to be submitted by your letter writers to your PrivateFolio account). At least one must be from a science faculty member and one from a major faculty member (cannot be the same letter if you are majoring in the sciences).

They \*\*do not\*\* have to be from GW faculty (this is a change from previous years).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Type of Letter (Science professor, Major professor, Clinical Supervisor, etc.)  | Name of Letter Writer | Date of Letter Request | Status of Letter (Completed, In Progress, Request not sent) | Received on PrivateFolio? |
| 1. |  |  | Choose an item. |[ ]
| 2. |  |  | Choose an item. |[ ]
| 3. |  |  | Choose an item. |[ ]
| 4. |  |  | Choose an item. |[ ]
| 5. |  |  | Choose an item. |[ ]

# Work & activities

Think about the work experience, extracurricular activities, awards, honors, or publications that you would like to bring to the attention of your medical schools. A maximum of 15 experiences may be entered; however you can enter up to four occurrences for each experience.

# Activity #1

|  |  |
| --- | --- |
| Experience Type | Choose an item. |
| Experience Name | Click or tap here to enter text. |
| Experience Start Date | Click or tap to enter a date. |
| Experience End Date | Click or tap to enter a date. |
| Total Hours | Click or tap here to enter text. |
| Organization Name | Click or tap here to enter text. |
| Country and City | Click or tap here to enter text. |
| Contact Information | Click or tap here to enter text. |
| Experience Description |
| Click or tap here to enter text. |

# Activity #2

|  |  |
| --- | --- |
| Experience Type | Choose an item. |
| Experience Name | Click or tap here to enter text. |
| Experience Start Date | Click or tap to enter a date. |
| Experience End Date | Click or tap to enter a date. |
| Total Hours | Click or tap here to enter text. |
| Organization Name | Click or tap here to enter text. |
| Country and City | Click or tap here to enter text. |
| Contact Information | Click or tap here to enter text. |
| Experience Description |
| Click or tap here to enter text. |

# Activity #3

|  |  |
| --- | --- |
| Experience Type | Choose an item. |
| Experience Name | Click or tap here to enter text. |
| Experience Start Date | Click or tap to enter a date. |
| Experience End Date | Click or tap to enter a date. |
| Total Hours | Click or tap here to enter text. |
| Organization Name | Click or tap here to enter text. |
| Country and City | Click or tap here to enter text. |
| Contact Information | Click or tap here to enter text. |
| Experience Description |
| Click or tap here to enter text. |

# Activity #4

|  |  |
| --- | --- |
| Experience Type | Choose an item. |
| Experience Name | Click or tap here to enter text. |
| Experience Start Date | Click or tap to enter a date. |
| Experience End Date | Click or tap to enter a date. |
| Total Hours | Click or tap here to enter text. |
| Organization Name | Click or tap here to enter text. |
| Country and City | Click or tap here to enter text. |
| Contact Information | Click or tap here to enter text. |
| Experience Description |
| Click or tap here to enter text. |

# Activity #5

|  |  |
| --- | --- |
| Experience Type | Choose an item. |
| Experience Name | Click or tap here to enter text. |
| Experience Start Date | Click or tap to enter a date. |
| Experience End Date | Click or tap to enter a date. |
| Total Hours | Click or tap here to enter text. |
| Organization Name | Click or tap here to enter text. |
| Country and City | Click or tap here to enter text. |
| Contact Information | Click or tap here to enter text. |
| Experience Description |
| Click or tap here to enter text. |

# Activity #6

|  |  |
| --- | --- |
| Experience Type | Choose an item. |
| Experience Name | Click or tap here to enter text. |
| Experience Start Date | Click or tap to enter a date. |
| Experience End Date | Click or tap to enter a date. |
| Total Hours | Click or tap here to enter text. |
| Organization Name | Click or tap here to enter text. |
| Country and City | Click or tap here to enter text. |
| Contact Information | Click or tap here to enter text. |
| Experience Description |
| Click or tap here to enter text. |

# Activity #7

|  |  |
| --- | --- |
| Experience Type | Choose an item. |
| Experience Name | Click or tap here to enter text. |
| Experience Start Date | Click or tap to enter a date. |
| Experience End Date | Click or tap to enter a date. |
| Total Hours | Click or tap here to enter text. |
| Organization Name | Click or tap here to enter text. |
| Country and City | Click or tap here to enter text. |
| Contact Information | Click or tap here to enter text. |
| Experience Description |
| Click or tap here to enter text. |

# Activity #8

|  |  |
| --- | --- |
| Experience Type | Choose an item. |
| Experience Name | Click or tap here to enter text. |
| Experience Start Date | Click or tap to enter a date. |
| Experience End Date | Click or tap to enter a date. |
| Total Hours | Click or tap here to enter text. |
| Organization Name | Click or tap here to enter text. |
| Country and City | Click or tap here to enter text. |
| Contact Information | Click or tap here to enter text. |
| Experience Description |
| Click or tap here to enter text. |

# Activity #9

|  |  |
| --- | --- |
| Experience Type | Choose an item. |
| Experience Name | Click or tap here to enter text. |
| Experience Start Date | Click or tap to enter a date. |
| Experience End Date | Click or tap to enter a date. |
| Total Hours | Click or tap here to enter text. |
| Organization Name | Click or tap here to enter text. |
| Country and City | Click or tap here to enter text. |
| Contact Information | Click or tap here to enter text. |
| Experience Description |
| Click or tap here to enter text. |

# Activity #10

|  |  |
| --- | --- |
| Experience Type | Choose an item. |
| Experience Name | Click or tap here to enter text. |
| Experience Start Date | Click or tap to enter a date. |
| Experience End Date | Click or tap to enter a date. |
| Total Hours | Click or tap here to enter text. |
| Organization Name | Click or tap here to enter text. |
| Country and City | Click or tap here to enter text. |
| Contact Information | Click or tap here to enter text. |
| Experience Description |
| Click or tap here to enter text. |

# Activity #11

|  |  |
| --- | --- |
| Experience Type | Choose an item. |
| Experience Name | Click or tap here to enter text. |
| Experience Start Date | Click or tap to enter a date. |
| Experience End Date | Click or tap to enter a date. |
| Total Hours | Click or tap here to enter text. |
| Organization Name | Click or tap here to enter text. |
| Country and City | Click or tap here to enter text. |
| Contact Information | Click or tap here to enter text. |
| Experience Description |
| Click or tap here to enter text. |

# Activity #12

|  |  |
| --- | --- |
| Experience Type | Choose an item. |
| Experience Name | Click or tap here to enter text. |
| Experience Start Date | Click or tap to enter a date. |
| Experience End Date | Click or tap to enter a date. |
| Total Hours | Click or tap here to enter text. |
| Organization Name | Click or tap here to enter text. |
| Country and City | Click or tap here to enter text. |
| Contact Information | Click or tap here to enter text. |
| Experience Description |
| Click or tap here to enter text. |

# Activity #13

|  |  |
| --- | --- |
| Experience Type | Choose an item. |
| Experience Name | Click or tap here to enter text. |
| Experience Start Date | Click or tap to enter a date. |
| Experience End Date | Click or tap to enter a date. |
| Total Hours | Click or tap here to enter text. |
| Organization Name | Click or tap here to enter text. |
| Country and City | Click or tap here to enter text. |
| Contact Information | Click or tap here to enter text. |
| Experience Description |
| Click or tap here to enter text. |

# Activity #14

|  |  |
| --- | --- |
| Experience Type | Choose an item. |
| Experience Name | Click or tap here to enter text. |
| Experience Start Date | Click or tap to enter a date. |
| Experience End Date | Click or tap to enter a date. |
| Total Hours | Click or tap here to enter text. |
| Organization Name | Click or tap here to enter text. |
| Country and City | Click or tap here to enter text. |
| Contact Information | Click or tap here to enter text. |
| Experience Description |
| Click or tap here to enter text. |

# Activity #15

|  |  |
| --- | --- |
| Experience Type | Choose an item. |
| Experience Name | Click or tap here to enter text. |
| Experience Start Date | Click or tap to enter a date. |
| Experience End Date | Click or tap to enter a date. |
| Total Hours | Click or tap here to enter text. |
| Organization Name | Click or tap here to enter text. |
| Country and City | Click or tap here to enter text. |
| Contact Information | Click or tap here to enter text. |
| Experience Description |
| Click or tap here to enter text. |

# Secondary Application Essays

To practice writing secondaries, you must submit responses to the following 3 questions in 500 words or less per question:

|  |
| --- |
| Describe a significant challenge you have experienced in your life, share the strategies you employed to overcome the challenge, and what you learned from the experience. (from Edward Via College of Osteopathic Medicine) |
|  |

|  |
| --- |
| From the following list of human qualities, choose the ONE you think is most important and explain your choice: intelligence, honor, humility, perseverance, and optimism. (fromVirginia Tech Carilion School of Medicine and Research Institute) |
|  |

|  |
| --- |
| What experiences have you had with rural and/or underserved communities/populations? What have you learned from these experiences? (from Washington State University Elson S. Floyd College of Medicine). |
|  |

# Personal Statement

Consider and write your Personal Comments Essay carefully; many admissions committees place significant weight on the essay. Here are some questions you may want to consider while writing the essay:

|  |
| --- |
| Why have you selected the field of medicine?What motivates you to learn more about medicine?What do you want admissions to know about you that has not been disclosed in other sections of the application? |
|  |

# Evaluation Rubric

Review the rubric below to see how you will be evaluated by the committee.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Section** | **Exceeds expectations (4)** | **Meets expectations (3)** | **Needs improvement (2)** | **Unacceptable (1)** | **Considerations** | **Score** |
| **Academics (Cumulative & BCPM GPA)** | Cum.: 3.8-4.0BCPM: 3.7-4.0 | Cum.: 3.4-3.79BCPM: 3.3-3.69 | Cum.: 3.0-3.39BCPM: 3.0-3.29 | Cum. & BCPM: Below 3.0 | If student falls in (2) or (3) but demonstrates upward trajectory OR took rigorous STEM coursework AND takes responsibility for/explains grades of D/F/W, **then add 1 point**If student falls in (3) AND  is pre-dental, **add 1 point** | **Max. 4 pts** |
| **Clinical experience** - involving direct patient contact (i.e.: active part of a patient’s care team as a scribe, EMT, CNA, medical assistant, caretaker, or other similar role) and can comment meaningfully about how the experience(s) contribute to their understanding of working in the medical field. | Student has sustained, **2+ years of continuous, uninterrupted clinical experiences** **OR 1000+ hours** For pre-dental students: Student has **100+ hours of shadowing in a dentist office and/or working as a dental assistant** | Student has minimum of **1 year of consistent clinical experiences OR 2+ years of intermittent, non-consistent clinical experience** (i.e. extended periods of inactivity) **OR 500-1000 hours** For pre-dental students: Student **has between 50 – 100 hours shadowing in a dentist’s office** | Student has less than **6 months of continuous clinical experiences OR 1 year of intermittent, non-consistent clinical experience** (i.e. extended periods of inactivity)  **OR 200 – 500 hours** For predental students: Student **has less than 50 hours of shadowing in a dentist’s office**  | Student has **no clinical experience** involving direct patient contactFor pre-dental students: Student **has never shadowed** in a dentist office whilst in college | If student falls into categories (2) or (3) but has a valid reason for extended periods of inactivity such as illness, death of family member or other extenuating circumstances, **add 1 point**If student in any category cannot meaningfully comment on their clinical experience, **subtract 1 point** | **Max. 4 pts** |
| **Community Service** - that speak to their goals and demonstrates leadership, and/or a desire to serve others and community involvement. Volunteering during this time does not have to be exclusive to one organization. | Student has **2+ years** of consistent, **uninterrupted OR 1000+ hours’ worth of** engagement in community service | Student has minimum of **1 year** of consistent, **uninterrupted**, **OR 2+ years of intermittent, non-consistent** **OR 1000+ hours’ worth of** engagement in community service | Student has less than **6 months of continuous OR 1 year of intermittent, non-consistent OR 200 – 500 hours’ worth of** engagement in community service | Student has **no community service** | If student in any category has worked with diverse/ underserved populations and is able to articulate meaning behind experiences, **add 1 point**If student in any category cannot meaningfully comment on their community service**, subtract 1 point** | **Max. 4 pts****+ 1 bonus pt.** |
| **Research Experience** –conducted during the regular academic semesters or prioritized over the summer and/or post-graduation. Can clearly articulate their role and the purpose of the research. | Student has **2+ semesters** of consistent, **uninterrupted OR 500+ hours’ worth of** research | Student has minimum of **1 semester** of consistent, **uninterrupted**, **OR 2+ semesters of intermittent, non-consistent** **OR 250+ hours’ worth of** research | Student has less than **1 summer of continuous OR 1 semester of intermittent, non-consistent OR 50 – 100 hours’ worth of** research | Student has **no research** | If student in any category has participated in research events (posters, presentations, publications) and/or has been awarded a research fellowship**, then add 1 point**If student in any category cannot meaningfully comment on their research**, subtract 1 point** | **Max. 4 pts****+1 bonus pt** |
| **Written Application** - Personal Statement, Resume, Short Answers Questions | Student's personal statement articulates substantive goals and shows how academic record and activities support their goals. Application is reflective and highlights reasoning behind choosing their professional program. Evident that the student took care in following directions, composing documents and proofreading. | Student's personal statement articulates goals and shows good connection between their activities and motivation for their desired profession. Application highlights some positive attributes and activities, but does not fully reflect their "why." Evident that the student took care in following directions, composing documents and proofreading | Student's personal statement articulates vague goals; connection between academics, activities and motivation for healthcare is not evident.It is not evident that the student took care in composing their answers. Incomplete answers in application documents. |  | **Max. 3 pts** |
| **Interview** | Student was on time to interview. Student answered questions clearly, using personal examples for each question to demonstrate skills/competencies. Was able to relate their experiences back to medicine. Their motivation for wanting to enter medicine was abundantly clear and passion for the field was evident in their responses and mannerisms. The student presented themselves as mature and professional. | Student was on time to interview. Student answered questions clearly, using personal examples for most but not all questions to demonstrate skills/competencies. Was able to relate their experiences back to medicine most of the time. Their motivation for wanting to enter medicine was clear and/or passion for the field was evident in their responses and mannerisms. The student, while somewhat nervous, presented themselves as mature and professional. | Student was on time to interview. Student answered questions but responses were vague or general and/or did not use personal examples (or unrelated examples) for questions to demonstrate skills/competencies. Student was **not** able to relate their experiences back to medicine and/or their motivation for wanting to enter medicine was unclear **and/or** passion for the field was not evident in their responses and mannerisms. The student appeared either overly nervous or arrogant. | Student was late to the interview or did not show. Student’s responses were unrelated or confusing and/or did not use personal examples (or unrelated examples) for questions to demonstrate skills/competencies. Student was **not** able to relate their experiences back to medicine and/or their motivation for wanting to enter medicine was not present entirely **and/or** passion for the field was not evident in their responses and mannerisms. The student appeared either disinterested or disrespectful. |  | **Max. 4 pts** |
| **Total score** | Exceeds expectations: 19 - 23 | Meets expectations: 13-18 | Needs improvement: 7-12 | Unacceptable: 6 or lower |  | **Max. 23** |

# Evaluation Narrative

**Exceeds expectations:** Student has performed excellently and can meaningfully connect classroom learning with the medical field. GPA meets or exceeds medians for program of interest and displays high rigor of coursework. Enthusiasm for learning and interest in the sciences is evident. Student has significant, sustained clinical experiences with direct patient contact and can comment meaningfully about how they contribute to their understanding of working in the medical field. Student has consistently engaged in volunteering/extracurricular experiences that speak to their goals and demonstrates leadership, a desire to serve others and community involvement. Student has extensive research experience during the regular academic semesters and can clearly articulate their role and the purpose of the research. Maturity and professionalism is evident. Can clearly articulate "why" statement.

**Meets expectations:** Student has performed well and takes responsibility for poor grades/W's where needed and/or shows an upward trend (where appropriate) and rigor of coursework. Can connect classroom learning with medical field on at least a surface level. GPA within median ranges for program of interest. Student has an adequate amount of clinical experiences with direct patient contact in order to comment meaningfully about how they contribute to their understanding of the medical field. Student has engaged in volunteering/extracurricular experiences (some of which include diverse/ underserved populations and/or leadership) and can show longevity with at least one activity. Student is able to articulate meaning behind these experiences. Student has shown an interest in research by participating in at least one of the following: summer research internship, research fellowship, research post-graduation, research activity and can clearly articulate role and purpose of the research.

**Needs improvement:** Student has performed below average and does not take responsibility for poor grades/W's where needed and/or does not show an upward trend. Can connect classroom learning with medical field on at least a surface level. Student has limited clinical experience OR is unable to meaningfully connect their clinical experience to the medical field OR student cannot give specific examples demonstrating their 1:1 patient contact OR student has shadowed various medical professionals with limited patient contact. Student has sporadic volunteering/ extracurricular activities or only engaged in required activities for their organization (Greek life, varsity sports) or only during breaks. Apparent that student is "checking boxes" and is unable to articulate meaning behind experiences. Not able to demonstrate qualities learned from experiences like teamwork, service orientation or leadership. Student has little to no research since starting college and/or cannot clearly articulate role and purpose of research they’ve done. Lack of understanding regarding importance of research in medicine is evident.

# Submit

* The deadline for all HPAC materials and steps is Jan. 31st. Here is what you need to do/submit:
	+ HPAC 2023 Training Modules
	+ Self-Assessment Google Form
	+ HPAC Check-in Appointment
	+ Completed HPAC 2023 Application
		- Save this document and title it according to this format: Last Name\_ First Name\_HPAC 2023 Application
			* Ex.: Smith\_John\_HPAC 2023 Application
			* Upload document to the Box folder
	+ Letters of Recommendation
		- Check in with letter writers to ensure they upload their letters of rec to PrivateFolio by the deadline
	+ Unofficial Transcripts
		- Download unofficial transcripts from ALL colleges/universities ever attended (including dual enrollment) and title document according to this format: Last Name\_ First Name\_Institution Name\_Transcript
		- Ex.: Smith\_John\_GW\_Transcript
		- Upload transcripts to the Box folder
* **Everything is due by Jan. 31st, 11.59pm, including your letters of recommendation**

[**Submit to Box**](https://gwu.app.box.com/f/3a2efbe30eda4e07aa07e4501b1c0333)