

## BIOGRAPHICAL INFORMATION FOR THE HEALTH PREPROFESSIONAL COMMITTEE

For each area, please explain your activities/employment, being as specific as possible, and using a chronological order. Use the outline heading for each topic, and then list each activity as a subheading. Use a short descriptive paragraph format, discussing your involvement in that particular experience.

- I. **Organized Activities.** Please comment on campus activities, including off-campus activities, varsity athletics, intramural participation, volunteer service activities, etc., giving for each the degree of participation, any office held, the time frame, and the average number of hours spent per week or per month in the activity (for example, **August 2015-December 2016, 3 hours per week**). In this section, shadowing experience should also be discussed, including type of professional observed, examples of what was observed, and approximate number of total hours spent observing.
- II. **Unorganized Activities.** Please comment on hobbies, recreational activities and other uses of your time, giving for each the degree of involvement, the average number of hours spent per week or per month in the activity, and any new skills or interests that have been developed.
- III. **Employment.** Please comment on jobs held during the school year, time frame, and the average number of hours spent per week employed. Explain what you have done with your summers and the degree to which employment has been necessary to finance your education, support a family, etc.
- IV. **Typical Week.** Currently, what is your typical week like? How many hours per week do you study? Spend with volunteer activities? Employment, etc.? Please summarize this information briefly. Please DO NOT give your daily schedule.
- V. **Academic Work.** Please discuss honors section, awards, honor societies, scholarships or any other academic honors that you have received. You may also use this section to list special research projects and the time spent doing them, and to explain any peculiarities in your record.
- VI. **Career Choice/Personal Statement Essay.** Read The PREMED PLAYBOOK: Medical School Personal Statement