

## Pre-Professional Competencies for Med School Applicants

The 15 Core Competencies for Entering Medical Students have been endorsed by the AAMC Group on Student Affairs (GSA) Committee on Admissions (COA) who represent the MD-granting medical schools in the United States. The competency list was developed after an extensive review of the medical education and employment literatures and with input from several blue-ribbon and advisory panels, including SFFP, Behavioral and Social Sciences Foundations for Future Physicians (BSSFFP), Institute of Medicine (IOM), 5th Comprehensive Review of the MCAT Review Committee (MR5), Accreditation Council for Graduate Medical Education (ACGME) Outcome Project, the MR5 Innovation Lab, and others.

**Service Orientation:** Demonstrates a desire to help others and sensitivity to others' needs and feelings; demonstrates a desire to alleviate others' distress; recognizes and acts on his/her responsibilities to society; locally, nationally, and globally.

- Demonstrated by community service, proven interest in a specific social cause; working in a service-oriented job
- How have you demonstrated your service orientation?

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\_\_\_ Lacking

**Social Skills:** Demonstrates an awareness of others' needs, goals, feelings, and the ways that social and behavioral cues affect peoples' interactions and behaviors; adjusts behaviors appropriately in response to these cues; treats others with respect.

- Demonstrated by involvement in group activities; serving as a teaching assistant, peer leader or resident mentor; participation in team sports; working in a service-related industry; involvement in a religious organization
- How have you demonstrated good social skills?

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**Cultural Competence:** Demonstrates knowledge of socio-cultural factors that affect interactions and behaviors; shows an appreciation and respect for multiple dimensions of diversity; recognizes and acts on the obligation to inform one's own judgment; engages diverse and competing perspectives as a resource for learning, citizenship, and work; recognizes and appropriately addresses bias in themselves and others; interacts effectively with people from diverse backgrounds.

- Demonstrated by studying abroad; extensive travel; working with underserved and displaced groups, such as refugees or a group with cultural/language differences, such as an Hispanic clinic; serving as a conversation buddy for an international student; working in a service-related area with exposure to those from other cultures, countries, or with different languages; learning another language proficiently
- How have you demonstrated your cultural competence?

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**Teamwork:** Works collaboratively with others to achieve shared goals; shares information and knowledge with others and provides feedback; puts team goals ahead of individual goals.

- Demonstrated by participation in student organizations or student government; involvement in team sports; serving on committees; participating in group projects/homework assignments
- How have you demonstrated teamwork?

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**Oral Communication:** Effectively conveys information to others using spoken words and sentences; listens effectively; recognizes potential communication barriers and adjusts approach or clarifies information as needed.

- Demonstrated by serving as a peer leader, teaching assistant, ambassador for a student group or service; presenting at conferences or workshops; interviews; joining organizations such as Toastmasters International
- How have you demonstrated good oral communication skills?

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**Ethical Responsibility to Self and Others:** Behaves in an honest and ethical manner; cultivates personal and academic integrity; adheres to ethical principles and follows rules and procedures; resists peer pressure to engage in unethical behavior and encourages others to behave in honest and ethical ways; develops and demonstrates ethical and moral reasoning.

- Demonstrated by being able to recall ethical issues or situations with which you have been involved and discuss how you resolved the issues
- How have you demonstrated ethical responsibility?

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**Reliability and Dependability:** Consistently fulfills obligations in a timely and satisfactory manner; takes responsibility for personal actions and performance.

- Demonstrated by taking responsibility for poor academic performance and academic or behavior infractions; relating specific experiences where you displayed responsibility
- How have you demonstrated reliability and dependability?

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**Resilience and Adaptability:** Demonstrates tolerance of stressful or changing environments or situations and adapts effectively to them; is persistent, even under difficult situations; recovers from setbacks.

- Demonstrated by persevering through difficult situations or challenges
- How have you demonstrated resilience and adaptability?

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**Capacity for Improvement:** Sets goals for continuous improvement and for learning new concepts and skills; engages in reflective practice for improvement; solicits and responds appropriately to feedback.

- Demonstrated by grade improvement over time, new skill attainment, or confirmation by letter-writes (professors, job supervisors, coaches, advisors) through recommendations
- How have you demonstrated your capacity for improvement?

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## **Thinking and Reasoning Competencies**

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

- Demonstrated by being able to recall situations in which you have made effective decisions that lead to a positive outcome and situations in which you have made mistakes and how you learned from them
- How have you demonstrated good critical thinking skills?

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

- Demonstrated by academic performance

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**Scientific Inquiry:** 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.

- Demonstrated by academic performance, research experiences, and research presentations

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**Written Communication:** Effectively conveys information to others using written words and sentences.

- Demonstrated by published papers; writing for school newspaper; personal statement
- How have you demonstrated good written communication skills?

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## **Science Competencies**

**Living Systems:** Applies knowledge and skill in the natural sciences to solve problems related to molecular and macro systems including biomolecules, molecules, cells, and organs.

- Demonstrated by academic performance and MCAT

**Human Behavior:** Applies knowledge of the self, others, and social systems to solve problems related to the psychological, socio-cultural, and biological factors that influence health and well-being.

- Demonstrated by academic performance and MCAT

For Pre-Professional guidance, contact Pre-Professional Advising at 803-777-5581, [www.sc.edu/oppa](http://www.sc.edu/oppa)