

PRE-HEALTH ACTIVITY JOURNAL

Health professions schools look at your activities to understand how you developed personal competencies needed for the profession and your motivation to explore and join your chosen profession.

Keep the [competencies identified by the AAMC](#) in mind as you choose and reflect upon your activities:

Professional:	Commitment to Learning & Growth, Cultural Awareness, Cultural Humility, Empathy/Compassion, Ethical Responsibility to Self & Others, Interpersonal Skills, Oral Communication, Reliability/Dependability, Resilience/Adaptability, Service Orientation, Teamwork/Collaboration
Thinking/Reasoning:	Critical Thinking, Quantitative Reasoning, Scientific Inquiry, Written Communication
Scientific:	Living Systems, Human Behavior

A record of your non-classroom activities during and after college, as well as your reflections on them, will prepare you to make the most of your opportunity to communicate activities on your application.

The AMCAS application, for example, will ask you to provide a contact name/phone number/email, describe the activity, and reflect upon the meaning of the activity to you. Later in the process, you will be asked about activities in your secondary applications and in interviews. Include research, shadowing, clinical volunteering, all extracurriculars, as well as activities such as serious hobbies, service through faith communities, and fraternity/sorority membership.

You can download activity pages as needed to add to your journal.

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth

Cultural Awareness

Cultural Humility

Empathy/Compassion

Teamwork/Collaboration

Ethical Responsibility to Self & Others

Interpersonal Skills

Oral Communication

Reliability/Dependability

Resilience/Adaptability

Service Orientation

Critical Thinking

Quantitative Reasoning

Scientific Inquiry

Written Communication

Living Systems

Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:



COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ TOTAL HOURS: _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION:

ACTIVITY TYPE: _____

ACTIVITY NAME: _____

DATES: _____ **TOTAL HOURS:** _____

CONTACT NAME AND TITLE: _____

ORGANIZATION NAME: _____

CITY, STATE, COUNTRY: _____

EXPERIENCE DESCRIPTION:

COMPETENCIES DEVELOPED:

Commitment to Learning
& Growth
Cultural Awareness
Cultural Humility
Empathy/Compassion
Teamwork/Collaboration

Ethical Responsibility to Self & Others
Interpersonal Skills
Oral Communication
Reliability/Dependability
Resilience/Adaptability
Service Orientation

Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Living Systems
Human Behavior

ELABORATION/REFLECTION: