

## Physician Assistant Applicant Self-Assessment

Thank you for your interest in the Rutgers Physician Assistant (RUPA) Program. Our program receives approximately 1,500 applications per year for 50 seats. We provide this questionnaire to help applicants self-reflect on the competitiveness of their applications. **It is intended for your personal use only and The Rutgers Physician Assistant Program does not guarantee any specific admission outcome based on your answers.** Simply use this as a tool to help guide you towards creating a strong application.

### Application

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| Have I thoroughly reviewed the Rutgers University PA Program website, including, but not limited to, the General Info and FAQ Admissions pages?                   |  |
| Have I read and followed the CASPA application instructions?  |  |
| Will I submit my application and supporting materials to CASPA allowing enough time for CASPA to verify the information before the deadline?                      |  |
| If already applied: Did I receive a confirmation email for the RUPA Program supplemental questions <b>and</b> for the RUPA payment? (separate from the CASPA fee) |  |

### Rutgers Physician Assistant Program Core Values

In order to meet our Mission and achieve our Vision, the RUPA Program emphasizes the following values:

- Excellence in academic performance
- Service to the community
- Inclusion and diversity
- Academic and professional integrity
- Adaptability and responsiveness
- Collaborative, caring, and competent providers

|   |  |
|---|--|
| Based on the above characteristics, am I a good fit for the program?  |  |
| Does my application demonstrate the above characteristics?  |  |
| Are there things I can do to strengthen my application to better reflect the above characteristics?   |  |
| Letters of Recommendation: Can the recommenders I chose attest to my ability to strive in an academic or healthcare setting? Can they speak to how I meet the PA Program's mission and core values? |  |

### Experience

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| Does my application reflect direct patient care, PA shadowing, and community service?  |  |
| How do my hours in patient care, PA shadowing, and community service compare to the admitted class data? (on the program website)  |  |
| Does my application thoroughly explain how my patient care, PA shadowing, and community service experiences impacted my personal growth, and/or how they led me to apply to PA school? |  |

|   |  |
|---|--|
| Does my application indicate that besides volunteering to get medical experience, I serve the community in other impactful ways? Does my application demonstrate a sustained effort over time to serve the community? |  |
| Do any of my experiences demonstrate my ability to lead others?   |  |
| Have I shadowed PAs in multiple settings/specialties?   |  |
| Does my application indicate other worthwhile experiences such as college athletics, marching band, clubs, meaningful employment, etc?  |  |

### Academic Preparation and GPA

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| How is my science and overall GPA in relation to the average GPA of admitted students? (found on program website)  |  |
| If my overall and/or science GPA are below a 3.2, have I uploaded an additional letter explaining the circumstances surrounding my academic performance?               |  |
| If my overall and science GPA are good but my transcript reflects an academic "rough patch," have I explained it in the CASPA application or supplemental application? |  |
| Does my transcript indicate an upward grade trend if my GPA was low?   |  |
| Did I take and perform well in many/most of the recommended upper level biology courses, in addition to the prerequisite requirements?                                 |  |
| Does my academic record reflect a capability of managing a rigorous science course load, taking several science courses at once?                                       |  |
| Does my transcript reflect a strong performance in my most recent science courses?   |  |

### CASPA Essay/RUPA Supplemental Application

|   |  |
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| Does my application indicate that I am familiar with the role of a physician assistant?   |  |
| Do I clearly explain why I want to be a PA versus a different health care provider?   |  |
| Do I share the unique skills/life experiences/personal attributes that I bring to the PA program and profession?  |  |
| If I have overcome adversity or exhibited resilience in some way, do I explain the situation and explain the personal growth that came from the experience? |  |
| Do I convey that I am a team player?  |  |
| Are my essays well-written, complete but concise, and free of grammatical errors?   |  |

### For Those Who Interviewed But Not Offered Admission

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| How do I think the staff and interviewers perceived me?                    |  |
| Was I able to demonstrate strong interpersonal and communication skills?   |  |
| Did I give honest and thoughtful answers?                                  |  |
| If I was offered another chance to interview, what would I do differently? |  |