## **CORE COMPETENCIES**

The Association of American Medical Colleges (AAMC) lists **15 Core Competencies** that students should demonstrate before entering medical school. (www.aamc.org)

#### **Interpersonal Competencies**



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



2. **Social Skills**: Demonstrates awareness of others' needs, goals, feelings, and the ways that social and behavioral cues affect peoples' interactions and behaviors; treats others with respect.



3. **Cultural Competence**: Demonstrates knowledge of socio-cultural factors that affect behaviors; respects for multiple dimensions of diversity; informs own judgment; recognizes and appropriately addresses bias in themselves and others; interacts effectively with people from diverse backgrounds.



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



5. **Oral Communication**: Effectively conveys information to others; listens effectively; recognizes potential communication barriers and adjusts as needed.

### **Intrapersonal Competencies**



6. **Ethical Responsibility to Self and Others**: Behaves in an honest and ethical manner; adheres to ethical principles; resists peer pressure; demonstrates ability to follow rules and procedures.



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



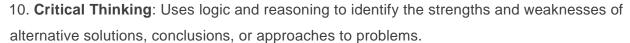
8. **Resilience and Adaptability**: Demonstrates tolerance of stressful environments or situations and adapts effectively; is persistent, even under difficult situations; recovers from setbacks.



9. **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.

### Thinking and Reasoning Competencies







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



12. **Scientific Inquiry**: Uses scientific processes to integrate and synthesize information, solve problems and formulate research hypotheses; is facile in the language of the sciences and participates in scientific discourse; can explain how scientific knowledge is discovered and validated.



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

### Science Competencies



- 14. **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.
- 15. **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.

# How do admissions committees assess my competencies?

- your academic record: classes, loads, disciplinary actions, GPA, MCAT/DAT
- your activities since college
- your recommendation letters
- your essays
- if available, a Committee Letter
- if invited to interview, notes from your interviewers