

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



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



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