

Core Competencies FOR PRE-HEALTH STUDENTS

The Association of American Medical Colleges (AAMC) has compiled a list of 15 traits the ideal medical school student should possess — traits which are valuable for all students pursuing careers in health care fields.

Interpersonal competencies

Interpersonal competence is your ability to communicate with others and maintain healthy relationships. It includes interacting with others in a way that builds respect, trust and cooperation.

Traits include:

- ▶ Service orientation
- ▶ Social skills
- ▶ Cultural competence
- ▶ Teamwork
- ▶ Oral communication



Intrapersonal competencies

Intrapersonal competency is about understanding your own thoughts, emotions and behaviors. Traits include:

- ▶ Ethical responsibility to self and others
- ▶ Reliability and dependability
- ▶ Resilience and adaptability
- ▶ Capacity for improvement



Thinking and reasoning competencies

These competencies are about your ability to analyze information and solve problems.

Traits include:

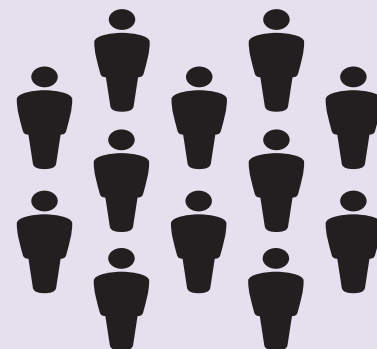
- ▶ Critical thinking
- ▶ Quantitative reasoning
- ▶ Scientific inquiry
- ▶ Written communication



Science competencies

These competencies cover specific areas of science that are important for physicians to be proficient in. Traits include:

- ▶ Living systems
- ▶ Human behavior



HPA Planning Worksheet

	FALL	SPRING	SUMMER
YEAR 1			
YEAR 2			
YEAR 3			
YEAR 4			
YEAR 5/GAP			



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