

## Co-Curricular Activity Journal

The strength of your application to graduate and professional programs in healthcare relies equally on your academic and co-curricular credentials. Keeping an active record of co-curricular activities can be useful when reflecting and recalling upon experiences that are additive to the skills and qualities of any health care profession.

### **What information should the Co-Curricular Activity Journal contain?**

Most centralized applications for healthcare programs will limit the number of experiences you are allowed to include on your application. Many will require you to provide the following:

- An explanation and reflection of your experiences
- The number of hours you contributed to the experiences
- The name, title, phone number, and email address of the supervisor of the co-curricular activity

### **What types of activities and experiences should you include?**

Not every single experience on your application needs to be medical related. Many skills and qualities demonstrated outside the health professions are applicable and transferable to what admission committees look for in applicants.

More important than what you did when describing your co-curricular experiences is demonstrating:

- You understood the purpose of your role and responsibilities
- You reflected on your experience, know what you learned, and can easily apply what you learned to your future as a healthcare professional

### **How do you effectively keep a journal?**

Students are encouraged to choose a method of journaling that works best for them, spend time reflecting on the questions, and record their thoughts. Keeping a log like the one found on the next page will assist students in the development of their personal statement and application, and help students prepare for the interview process. It is important for students to keep a record of co-curricular activities leading up to the time of the application. Students are encouraged to meet with the Associate Director of Dimensions regularly to discuss their experiences.

## Co-Curricular Activity Journal

Title: \_\_\_\_\_ Name of Organization: \_\_\_\_\_

City, State, Country: \_\_\_\_\_

Total Hours Completed to Date: \_\_\_\_\_

Activity Dates: \_\_\_\_\_

Name of Contact (and title\*): \_\_\_\_\_

Contact Email: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Contact can confirm this information if necessary? Y/N

Questions to ponder while reflecting upon an experience:

- Why was this experience meaningful to you?
- What about this experience makes it important enough to include on your future application? How can you convey the importance of this experience in your path to medicine?
- What about the experience further motivated you to pursue medicine?
- What were your goals? What was the purpose of your work?
- What were the company's/organizations overarching goals? How did your responsibilities fit in with the bigger picture of the company's/organization's overarching goals?
- What were the outcomes of the work you did? How did these outcomes contribute to or impact the company's/organization's outcomes?
- What did you learn about yourself, working with others, and/or healthcare from the experience? How has your understanding of yourself, working with others, and/or healthcare evolved as a result of this experience? What about your performance in this experience demonstrates this?
- How can you apply what you learned to future experiences?
- Can you connect this experience to other experiences you've had?

Notes:

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\*Title = level of education and job title. Example: Danielle D'Ambrosio, MA, Associate Director of Dimensions.