CMSP SJV-MedBridge Clinical and Volunteer Hours Tracker

Date	Clinical -or- Non-Clinical	Location and Description of Activity	# of Hours	Something Learned: How did this prepare or influence me?	AAMC Pre-Med Competencies	Contact: Signature Name, Phone, & Email
EXAMPLE 3-6-26	Clinical	Mobile HeaL Assist with patient registration	4	Proper patient interaction and mobile clinic procedures	1.Commitment to learning & growth 2. Service Orientation 3. Critical Thinking	Sam Jones Sam Jones 559-670-2345 Sjones@gml.com
Total Hours This Sheet						

AAMC Premed Competencies

For a list of defined competencies, click here.

Thinking and reasoning

- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Written Communication

Professionalism

- Professional Commitment to Learning and Growth
- Cultural Awareness or Humility
- Empathy and Compassion
- Interpersonal Skills
- Ethical Responsibility
- Oral Communication
- Reliability and Dependability
- Resilience and Adaptability

Science

- Human Behavior
- Living Systems
- Service Orientation
- Teamwork and Collaboration