

SJV MedBridge Clinical and Volunteer Hours Tracker

AAMC Premed Competencies for Entering Medical Students

For a list of defined competencies, [click here](#).

Professional		Thinking and Reasoning
<ul style="list-style-type: none"> Professional Commitment to Learning and Growth Cultural Awareness Cultural Humility Empathy and Compassion Ethical Responsibility to Self and Others 	<ul style="list-style-type: none"> Interpersonal Skills Oral Communication Reliability and Dependability Resilience and Adaptability Service Orientation Teamwork and Collaboration 	<ul style="list-style-type: none"> Critical Thinking Quantitative Reasoning Scientific Inquiry Written Communication
		Science <ul style="list-style-type: none"> Human Behavior Living Systems

Date	Experience Type:	What I Did?	# of Hours	Something Learned: How did this prepare or influence me?	AAMC Pre-Med Competencies	Contact Signature Include: Name, Phone, & Email
(Example) 12/21/23	Clinical	CPR Training	4.5	Gaining skills in CPR	1. Commitment to learning & growth 2. Service Orientation 3. Critical Thinking	<i>S. Jones</i> Sam Jones 559-670-2345 Sjones@gmail.com

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