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
• Professional Commitment to Learning and Growth • Cultural Awareness • Cultural Humility • Empathy and Compassion • Ethical Responsibility to Self and Others	• Interpersonal Skills • Oral Communication • Reliability and Dependability • Resilience and Adaptability • Service Orientation • Teamwork and Collaboration	• Critical Thinking • Quantitative Reasoning • Scientific Inquiry • Written Communication **Science** • 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	S. Jones Sam Jones 559-670-2345 Sjones@gmail.com

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