SJV MedBridge Workshop Tracker

Date	Experience Type/Topic	Hours	Offering Type: (Virtual or In-person)	Something Learned: How did this prepare or influence me?
(Example) 1/1/24	Guest Speaker Dr. Toribio - Internal Medicine	1	Virtual	Work/life balance is important for self-care.Learn how you learn.

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SJV MedBridge Clinical and Volunteer Hours Tracker

AAMC Premed Competencies for Entering Medical Students						
For a list of defined competencies, <u>click here.</u>						
Professional		Thinking and Reasoning				
 Professional Commitment to Learning and Growth Cultural Awareness Cultural Humility 	 Interpersonal Skills Oral Communication Reliability and Dependability Resilience and Adaptability 	 Critical Thinking Quantitative Reasoning Scientific Inquiry Written Communication 				
 Empathy and Compassion Ethical Responsibility to Self and Others 	 Service Orientation Teamwork and Collaboration 	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
Ex. 12/21/23	Clinical	CPR Training	4.5	Gaining skills in CPR	1.Commitment to learning & growth2. Service Orientation3. Critical Thinking	S. Janes 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