

Name: _____

Freshman Sophomore Junior Senior

Month _____ Year _____



MONTHLY CHECKLIST



PATIENT EXPOSURE

5 hours per month

Date _____ Hours _____

Description _____

Date _____ Hours _____

Description _____



COMMUNITY SERVICE/VOLUNTEER WORK

4 1/2 hours

Date _____ Hours _____

Description _____

Date _____ Hours _____

Description _____



PHYSICIAN SHADOWING

2 hours (extra hours can carry over to following months)

Date _____ Hours _____ Description _____

Date _____ Hours _____ Description _____

Date _____ Hours _____ Description _____

Date _____ Hours _____ Description _____



EXTRACURRICULAR (leadership, community service, hobbies, club, religion, cultural learning)

40 – 80 hours (10- 20 per week)

Description _____

Date _____ Hours _____ Total Hours _____

Date _____ Hours _____

Date _____ Hours _____

Description _____

Date _____ Hours _____ Total Hours _____

Date _____ Hours _____

Date _____ Hours _____

Description _____

Date _____ Hours _____ Total Hours _____

Date _____ Hours _____

Date _____ Hours _____

Description _____ Date _____ Hours _____

Description _____ Date _____ Hours _____

Description _____ Date _____ Hours _____



EXERCISE

At least four times per month (At least one hour per week.)

Activity _____ Date _____ Hours _____

Activity _____ Date _____ Hours _____

Activity _____ Date _____ Hours _____

Activity _____ Date _____ Hours _____



TUTORING INSTRUCTION

20 hours (5 per week)

Tutoring center/Private Tutor _____ Tutor Name _____ Subject _____ Hours _____

Tutor's evaluation _____

Tutoring center/Private Tutor _____ Tutor Name _____ Subject _____ Hours _____

Tutor's evaluation _____



FOCUSED LANGUAGE ACQUISITION

At least 12 hours (three hours per week)

Overall Attendance _____ Performance _____ Academic Evaluation _____ (Given by teacher)



CULTURAL EDUCATION (museums, community events, DIY projects, American experience)

8 hours

Description _____ Hours _____

Description _____ Hours _____

Description _____ Hours _____

Description _____ Hours _____

Description _____ Hours _____



CCP COMMUNICATION SEMINAR

At least 4 hours (1 per week)

(Given by teacher) Attendance _____ Participation _____



RURAL HEALTH SCHOLAR SEMINAR

1 Class Every Semester

Class Name _____ Teacher's Name _____

(Given by teacher) Attendance _____ Participation _____ Grade _____



PROFESSOR'S EVALUATION (every other month)

Professor's name _____ Class _____

Comments _____

Professor's name _____ Class _____

Comments _____

Professor's name _____ Class _____

Comments _____



MEDICAL KNOWLEDGE EDUCATION (Recommended medically related books, articles, etc . . .)

4 hours (1 hour per week) - comprehension rated by mentor

Assignment _____ Hours _____ Comprehension _____

Assignment _____ Hours _____ Comprehension _____

Assignment _____ Hours _____ Comprehension _____

Assignment _____ Hours _____ Comprehension _____



READING COMPREHENSION/VERBAL REASONING (Reading biography, self-help, fiction, historical, etc...)

12 hours (3 per week first year, 6 per week second year, evaluated for year 3 and 4)

Title & category _____ Hours _____

Title & category _____ Hours _____

Title & category _____ Hours _____

Title & category _____ Hours _____



AWARDS OR RECOGNITIONS RECEIVED

Description _____ Date _____

Recognized by _____



MY TWO CENTS

80 Points (4 points per day, Mon-Fri)

(Given by mentor) Points _____

IF APPLICABLE (for all students not enrolled in COMM 1010 or COMM 2150)



INTERPERSONAL COMMUNICATION/LEADERSHIP TRAINING CLASS

12 hours (3 per week)

(Given by teacher) Attendance _____ Performance _____ Academic Evaluation _____

ONGOING



LEADERSHIP INVOLVEMENT

3 experiences per year

Description _____

Dates _____



RESEARCH

3 separate projects in 4 years

Description _____ Hours _____



OUTDOOR ENGAGEMENT TRIPS

At least 2 day trips or 1 overnight trip per semester in the summer (at least 1 day trip or overnight trip in the winter)

Date _____

Hours _____

Description _____



CULTURAL IMMERSION TRIPS

At least 1 per year

Description _____

Length of Trip _____ Presentation given? Yes No



REQUIRED EXPERIENCES (Physician shadowing, leadership, communication, patient exposure, etc. . .)

30 separate experiences over 4 years