



YEARLY CHECKLIST

Name: _____

Freshman Sophomore Junior Senior

Year _____



PATIENT EXPOSURE

51 hours (25 per semester)

Hours from Semester 1 _____

Hours from Semester 2 _____

Hours from Semester 3 _____

Total _____

Completed Yes No



COMMUNITY SERVICE

48 hours (16 per semester)

Hours from Semester 1 _____

Hours from Semester 2 _____

Hours from Semester 3 _____

Total _____

Completed Yes No



PHYSICIAN SHADOWING

21 hours

Hours from Semester 1 _____

Hours from Semester 2 _____

Hours from Semester 3 _____

Total _____

Completed Yes No



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

500 – 800 hours (10 - 20 per week)

Hours from Semester 1 _____

Hours from Semester 2 _____

Hours from Semester 3 _____

Total _____

Completed Yes No



EXERCISE

At least 48 hours (at least 16 per semester)

Hours from Semester 1 _____

Hours from Semester 2 _____

Hours from Semester 3 _____

Total _____

Completed Yes No



TUTORING INSTRUCTION

210 hours (70 per semester)

Hours from Semester 1 _____

Hours from Semester 2 _____

Hours from Semester 3 _____

Total _____

Completed Yes No

Overall, how well did the tutoring help you? _____

What adjustments need to be made to improve the value of your tutoring experience? _____

In what subject was the tutoring most useful for you? Why?



OUTDOOR ENGAGEMENT TRIPS

At least 5 day trips or 3 overnight trips

Trips in Semester 1 _____

Trips in Semester 2 _____

Trips in Semester 3 _____

Total _____

Completed Yes No



FOCUSED LANGUAGE ACQUISITION

At least 126 hours (42 per semester)

Semester 1

Overall Attendance _____ Performance _____ Academic Evaluation _____

Semester 2

Overall Attendance _____ Performance _____ Academic Evaluation _____

Semester 3

Overall Attendance _____ Performance _____ Academic Evaluation _____



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

84 hours (28 per semester)

Hours from Semester 1 _____

Hours from Semester 2 _____

Hours from Semester 3 _____

Total _____

Completed Yes No



CCP COMMUNICATION SEMINAR

At least 43 hours (14 per semester)

Semester 1

Overall Attendance _____ Performance _____ Academic Evaluation _____

Semester 2

Overall Attendance _____ Performance _____ Academic Evaluation _____

Semester 3

Overall Attendance _____ Performance _____ Academic Evaluation _____



RURAL HEALTH SCHOLAR SEMINAR

1 class every semester

Semester 1

Overall Attendance _____ Performance _____ Academic Evaluation _____

Semester 2

Overall Attendance _____ Performance _____ Academic Evaluation _____

Semester 3

Overall Attendance _____ Performance _____ Academic Evaluation _____



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

43 hours (14 per semester)

Hours from Semester 1 _____

Hours from Semester 2 _____

Hours from Semester 3 _____

Total _____

Completed Yes No



AWARDS OR RECOGNITIONS RECEIVED

Semester 1

Description _____

Semester 2

Description _____

Semester 3

Description _____



LEADERSHIP INVOLVEMENT

3 experiences per year

Description _____

Description _____

Description _____



RESEARCH

3 separate projects in 4 years

Description _____ Hours _____



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

Description _____	Date _____
Description _____	Date _____
Description _____	Date _____
Description _____	Date _____
Description _____	Date _____
Description _____	Date _____
Description _____	Date _____
Description _____	Date _____



MY TWO CENTS

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

(Given by mentor) Semester 1 Points _____
 (Given by mentor) Semester 2 Points _____
 (Given by mentor) Semester 3 Points _____
 Total _____

Completed Yes No

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



INTERPERSONAL COMMUNICATION/LEADERSHIP TRAINING CLASS

42 hours

Overall Attendance _____ Performance _____ Academic Evaluation _____
 (Given by teacher) Overall evaluation of student _____

