

Worksheet 2.2

Journal Template for Keeping Track of Lab, Volunteer, and Work Experiences

This worksheet will come in handy when you're writing application essays, tracking your experiences, identifying people to ask for letters of evaluation, and completing the American Medical College Application Service® (AMCAS®) application. You can fill out the online form at this [resources page](#).

Date	Experience	What I did	How this prepares or influences me	No. of hours	Contact name, email, and phone
[Example] Jan. 15 – April 1, 2023	Shadowing	Observed Dr. Addams in primary care role	I was able to observe patient-physician interactions and learned about an electronic medical record system.	25	