

The PA School Applicant Attack Plan and Personalized Goal Sheet

Fill out the following sheet and keep a copy on your person at all times.

Read this sheet every morning when you arise and every evening before you retire. By reviewing your goals daily, your subconscious mind will automatically begin working on helping you achieve them. This is a powerful technique, and it works.

My goal is to apply to the _____ PA program(s) and be accepted by _____. [Research and call](#) each program that you will apply to and find out when candidates are notified and accepted.

Programs:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

In order to achieve this goal, I will have to overcome the following obstacles: (List all the obstacles that you are likely to encounter: financial, relocation, convincing a spouse, etc.)



Adapted from "[The Ultimate Guide to Getting into Physician Assistant School](#)"

The following people and organizations will help me to achieve this goal: (List everyone who can help you along the way, i.e., other PAs, the AAPA, your state chapter of the AAPA, friends, relatives, and me.)

To be a competitive candidate I will have to: (What will it take for you to stand out from the crowd? For example, will you have to take more science courses, gain more experience, work on getting a great letter of reference?)

Beginning tonight, I will start putting into action the following plan: (Ask yourself what you can do right now to get started.)



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The benefits I will receive from achieving this goal of getting into the PA school of my choice include:
(Ask yourself, “What’s in it for me? Why do I want to pursue this goal in the first place?”)

Notes:



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