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## **Profile Assessment and Precision Game Plan for Beya (Bareeha)**

Session time - **04/24/25, 7:30-8:30 pm PT**

Assessing coach and report by - **Jenny Duan (Ivylevel Head Coach)**

Other participating and reviewing coaches - **Noor, Elyse ( Ivylevel Bio, Premed Coaches)**

### **Introduction:**

Dear Beya and family,

To reintroduce myself– I'm Jenny Duan, a Stanford student studying Psychology, Philosophy, CS, AI interdisciplinary program. It was a pleasure meeting you, and I'm excited to share your assessment and a precision game plan against top school admission requirements to help you reach top schools like top UCs, HYPSTM, Ivies, and T20s. I was especially impressed by your healthcare commitment through Care 4 Kids Club and consistent service work. This data-backed precision game plan provides strategic and tactical recommendations based on our initial assessment to boost your academics, strengthen your narrative, and elevate your extracurricular impact. Please note this is an initial directional document that will evolve—one of our coaches will work with you bi-weekly to refine and execute this plan based on your progress. Remember, consistent execution is where the magic happens. With focused improvement in academics and development of your standout non-academic factors, your healthcare experiences and genuine empathy provide an excellent foundation for achieving your UC Davis and other top school pre-med goals.

### **Understanding Top UCs, T20 holistic admissions**

Top UCs, and other top 20 US colleges employ a holistic review process examining multiple dimensions of a student's achievements, character, narrative and demonstrated community impact rather than solely their academic excellence ( GPAs, SAT/ ACT). UCs seek students who will contribute to campus life through their unique perspectives, talents, and potential for growth.

This means a student with a compelling story and demonstrated community impact is eventually the **standout factor** that's decisive amongst a sea of perfect grade and test scores students.

Understanding this evaluation framework is crucial especially for immigrant families unfamiliar with the U.S. admissions system, which differs significantly from the single-test and number model common in most other countries.

### UC Admissions Rubric

Category	Relative Weight	Key Elements	Scoring Criteria
Academic Excellence	40-45%	GPA (capped weighted), Course Rigor, A-G Requirements	1-10 scale based on competitiveness for target UC
Extracurricular Impact	25-30%	Leadership, Depth, Sustained Commitment, Innovation, Impact	Quality, longevity, leadership, and demonstrable impact
Personal Character	20-25%	Values, Growth, Resilience, Intellectual Curiosity	Demonstrated through PIQs and activities
Institutional Priorities	5-10%	Fit with Campus Mission, Geographic Distribution	Alignment with each UC's specific strengths

**Additional note for non-UC T20 Schools:** Ivies, HYPISM, and other Top 20 universities maintain even higher academic standards ( Grades, SAT/ ACT) with much higher bar for real world impact through extracurriculars.

## Beya's Current Top Standout Strengths

Admission to top UCs and T20 schools in ultra-competitive STEM programs like pre-med is not merely a numbers game centered on grades and test scores. While strong academics provide the baseline to remain competitive, truly successful applicants distinguish themselves through unique strengths, high-impact extracurriculars, and narrative. This is why we begin with Beya's impressive standout qualities that we uncovered in initial assessment and needs further depth and amplification:

### 1. Healthcare Leadership & Initiative

Beya's founding and presidency of the Care 4 Kids Club, which provides educational opportunities to children through STEM activities and workshops, demonstrates entrepreneurial spirit and leadership capacity.

UCs value "students who have made meaningful contributions to their communities." This leadership role shows Beya's ability to identify a need and create an organization to address it – exactly the kind of initiative UCs value!

And non-UC Ivies, HYPSM, other T20s additionally seek "students who have made a significant mark upon their communities"

## **2. Hands-On Clinical Experience**

Beya's Georgetown medical internship with hands-on training in ultrasound, phlebotomy, suturing, and laparoscopic surgery represents exceptional pre-professional exposure.

UCLA's pre-health advising office notes that "meaningful clinical experience significantly strengthens applications to health professions programs." This internship will potentially differentiate Beya from other pre-med applicants who lack direct clinical exposure.

And non-UC Ivies, HYPSM, other T20s value applicants with substantial healthcare exposure demonstrating commitment to the field

## **3. Commitment to Community Service**

With over 272 volunteer hours across multiple orgs (152 hours in Public Health Internship, 100+ hours as Sunday school teacher's assistant, 20+ hours tutoring, MSA 30+ hours), Beya demonstrates consistent commitment to community service.

UC Davis specifically mentions they value "active participation in service learning and community focused activities" on their admissions website.

And non-UC Ivies, HYPSM, other T20s specifically seeks students who have "contributed meaningfully to their communities"

## **4. Strong Teacher Relationships for strong LORs**

Beya stated excellent relationships with her biomed, AP Psychology, and physics teachers – crucial for securing compelling recommendation letters.

While the UC application doesn't require teacher recommendations, these relationships can yield stronger school reports and potentially letters for scholarship applications or non-UC schools.

And non-UC Ivies, HYPSM, other T20s states that "recommendation letters help us validate promising students who might thrive in our community"

## 5. Authentic Healthcare Motivation

Beya's personal connection to healthcare through authentic family experiences with illness (including relatives with hepatitis and cancer) provides an authentic foundation for her career aspirations.

UC personal insight questions specifically seek authentic connections between students' experiences and aspirations. According to the UC application guide, they want to understand "what makes you, you."

And non-UC Ivies, HYPSM, other T20s seek students whose interests stem from genuine personal experiences rather than resume-building calculations

## Beya's Current Profile Readiness Score for top UCs, T20 admissions

Beya is an 11th-grade student at Mountain House High School aspiring to pursue pre-med at UC Davis. Based on analysis using UC admissions criteria, Mountain House High School profile data, and historical admissions patterns,

**Beya's current profile readiness score is approximately: 6.0\*/10**

**Important Disclaimer:** Score derived from analysis of UC Common Data Set 2023-2024, MHHS profile and matriculation data, historical admissions patterns for similar pre-med applicants, UC Comprehensive Review Guidelines (14 factors), and comparative analysis with successful admits to UC Davis biological sciences programs. This score is solely intended to identify improvement areas and should not be used as a predictive tool for admissions outcomes.

## Academic Excellence Assessment (Score: 5.5/10)

- **GPA/Scores:** 3.7W/3.3UW GPA, SAT 1060 (560R/500M), AP World History (3)
- **Current Grades:** 3 A's (US History H, Physics, AP Psychology), 4 B's (AP Language, Math 3, Medical Interventions H, Spanish 3)
- **Key Impacting Factors:** GPA below UC Davis range (4.0-4.26), B grades in key pre-med subjects, lacks academic distinctions
- **Competitive Admit Data Comparison:** Significantly below middle 50% for top UCs; SAT score needs at least 1400+ for non-UC options

## Extracurricular Impact Assessment (Score: 7/10)

- **Top Strengths:** Care 4 Kids Club founder, Georgetown medical internship (ultrasound/phlebotomy training), Public Health Internship (152 hours), Red Cross member, Sunday School assistant (100+ hours), Muslim Student Association involvement (30+ hours)

- **Recent Additions:** UCLA Pre-Med Scholars acceptance, HOSA 3rd place in Mental Health Promotion
- **Key Impacting Factors:** Limited quantifiable impact metrics from leadership roles (number of children impacted by Care 4 Kids, blood drive collection totals), Lack of activities that interweaves her humanities, hobbies, and persona with healthcare interests, not many leadership roles or positions (Red Cross in progress). Optional: research experience is typical of successful pre-med admits.
- **Competitive Admit Data Comparison:** UC Admits demonstrate "leadership, initiative, and sustained commitment to service". Admissions committee looks for "meaningful involvement rather than quantity of activities" and values students who have "made a positive impact on their school or community"

### **Personal Character Assessment (Score: 7/10)**

- **Top Strengths:** Clear empathy and compassion demonstrated through consistent service. Commitment to community welfare through healthcare initiatives. Strong relationships with biomed, AP Psychology, and physics teachers. Genuine interest in pediatrics with family health experiences as motivation. Multicultural perspective as Muslim-American student
- **Key Impacting Factors:** Needs stronger narrative connecting family health experiences to healthcare aspirations, should better demonstrate intellectual curiosity in mental/physical health intersection. Opportunity to showcase resilience and growth through challenges in standardized testing and grades
- **UC-Specific Evaluation:** UCs emphasizes "character, intellectual curiosity, and promise" in their comprehensive review. They seek students who "demonstrate concern for others and leadership potential. They value students who show "evidence of a strong work ethic and motivation"

### **Institutional Fit Assessment (Score: 5/10)**

- **Top Strengths:** Pre-med track alignment with UC Davis' strong biological sciences programs. Interest in psychology/mental health shows interdisciplinary thinking valued at UCs. Volunteer work demonstrates service orientation valued by UCs. Pediatric focus aligns with UC Davis and UCSF medical school specialties
- **UC-Specific Considerations:** UC Davis has exceptional biological sciences programs supporting pre-med pathways. UC Irvine offers (PRIME) for select students. UCSD's proximity to major medical centers creates strong clinical opportunities down the road.
- **Additional Non-UC Considerations:** Ivies and other T20 will value Beya's interdisciplinary interests most.
- **Top Stats Impacting Score:** Needs very strong differentiation and standout factors from typical pre-med applicants at MHHS. Needs smart college list and program targeting of best specific bio/ pre-med programs at target UC campuses to maximize admissions. Needs a compelling "why this campus" narrative and demonstration with activities for

each UC. Direct-entry nursing or pre-health programs might be better fits with higher success rate.

## Beya's Top Weak Spots to Address

### Ivylevel's Smart ROI Approach to Profile Boost

With limited time before applications opening in August 2025, Ivylevel's strategic approach will be to focus on weak spot improvements that are not only high impact but also feasible, achievable in remaining time, while also delivering the standout edge.

Below are the top weak spots prioritized based on three key factors: (1) **impact potential on admissions decisions**, (2) **feasibility within the available timeframe**, and (3) **standout value from other pre-med applicants** at Mountain House High School.

#### P0: Highest Priority Weak Spots (Highest ROI)

Weak Spot	Why High Priority	Feasibility	Expected Impact
<b>[Weak Spot 1]</b> <b>Senior Year Academic Performance</b>	GPA (3.7W) below UC Davis range (4.0-4.26); academic metrics remain the strongest predictor for UC admissions.	HIGH - Achievable through focused effort in senior year by boosting grades, highest rigor course selection, and SAT test improvement.	Could raise weighted GPA to competitive range including AP rigor; demonstrating upward trend and academic potential
<b>[Weak Spot 2]</b> <b>Lack of Prestigious Recognition</b>	Missing external validation of excellence; awards section sparse on application	HIGH - Targeting and applying to multiple awards until Dec this year will maximize winning 1-2.	Provides verifiability of achievements; fills critical awards section on application

<b>[Weak Spot 3]</b> <b>Underdeveloped Unique Healthcare Narrative</b>	Lacks distinctive specialization to stand out from other MHHS pre-med applicants	<b>MEDIUM-HIGH</b> - Can leverage existing interests, achievements, ECs, essays, more	Creates unique signature narrative that differentiates from other pre-med applicants; leverages existing strengths
<b>[Weak Spot 4]</b> <b>Limited Leadership Portfolio</b>	Limited formal leadership positions outside Care 4 Kids	<b>MEDIUM</b> - Red Cross application in progress, and other identified below	Demonstrates progressive leadership development; addresses key UC evaluation criteria

## P1: Medium Priority Weak Spots (Medium ROI) to be addressed after addressing P1

### **[Weak Spot 5] Standardized Testing For Non-UC Options**

- **Weak Spot:** SAT 1060 far below competitive range for non-UC schools requiring 1400+
- **Why Medium Priority:** UCs are test-blind, only matters for backup schools
- **Feasibility:** MEDIUM - Practice test of 1360 suggests potential for improvement.

### **[Weak Spot 6] Weak Target School-Specific Connection**

- **Weak Spot:** Generic healthcare profile targeting generic programs at all top UCs. **Why**
- **Medium Priority:** Helps with "Why should this school admit you over others" narrative but won't make/ break application. Tailoring every aspect of the UC and common app, ECs, awards, summer program such that it shows a strong connection to each target UC and respective program is quite decisive in outcomes.
- **Feasibility:** HIGH - College/ program research/ visits/ alum-based tasks requiring no additional activities.

### **[Weak Spot 7] Disconnected Personal Elements in Narrative**

- **Weak Spot:** Personal interests ( like baking, running) not integrated into healthcare story
- **Why Medium Priority:** Enhances distinctiveness but builds on existing activities and essays. Top schools look for interesting personalities with inspiring personal stories.
- **Feasibility:** MEDIUM - Requires thoughtful implementation

## P2: Low Priority Weak Spots (Low ROI) - Not worth pursuing

**[Weak Spot 8] Research Experience Gap:** Limited timeline makes meaningful research unrealistic

**[Weak Spot 9] Normal Clinical Shadowing:** Though some pre-med applicants have extensive shadowing logs it is not a unique and standout high impact activity rather very common. Beya already has good experience with Georgetown internship.

**[Weak Spot 10] Additional New Extracurriculars:** Depth matters more than breadth; focus on existing

This prioritized approach of focusing on P0 as a must and stretch goal of P1 allows Beya to focus her limited time on the highest-impact, most achievable, and standout improvements to her profile, maximizing her admissions prospects at UC Davis, other top UCs and t20 schools.

## Beya's Junior-Senior Year Action Plan to Address Weak Spots

**Important Note:** Beya—while I've crafted an initial comprehensive, strategic, specific and tactical action plan with hand-picked opportunities based on our assessment of your profile, your dedicated execution coach will own this plan moving forward and revise, iterate it during your weekly/ bi-weekly sessions, adjusting based on your progress, wins and emerging opportunities/narrative. Ivylevel's precision program's main strength has been providing hands-on execution guidance – this is where the true magic has happened to all of our students! Though we're proud that students typically achieve 8 out of 10 opportunities we identify, **outcome success requires your strong commitment and consistent execution—Beya**. This isn't a definitive list, but a strategic starting point for your journey. Good luck and I am rooting for you!

### 1. Booster #1 - Academic Excellence

#### 1.1 Senior Year Course Selection (May-June 2025)

- Prioritize these strategic AP/Honors courses (draft):
  - *Remaining APs or advanced coursework to add:* Choose the most difficult classes possible. The goal is to optimize for the best balance between grades and difficulty of classes. For many of the UC Schools course rigor is **important** and one major factor to be considered during the admissions process. This means taking more AP and dual-enrollment (College) courses when possible
  - *Subject areas to strengthen based on major goals:*
    - Make sure to attain A grades in STEM classes to ensure competitiveness for top programs
    - AP Biology (builds on biomed interest, strong physics performance)
    - AP Calculus AB (addresses math challenges shown by B in Math 3)
    - AP Literature (leverages language arts skills)
    - AP Psychology (if not completed; builds on current A)
    - Honors Physics or AP Physics 1 (builds on current A in Physics)

- AP Spanish (showcases linguistic aptitude, builds on Spanish 3)

## **1.2 Grade Optimization System (to be refined/ revised with Beya during weekly execution)**

- Implement weekly grade monitoring with intervention protocol for any grade below A-
- Arrange subject-specific tutoring, especially for Math 3 (current B)
- Schedule biweekly check-ins with favorite teachers (biomed, AP Psychology, physics)
- Form study groups with high-achieving MHHS peers in challenging subjects

## **1.3 Academic Distinction Plan (May-December 2025)**

- Target departmental awards in science and psychology (leverage teacher relationships)
- Position for AP Scholar with Distinction recognition
- Pursue UC-approved honors recognition opportunities

## **1.4 (P1) SAT Excellence Strategy (May-August 2025)**

- Target: 1400+ score for non-UC backup schools (based on 1360 practice test)
- Professional SAT tutoring (2-3 sessions weekly)
- Daily practice regimen (1 hour minimum)
- Monthly full-length practice tests
- Focus intensively on math performance (current 500 vs. 560 in R&W)
- Implement test anxiety management techniques

## **2. Booster #2 - Health Care Leadership Development Plan**

### **2.1 Red Cross Leadership Advancement (Immediate Focus)**

- Follow up on board position application already submitted
- Organize and lead blood drive with measurable impact metrics
- Participate in Red Cross summer camp with CPR certification
- Document specific leadership responsibilities and outcomes

### **2.2 Healthcare Certification Portfolio (May-August 2025)**

- Complete EMT certification (May 2025)
- Pursue CNA or medical assistant certification (21-day program)
- Apply certifications through volunteer opportunities
- Document all clinical skills and patient interactions

### **2.3 "Mental Wellness for Kids" Initiative (June-November 2025)**

- Signature project connecting multiple strengths:
  - HOSA 3rd place in Mental Health Promotion
  - Care 4 Kids Club leadership
  - Interest in pediatrics
  - Baking hobby as therapeutic element
- Components:
  - Educational workshops on childhood stress management

- Therapeutic baking sessions integrating personal interest
- Running/movement therapy utilizing personal hobby
- Data collection measuring intervention effectiveness
- Partner with local elementary schools or hospitals
- Create documentation portfolio with photos, testimonials, and impact metrics

#### **2.4 Strategic Clinical Experience (Starting October 2025)**

- Formalize Stanford doctor shadowing (when turning 18)
- Pursue potential paid internship with Stanford doctor
- Maintain detailed journal of observations focusing on doctor-patient relationships
- Emphasize pediatric and mental health case observations
- Follow through with Sutter Health interview and opportunity
- Document all skills learned and patients impacted with quantifiable metrics

### **3. Target Precision Awards Hand Picked for Beya**

#### **3.1 Presidential Volunteer Service Award (Immediate Application)**

- Submit documentation for 272+ service hours:
  - Public Health Internship (152 hours)
  - Sunday School teaching (100+ hours)
  - Paul Learning Center tutoring (20+ hours)
- Target Gold level recognition

#### **3.2 Healthcare Essay Contest Submissions (May-August 2025)**

- Submit to these strategic competitions:
  - American Medical Student Association essay contest
  - AMA Journal of Ethics essay contest
  - UC Global Health Institute essay competition
- Leverage HOSA mental health background as content foundation
- Focus on integrating personal experiences with family illness

#### **3.3 Scholarship Applications (Ongoing thru end of year)**

- Apply for these handpicked targeted opportunities for Beya:
  - Caroline E. Holt Nursing Scholarship
  - Kaiser Permanente Health Care Career Scholarship
  - Coca-Cola Scholars Program
  - Live It Up Healthcare Scholarship
  - Cards Against Humanity Science Ambassador Scholarship

#### **3.4 HOSA Competition Advancement (2025-2026 Academic Year)**

- Leverage 3rd place in Mental Health Promotion
- Compete in additional HOSA events

- Target higher placement at state or national level

### **3.5 School and Community Recognition (May-December 2025)**

- Request departmental awards in psychology and science
- Seek community service recognition from local organizations
- Document all recognitions for application materials

## **4. Target Stand Out Narrative Development Strategy for Beya**

### **4.1 Core Narrative: "Healing Mind and Body in Muslim American Community: An Integrated Approach to Pediatric Care"**

This narrative positions Beya as a future muslim american girl healthcare provider committed to treating muslim community/ children holistically, addressing both physical and mental health needs - a distinctive angle among pre-med applicants.

#### **4.2 Key Narrative Components:**

- **Personal Catalyst:** Personal background/ identity of young muslim american girl. Family health challenges (relatives with hepatitis and cancer) revealing healthcare gaps
- **Intellectual Journey:** Fascination with psychology and its role in physical healing
- **Service Through Leadership:** Creating organizations and initiatives to address community needs
- **Innovation Element:** Integrating therapeutic activities into mental health interventions
- **Future Vision:** Reimagining pediatric care with integrated mental health support

#### **4.3 UC PIQ Strategic Focus (draft):**

- PIQ 1 (Leadership): Care 4 Kids founding story with specific impact
- PIQ 2 (Creativity): Healthcare approach integrating baking therapy
- PIQ 3 (Greatest Talent): Empathy developed through family experiences
- PIQ 4 (Educational Opportunity): Georgetown internship hands-on training

#### **4.4 Strategic Target School Tailoring:**

- Research specific programs at each target UC campus
- Identify faculty working at intersection of pediatrics and mental health
- Connect personal experiences to campus-specific opportunities
- Develop "why this campus" narratives for each target institution

**Important Note:** Non-UC schools and other alternative pathways (to be determined by execution coach)

## 5. College List and Application Strategy ( Initial Draft)

- **Refine target schools (fit, reach, safeties):**
  - **Reach:** UC Davis, UC Irvine
  - **Fit:** San Diego State University, CSU Fullerton, CSU Long Beach, UC Riverside, UC Merced
  - **Safety:** Arizona State University, University of Nevada Reno
- **Match majors/programs based on narrative:**
  - Consider direct admit nursing programs in California: CSU Fullerton, SDSU, CSU Long Beach, UC Irvine, UC Davis, University of San Diego
- Consider pre-health programs like Physician Assistant's school

**Important Note:** Your execution coach will start planning together for final leg of the overall college application process and timeline as you start getting closer to the Application opening in August.

We have identified **Noor (Stanford human bio, neuro, CS)**, one of our top Bio/ Premed Ivylevel Coach for Beya as the dedicated execution coach who will lead this plan and remainder of the 24 weeks of execution program. From time to time, on need basis we will also pull in other expert coaches to help Beya drive best outcomes. We are a team of specialist diverse coaches and look forward to the opportunity to further jointly transform not only Beya's college application and admission success, but also help build many important life skills in this journey for her success longterm.

Best Regards,

**On behalf of Ivylevel and Team**

**Jenny Duan**

Ivylevel Head Coach