



First Year

- Meet with a Pre-Professional Health advisor (Dr. Godleski, Dr. Logan, Dr. Sia, Dr. Tahar, or Dr. Tsubota) and develop a long-range plan; sustain a relationship with your advisor throughout your academic career. We do not substitute for your APS instructor or for you major advisor, but we focus specifically on your path to a post-baccalaureate health career track.
- Begin your math, chemistry, biology, and other prerequisite courses for your program. Test your intended major and/or explore other possibilities.
- Take honors courses, seminars, general education courses, etc. as they mesh with your interests.
- Visit with faculty in your courses and begin to develop academic relationships.
- Join the Pre-Professional Health Club (supported by your BSG fee) and attend its meetings.
- Start or continue developing people skills (clubs, activities, peer mentoring, sports, etc.)
- Begin to volunteer in a health care setting (one connected to your goal) or work for pay in such a setting.
- Set up a shadowing experience with a practitioner in your chosen pre-health profession.
- Check out the websites that apply to your program (see the "Guides" that are online, or use the links in the Angel PreMed site).
- Start a journal of your activities (see the "Experiences Record" handout from the Pre-Professional Health Advisors as a start). The journal will be useful later when you write your admissions essays and prepare for your admissions interviews.
- Explore research opportunities if you are interested.
- Develop good reading skills through wide reading (novels, essays, current events (newspaper, new weekly), health journals for general public, health journals for practitioners, such as New England Journal of Medicine, Journal of the American Medical Society).
- Identify an alternate plan in case your original plan does not work out, either academically or because you're no longer interested.
- Consult resources related to the admissions exam for your selected health profession to find out what the exam is like. Remember, the admissions exam may measure your knowledge base, so learn the material in your current courses thoroughly now so it will be a part of you years down the road.
- Be aware that one or more convictions for breaking the law (including for underage drinking) may negatively affect your application to professional school. Professional schools are doing criminal background checks before admission and before placements in clinical settings.
- Consider whether you want professional school admissions officials to see your posting(s) on Facebook or other social networking sites.

Second Year

- Check in with your pre-health professions advisor to review your long-range plan.
- Continue your pre-health professions course requirements.
- Prepare for your pre-health profession admissions exam. Most exams are taken near or just after the end of the junior year, but decide when is the right time for you. (See the "Guide" for your profession).
- Continue to build your relationships with faculty, advisors, volunteer supervisors, etc. You will want some of them to write letters of reference on your behalf.
- Continue your experiences in the health care setting you began first year, or begin a new experience to test out the variety of options in the field.
- Take honors courses, seminars, general education courses, courses for a minor, etc. as they mesh with your interests.
- Explore research opportunities if you are interested.
- Continue developing people skills; take on more leadership activities as time and interest permit.
- Take a good look at yourself. Are you an excellent student? Do you thrive on patient contact? Does the work environment of your selected health profession excite you? Do you like a challenging lifestyle? If not, perhaps you should reassess your goals now. Your pre-health professions advisor is there to listen. If you answered "yes," to these questions turn over this page.

Third Year

- Check in with your pre-health professions advisor and keep up-to-date.
- Continue with your volunteering, job shadowing, research, extracurriculars.
- Continue developing of people skills; increase leadership roles.
- Finish your pre-health professions requirements; most of these should be done before you take the admissions exam for your selected health profession.
- Prepare for the admissions exam for your selected health profession. Study efficiently and steadily. Use study guides available online or from the major bookstores. Strongly consider taking at least one practice exam. If you need a coach to be productive or to stay motivated, consider enrolling in a commercial preparation course.
- Register for and take the admissions exam for your selected profession in fall or spring or early summer. See the "Guide" for your profession and discuss the timing with your pre-health professions advisor.
- Review health/professional school catalogs or websites, as well as guides about the schools; begin to winnow the selection of schools to which you will apply. Do your career goals match a schools stated mission?
- Approach those individuals (professors, advisors, employers, volunteer supervisors) who know you well to ask if they would write a letter of evaluation/recommendation on your behalf at the appropriate time. Provide a resume or a copy of your application/personal statement, and other relevant information to your letter writers, as well as the form required for all recommenders by the Pre-Professional Health Advisors.
- Be optimistic, but realistic. Everyone should have an alternate plan. Consider other graduate or career options; go to the Career Center to research alternatives. Talk with Pre-Professional Health Advisors.
- Begin writing your personal statement/essay by mid year. Have your pre-health professions advisor (and others) read your personal statement/essay for clarity and content, as applicable.

Summer Before Fourth Year

- Submit your application early to your health professional schools of choice (Do not wait until the end of summer). Review any questions you have with your pre-health professions advisor.
- Take the admission exam for your health profession if not already completed, early enough so your scores are available by mid August.
- Complete your file and interview with the Pre-professional Health Committee.

Fourth Year

- Complete your secondary or supplemental materials (respond to requests from the health professional schools); return these materials promptly.
- Send updated transcripts if requested by schools.
- Prepare for possible interviews (conducted September to as late as April for some programs).
- Practice for your interview. Be able to describe your classes, volunteer experiences, research experiences, mentors and goals in meaningful detail. Make sure you can tell anyone who asks exactly why you want to be a practitioner in your chosen field. (Hint: most humans want to "help people"; be sure your response is unique).
- Consider setting up a mock (practice) interview at Career Services, or with a Pre-professional Health Advisor. The mock interview should be completed well before your actual interviews.
- Be patient. Most students receive a letter of acceptance or rejection by mid-March.
- Celebrate your acceptance--your advisor will rejoice with you!
- Send thank you notes to evaluators and mentors.

Alternatives

If not accepted, consider reapplication for following year (if appropriate), go to your alternate plan, interview for employment, etc. See your pre-health professions advisor for assistance!