Pre-Health Prep

FRESHMAN CHECKLIST

✔ Meet with your academic advisor and your pre-health advisor
✔ Begin basic science courses
✔ Join campus student organizations
✔ Develop good study skills!
✔ Subscribe to and read science journals and/or news magazines
✔ Seek and begin volunteer/community experience (and continue throughout undergraduate years)

SOPHOMORE CHECKLIST

✔ Choose a major (if you haven’t already done so)
✔ Explore all health career options
✔ Start becoming familiar with requirements for various programs
✔ Seek summer internship or research experience
✔ Start researching schools in which you are interested - a good way to begin is on the web: see “useful websites” section of this flyer or meet with the Professional School Adviser in COS

JUNIOR CHECKLIST

✔ Make a list of schools you are interested in and research thoroughly
✔ Find out the earliest date to submit an application
✔ Take appropriate entrance exam
✔ Reality check – What are your chances? GPA _____ Activities _____ Scores _____
✔ Apply to schools (anytime from late spring through mid fall)
✔ Consider taking valuable electives: Biochemistry _____ Genetics _____
  Communication _____ Microbiology _____ Ethics _____ Foreign Language _____

Spring Semester

✔ Ask people to write letters of recommendation
✔ Begin work on your personal statement; update your resume

Getting and Staying On-Track
SENIOR CHECKLIST

✓ Re-take entrance exam, if necessary
✓ Confirm your graduation status
✓ Complete secondary applications if necessary
✓ Prepare for interviews
✓ Apply for WICHE if applicable
✓ Confirm your commitment
✓ Seek honors and scholarships for graduate school
✓ Send appropriate people thank you notes and inform them of your success or future plans

WEBSITES

www.allalliedhealthschools.com
www.ExploreHealthCareers.org
www.healthcarecareers.org
www.bls.gov/ooh/healthcare.home.htm

MISCELLANEOUS CHECKLIST

✓ Experience - throughout your time in college you should be getting health care experience and exposure in a variety of settings
✓ Extra-curricular activities - health profession schools like to see people who are interested and involved in their campus and local community
✓ Be informed about health care and the world in which you live - start reading publications such as, New York Times, Science, Nature, and Scientific American
✓ Conduct research with faculty on campus
✓ Develop the ability to read, write, speak and think – only part of health care is science
✓ Consider leadership positions in organizations in which you are involved

Stop by our office and let us know where you are going to professional school!

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