FRESHMAN CHECKLIST

✓ Meet with your pre-health advisor and your academic 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

✓ Attend UNR’s Professional and Graduate School Fair
✓ 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____
✓ Ask people to write letters of recommendation
✓ Investigate WICHE opportunities
SENIOR CHECKLIST

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

WEBSITES

www.petersons.com/
www.ExploreHealthCareers.org
www.ama-assn.org/go/alliedhealth
www.bls.gov/oco/cg/cgs035.htm
www.usnews.com/money/careers

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 Newsweek, U.S. News & World Report, Science and Medicine, Nature, Scientific American and newspapers
✓ 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!