

## Pre-Health Professions Time Table

First Year (during the academic year or summer after your first year)

- Meet with your pre-health professions advisor and develop a long range plan
- Begin your math, chemistry and other prerequisite courses for your program
- Visit faculty and begin to develop academic relationships
- Join the Pre-Health Society and attend meetings
- Begin to volunteer in a health care setting
- Set up a shadowing experience with a practitioner in your chosen profession
- Start a journal of your experiences. This journal will be helpful later when you write your personal statement and prepare for admissions interviews.
- Develop good reading skills through wide reading (novels, essays, newspapers, etc.).
- Be aware that one or more convictions for breaking the law (including underage drinking) may negatively affect your application to professional school.

Second Year

- Check in with the pre-health advisor to review your long-term plan
- Continue your pre-health professions course requirements
- Continue to build relationships with faculty, advisors, volunteer supervisors, as you will want some of them to write letters of recommendation in your behalf
- Volunteer in the health care setting from last year or begin a new experience
- Take honors courses and seminars on topics that you are interested in
- Explore research opportunities if it interests you
- Begin exploring health profession schools to select the schools you might like to attend. Each school has unique requirements so be sure that you fulfill these course requirements.

Third Year

- Check in with your pre-health advisor and keep up-to-date
- Continue volunteering, shadowing, research and other extracurricular activities
- Finish pre-health course requirements. They should all be completed before taking the admissions exam for your chosen health profession.
- Ask professors, advisors, employers and volunteer supervisors to write letters of recommendation for you.
- Choose a faculty member who knows you well to serve as your mentor. Be thoughtful when making your choice, as this individual will be writing your committee letter.

- Send an up-to-date resume to your pre-health advisor.
- Write an autobiography and a personal statement. The career center and your faculty mentor can help you with content and editing.
- Register with Sue Gordon at the Career Center to participate in a mock interview.
- Consider taking a preparation course for your admission exam
- Prepare for the admissions exam (MCAT, DAT, GRE, etc.). Be sure to study efficiently and steadily, using commercially available study guides. Consider taking a prep course if you feel you need a coach to stay motivated.
- Register and take the admissions exam, usually in the spring of the year you intend to apply to professional school.
- Be optimistic, but realistic. Have an alternate plan and consider other graduate or career options.

#### Summer before Fourth Year

- Submit your resume, autobiography and personal statement if you haven't already.
- Complete two mock interviews if you haven't already.
- Submit your application early to health profession school of choice. The earlier the better.
- Take the admission exam if not already completed.

#### Fourth Year

- Complete secondary applications and return them promptly. Have your pre-health advisor send recommendation letters as appropriate.
- Send updated transcripts or other material if requested by schools.
- Prepare for interviews, which are conducted from September to as late as April for some programs. Be able to describe your classes, volunteer experiences, jobs, research and goals in meaningful detail. Make sure that you can answer anticipated questions, including "why do you want to be a (doctor, dentist, vet, etc.)", and how you can fulfill the mission of the school.
- Be patient. Most students receive a letter of acceptance or rejection by mid-March.
- Celebrate your acceptance – your advisor and mentors will rejoice with you!!
- Send thank you notes to evaluators and mentors.
- If you are not accepted, contact the school and inquire about how you did not meet their criteria.

Adapted from 2007 Pre-Health Professions Timetable, Iowa Advising Center