



Pre-Health Checklist

The following is a recommended timeline for all students pursuing health profession programs including Medical, Dental, Veterinary, Physical Therapy, Occupational Therapy, Physician Assistant, Chiropractic, Anesthesiology, Pharmacy, Optometry, Podiatry, etc. Individual student progression is dependent upon many factors and final recommendations may vary from the information provided below. Students must meet with the Career and Internship Coordinator to receive student-specific recommendations.

First Year Recommendations

- Attend the Pre-Health 101 Workshop hosted by the Career and Internship Coordinator (*available Fall or Spring*)
- Take PHP 1997 Intro to Health Professions (*available Fall or Spring; invitation only*)
- Participate in at least one of the following extracurricular activities: Alpha Epsilon Delta (AED)- *strongly recommended*, summer REU/internship/observation program, leadership experience, intercollegiate athletics, or related paid employment
- If workload allows, begin obtaining professional observation hours and/or community service hours
- Meet with your academic advisor to discuss your class schedule and identify the best way to sequence your courses- make sure you are planning to incorporate the required prerequisites for your programs of interest
- Meet with the Career and Internship Coordinator to discuss progress and plans
- Begin reading interesting books about your intended profession and/or speaking with current professionals - be sure to also read newspapers, magazines, and academic journals (*highly recommended*) to stay abreast of current events, especially those related to healthcare
- Maintain an excellent grade point average while taking a minimum of two science/math classes each semester
- Have resume reviewed by the FSC Career Center or the FSC Career and Internship Coordinator- *recommend attending Resumania in Spring hosted by the Career Center*

Second Year Recommendations

- If not done during first year or if substantial changes were made, have resume reviewed by the FSC Career Center or the FSC Career and Internship Coordinator - *recommend attending Resumania*
- If you have not already, begin participating in community service (*you should complete a minimum of 20 hours of community service – high school hours not included - by the beginning of the Spring semester*)
- If you have not already, begin participating in professional observation and/or clinical exposure (*you should complete a minimum of 50 hours – high school hours not included - by the beginning of the Spring semester*)
- Continue to gain additional extracurricular experiences, i.e. student organizations, leadership roles, athletic opportunities, undergraduate research, etc.
- Meet with your academic advisor to discuss your class schedule and ensure you are on track to complete all required prerequisites
- Meet with the Career and Internship Coordinator to discuss progress and plans
- Continue reading interesting books about your intended profession, speaking with current professionals, and reading newspapers, magazines, and academic journals
- Maintain an excellent grade point average while taking a minimum of two science/math classes each semester
- Apply for a summer program, i.e. research, internships, or observation programs (*late Fall/early Spring*)
- If eligible, apply to the P3 Program (*application due January 15th*)

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Third Year Recommendations (a.k.a. the “Crucial Year”)

- Attend the Crucial Year Workshop hosted by the Career and Internship Coordinator (*available Fall*)
- Attend the Gap Year Workshop hosted by the Career and Internship Coordinator (*available Fall*)
- Meet with the Career and Internship Coordinator to discuss progress and plans
- Begin writing your personal statement – start brainstorming in early Fall; start writing in early Spring
- Study for the entrance exam – start in early Fall and register for your entrance exam test date
- Participate in professional observation activities and/or clinical exposure (*should complete a minimum of 100 hours- since the start of first year- by the end of junior year*)
- Participate in community service (*should complete a minimum of 40 hours- since the start of first year- by the end of junior year*)
- Continue to gain additional extracurricular experiences, i.e. student organizations, leadership roles, athletic opportunities, undergraduate research, etc.
- Meet with your academic advisor to discuss your class schedule and ensure you will complete all required prerequisites by the end of Junior Year
- Start researching health profession programs and determine which specific programs you will apply to – start researching in early Fall; finalize decisions by end of Spring
- Continue reading interesting books about your intended profession, speaking with current professionals, and reading newspapers, magazines, and academic journals
- Review your personal statement with the Career and Internship Coordinator or Faculty Advisor
- Maintain an excellent grade point average while taking a minimum of two science/math classes each semester
- If eligible, apply to complete the P3 Program and obtain committee letter (*application due March 15th*)
- Attend the Interview Workshop hosted by the Career and Internship Coordinator (*available Spring*)
- Participate in a mock interview – *recommend “Moc” Interview Day in Spring hosted by the Career Center*
- Attend the Health Prof Application Workshop hosted by the Career and Internship Coordinator (*available Spring*)
- If pre-med, apply to take the Summer MCAT Bootcamp prep course

Summer Recommendations*

- If pre-med, take the Summer MCAT Bootcamp prep course at FSC
- If ready, take entrance exam (MCAT, DAT, PCAT, OAT, GRE)
- Complete an application review with the Career and Internship Coordinator before submitting
- If application is competitive, submit completed application in EARLY summer

Fourth Year Recommendations

- Continue to gain extracurricular experiences in medical settings and in other areas such as student organizations, community service organizations, athletic teams, in leadership roles, & undergraduate research
- Complete secondary applications and participate in interviews (*if applicable*)
- Meet with your academic advisor to discuss your class schedule and ensure you will complete all degree requirements by the end of senior year

*Students are encouraged to meet with the Career and Internship Coordinator consistently throughout their pre-health journey. Students who are not academically, emotionally, and mentally prepared and/or whose applications are not at a competitive level by this summer may consider delaying their application for another year by taking a “Gap Year”. This will allow time for the student to improve their application and competencies before applying.