

## PRE-HEALTH APPLICATION TIMELINE AND CHECKLIST

### Freshman Year

- Advising:**
  - Go to pre-health 101 to meet the advisor and discuss the best way to sequence your classes and get acquainted with campus resources.
  - Meet with your advisor for pre-major course planning.
  - Begin thinking about what you will choose for a major.
- Classes:**
  - Complete first year pre-health coursework and other school-specific degree requirements.
- Explore:**
  - Research careers in health care and determine which area is right for you.
  - Learn about online resources in the health field that you choose.

### Sophomore Year

- Advising:**
  - Check-in with the pre-health advisor to assess your academic progression.
  - Determine prerequisites and application process for entrance into your major. Meet with an advisor from your major to learn about the structure of the program and how you can align prerequisites for health programs with major requirements.
  - Start developing relationships with faculty, advisors, and mentors on your campus.
- Classes:**
  - Complete second year pre-health coursework and other school-specific degree requirements.
- Experience:**
  - Seek opportunities to volunteer, shadow health care professionals, and consider research opportunities on campus.
  - Pursue meaningful health experience and activities, volunteer work, research and/or leadership roles.

### Summer Following Sophomore Year

- Research:**
  - Understand the application process for your chosen health field.
  - Determine which schools you will apply to and start developing a spreadsheet to track admissions and application requirements for the schools in which you are most interested.
  - Start learning about the specifics regarding the entry exam required for your field.
- Experience:**
  - Consider an undergraduate research opportunity.

## Junior Year

- ❑ **Letters of Recommendation:**
  - Consider which faculty, advisors and mentors on your campus, with whom you've developed relationships, you'll approach to write letters of recommendation for your applications.
- ❑ **Experience:**
  - Continue your participation in meaningful health experiences, other health related activities, volunteer work, research and/or leadership roles on campus.
- ❑ **Advising:** meet with your pre-health advisor to:
  - Strategize about your application timeline.
  - Discuss your schedule for remaining pre-health coursework.
  - Visit the website for your field's entry exam to find the best options for test dates and locations and identify the best time for you to take the exam.
  - Discuss letters of recommendation. Determine how these are submitted to your online application.
  - Meet with major advisor to determine your graduation date.
- ❑ **Entry Exams:**
  - If you're prepared and ready, register for and take the entry exam in spring or early summer.

## Summer Following Junior Year

- ❑ **Apply:** if applying to begin the year following your senior year:
  - Complete the online application for your health field.
  - Know the deadline for each school you are applying to.
  - Finalize your letters of recommendation.
  - Work on secondary applications.
  - Ask instructors, mentors, and advisors to write letters of recommendation for you.
- ❑ **Entry Exams:**
  - When you're prepared and ready, if you haven't taken the entry exam yet, or if you want to take the exam again, sign up to take the exam in the summer.

## Senior Year

- ❑ **Advising:**
  - Meet with pre-health advisors to discuss letters of recommendation and progression towards pre-health field.
  - Apply for graduation with your major advisor.
  - Complete degree requirements and graduate.
- ❑ **Interviews:**
  - Prepare for your interviews and campus visits.
- ❑ **Experience:** continue with your meaningful clinical experiences, other health related activities, volunteer work, research, and/or leadership experiences. If you are applying to start your program immediately following your senior year:
  - Receive acceptances!
  - Make decisions about your school choice.
  - Notify schools that you will not be attending on or before the deadline given.
  - Ensure that all financial aid forms are completed and submitted.

## Summer Following Graduation

- If enrolling immediately following senior year:
  - Purchase books and equipment and make appropriate living arrangements.
- Attend orientation programs and matriculate into school.

## Gap/Bridge Year (if applicable)

- If applying for enrollment following a gap/bridge year(s):
  - Complete the primary application.
  - Work on secondary applications.
  - Ask instructors, mentors, and advisors to write letters of recommendation for you.
- Seek meaningful employment, education and/or experience.
- Pay down credit card and/or undergraduate debt as much as possible.
- Continue to consult regularly with your pre-health advisor throughout the process.
- Complete supplementary application materials for schools to which you've applied.
- Interview and take campus tours.

## Once Accepted

- Make interim and final decisions about school choice.
- Notify the schools that you will not be attending on or before the deadline given.
- Ensure that all IRS and financial aid forms are completed and submitted as early as possible.
- Purchase books and equipment and make appropriate living arrangements.
- Attend orientation programs and matriculate into school.