

Your Pre-Health Checklist

The following is a list of *recommended* things for you to do in order to be the best prepared candidate you can be for the health-related discipline you want to enter. It is not cast in stone. Some of these things may not work for you. But the closer you can come to completing each of these, the better.

Fall Semester, Freshman Year

- Meet with your Pre-Health Advisor to learn the requirements for your discipline.
- Start thinking about your major and minor (if applicable).
- Plan a tentative schedule of courses for the next 3 ½ to 4 years.
- Develop study skills. Take study skills course if necessary.
- Maintain an excellent grade point average (excellent defined as 3.75 or better).
- Get involved with Health Careers Club.
- Read something *non-academic* for a minimum of 30 minutes everyday.
- Plan class schedule for next semester
- Pre-Requisite Courses to take (all disciplines). This assumes you have not taken these.
 - General Biology I with lab
 - General Chemistry I with lab
 - Algebra

Spring Semester, Freshmen Year

- Meet with your Pre-Health advisor.
- Begin community service related activities.
- Begin work/volunteer in medical setting.
- Read something *non-academic* for a minimum of 30 minutes everyday.
- Start reading interesting books about medicine (see web page).
- Start reading daily newspapers, weekly magazines such as Time, Newsweek etc.
- Review specific graduate school admissions requirements.
- Plan class schedule for next semester.
- Consider what you will do this summer.
- Talk to pre-health upper classmen to get a reality check.
- Stay involved with the Health Careers Club.
- Pre-Requisite Courses to take (all disciplines).
 - General Biology II with lab
 - General Chemistry II with lab
 - Trigonometry

Fall Semester, Sophomore Year

- Meet with your Pre-Health advisor.
- Continue community service related activities.
- Continue work/volunteer in medical setting.
- Read *something NON-ACADEMIC* for a minimum of 45 minutes every day.
- Continue reading interesting books about medicine.
- Continue reading daily newspapers, weekly magazines.
- Plan class schedule for next semester.
- Stay involved with the Health Careers Club.
- Fine-tune your long term schedule.
- Maintain your excellent grade point average.
- Start looking at individual schools requirements.
- Pre-Requisite Courses to take (most disciplines - you need to check yours)
 - Organic chemistry I with lab
 - College Physics I with lab
 - Calculus I
 - Human Physiology (*required for PA only!*)

Spring Semester, Sophomore Year

- Meet with your Pre-Health advisor.
- Continue community service related activities.
- Continue work/volunteer in medical setting.
- Read *something non-academic* for at least 45 minutes every day.
- Continue reading interesting books about medicine.
- Continue reading daily newspapers, weekly magazines.
- Plan class schedule for next semester.
- Stay involved with the Health Careers Club.
- Maintain your excellent grade point average.
- Start looking at individual schools requirements.
- Consider possibility of research if that interests you.
- Consider what you will do this summer.
- Begin looking at MCAT, DAT, PCAT or GRE preparation during the summer
- Pre-Requisite Courses to take
 - Organic chemistry II with lab
 - College Physics II with lab
 - Calculus II
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Fall Semester, Junior Year

- Meet with your Pre-Health advisor.
- Continue community service related activities.
- Continue work/volunteer in medical setting.
- Read for 45 minutes every day.
- Continue reading interesting books about medicine.
- Continue reading daily newspapers, weekly magazines.
- Plan class schedule for next semester.
- Stay involved with the Pre-Health Club.
- Maintain your excellent grade point average.
- Start figuring out what schools you want to apply to.
- Begin serious MCAT, DAT, PCAT, or GRE preparation.
- Pre-Requisite Courses to take;
 - Biochemistry
 - Cell Biology
 - Ethics
- Begin working on AMCAS, AACOMAS, AADSAS or other personal essay.
- Begin working on AMCAS vision statement.
- Start requesting letters of recommendation/evaluation.
- Review Transcripts.

Spring Semester, Junior Year

- Meet with your Pre-Health advisor.
- Continue community service related activities.
- Continue work/volunteer in medical setting.
- Read for 45 minutes every day.
- Continue reading interesting books about medicine.
- Continue reading daily newspapers, weekly magazines.
- Plan class schedule for next semester.
- Stay involved with the Health Careers Club.
- Maintain your excellent grade point average.
- Finalize what medical schools you want to apply to.
- Continue serious MCAT preparation.
- Finalize personal essay.
- Finalize AMCAS vision statement.

- Finalize requesting letters of recommendation/evaluation.
- Review Transcripts.
- Apply for the MCAT, PCAT, DAT, or GRE in January/February.
- Start working on AMCAS work sheet for the application (January/February).
- Begin working on application (March).
- Take the MCAT either April or August.
- Finish AMCAS application (May/June).
- Consider what you will be doing this summer.

Summer Between Junior and Senior Year

- Meet with your premed advisor.
- Continue community service related activities.
- Continue work/volunteer in medical setting.
- Read for 45 minutes every day.
- Continue reading interesting books about medicine.
- Continue reading daily newspapers, weekly magazines.
- Submit application as early as possible in June.
- Wait for secondary applications.
- As secondary applications arrive, complete and return as soon as possible.
- Take MCAT again if scores from April not satisfactory.

Fall Semester, Senior Year

- Meet with your Pre-Health advisor.
- Continue community service related activities.
- Continue work/volunteer in medical setting.
- Read for 45 minutes every day.
- Continue reading interesting books about medicine.
- Continue reading daily newspapers, weekly magazines.
- Plan class schedule for next semester.
- Stay involved with the Pre-Health club.
- Maintain your excellent grade point average.
- Finish up courses for graduation.
- Continue to work on Secondary applications if necessary.
- Confirm that schools have received your application if not confirmed by them.
- Interview at medical or dental, or PA or Osteopathic schools.

Spring Semester, Senior Year

- Meet with your Pre-Health advisor.

- Continue community service related activities.
- Continue work/volunteer in medical setting.
- Read for 45 minutes every day.
- Continue reading interesting books about medicine.
- Continue reading daily newspapers, weekly magazines.
- Plan graduation party.
- Stay involved with the Health Careers Club.
- Maintain your excellent grade point average.
- Finish up courses for graduation.
- Confirm that schools have received your application if not confirmed by them.
- Interview at medical or dental or PA or osteopathic schools.
- Complete GAPS FAS financial aid form.
- If wait-listed, send letter confirming interest.
- Accept offer to your top choice school.
- Pay deposit to keep your place.
- Withdraw any previous offers.
- Write thank you letters to all your references and let them know what the outcome was.
- Let your Pre-Health advisor know what the outcome was.
- Graduate.
- Have One Hell of a party!
- Enjoy your summer - It's your last for a LONG time!