GUIDELINES FOR SUCCESS

Freshman Year

Academics
✓ - Start off with a strong GPA
✓ - After consulting the PPHS Timeline for your profession, build your own timeline of coursework and review with PPHS and your academic advisor
✓ - DO NOT take Math/Science courses in the summer
✓ - Know the GPA requirements for your profession
✓ - Calculate your math/science or prerequisite GPA at the end of every semester
✓ - Get a test prep book and begin to review it (MCAT, PCAT, GRE, DAT, etc.)
✓ - Go to your professors’ office hours

PPHS Advising
✓ - Attend an “IT ALL STARTS HERE” workshop
✓ - Visit the PPHS website to register for Canvas and the PPHS listserv
✓ - Make an advising appointment via Canvas
✓ - Familiarize yourself with the details of e-Portfolio on Canvas
✓ - Know the deadline for your e-Portfolio
✓ - Attend the PPHS workshops and the Spring Pre-Health Resource Fair

Professional Development
✓ - Enroll in a student organization and attend meetings
✓ - Begin community service activities
✓ - Begin volunteering in healthcare settings (over winter break, spring break, summer break)
✓ - Begin to think about letters of recommendation
✓ - Know the process for letters of recommendation for your application service
  o If Med, Dent, Pod – Have your letters submitted to PPHS well in advance before you apply.
✓ - Build your ePortfolio
  o - Begin your resume (consult the Career Center for assistance)
  o - Outline your personal statement (consult Writing Center for assistance)
  o - Add to ePortfolio professional development grid

Optional
✓ - Take a freshman seminar course
✓ - Apply for an Accelerated Track by the end of Fall semester
  o (Open for only for Med Health Scholars, Dentistry, Pharmacy, Podiatry, Physical Therapy)
GUIDELINES FOR SUCCESS
Sophomore Year

Academics
✓ - Continue building a strong GPA
✓ - DO NOT take Math/Science courses in the summer
✓ - Calculate your math/science or prerequisite GPA at the end of every semester
✓ - Declare a major
✓ - Continue to USE your entrance exam prep book (MCAT, PCAT, GRE, DAT, etc.)
✓ - Take a free practice test through Kaplan, Princeton Review, or AAMC
✓ - Begin studying for entrance exam
✓ - Go to your professors’ office hours
✓ - KNOW your back-up plan

Advising
✓ - Make an advising appointment with PPHS and your academic advisor every semester
✓ - Build e-portfolio with PPHS. KNOW YOUR DEADLINE!
✓ - Draft your Personal Statement
  o Share with Writing Center for editing
✓ - If on a 4 year track, submit your e-portfolio by the deadline – JUNE 30th!!!!
✓ - Attend PPHS workshops

Professional Development
✓ - Attend student organization meetings
✓ - Continue community service activities
✓ - Continue volunteering in healthcare settings
✓ - Participate in a summer program or conduct research
✓ - Know the process for letters of recommendation for your application service
  o If Med, Dent, Pod – Have your letters submitted to PPHS well in advance before you apply.

Optional
✓ - Study Abroad
  o DO NOT take Math/Science Courses at an institution abroad
✓ - Take a prep course in the summer before entering junior year
  o Check out your local Kaplan or Princeton Review Centers for scheduling and pricing.
✓ - Take summer courses (outside of math and science) to free up some time during junior year
✓ - Declare a minor
GUIDELINES FOR SUCCESS

Junior Year

Academics
✓ - Continue building a strong GPA
✓ - DO NOT take Math/Science courses in the summer
✓ - Calculate your math/science or prerequisite GPA at the end of every semester
✓ - Go to your professors’ office hours
✓ - Continue to USE your PREP BOOK (MCAT, PCAT, GRE, DAT, etc.)
✓ - Take a free practice test through Kaplan, Princeton Review, or AAMC
✓ - Register to take your exam in the spring or early summer
✓ - Know to which schools you will apply
✓ - Send in application as early as possible (you DO NOT need your entrance exam score report to apply)
✓ - Request transcripts to be sent to application service after spring semester

Advising
✓ - Make an advising appointment with PPHS and your academic advisor every semester
✓ - Attend PPHS workshops
✓ - Attend a committee interview with PPHS (Medicine, Dentistry, Podiatry, Accelerated Programs)
✓ - Once you have submitted your application, complete the Committee Letter Release form and submit to PPHS.

Professional Development
✓ - Continue community service activities
✓ - Continue volunteering in healthcare settings
✓ - Participate in a summer program and/or research
✓ - Request letters of recommendation
✓ - Know the process for letters of recommendation for your application service
  - If Med, Dent, Pod – Have your letters submitted to PPHS well in advance before you apply.

Optional
✓ - Study Abroad
  - DO NOT take Math/Science Courses in an institution abroad
✓ - Take a entrance exam prep course in the fall semester
  - Check out your local Kaplan or Princeton Review Centers for scheduling and pricing.
✓ - Take additional courses that may help for your exam
GUIDELINES FOR SUCCESS

Senior Year

Academics
✓ - Maintain grades
✓ - DO NOT register to take courses in the summer prior to professional school
✓ - Calculate your math/science or prerequisite GPA at the end of every semester
✓ - Take upper level courses for your major
✓ - Go to your professors’ office hours

Advising
✓ - Make an advising appointment with PPHS and your academic advisor every semester
✓ - Attend the PPHS workshops
✓ - Once invited to a professional school interview, request a mock interview with PPHS

Professional Development
✓ - Attend student organization meetings
✓ - Continue community service activities
✓ - Continue volunteering in healthcare settings
  - Think Outside of the Box
✓ - RELAX!!!!!! Be yourself, and enjoy interviewing to decide which school you want to attend 😊