

# PPHS

## PRE-PROFESSIONAL HEALTH STUDIES

### 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
  - If Med, Dent, Pod – Have your letters submitted to PPHS well in advance before you apply.
- ✓ -Build your ePortfolio
  - -Begin your resume (consult the Career Center for assistance)
  - -Outline your personal statement (consult Writing Center for assistance)
  - -Add to ePortfolio professional development grid

### Optional

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

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## 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
  - Share with Writing Center for editing
- ✓ - If on a 4 year track, submit your e-portfolio by the deadline – JUNE 30<sup>th</sup>!!!!
- ✓ -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
  - 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 at an institution abroad
- ✓ -Take a prep course in the summer before entering junior year
  - 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

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## 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 an 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

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### 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 😊