GUIDELINES FOR SUCCESS

Freshman Year

Academics
✓ Start off with a strong GPA
✓ Build your own timeline of coursework and review with PPHS and your academic advisor
✓ DO NOT take Math/Science course in the summer
✓ Calculate your math/science or prerequisite GPA at the end of every semester
✓ Know the GPA requirements for your profession
✓ Get a Prep book and USE IT (MCAT, PCAT, GRE, DAT, etc.)
✓ Go to your professor’s office hours

PPHS Advising
✓ Make an advising appointment with PPHS after attending an “IT ALL STARTS HERE” Workshop
✓ Register for e-portfolio with PPHS
✓ Know the details of e-portfolio
✓ Familiarize yourself with the PPHS website
✓ Know your Deadline for e-portfolio
✓ Attend the PPHS workshops and Pre-Health Resource Fair

Professional Development
✓ Enroll in a Student Organization and go to meetings
✓ Begin Community Service Activities
✓ Begin Volunteering in Healthcare Settings (over winter break, spring break, summer break)
✓ 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 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 course in the summer
✓ - Calculate your math/science or prerequisite GPA at the end of every semester
✓ - Declare a major
✓ - Continue to USE your PREP BOOK (MCAT, PCAT, GRE, DAT, etc.)
✓ - Take a free practice test through Kaplan
✓ - Begin studying for exam
✓ - Go to your professor’s 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, share 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 in a lab
✓ - 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 in an abroad institution
✓ - 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 professor’s office hours
✓ -Continue to USE your PREP BOOK (MCAT, PCAT, GRE, DAT, etc.)
✓ -Take a free practice test through Kaplan
✓ -Register to take your exam in the spring or early summer
✓ -Know where you will apply
✓ -Request Transcripts to be sent to application service after spring semester
✓ -Send in application as early as possible (you DO NOT need your score report in to apply)

Advising
✓ -Make an advising appointment with PPHS and your academic advisor every semester
✓ -Attend PPHS workshops
✓ -Attend a committee interview with PPHS (Medicine, Dentistry, Accelerated Programs)
✓ -Once you have gone through committee and submitted your application, complete the recommendation release form and give to PPHS.

Professional Development
✓ -Continue Community Service Activities
✓ -Continue Volunteering in Healthcare Settings
✓ -Participate in a summer program or conduct research in a lab
✓ -Collect or request 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.

Optional
✓ -Study Abroad
  o DO NOT take Math/Science Courses in an abroad institution
✓ -Take a prep course in the fall semester
  o 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 professor’s 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
   o Think Outside of the Box
✓ - RELAX!!!!! Be yourself, and enjoy interviewing to decide which school you want to attend 😊

What’s Up Doc?