

## TIMELINE FOR PRE-HEALTH STUDENTS

### First Year

- Attend Preview session for Pre-Health Students (Summer).
- Read the Pre-Health Handbook on-line at <http://www.advising.ufl.edu/ohlpa/prehealth>.
- Join the UFPREHEALTH-L listserv, the listserv for pre-health students at UF.
- Attend a **Pre-Health Preparation Workshop for New Pre-Health Students** (who are first and second year) scheduled in the fall.
- Attend pre-health group meetings and special speaker events (watch for announcements).
- Begin finding out about volunteer opportunities at hospitals, nursing homes, pharmacies, animal care facilities and other healthcare facilities in your hometown or within the Gainesville area. Start volunteering as soon as possible.
- Keep a journal about your healthcare and community service activities. This will help you keep track of all your experiences and can be used as a tool to help you reflect upon your experiences.
- Check out campus extracurricular activities that might be of interest to you.
- Read magazines, newspapers, essays, novels, etc to enhance your reading comprehension and verbal skills. (This is usually the lowest score on the MCAT.)
- Get to know your professors and maintain contact with them throughout your UF career. Remember that some of them will be writing letters for you two years down the road.
- Get started on the right foot in classes. Form study groups, work hard, get tutoring if necessary, and ask your professors for help when needed. This is your most important year!
- **Make academics YOUR TOP PRIORITY!**
- Complete General Chemistry, Calculus and perhaps one semester of your biology sequence.
- Any freshman interested in the Honors Combined B.S.-D.M.D. program will need to submit an application to the College of Dentistry at the completion of the second semester before the June 1 deadline.

### Sophomore Year

- Look over a sample MCAT, DAT, OAT, PCAT or GRE to get an idea what the test is like.
- Look through medical, dental, veterinary, pharmacy, etc school catalogues and/or websites to become familiar with the schools. Read through the *Medical School Admission Requirements*, *Osteopathic Medical College Information Book*, *Veterinary Medical School Admission Requirements*, *Pharmacy School Admissions Requirement Book* or *American Dental Education Association Official Guide to Dental Schools*.
- Participate actively in service organizations (on or off campus).
- Attend a **Pre-Health Workshop for Second Year Students**.
- Continue to volunteer at hospitals, pharmacies, nursing homes, veterinary clinics, dental clinics, etc.
- Continue to practice your reading and writing skills. Increase pleasure reading through newspapers, magazines, and novels. This will directly affect your verbal reasoning skills for the MCAT, DAT, OAT, PCAT, or GRE.
- For the summer, plan on pursuing research, volunteering or extracurricular activities.
- Reflect on your progress. Are you meeting the goals you set for yourself?
- Maintain your healthcare and community service experiences journal.
- Complete Organic Chemistry, the remainder of your biology sequence, and begin Physics.
- Any sophomores interested in the Junior Honors Medical Program will need to attend the information session provided by the College of Medicine in January.

## Junior Year

- Prepare for the MCAT, DAT, OAT, PCAT, or GRE. Take several practice exams to gauge your skills and knowledge. You may wish to check into test preparation centers to see about their services. There are two currently in Gainesville: Kaplan 377-8050 and Princeton Review 1-800-967-8861. Begin your personal statement and attend a **Personal Statement Workshop** in the fall term.
- Register for the MCAT, GRE, DAT, or OAT exams on-line. Although, these exams are offered throughout, it is recommended you select April, May or June exam dates for these exams. Register for the PCAT on-line and choose exam dates before January of the same year you would enter pharmacy school.
- Complete your Physics sequence and any other additional requirements.
- Participate in more activities both on and off campus. Run for a leadership or an officer position. Develop your leadership potential. Serve as a campus mentor or tutor.
- Increase your volunteering or shadowing activities. Try to do something different than previous years. Remember that consistent health care experience is more important than the type of experiences, so do not jump around too much. Maintain your journal and continue to reflect on your experiences.
- Remind professors that you will be asking them for letters of recommendation. Find out how to contact them during the summer. Prepare a resume to give to them. Set up a letter of recommendation file with the Office of Health & Legal Professions Advising (OHLPA). Attend a workshop in the Fall term about Letters of Recommendation; this information is usually included in the Personal Statement Workshop.
- Get more information about professional schools and narrow down your application choices.
- Attend an **Application Workshop** to learn about the process, applications, timelines, etc. during the spring semester.
- Fill out the AMCAS, AADSAS, AACOMAS, VMCAS or PharmCAS, etc. centralized application on-line and have it ready to send on June 1 or soon thereafter. At the end of the spring term, request that all transcripts from all schools you have attended be sent to the application service as well.
- Check to make sure that your letters of recommendation have all been received in your OHLPA file.
- Pre-Dental Students should attend a Dental School Interview Workshop in the spring term.
- Continue with research and volunteer activities during the summer.

## Senior Year

- Secure any remaining letters of evaluation in your OHLPA file if not yet complete.
- Complete and return secondary applications as soon as possible.
- Confirm that schools have received all of your application materials, including letters of recommendation. Follow up promptly on any missing pieces.
- Complete any other remaining pre-professional coursework (biochemistry, microbiology, etc.)
- Let the Pre-Health Advisors know if you have any questions or if you have an interview scheduled.
- Attend the **Interview Workshop** held in the early fall – September.
- Practice interview techniques with friends, faculty members, or schedule a mock interview at OHLPA or the Career Resource Center.
- Research or visit schools that you have been invited to attend an interview.
- Begin looking at sources of financial aid for professional schools and complete the FAFSA.
- Inform the Pre-Health Advisor if you have been accepted to a professional school.
- If accepted by more than one school, observe any deadlines for informing all schools about your decision.
- If necessary develop a back up plan should you not get invited to interviews or accepted to professional schools. Meet with a pre-health advisor to discuss your options.
- Make sure that all work toward the baccalaureate degree is completed, and submit final transcripts.
- Celebrate your acceptance (we will be happy to celebrate with you).

Revised 3/14/2008