

PRE-HEALTH Action Plan

Academics

(Freshmen-Seniors should complete) Use the space below to tentatively prepare a plan to complete your pre-health coursework. Use our Pre-Requisite Chart and sample timelines for guidance. Note pre-requisites vary by profession and school, it is your responsibility to ensure you meet the pre-requisites for the programs to which you plan to apply. Keep in mind:

-Professional schools recommend 15-18 hours and 2+ science courses a semester on a consistent basis after your first semester. They are looking for students who challenge themselves and pursue their personal interests.

-Everyone has a different path. Your tracking, major, and college requirements take priority, so your plan may not look like your peers'.

First Year Spring	First Year Summer		
		Second Year Spring	Second Year Summer
First Year Fall			
		Second Year Fall	

Third Year Spring	Third Year Summer
Third Year Fall	



Fourth Year Spring	Fourth Year Summer
Fourth Year Fall	



Professional Development (Freshmen-Seniors should complete)

Experiences	Completed or in Progress	Length of Commitment	Future Plans	Reason for Choosing
Clinical Volunteering				
Physician Shadowing				
Community Service (non-clinical)				
Research				
Leadership/ Teamwork				

Employment				
Hobbies				

Letters of Recommendation (Sophomore-Seniors should complete)

Identify 3-5 individuals who know you well and could write strong, supportive letters of recommendation. Letter requirements vary by profession and school but are usually a combination of academic and non-academic letters. See profession details for suggestions.

Name	Title
1.	
2.	
3.	
4.	
5.	

Standardized Test (Sophomore-Seniors should complete)

Please see profession details for more information on the standardized test for your profession. You should begin studying at least 6 months in advance.

I will complete the courses necessary for my standardized test in:	
I plan to take the exam on the following date (month/year):	
I've taken the exam and my score(s) are:	



Personal Statement (Junior and Seniors should complete)



You should begin writing your personal statement 6 months prior to the beginning of the application cycle.

Have you watched the workshop “Writing Components of the Application”	
Have you begun writing a draft of your personal statement?	
Have you had your personal statement reviewed by the Writing Center and/or Pre-Health Advising Office?	

School Selection (Junior and Seniors should complete)



See professional details for the average number of schools to apply to for your profession.

Have you watched the Choosing Schools online workshop?	
How many schools do you plan to apply to?	
List the top criteria you are using to select schools	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.
Have you utilized the appropriate reference guide for choosing schools? (See the Choosing Schools module for links)	

School Comparison (Junior and Seniors should complete)



Make a list of schools you are considering applying to.

School	Your Science GPA ----- School's mean or median science GPA	Percentage of Admitted Students from out of state (for non-FL schools)	Pros and Cons based on top criteria

Application *(Junior and Seniors should complete)*

You should submit your application as early as possible in the application cycle.



Have you read the instructions for the application?	
I plan to submit or submitted my application on (date):	
I have requested my official transcript(s) to be sent to the application-service from each institution I've attended on (date):	
I've requested all Letters of Recommendation	