Timeline for Pre-Health Students

Refer to these suggested academic and experiential requirements to stay on track towards your pre-health goals.

Year 1 | Explore

- Focus on attending classes and understanding coursework
- Review the pre-requisites for your desired program
- Enroll in PD 1000 (3cr): Exploring Health Professions and then consider a Pre-Health Internship
- Work towards earning a 3.5 GPA or higher
- Attend your professors' office hours and begin building faculty relationships
- Visit the UC Learning Commons for Supplemental Instruction, tutoring, Academic Coaching & more
- Attend a Pre-Health Introduction Workshop, then you are ready to make one-on-one appointments with your Pre-Professional advisor
- Join campus organizations and Volunteer in your community
- Read the PPAC weekly Newsletter
- Attend the Health Professions Fair in March

Year 2 | Prepare

- Read outside of class
- Enroll in PD 2001 (1cr): Advancing Success on the Pre-Health Pathway
- Schedule time in your breaks (fall, winter, spring, summer) to shadow, volunteer and/or work and be sure to reflect on your experiences
- Explore your health profession and know the professional competencies expected
- Shadow professionals; consider a Pre-Health Internship
- Run a "What-if" Report for your Pre-Professional track in Catalyst
- Meet with your PPAC advisor each term
- Explore and discuss parallel plans with PPAC Advisor
- Attend the Health Professions Fair in March

-- Pre-Health Timeline continued --
Year 3 | Application Year | Fall

- Continue and expand your involvement; consider a [Pre-Health Internship](#)
- Research professional schools -- Is this a good fit for you?
- Attend PPAC Health Professions Application Workshop Part 1: Planning
- Attend PPAC Personal Statement Workshop & begin your writing process
- Attend TEST PREP MANIA event in October
- Plan your Testing prep & timeline
- Explore financial options
- Think about letter writers
- Complete and discuss your self-assessment
- Meet with your PPAC advisor

Year 3 | Application Year | Spring

- Prepare for admissions test (begin in Dec/Jan)
- Attend a PPAC Health Professions Application Workshop Part 2: How-To
- Revise your personal statement and meet with the Academic Writing Center for feedback
- Ask for strong/positive letters of recommendation
- Meet with your PPAC advisor
- Review and discuss your parallel plans with PPAC Advisor
- Attend the Health Professions Fair in March

Year 3 | Application Year | Summer

- Take admissions test – only when ready
- Continue to fine tuning personal statement
- Submit application early in cycle
- Secure letters of recommendation
- Complete secondary applications

Year 4 | Interview Year

- Continue health-career activities and rigorous courses throughout the year
- Attend Interview Workshop. Receive an interview offer?
  -- Schedule a mock interview with PPAC, if you attended a PPAC interviewing workshop
- Research financial aid; complete FAFSA – October
- Continue with parallel plans
- Meet with your PPAC advisor each term