

What is Pre-Health?

Pre-Health is a catchall term encompassing many healthcare careers and professional school options. While your Academic Advisor can also help you plan your coursework, connect with Pre-Health Advising to discuss timelines, clinical experiences, admissions requirements, personal statements, application readiness, mock interviewing and more.

Candidacy Assessment

The components of a successful application can be broken down into 3 categories:

- **Academic:** prerequisite coursework, GPA, entrance exams, trends, recommendations
- **Career:** clinical experience, research, shadowing, volunteering
- **Personal:** personal growth and skill development, cultural competence, background, interests

Example Occupations

- Dentist
- Nurse
- Optometrist
- Occupational Therapist
- Pharmacist
- Physician (MD/DO)
- Physician Assistant
- Physical Therapist
- Podiatrist

Common Prerequisites

- Intro Biology
- Intro Chemistry
- Statistics
- Organic Chemistry
- Biochemistry
- Physics
- English Writing
- Psychology
- Sociology
- Anatomy & Physiology
- Microbiology

Post-Graduate Gap Years

Did you know that the **most common path** to a healthcare school includes *at least one gap year*, and often more?

Gap years allow applicants to spend more time to work on their academics, clinical experience, and personal growth and build the strongest application.



Clinical Experience

Clinical experience is any activity, paid or unpaid, that has you interacting with someone who is a patient in a medical setting. Here are some examples:

- Nurse Aide (CNA)
- Scribe
- Work/volunteer at a free clinic
- Hospital volunteer
- Hospice worker

Research

Research is not required by many medical schools, but if you are pursuing a research-heavy program or have a strong interest in research, it can be a welcome addition to your application.

Research can be pursued in any field, even the humanities! Connect with the [Office of Undergraduate Research](#) or a professor to get started.

Prepare for Your First Meeting

- Come prepared with pre-health-related questions
- Familiarize yourself with your courses
- Be ready to discuss involvement on- and off-campus
- Remember: Pre-Health Advising is *not* a substitute for your Academic Advisor

Application Components

- Prerequisite coursework
- Letters of evaluation
 - 2 science professors
 - 1 non-science professor
 - 1 outside of academics
- Entrance exams
- Experience and activities list/resume
- Transcripts
- Personal statement
- Secondary applications

Academic Resources

Pre-Health students who ask for help and use resources perform better academically. Check out these resources:

- [Academic Success Center](#)
 - Tutoring
 - Writing Center
- [Academic Advising](#)
- Office Hours

To make a Pre-Health Advising appointment, select "Pre-Health/Pre-Law" on ePACK.
Use this QR code to sign up for the Pre-Health listserv!

