

# First Year Recommendations (*3 years before applying*)

## USF Division of Health Professions Advising

### Fall Semester, First Year

- Meet with your Pre-Health advisor to introduce yourself, discuss the best way to sequence your classes and get acquainted with campus resources for pre-health students.
- Attend an pre-health new student workshop (see the Division of Health Professions website for more information: <http://cas.usf.edu/healthprofessions/workshops/>)
- Meet with your academic advisor to plan your class schedule for spring & remove your AA hold.
- Begin to shadow, volunteer or work in medical settings. We recommend sticking with each quality activity/location for a minimum of 4 months to ensure a “complete” experience.
- Begin logging your experiences using one of the methods found here: <http://www.cas.usf.edu/healthprofessions/involvement/portfolios/>
- Seek opportunities to get involved in student organizations, community service, undergraduate research and/or leadership related activities.
- Begin reading interesting books about your intended profession and/or speaking with current professionals. Be sure to also read newspapers and magazines to stay abreast of current events, especially those related to healthcare.
- Maintain an excellent grade point average while taking two science classes.

### Spring Semester, First Year

- Follow up with your Pre-Health advisor regarding the initiatives discussed in Fall.
- Meet with your academic advisor to plan your class schedule for summer/fall and remove your second (and final) AA hold.
- Continue to shadow, volunteer or work in medical settings and log these activities.
- Continue to seek involvement in student organizations, community service, undergraduate research and/or leadership related activities and log these activities.
- Continue researching about your intended profession and reading newspapers & magazines about current events.
- Maintain your excellent grade point average in a minimum of 2 science courses.
- Plan for the summer- identify summer volunteer, paid, research and leadership opportunities. A GREAT resource is here: <http://www.cas.usf.edu/healthprofessions/involvement/enrichment/>.
- Begin to build relationships with professors- you will need to foster these relationships to request letters of recommendation at a later date.

# Second Year Recommendations (*2 years before applying*)

## USF Division of Health Professions Advising

### Fall Semester, Second Year

- Meet with your Pre-Health advisor to discuss your progress and determine your intended application date (what **summer** will your application be **competitive**??)
- Continue to shadow, volunteer or work in medical settings and log these activities.
- Continue to seek involvement in student organizations, community service, undergraduate research and/or leadership related activities and log these activities.
- Attend the Second Year Workshop (<http://www.cas.usf.edu/healthprofessions/workshops/>)
- Continue researching about your intended profession and determine your backup career option.
- Continue reading books, newspapers & magazines about current events.
- Meet with your academic advisor regarding degree progression and course recommendations for Spring.
- Maintain your excellent grade point average in a minimum of 8 credits of science.
- Start looking at **individual** schools requirements. Determine your rationale for applying to that individual school.
- Continue building relationships with professors!

### Spring Semester, Second Year

- Meet with your Pre-Health advisor to discuss your progress.
- Continue to shadow, volunteer or work in medical settings and log these activities.
- Continue to seek involvement in student organizations, community service, undergraduate research and/or leadership related activities and log these activities.
- Attend the Application Year Workshop (<http://www.cas.usf.edu/healthprofessions/workshops/>)
- Continue researching about your intended profession and determine your backup career option.
- Continue reading books, newspapers & magazines about current events.
- Meet with your academic advisor regarding degree progression and course recommendations for Summer and Fall.
- Maintain your excellent grade point average in a minimum of 8 credits of science.
- Continue exploring **individual** schools requirements.
- Plan for the summer- identify summer volunteer, paid, research and leadership opportunities. A GREAT resource is here: <http://www.cas.usf.edu/healthprofessions/involvement/enrichment/>.
- Continue building relationships with professors!
- Begin looking at MCAT, DAT, PCAT, OAT or GRE preparation to begin in the summer.