

# 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.

# Third Year Recommendations (*1 year before applying*)

## USF Division of Health Professions Advising

### Fall Semester, Third 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.
- Continue researching about your intended profession and reviewing current events.
- Meet with your academic advisor regarding degree progression and course recommendations for Spring.
- Continue MCAT, DAT, PCAT, OAT or GRE preparation.
- Maintain your excellent grade point average in a minimum of 8 credits of science.
- Begin working on your application- see the [Health Professions website](#) for templates.
- Begin narrowing down which schools you will apply to.
- Begin working on your personal statement. See the [Health Professions website](#) for more information.
- Start determining who will write your letters of recommendation/evaluation (consider [Interfolio](#)).

### Spring Semester, Third 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.
- Continue researching about your intended profession and reviewing 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.
- Finalize what schools you want to apply to. Be sure you can provide your rationale for selecting these programs. More information is available on the [Health Professions website](#).
- Continue serious MCAT, DAT, PCAT, OAT or GRE preparation. Apply to take exam in early summer.
- Finalize personal statement.
- Confirm who will write your letters of recommendation/evaluation (consider [Interfolio](#))
- Continue working on your application- see the [Health Professions website](#) for templates. Remember, most applications open in May, June and July.

**SUMMER: APPLY TO HEALTH PROFESSION PROGRAM**

USF Division of Health Professions Advising

● [www.cas.usf.edu/healthprofessions](http://www.cas.usf.edu/healthprofessions) ● LIB 231 ● tel. 813. 974.1078