4 Year Pre-Health Timeline

**Year 1**
- **Fall**
  - Begin to Shadow/ Volunteer/Work in Healthcare
  - Take 2 science classes
  - Consider getting involved in community service, leadership, research, etc.
  - Research your intended procession and determine your backup career
- **Spring**
  - Continue to Shadow/ Volunteer/Work in Healthcare
  - Take 2 science classes
  - Consider getting involved in community service, leadership, research, etc.
  - Research your intended procession and determine your backup career
- **Summer**
  - Continue to Shadow/ Volunteer/Work in Healthcare
  - If necessary: take science classes to remain on track (discuss with pre-health advisor)

**Year 2**
- **Fall**
  - Continue Gaining Healthcare Experience and involvement in additional extracurricular activities
  - Pre-Health Semester #1:
    - Take 8-11 cr of science & 14-16 cr total
    - Preferred GPA= 3.5+
- **Spring**
  - Continue Gaining Healthcare Experience and involvement in additional extracurricular activities
  - Pre-Health Semester #1:
    - Take 8-11 cr of science & 14-16 cr total
    - Preferred GPA= 3.5+
- **Summer**
  - Continue gaining healthcare experience
  - Study for the Entrance Exam
  - Complete the following at a minimum by the end of summer:
    - CHM 2046, BSC 2011, and PHY 2053 OR PHY 2048

**Year 3**
- **Fall**
  - Continue Experiences
  - Pre-Health Semester #3:
    - Take 8-11 cr of science & 14-16 cr total
    - Preferred GPA= 3.5+
  - Study for the Entrance Exam
  - Write personal statement
- **Spring**
  - Continue Experiences
  - Pre-Health Semester #4:
    - Take 8-11 cr of science & 14-16 cr total
    - Preferred GPA= 3.5+
  - Study for the Entrance Exam
  - Finish personal statement
  - Ask for letters of Rec

**Year 4**
- **Fall**
  - Continue Building Experiences
  - Complete secondary applications
- **Spring**
  - Continue Building Experiences
  - Finish degree (if not already completed)
- **Summer/Fall**
  - Start Program
  - May/June: Apply!
  - By end of Summer: Take entrance exams- i.e. MCAT (prefer early summer)
  - Interview?
  - Interview?
DID YOU KNOW?

• The admissions process for many health professions is holistic (meaning everything will be taken into consideration), however, the 3 most heavily weighted admissions factors are usually:
  1) Entrance exam score (i.e. MCAT)
  2) Health related experiences (i.e. shadowing, volunteering)
  3) GPA (especially science GPA- Chemistry, Biology, Physics, Math) in pre-med semesters
    ▪ A pre-health semester consists of 14-16 credits with 8-11 credits being science

• Your application should be competitive by the date you intend to apply.
  o Note: if your application is not competitive by your intended application date, we may recommend delaying your submission- you will need to meet with your pre-health advisor each semester to review your pre-health competitiveness and degree progression.

• If Pre-Med: You should plan to complete the following at a minimum before taking the MCAT:
  o Math: Statistics
  o Chemistry: CHM 2045, CHM 2046, CHM 2210, CHM 2211, BCH 3053
  o Biology: BSC 2010, BSC 2011/L, PCB 3063, preferred but not required- MCB 3020C
  o Physics: PHY 2053/L, PHY 2054/L or PHY 2048/L and PHY 2049/L
  o Other: humanities/social science courses (see advisor for recommendations)
  o We also recommend studying/preparing for 1 full year

**Note: The timeline presented on the opposite page represents an ideal schedule. Individual student progression will be dependent upon many factors and is subject to change. Students must meet with a pre-health advisor to review individual, student-specific recommendations.**