### 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
- Should have at least 75% of all prerequisites completed at this time

### 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**
- Apply and take entrance exams - i.e. MCAT (prefer early summer)

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USF Division of Health Professions Advising • [http://www.cas.usf.edu/healthprofessions/](http://www.cas.usf.edu/healthprofessions/) • 813-974-1078
4 Year Pre-Health Timeline

DID YOU KNOW?

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

*Information about competitiveness can be found here: [http://www.cas.usf.edu/healthprofessions/advising/competitiveness/](http://www.cas.usf.edu/healthprofessions/advising/competitiveness/)*

- Your application should be competitive by the date you intend to apply.
  - 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.**

- The Division of Health Professions Advising has advisors and resources to help you. Some of these resources include:
  - Advising Appointments: [http://www.cas.usf.edu/healthprofessions/advising/schedule/](http://www.cas.usf.edu/healthprofessions/advising/schedule/)
  - Prerequisite Lists: [http://www.cas.usf.edu/healthprofessions/advising/courses/](http://www.cas.usf.edu/healthprofessions/advising/courses/)
  - Information about shadowing/volunteering/work experience: [http://www.cas.usf.edu/healthprofessions/involvement/](http://www.cas.usf.edu/healthprofessions/involvement/)
  - Workshops: [http://www.cas.usf.edu/healthprofessions/workshops/](http://www.cas.usf.edu/healthprofessions/workshops/)
  - Links to explore health profession careers: [http://www.cas.usf.edu/healthprofessions/careers/healthpro/](http://www.cas.usf.edu/healthprofessions/careers/healthpro/)

**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.**

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