# Pre-Health Checklist and Timeline

## Fall/Spring – Freshman Year
- ☐ Become familiar with the university and all of its resources available to you
- ☐ Establish good study skills/maintain strong GPA
- ☐ Select major program
- ☐ Gather information on all health professions
- ☐ Begin pre-health prerequisite courses
- ☐ Begin job shadowing/internship experiences
- ☐ Become involved in volunteer opportunities
- ☐ Become involved in extra-curricular activities
- ☐ Get to know faculty, staff/professionals – Great resource!
- ☐ Read, read, read! Read extensively in all areas (including science).

## Fall/Spring – Sophomore Year
- ☐ Open a Health Professions File (Hill Hall 312)
- ☐ Develop relationships with faculty – they are a great resource
- ☐ Research health professional schools, learn specific requirements
- ☐ Start preparing for standardized exams by reviewing material covered in science courses (*Continue to read*)
- ☐ Continue to work on study skills and time management skills
- ☐ Continue extra-curricular and volunteer activities
- ☐ Maintain strong GPA
- ☐ Explore research opportunities

## Fall – Junior Year
- ☐ Attend Mandatory Application Cycle Workshop (*Contact Pre-Professional Services for more information about workshop*)
- ☐ Familiarize yourself with the Internal & External Application Process
- ☐ Research Exam Details and Begin Exam Preparation
- ☐ Select Individuals to write Letters of Recommendation
- ☐ Research Schools, Deadlines, and Requirements
- ☐ Research Early Decision/Linkage Programs (*if applicable*)
- ☐ Begin Health Professions Committee Application (*Available Dec. 15th*)
- ☐ Continue/Expand your involvement with extracurricular/community activities

## Spring – Junior Year
- ☐ Draft and Edit Personal Statement
- ☐ Complete Health Professions Committee Application (*Due April 1st*)
- ☐ Collect Letters of Recommendation (*Due May 1st*)
- ☐ Register and Complete Standardized Exam (i.e. MCAT, DAT, GRE, etc.)
- ☐ Identify and Confirm Schools of Interest
- ☐ Request Transcript (*after all grades are reported*)
- ☐ Communicate with Pre-professional office about transmission of your committee letter

## Summer – Junior Year
- ☐ Prepare and Submit Primary Application
- ☐ Prepare and Submit Secondary Application
- ☐ Prepare for Interviews

## Fall and Spring Senior Year
- ☐ Continue to do well academically and maintain strong GPA
- ☐ Conduct Interviews
- ☐ Receive Admissions Decisions!
- ☐ Make Final School Selection (*May 15th*)
- ☐ Graduate!

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**For More Information:** [http://ncas.rutgers.edu/pre-health](http://ncas.rutgers.edu/pre-health)