LOYOLA UNIVERSITY MARYLAND | PRE-HEALTH Program

Pre-Health Professions Timeline

First Year	• Meet with your pre-health professions advisor and develop a long-range plan. • **SUSTAIN A RELATIONSHIP WITH YOUR ADVISOR THROUGHOUT YOUR ACADEMIC CAREER!!!** • Begin your math, chemistry, and other prerequisite courses for your program • Visit with faculty and begin to develop academic relationships • Join the Pre-Health Society and ATTEND ITS MEETINGS! • Begin to volunteer in a health care setting (ESPECIALLY ONE CONNECTED TO YOUR GOAL) • Set up a job shadow with a practitioner in your chosen pre-health profession • Check out the websites that apply to your program • Start a journal of your activities (see the "Experiences Record" handout). The journal will be useful later when you write your admissions essays and prepare for your admissions interviews. • Explore research opportunities if you are interested • Develop good reading skills through wide reading (novels, essays, magazines, newspapers) • Develop a "Plan B" if your original aspirations do not materialize either due to academics or you are no longer interested. • Consult resources related to the admissions exam for your selected health profession to find out what the exam is like. • Be aware that one or more convictions for breaking the law (including underage drinking) may negatively affect your application to professional school. Most professional schools conduct a CBC (Criminal Background Check) which DOES include traffic violations so USE GOOD SENSE! • **MAINTAIN EXCELLANCE IN GRADES AND GPA!!!**
Second Year	• Check in with your Pre-Health Professions Advisor to review your long-range plans. • Continue your pre-health professions course requirements. • Prepare for and take your pre-health professions admissions exam if the timing is right (use your profession "guide" HANDOUT). Most exams are taken in your junior year • Continue to build your relationships with faculty, advisors, volunteer supervisors, etc. YOU WILL WANT THEM TO WRITE MEANINGFUL LETTERS OF REFERENCE ON YOUR BEHALF! • Volunteer in the health care setting you began first year, or begin a new experience to test out the variety of options in the health field. • Explore research opportunities if you are interested. • Add extracurricular and LEADERSHIP activities as time and interest permit • Take a good look at yourself. Are you an excellent student? Do you thrive on patient contact? Does the work environment of your selected health profession excite you? Do you like a challenging lifestyle? If not, perhaps you should reassess your goals now. YOUR PRE-HEALTH PROFESSIONS ADVISOR IS THERE TO LISTEN!! • **MAINTAIN EXCELLANCE IN GRADES AND GPA!!!** If you answered yes to these questions go onto the next page…

Third Year	• Check in with your Pre-Health Professions Advisor and keep up-to-date. • If you are traveling abroad, make sure your pre-requisite courses for professional school are taken care of, core course are being completed, diversity course is done/scheduled. AND KEEP IN TOUCH WITH THE PRE-HEALTH PROFESSIONS ADVISOR!!! • Continue with your volunteering, job shadowing, research, extracurricular activities. • Finish your pre-health professions requirements; most of these should be done before you take the admissions exam for your selected health profession. • Prepare for your Pre-Health Committee application and interview held in Spring Semester of your junior year Begin working on your Personal Statement (IT TAKES TIME AND EFFORT!!!) Begin working on your resume. • Approach those individuals (professors, advisors, employers, volunteer supervisors) who know you well to ask if they would write a letter of evaluation/recommendation on your behalf for the Spring Pre-Health Committee or for your selected health professions school if they do not require a committee letter.. • Prepare for the admissions exam for your selected health profession. Study efficiently and steadily. Use study guides available online or from major bookstores. If you need a more formal setting, or a coach to be prepared, productive, and or motivated, consider enrolling in a commercial preparation course (i.e. Princeton, Kaplan…) • Register for and take the admissions exam for your selected profession in fall, spring or summer. See your health professions "Guide" and discuss the timing with your Pre-Health Profession Advisor. • Review health/professional school catalogs or websites, as well as guides about the schools. Begin to formulate the selection of schools to which you will apply.. • Be optimistic, but also be realistic! Everyone should have an alternative "Plan B". Consider other graduate or career options. • **MAINTAIN EXCELLANCE IN GRADES AND GPA!!!**
Summer before Fourth Year	• **Submit your application early to your health professional schools of choice.** • Prepare for your Pre-Health Committee application and interview held in July for those students who were abroad and for Alumnae • Review any questions you have with your pre-health Professions Advisor. • Take the admission exam for your health profession if not already completed.

Fourth Year	• Complete your secondary or supplemental materials (sent to viable candidates by the health professional schools); return these materials promptly. Information on letters of recommendation often come with the primary application or secondary materials. • Send updated transcripts if requested by schools. • Prepare for possible interviews (conducted from September to as late as April for some programs). • Practice for your interview. Be able to describe your classes, volunteer experiences, mentors, and goals **IN MEANINGFUL DETAIL.** Make sure you can tell anyone who asks exactly why you want to be a practitioner in your chosen field. (HINT: most humans want to "help people"; be sure your response is unique!) • Complete appropriate forms for financial aid. • Be patient. Most students receive a letter of acceptance or rejection by mid-March.*Celebrate your acceptance—your Advisor will rejoice with you! • Send thank-you notes to evaluators and mentors!! **Alternatives:** • If not accepted, consider reapplication for the following year (if appropriate), go to "Plan B", interview for employment, etc. • **See your Pre-Health Professions Advisor for assistance!**