

Undergraduate Health Pre-Professions Timeline

First Year

FALL

- Advising Appointment: Meet with your major advisor to plan spring courses. [Find your advisor here.](#)
- Earn excellent grades. Develop dedicated study habits and wise time management skills. If you find yourself struggling, meet an [academic tutor](#) and use the resources at the [academic resource center.](#)
- Join the Health Pre-Professions Email Club. [Sign up here.](#)
- Become familiar with the timeline for health pre-professional students and stick to it.
- Get involved in activities that reflect your interests.

SPRING

- Develop good study habits and time management skills.
- Advising Appointment: Meet with your major advisor in spring to plan coursework for next year. Evaluate your fit for health pre-professions. If needed, talk to [TSU Career Services.](#)
- Experiential Coaching: Meet with the HPP Experiential Coordinator to solidify summer plans for shadowing, volunteering, and exploring interests. Check the Email Club for enrichment opportunities.
- Discuss ways to get involved during sophomore year: (clubs, leadership, research, volunteering).
- Build relationships with faculty who can assist you as potential letter writers when you apply.
- Research [scholarship opportunities](#) available to pre-health students.
- Interested in study abroad? Talk to your advisor about adjusting your schedule and choosing a program.

SUMMER

- Rest and recover from your first year.
- Shadowing opportunities are limited in Stephenville—spend summer shadowing a physician or health professional in your area of interest in your hometown and follow these journaling tips. [Learn about getting experience](#) and [journaling.](#)
- Consider doing volunteer work in your community.
- Consider working: developing qualities like teamwork, dependability, and leadership are important for professional school.
- Review your academic success during your first year. Make plans to improve if you are not on track for health professional or graduate school.

Sophomore Year

FALL

- Advising appointment: Meet with your advisor and plan courses for next year. Evaluate your fit for health pre-professions. [Make an appointment for career advising if needed.](#)
- Begin volunteering. Consider long-term experiences over a few short ones. A clinical volunteering experience is valuable.
- If interested, make plans to get involved in research. Note: Research is not required for professional school, but can develop problem solving skills.
- Late Fall: Discuss ways to round out your “pre-health resume” and experiences, summer plans, and timeline for taking the MCAT, DAT, PCAT, GRE, etc., with your advisor.
- Find leadership roles (clubs, organizations, labs, work, etc.) Leadership is less about title, and more about skills and taking initiative.
- Develop your “people skills”. Get outside of your comfort zone— try new things, meet new people.

SPRING

- Make plans for a summer enrichment activity. Look into research, volunteering, scholarships, internships, shadowing, traveling, and working.
- Seek out opportunities to gain clinical experience if you haven’t already.
- Continue to develop relationships with faculty and mentors. You should have at least 2 letters from science faculty for your medical school application.
- Work to develop interpersonal communication skills. There are many ways to gain these: (leading tours, TAing, tutoring, working in customer service, etc.).
- Research [scholarship opportunities](#) available to pre-health students.
- If you are interested in study abroad, talk to your advisor about adjusting your schedule and choosing a program.

SUMMER

- Complete your summer enrichment activity.
- Take classes if you need to (for example, you should make plans if you will be studying abroad— see your advisor to plan accordingly).
- This will be one of your last “free” summers. Think about ways to gain experience, but also enjoy doing the things that make you unique.

Undergraduate Health Pre-Professions Timeline

Junior Year

FALL

- Once you are finished with pre-reqs, make plans to study for the MCAT, DAT or other exam. Discuss your plans with your [faculty advisor](#).
- If applying to medical or dental school this year (not planning a gap year), attend the series of HPAC application meetings to learn about the application process at TSU (usually held in Sept., Oct., or Nov.)
- Familiarize yourself with the application service that is specific to your health area. [application services](#)
- Meet your faculty advisor to discuss courses for your last year, application timeline, summer plans, letters of evaluation.
- Study for MCAT, DAT, PCAT, etc., or take prep course.
- Begin asking faculty, physicians, etc., for letters of evaluation. Give people adequate lead time to prepare.
- Junior applicants: Begin working on a personal statement for your application. [Personal statement: getting started](#).

SPRING

- Attend the spring HPAC application meeting if applying (note: this is a different meeting than the fall application meetings).
 - Pre-med and Pre-dent: Open your HPAC file. Reference TSU application deadlines.
 - Pre-med applicants: Take the MCAT during spring term or early in the summer if you haven't already (latest by July, earlier is better).
 - Pre-dent applicants: Take the DAT during early spring term through early fall; by mid-August is recommended.
 - Other pre-health applicants: Discuss PCAT, GRE, and OAT exams' schedules and applications deadlines with your faculty advisor.
 - Solidify a summer enrichment experience.
- Note: applying juniors, this is your last chance to gain experiences for your application.

SUMMER

- Applicants: work on health professional schools' applications while continuing meaningful experiences.
- Be sure to know the deadlines for applying. Submit your application once it is complete. You may submit your application before all of your letters are complete.
- Continue monitoring letters and notify your faculty advisor when your letters are complete.
- Take the MCAT, DAT, PCAT, GRE or OAT if you haven't already or if you want to improve your score (talk to your faculty advisor).

Senior Year

FALL

- **Note: Senior applicants: follow timeline for junior year applicants above.**
- Consider taking electives to broaden your horizons or augment your knowledge.
- Prepare for admission interviews and work on improving your skills. (Interviews are typically Sept-Apr). [Contact your experiential advisor](#).
- [Apply for graduation](#).
- Ask for letters of evaluation as early as possible.
- Continue or increase involvement in healthcare, shadowing, etc. Doing so will allow you to potentially reapply during the coming cycle if needed.
- Make plans for gap year, even if you applied. [Look here for ideas](#).
- Prepare to take/retake MCAT, DAT, etc., exam if you haven't done so.
- If taking a gap year, you may go through the HPAC again to apply later. Discuss this with your faculty advisor.

SPRING

- If you were rejected or waitlisted, make plans to gear up for reapplication. **Note:** *You must have completed significant experiences to reapply. If nothing has changed, you are extremely unlikely to be accepted.* Plan to discuss your reapplication with your faculty advisor.
- Finalize plans for your summer before beginning health professional school or for your gap year activity.
- Consider experiences to [improve yourself holistically](#).
- Mentor new pre-med students; share what you have learned about the process.
- Graduate!

SUMMER

- Make plans to eliminate debt as much as possible before medical school and apply for financial aid. [Resource for pre-med](#). [Resource for pre-dent](#).
- Continue gaining experiences to improve your application (work, volunteer, research, travel, shadowing, etc.)
- Alumni can still use the TSU HPAC application system (pre-med and pre-dent only).
- We love to hear about your successes— let us know when you interview and are accepted!