

Pre-Health Professions Advising Timeline

(This should be considered a general guide for applicants.)

College Year 1-3:

- ✓ Research professional schools and programs
- ✓ Check program admission prerequisites
- ✓ Meet with a pre-health advisor each semester
- ✓ Complete prerequisite coursework for chosen program(s)
- ✓ Acquire paid and/or volunteer experience related to chosen field
- ✓ Participate in community service, student government, and leadership opportunities
- ✓ Journal your work and volunteer experiences
- ✓ Keep an eye on professional school admission and application requirements
- ✓ Be an active member of pre-health clubs on campus
- ✓ Prepare budget to apply to professional health school

One year to six months before applying to professional programs:

Entrance Exams:

- ✓ Know the testing dates
- ✓ Register for the earliest test date for which you will be prepared
- ✓ Study, study, study; consider Altius, Kaplan, or Princeton Review study programs

Personal Statement:

- ✓ Attend a Personal Statement Workshop
- ✓ Prepare a draft of your personal statement
- ✓ Schedule a personal statement review appointment with Career Services at 360.546.9155 and the Writing Center by calling 360.546.9650

Letters of Recommendation (LORs):

- ✓ Attend a Letter of Recommendation Workshop
- ✓ Know the specific requirements for your program type
- ✓ Pick up a Letter of Recommendation Packet from the Arts & Sciences Advising Center
- ✓ Put together a Letter of Recommendation Portfolio (for information on the portfolio, see Letter of Recommendation Packet)
- ✓ Make an appointment with your prospective recommenders to request a letter of recommendation and provide them a copy of your Letter of Recommendation Portfolio
- ✓ After requesting Letters of Recommendation:
 - Keep up with deadlines of your central application service
 - Follow up with your recommenders
 - Make sure all the necessary steps specific to your program are completed and that your letters are received

When the application cycle opens:

- ✓ Submit your application as soon as possible, including your Personal Statement

Secondary Applications:

- ✓ These are requested by some professional schools after submission of the primary application and can include additional essay questions
- ✓ Have your secondary applications reviewed before you submit them

Mock Interview:

- ✓ Once a professional school extends an invitation for an interview, schedule a practice interview with faculty and advisors through the Advising Center. Request online at:
<http://cas.vancouver.wsu.edu/casac/pre-health-mock-interview-request-form>