Pre-health Action Plan

Get Started:

Pre-health majors need to plan for the profession they want to pursue. It starts when you enter college. Use this Pre-Health Plan Template and a planner or journal to make your plans!

Applying to health profession programs is more than taking courses. You need to ensure you have the course required to apply for each specific program, as well as having the experiences, reference letters, community involvement, and patient care hours you need. Begin by keeping a journal so that you have this information in one place.

Enter your major and professional course requirements in your plan. You can use your major MAP and add in the courses required for your professional school admission. Remember – not all programs have the same requirements, so be sure you verify the course requirements by the profession and the institutions you plan to apply to attend. Pursuing a major that is not a science major will mean that you need additional courses outside of your major. You can use some of the science course requirements to satisfy your natural science courses, but you will still need additional science classes. You can consider pursuing a chemistry minor, so many of the chemistry courses required can be completed.

Programs are looking at the courses you take each semester. They want to see that students are enrolled in 15-18 hours a semester and pursuing two science classes after the first semester in college. They want students who challenge themselves, but that pursue their interests.

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| Year 2 summer |  |
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| Year 3 fall | Year 3 spring |
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| Year 3 summer |  |
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| Year 4 fall | Year 4 spring |
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| Year 4 summer |  |
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Select a profession:

Select a health profession you may want to pursue and research the profession, admissions, and academic requirements. Consider the educational requirements and the employment environment. Use your planner to take notes for you to review in making your decision on which profession you will pursue.

Select the schools you plan to apply to attend:

Review their admissions requirements to ensure you are on track to complete the requirements and apply within the timeframes. As you progress through your undergraduate program consider the requirements of each program and determine if you would be a viable candidate. Most students apply to multiple programs.

Know the admission minimum and average science and overall GPA’s for each program’s admission. Do you meet the minimum and average?

Timeline for MCAT and Applying for Med-School:

If you plan to attend medical school immediately after completing your undergraduate degree, you need to follow this plan:

You need to complete all the Medical School admission requirements by the end of your third year, fall term. You need to take your MCAT by May of your third year and submit your application by the end of your third year in your undergraduate major.

If you plan to take a year after earning your undergraduate degree before you begin medical school, you need to take your MCAT the summer after your third year, and apply for medical school by the end of the fourth year.

Track your activities:

Use this as a template to set up a planner or diary to track your clinical volunteering, shadowing, community service, research, leadership, employment, and hobbies. Include notes on why you choose the activity. Professional schools are looking for your passions. They understand you may need to work to pay for college, but want to see what other activities you consider important.

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| --- | --- | --- | --- | --- |
| Activity | Date | Hours | Total hours for activity | Total hours for each category |

Track your GPA and science GPA (BCPM GPA)

It is your responsibility to review the GPA information required for your Health Profession application*. All course attempts are included in the calculations, and all incompletes and withdrawals should also be listed when applying.*

Use the following link to track your overall GPA and your science (BCPM) GPA.

<http://undergrad1.its.fsu.edu/gpacalc/>

Letters of Recommendation:

 As you progress through your degree consider who you will ask to write letters of recommendation. Select five individuals who can write letter or recommendation for you. Follow the requirements for each professional school in selecting who you will choose to write a recommendation letter.

Standardized admissions tests:

Plan when you will have completed the coursework to take the test, and how you plan to prepare for the test. Track your test dates and scores.

Applications:

Be sure to read, understand and be aware of application instructions and deadlines.

For more detailed plans and information follow the Medical School Application Survival Kit <https://med.fsu.edu/sites/default/files/userFiles/MedicalSchoolApplicantSurvivalKit.pdf>

Use the FSU College of Medicine Pre-Health Advising webpage for the most up to date information and support. <https://med.fsu.edu/outreach/pre-health-advising-overview>