

UNH Pre-Professional Health Programs Four Year Plan

First Year Students – Inquire

- ✓ Register with the Pre- Professional Health Programs Advising Office (HP) listserv at www.unh.edu/premed-advising
- ✓ Monitor HP list serve and attend meetings.
- ✓ Become familiar with the HP web site. Refer to it for information and to research [the professions](#) and answer questions. Explore the resources. (i.e. www.ExploreHealthCareers.org)
- ✓ Establish good study habits and a strong GPA (A's and B's)
- ✓ If undeclared, explore majors. Inform your academic advisor of your plan to include the HP pre-requisite courses.
- ✓ If declared, inform your academic advisor of your plan to include the HP pre-requisite courses and generate a four year academic program with your academic advisor
- ✓ Develop your reading (verbal reasoning) skills through courses and extracurricular reading.
- ✓ Get to know your professors
- ✓ Investigate undergraduate activities but give academics priority.
- ✓ Explore activities/courses that expose you to people, cultures, and ideas that are less familiar to you.
- ✓ If you have an interest in studying abroad, attend a Center for International Education (www.unh.edu/cie) meeting. HP students will have to develop a 4 year plan to include the required courses.
- ✓ Complete [Self-assessment check-list](#) on HP website
- ✓ Assess weak areas and develop plan to improve

Winter, Spring, Summer Breaks

- ✓ Start volunteer work ([Gain Experience](#)) that provides patient contact. Shadow a health professional.
- ✓ Talk to various health professionals about their careers (informational interviews).

Students planning to go directly into a Health Professions program after graduation: the application process begins in the fall of the junior year. All prerequisite coursework must be completed by the end of junior year.

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Sophomore Year – Explore/Get Involved

Continue to:

- ✓ Monitor HP list serve and attend meetings.
- ✓ Get to know more professors. You will be seeking recommendation letters next year.
- ✓ Develop your reading (verbal reasoning) skills through courses and extracurricular reading
- ✓ Volunteer and gain exposure to the health care environment
- ✓ Explore activities/courses that expose you to people, cultures, and ideas that are less familiar to you.

Add to above:

- ✓ Register for INCO 403 for spring semester
- ✓ If undeclared, choose a major. If declared, plan the focus of your studies
- ✓ Take a practice MCAT/DAT
- ✓ Identify your motivations for pursuing a health professional career.
- ✓ Explore research or independent study opportunities for your junior year.
- ✓ Get involved in the community. Check out the possibilities on the HP website [Resources & Link](#)
- ✓ Become a peer tutor or teaching assistant in a class.
- ✓ Investigate alternative health career options [Health Professions Fact Sheets](#)
- ✓ If you are intending to study abroad - start planning now
- ✓ Complete Self Assessment check list on HP website. Assess strengths/weaknesses.
- ✓ Develop plan to strengthen weak areas

Winter, Spring, Summer Breaks

- ✓ Use the breaks for volunteering, research, work, classes, study abroad, summer programs

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Junior Year – Expand Apply*

Continue to:

- ✓ Complete Self Assessment check list on HP website. Assess strengths/weaknesses, **readiness to apply**.
- ✓ Identify your motivations for pursuing a health professions career and back up with experiences
- ✓ Participate in volunteer, research and other opportunities
- ✓ Monitor HP list serve and attend meetings

Add to above:

- ✓ *Attend Mandatory [The Application Process](#) Information Session in the fall
- ✓ *Open your Application File with the HP office
- ✓ *Prepare for MCAT, DAT, OAT, etc. [Entrance Exams](#)
- ✓ *Request Letters of Recommendation for Application File
- ✓ *Have Writing Center staff review personal essay
- ✓ *Complete HP Application File by end of winter break
- ✓ *Attend interview workshop at the University Advising and Career Center (UACC)
- ✓ *Sign up for a mock interview at UACC
- ✓ *Complete required coursework for admission tests
- ✓ *Sign up for HP Committee interviews during spring semester
- ✓ *Complete pre-requisite course work for admissions exams
- ✓ Study admission guide for relevant professional schools
- ✓ *Register for appropriate admission tests (MCAT, OAT, DAT)
 - **Ideally have exam scores by May but take exam no later than end of JUNE**
- ✓ *Take appropriate admission test
- ✓
- ✓ *Submit Primary application to health professional school (begins May-June)
- ✓ Complete Secondary Applications during summer.

* See Senior Year for information on applying in the Senior year.

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*Senior Year – Follow Through

If applied in Junior year:

- ✓ Continue involvement in health related experiences
- ✓ Complete secondary applications for professional schools (usually begins over the summer)
- ✓ Take additional upper level sciences as needed to strengthen application
- ✓ Prepare to travel to interviews
- ✓ Schedule mock interview with UACC
- ✓ Keep the HP office informed of your interview/acceptance/waitlist/rejection status ([Possible Application Outcomes](#))
- ✓ If accepted begin financial aid paperwork
- ✓ Prepare for reapplication process if necessary

If applying as a Senior:

- ✓ Follow schedule as laid out for Junior Year
- ✓ Develop a plan for the “gap year” after graduation

*Applying as a Senior:

School admission committees do not penalize those who wait to Apply as Seniors or later. Students planning to go directly in to a medical, dental or other health profession school directly after graduation will begin the application process in the fall of their junior year. All prerequisite course work must be completed by the end of that year. Many students consider delaying their application a year or more. Experience shows that admission committees value a well thought out decision to delay and consider it a sign of a mature and thoughtful approach to reaching your goals. Common reasons for delay might include: participating in a study abroad experience, taking time between the undergraduate years and professional school to work, save money, volunteer, participate in research, or improve your academic record through additional upper level course work. The experience and insight you gain during this time can help distinguish you from traditional applicants. The median age for an individual joining a health professions graduate program is between 24 and 26, so there are many applicants who apply after they have completed their bachelor's degree.