Pre-Health Professions Checklist

Progress towards your career goals can be a 4+ year process. Self-evaluate how you are progressing towards your goals. Be honest, and identify things you could be doing now to put you in the best position later!

**Freshman/Sophomores:**

- I am on-track with required pre-health classes
- My GPA is at a 3.5 or better
- My science GPA is at a 3.2 or better
- I have met with my academic advisor about my career goals
- I have started research in potential career interests/areas

**Sophomores**

- I am meeting regularly with a member of the Pre-Health Professions Committee and/or my academic advisor
- I have started to seek out meaningful volunteer or shadowing experiences
- I am pursuing or have plans to pursue leadership opportunities
- I have chosen a research project that aligns well with my career goals

**Juniors**

- I am still meeting with my academic advisor/pre-health professions committee member for guidance and support.
- I am taking a reasonable load to ensure best chances for success
- I have maintained a 3.5 GPA; 3.2 GPA in the sciences
- I am re-taking courses with low grades to improve my academic and science GPA if necessary
- I have started studying for the MCAT (or other required admissions exam)
- I have taken or plan to apply for Premedical (PMD) Courses at York Hospital
- I am actively involved in volunteer & medically-related experiences
- I have taken on a leadership role in something I am passionate about
- I have a good idea of the score I expect to receive on the admissions exam (based on practice tests)
- I am registered to take the MCAT (or other admissions) exam well in advance of application deadlines. MCAT exams should be taken before July
of the year you plan to apply. If eligible, apply for the AMCAS Fee Assistance Program (FAP) to receive reduced MCAT and application fees.

☐ I have identified 3-4 faculty that are willing to write me a great letter of recommendation.

☐ I have also identified 1-2 additional volunteer coordinators, mentors, or professionals in my area of interest that are willing to write me a great letter of recommendation.

☐ I have assembled my Pre-Professional Committee Packet

☐ I have submitted my packet to the pre-professional committee by May 15. Keep in mind that letter submission can be significantly delayed if your packet is not submitted by early June

☐ I have submitted my primary application to the appropriate clearinghouse (e.g. AMCAS, AACOMAS, VMCAS, CASPA, etc...) or school well in advance of the deadline.

☐ I have started looking up secondary application essay questions so I have plenty of time to prepare.

**Seniors:**

☐ I have completed all secondary applications by the end of September

☐ I have scheduled a mock interview with the Pre-Health Professions Committee by contacting the chair

☐ If I have not received secondaries or interviews, I am actively researching post-bac programs or other ways to enhance my application during a gap-year.

☐ If I have accepted an offer, I have contacted the Chair of the Pre-Health Committee and your other letter writers to share your good news!