

Time Table and Checklist for academic preparation

Pre health students

Freshman Year

1. Attend “Pre-health 101” offered by the pre-health committee in September.
2. Schedule a meeting with the pre-health advisor and start a portfolio.
3. Join a pre-health organization (tri beta or pre-health society).
4. Develop good study habits and work hard to keep a good GPA.
(aim for only A’s and B’s)
5. Explore undergraduate activities/ opportunities at SXU and get involved.
6. Get to know the faculty who are teaching you.
7. Talk to senior pre health students and get contacts for shadowing and volunteering opportunities around.
8. Plan to shadow health professionals and volunteer at hospitals/ clinics during summer break.

Sophomore Year

1. Attend the presentations “Professional Schools-An overview” (November) and “Tell me about it” (March) offered by the pre health committee.
2. Have a realistic self-evaluation of your grades and motivation to pursue health careers and investigate alternate health career options if you need to.
3. Learn about the differences between osteopathic and allopathic medicine and take a serious look at the professional schools that are interesting to you.
4. Consider faculty members who could write reference letters. You will need at least two sciences and one non-science faculty to write the letters. Get to know these faculties and talk to them about your plans and aspirations.
5. Make relevant and meaningful contributions to the club/organization.
6. Become a tutor through the learning center or work in the chemistry/ biology department as lab assistants.
7. Continue volunteering and explore research opportunities.
8. Meet with the pre health advisor and update your portfolio.
9. Plan summer time for-research, study abroad or volunteer work.
10. Begin to look at the standardized exams (MCAT. PCAT. DAT etc) and test preparation materials as you progress through your courses.

Junior Year

1. Attend mandatory information sessions offered by the pre health committee-“Being a strong applicant” (October) and “Write it right- your personal statement” (April).
2. Explore your research options and land in a project that interests you. It can be in science (biology/ chemistry) or social sciences (psychology/sociology).
3. Start planning to cover for the application costs and other related expenses.
4. Begin the preparation for standardized exam seriously – (better to take a lighter course load for spring semester if possible).
5. Make sure to complete the pre requisite courses for the program you are interested in and the recommended courses for the admission tests if possible.
6. Write your personal statement and have a number of faculty and friends review your personal statement.
7. Carefully review admissions guide for relevant professional programs. (AAMC and other sources)
8. Practice, practice, practice- take a number of practice timed admission test.
9. Register and take appropriate admissions test when ready (late spring or early summer).
10. Complete pre-health portfolio – MCAT score, volunteering, shadowing, leadership and research experience should be documented.
11. Request the pre health committee letter of reference (in spring).
12. Submit applications to the professional schools – bring a copy of the application submitted and reference letter request form to the pre-health advisor to update the portfolio.

Final Year

1. Complete secondary applications for professional schools if requested.
2. Meet with pre-health advisor as necessary.
3. Attend “Mock Interviews” & Mini Mock Interviews (MMI) offered by the pre-health committee.
4. Prepare to go for interviews.
5. Keep the pre-health advisor informed about the interview/ acceptance/ rejections status.

**ST. XAVIER UNIVERSITY
PRE-HEALTH PROGRAM**

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http://www.sxu.edu/academics/colleges_schools/cas/dept/pre-health/