Pre-Health Science

Are you planning to go be a doctor, a physical therapist, a dentist, a veterinarian, or a physician’s assistant? Here is an outline of your journey to applying to a health science program.

First-Year

- Reflect on why you want to go into the pre-health sciences
- Research all of the careers in the health field to find a possible fit
- Start strong in your courses by doing the following
  - Learn how to study
  - Attend supplemental instruction for your courses
  - Communicate with your professors & advisors
- Plan your courses with your advisor

Summer

- Volunteer in a nursing home, medical clinic, hospital or assisted living facility

Second Year

- Revisit your course plan with your advisor
- Evaluate progress; are you meeting your expectations?
- Volunteer in a pre-health setting
- Participate in extra-curricular activities
- Visit any applicant days at graduate programs
- Schedule brief visits with practitioners in your family medical clinics, dental clinics, nursing homes or hospitals.

Summer

- Work with the Strommen Career and Internship Center to find an internship in the summer in a pre-health environment

Third Year

- Revisit your course plan with your advisor.
- Attend an URGO presentation on the application process.
- Watch the online courses reviewing the application process found on the URGO’s website.
- Plan out your application timeline
  - You need 18 months ahead of anticipated date
  - Consider when you will be most competitive – will you need time after graduation to take additional prerequisites or fulfill health care experience hours?
- Register for the MCAT, DAT, GRE for the spring term.
- Form study groups for the exams.
- Work with the URGO office on your personal statements.
• Apply

Fourth Year

• Complete supplemental applications.
• Arrange letters of recommendations to be sent.
• Work with the Strommen Career and Internship Center to develop your interview skills.
• Set up mock interviews with faculty and staff.
• Interview with the school.
• Consider a back-up plan after graduation if you don’t get in the first time.
• Enjoy your Senior Year!