

# **GETTING AND STAYING ON TRACK**

## **CHECKLIST FOR PRE-PROFESSIONAL STUDENTS**

### **Freshman Year:**

- Meet your pre-professional advisor each semester
- Attend Pre-Professional Committee meetings each semester
- Begin taking required science courses and choose a major
- Become active on campus – get involved!
- Seek scholarships and honors
- Get excellent grades in courses
- Get volunteer experience and shadow professionals
- Ask for letters of recommendation
- Start your pre-professional portfolio

### **Sophomore Year:**

- Meet your pre-professional advisor each semester
- Attend Pre-Professional Committee meetings each semester
- Become a leader
- Explore alternative options
- Get information from professional schools and visit campuses
- Become familiar with the entrance exam
- Be aware of all entrance requirements for professional schools
- Get excellent grades and honors
- Get volunteer experience and shadow professionals
- Get a summer internship and/or research experience
- Ask for letters of recommendation
- Add to your pre-professional portfolio

### **Junior Year:**

- Reality check – What are your chances?
- Meet your pre-professional advisor each semester
- Attend Pre-Professional Committee meetings each semester
- Prepare for and take entrance exam (Spring)
- Get excellent grades and honors
- Become familiar with application service
- Get research experience and/or internship
- Get volunteer experience and shadow professionals
- Ask for letters of recommendation
- Prepare your personal statement
- Complete your pre-professional portfolio - **DUE April 15<sup>th</sup>**