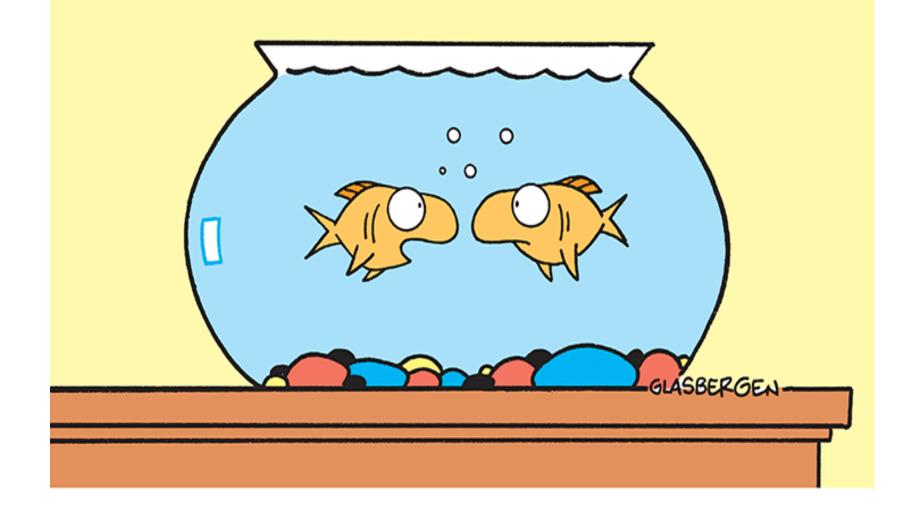
Thinking Ahead to a Future Health Profession **Professional School** Application

WINTER 2024



"You've been awfully tense lately. They say petting a cat is a great way to relieve stress!"

Meeting Outcomes

Attendees will be able to:

•Use an Experience Template to begin organizing their out of the classroom experiences.

•Use the Experience Description Box on the template to capture their motivation for each experience; qualities and skills developed by the experience; and lessons learned from the experience.

•Determine appropriate volunteer and paid experiences for a future application using a social determinants of health framework.

Academics

• Factors to consider when planning courses

- How many lectures and how many labs?
- How many of the classes will factor into your math science GPA?
- Timeline do not be tied to one

•Tracking your math/science GPA

- Math/science GPA= BCPM= Biology Chemistry Biochemistry Physics Math
- Spreadsheet on Math/Science GPA

Health Professions Course Planning Guide and GPA Tracker - Excel													•	Beaton, Rhona-Jane 🖻 — 🗇							×
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Test Preparation

It is all about the Process!!

Find Out Everything You Can About the Exam

- Content
- Administration mode

Gather Free and Low-Cost Resources to Help You Prepare

Save and organize your class notes and resources

Figure Out Where You Stand: How Much Do You Know?

Create Your Study Plan

Study and Practice

- Practice content questions and consult with faculty as questions arise
- Practice on the computer (clock management, highlighting, etc.)

Prepare for Test Day

Out of the Classroom Experiences

Out of the Classroom Experiences: What to Document.....

Document any work, extracurricular experiences, awards, honors, or publications that you would like to bring to the attention of the professional schools. Focus on **significant experiences that show a depth of involvement.**

- Artistic Endeavors
- Community Service/Volunteer Medical
- Community Service/Volunteer Non Medical
- o Conferences Attended
- Extracurricular Activities
- o Hobbies
- Honors/Award/Recognition
- Intercollegiate Athletics
- o Leadership
- Military Service
- Paid Employment Medical/Clinical
- Paid Employment Non Medical/Clinical
- Physician Shadowing/Clinical Observation
- Presentations/Posters
- Publications
- o Research/Lab
- Teaching/Tutoring/Teaching Assistant

How to document.....

Experience Name/ Title:

Experience Type:

Organization Name:

Dates:

Average Hours per Week:

Contact Name:

Contact Title:

Contact City:

Contact State:

Contact Country:

Contact Daytime Phone Number or E-mail:

Experience Description:

The Experience Description Box

Why did you engage in this experience?

What qualities and/or skills did you develop from it?

What lessons did you learn from it?

What factors make a healthy person?

