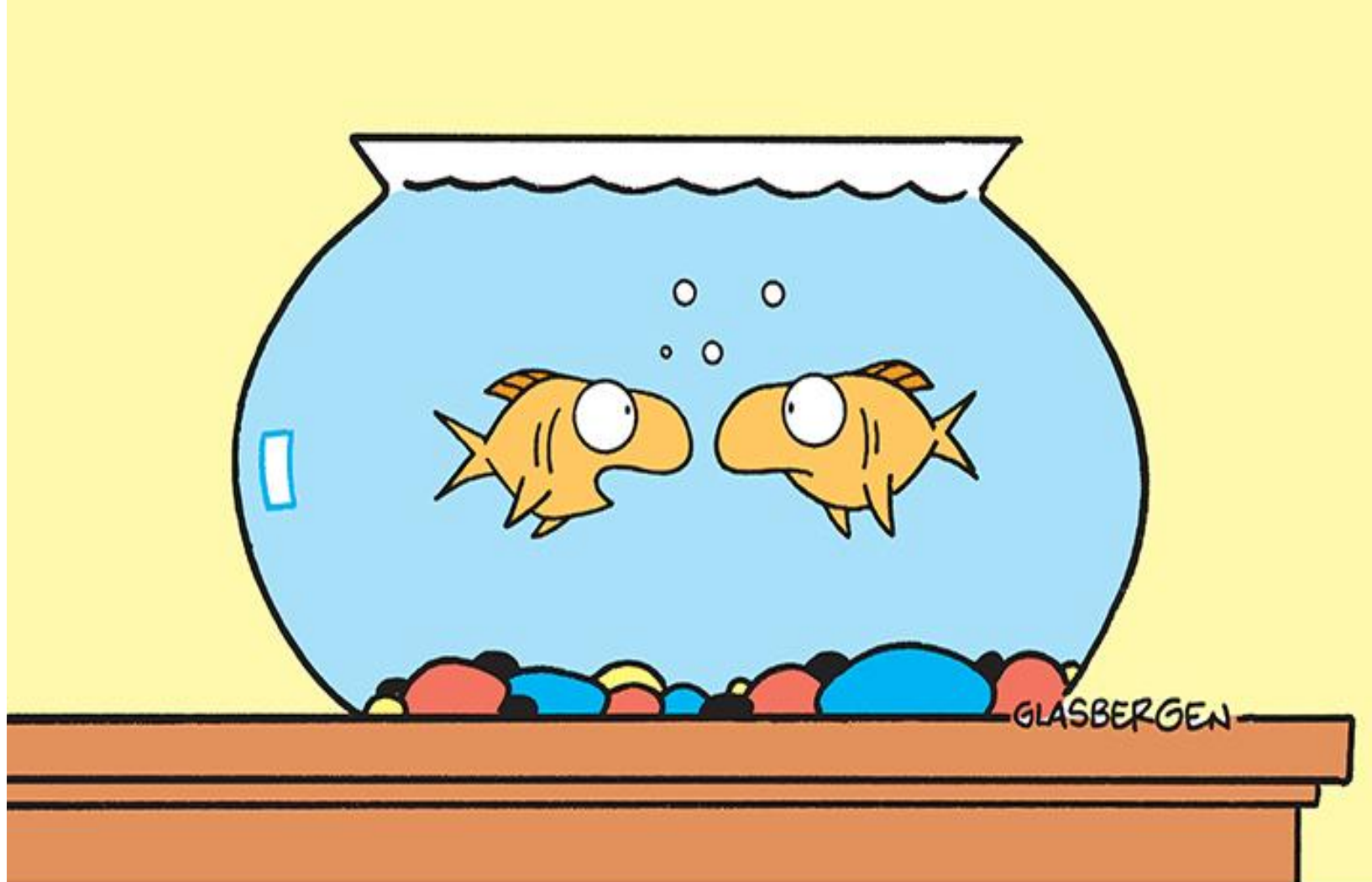


# Thinking Ahead to a Future Health Profession Professional School Application

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WINTER 2026



**“You’ve been awfully tense lately. They say  
petting a cat is a great way to relieve stress!”**

# Meeting Outcomes

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Attendees will be able to:

- Identify the parts of a future Professional School Application
- 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

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- 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



# Test Preparation

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# It is all about the Process!!

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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

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# 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
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Award/Recognition
- Intercollegiate Athletics
- Leadership
- Military Service
- Paid Employment - Medical/Clinical
- Paid Employment - Non Medical/Clinical
- Physician Shadowing/Clinical Observation
- Presentations/Posters
- Publications
- 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

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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?

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# SOCIAL DETERMINANTS of HEALTH

