

PRE-HEALTH PROFESSIONAL CHECKLIST

Utilize this checklist to identify key milestones to complete during your first year to prepare you to successfully apply to health professional programs.

SUMMER	FALL	WINTER
<ul style="list-style-type: none"> Use online resources to explore major and career options: <ul style="list-style-type: none"> Career Tool (oakland.edu/careers) FYAC website (oakland.edu/fyac) ExploreHealthCareers.org, includes other reputable websites and resources for healthcare professionals Attend the College Success Seminar (Wednesday, August 9, 2017) Meet one-on-one with FYAC adviser to create a personal plan and discuss questions. Send official AP/IB scores or dual enrollment transcripts (if applicable), email your adviser. Sign-up for OU Pre-Professional Advising (and other pre-health student organizations of interest) on Grizz Orgs at oakland.edu/grizzorgs. Identify opportunities to volunteer, work or shadow a professional in your field of interest (doctor, EMT, etc.) 	<ul style="list-style-type: none"> Meet with FYAC adviser for your required appointment by the end of October to further discuss majors, extracurricular involvement and progress in the first year. Work on becoming an excellent student. Further develop your note-taking and test-taking skills. Your notes during your first year will be your study guide for professional exam(s). Seek support from The Tutoring Center, the Writing Center or other campus resources. Research admission requirements for graduate or professional school(s) of interest. Use GrizzOrgs to receive relevant email updates and information about pre-health student organizations. Attend on-campus events related to your area(s) of interest and visit OU Pre-Professional Advising for quick questions at least once. 	<ul style="list-style-type: none"> Meet with FYAC adviser for your required appointment by the end of February to review progress in winter semester courses, finalize your major choice, and create a second year schedule. Review admission requirements for graduate or professional school(s) of interest. Work with your FYAC adviser if you have questions or need help! Continue to attend on-campus events related to your area(s) of interest, including pre-health student organization meetings or events. Research and apply to summer enrichment programs or research programs for the upcoming summer.

THROUGHOUT YOUR FIRST YEAR

- Develop relationships with faculty, advisers and mentors on OU's campus.
- Visit one of your professors each semester during their office hours and maintain contact for future letter(s) of recommendation, which may be needed for a summer job or research opportunities.
- Understand and articulate **why** you are interested in the health field and what you are passionate about.
- Seek opportunities to volunteer (3-5 hours per week), shadow a health professional, and identify research opportunities at OU (if interested).
- Read newspapers, novels and magazines. Improve your reading comprehension and verbal skills (which is an entire section on some admissions exams).