

PRE-HEALTH GENERAL PLANNING GUIDE

PERSONAL INFORMATION:

Name:	Email:
Major(s):	Minor(s):
GPA:	State of Residence:
Expected Graduation Date:	Expected Application Date:
Previous Degree(s):	Are you applying as an international student?

PART 1: IDENTIFY TARGET SCHOOLS.

Identify the health professions graduate schools to which you might want to apply. Use this chart to record information about your target schools.

SCHOOL NAME	MINIMUM GRE	MINIMUM GPA	MINIMUM SCIENCE GPA	REQUIRED EXPERIENCES	NON-RES. INTL.*

*Use this column to record whether this school admits non-resident (of the state) and/or international students (if this applies to you).

PART 3: RECORD YOUR EXPERIENCES

Record work, shadowing, volunteer, research, study abroad, student organization, and other experiences here. Copy this page as needed.

EXPERIENCE AND/OR POSITION TITLE	ORGANIZATION	SUPERVISOR NAME AND CONTACT INFO.	RESPONSIBILITIES	DATES

PART 4: PREPARE FOR AND TAKE ANY REQUIRED STANDARDIZED TESTS.

Some health professions graduate programs require applicants to take a standardized test before they apply. These include the [Graduate Record Exam](#) (GRE) and the [Medical College Admission Test](#) (MCAT), among others. Check with your target programs to see which tests they require.

PART 5: REQUEST LETTERS OF RECOMMENDATION.

Identify three to five people who might be willing to write a letter of recommendation for you. Check the requirements of the school(s) to which you are applying to find out how many and what kind of letters they require.

NAME	TITLE/POSITION	CONTACT INFORMATION	ASKED (DATE)	LETTER SUBMITTED

PART 6: PLAN AND WRITE YOUR PERSONAL STATEMENT.

Most health professions graduate programs require applicants to write a personal statement. Length and other requirements will vary by health profession and school. Most often, the prompt is some version of the question, “Why do you want to be a (name of health profession specialty)?”

As early as possible in your academic career, open a Google Doc to use to collect your thoughts about this prompt. Jot down ideas about your statement whenever they occur to you. Don’t worry about grammar or structure at first. You can take care of those details later. When the time comes to write your essay, you will have some ideas with which to begin.

PART 7: COMPLETE YOUR APPLICATION.

Many health professions use centralized application services that allow you to submit one application to apply to each of the schools in which you are interested. Check with your target programs to see what kind of application they require.