



# WINTER 2019: PRE-HEALTH CALENDAR

All sessions will be held in Career & Internship Center lobby (134 Mary Gates Hall)

Visit [careers.uw.edu/pre-health](http://careers.uw.edu/pre-health) to RSVP for workshops & to schedule pre-health career coaching appointments

## Pre Health – Getting Started

UW's Pre-Health Career Coaches will explore how to be ready for your chosen health profession. Learn how to set yourself up for success, from course & major planning to opportunities for clinical exposure, undergraduate research & leadership.

- ☐ *Monday 1/14 @ 1:30-2:00 & Thursday 1/31 @ 2:30-3:00*

## Separating Pre-Health Fact from Fiction

Pre-Health students get lots of advice from friends, family and online. How do you know what advice to follow and what to ignore? Join the Pre-Health Career Coaches for an interactive exploration of some of the myths out there regarding careers in the health professions.

- ☐ *Thursday 1/17 @ 1:30-2:00 & Monday 1/28 @ 1:30-2:00*

## Getting Great Clinical Exposure

Health professional Schools are looking for evidence that applicants understand the jobs they are applying for, and will be good at them. This workshop will explore how to get the kinds of professional- and patient-facing time that students need to confirm a good fit with their skills and interests.

- ☐ *Wednesday 1/23 @ 11:30-12:00 & Monday 2/4 @ 2:30-3:00*

## Pre-Health Course & Major Planning

Co-hosted with UAA Advising, this workshop will explore how students can coordinate their coursework needed for their major with the pre-requisites needed for health professional schools.

- ☐ *Thursday 2/7 @ 2:30-3:00*

## Small Group Coaching

Personalized support from a career coach with the added benefit of learning from your peers! Topics will include how to complement Pre-Health coursework with co-curricular experiences, and how to demonstrate that a health profession is the best fit with one's skills and interests.

- ☐ *Small Group Coaching: Pre-Medical – Wednesday 1/16 @ 11:30-12:20 & 1/30 @ 11:30-12:20*
- ☐ *Small Group Coaching: Pre-Dental – Tuesday 1/22 @ 1:00-1:50*
- ☐ *Small Group Coaching: Pre-Pharmacy – Friday 1/25 @ 1:30-2:20*
- ☐ *Small Group Coaching: Pre-Health – 2/1 @ 1:30-2:20 & 2/22 @ 11:30-12:20 & 2/27 @ 1:30-2:20 & 3/6 @ 1:30-2:20*
- ☐ *Small Group Coaching: Pre-Physical/Occupational Therapy – Wednesday 2/6 @ 1:30-2:20*
- ☐ *Small Group Coaching: Pre-Physician Assistant – Friday 2/8 @ 2:00-2:50*

## Health Professional School Application Labs

These workshops will focus on how to make each piece of the Health Professional School application work as hard for you as it needs to. Students are encouraged to bring a draft of application materials to receive peer feedback.

- ☐ *Application Lab 1: Writing about your Activities – Thursday 1/24 @ 1:30-2:20*
- ☐ *Application Lab 1: Writing about your Activities – Thursday 2/21 @ 3:00-3:50*
- ☐ *Application Lab 2: Writing your Personal Statement – Friday 2/15 @ 11:30-12:20*
- ☐ *Application Lab 2: Writing your Personal Statement – Friday 3/1 @ 1:30-2:20*
- ☐ *Application Lab 2: Writing your Personal Statement – Thursday 3/7 @ 2:00-2:50*
- ☐ *Application Lab 3: Getting Great Letters of Recommendation – Wednesday 2/20 @ 11:30-12:20*
- ☐ *Application Lab 3: Getting Great Letters of Recommendation – Monday 3/4 @ 2:30-3:20*
- ☐ *Application Lab 4: Demonstrating Fit with Target Schools – Thursday 2/28 @ 1:30-2:20*

# WANT A CAREER IN HEALTH CARE? WHO SHOULD I TALK TO?

There are many sources of advice and support for you along your path to a career in a health profession.

We recommend that you work with both your adviser and a pre-health career coach as you prepare.

## THE CAREER & INTERNSHIP CENTER

Meet with a Pre-Health Career Coach who can help you with questions about:

- Which health career is the best fit for you
- Getting clinical experience & exposure
- Getting involved in research & leadership activities
- Your timeline for preparation & application to health professional schools

*The Career & Internship Center*  
Mary Gates Hall 134  
206-543-0535  
[careers.uw.edu](http://careers.uw.edu)

## ACADEMIC ADVISING

Meeting with an adviser can help you prepare for your chosen healthcare career. Advisers can help you with:

- Which courses you need for your chosen health professional school and when to take them
- How to choose the major that is the best fit for you
- How to combine major requirements with pre-health requirements

*Advising Office*  
Mary Gates Hall 141  
206-543-2550  
[washington.edu/uaa/advising](http://washington.edu/uaa/advising)

