

Pre-Health Planning First-Step Meeting

There are many requirements, competencies/skills, prerequisites, and guidelines to take into account when planning for a health career, and CBS Student Services is here to help! Begin to explore and plan for achieving your goal of admission to a professional health program by completing a Pre-Health Planning First-Step Meeting. Schedule an appointment at z.umn.edu/cbscareersupport. This meeting is designed for students who are in the initial planning stages of pursuing a health career. To ensure your meeting is most meaningful for you, we've outlined information for you to reflect on and consider prior to your meeting. We look forward to seeing you soon!

Pre-Appointment Reflection

Consider the below information as you prepare for your Pre-Health Planning First-Step Meeting. Use the space below each question to write your responses to prepare for your meeting.

“Why do you want to be a _____?”

You will hear this question frequently throughout your pre-health journey. Briefly describe your interest in the health professions. What has led you to feel that a career in healthcare may be a good fit for you?

Students have pursued various strategies to help them explore various health careers. When reviewing this list of suggestions, consider which of these activities you may have already done and which you are personally interested in doing.

- Attend an information session or event for a health profession of interest
- Shadow a healthcare professional
- Volunteer in a medical setting
- Learn about hundreds of health careers at www.explorehealthcareers.org
- Talk with your professors, peers, family members, or your own health care providers about your interests

Association of American Medical Colleges' Competencies and Holistic Review

When considering which extra-curriculars, shadowing, volunteering or work may be best for you, review the Association of American Medical Colleges (AAMC)'s competencies to understand how they are used to assess applications under a holistic review. These competencies include things such as oral communication, teamwork, cultural competence, and service orientation, among others. Recognizing which competencies you may need more exposure to can help you identify remaining experiences you may want to have before feeling prepared to apply. While these competencies are related to the Medical Doctor (M.D.) degree, the CBS Career Team believes these skills are relevant for all Health Care Professionals.

To learn more about the AAMC Core Competencies visit z.umn.edu/AAMCcompetencies

To learn more about the holistic review process used to evaluate applicants visit z.umn.edu/holisticreview

Admission Requirements

Students are often surprised by the number of steps needed to prepare for admission to a health program. As you solidify your interest in a specific profession, begin to record the requirements for your program in the below areas:

- Average or minimum GPA
- Prerequisite courses
- Entrance examination
- Letters of recommendation
- Volunteering or shadowing experience
- Interpersonal and intrapersonal characteristics

What questions do you have about admission requirements? Record your notes here:

Co-curricular Involvement

Explore your interest in a pre-health profession and demonstrate valuable skills by getting involved in activities that are meaningful to you. Every applicant will spend their time differently, based on individual goals and interests. Your involvement may include:

- Shadowing a healthcare professional in a field that interests you
- Volunteering in a medical and/or non-medical setting
- Conducting undergraduate research
- Engaging with student organizations
- Serving in a collegiate leadership role (Peer Mentor, Teaching Assistant, etc)
- Learning or volunteer abroad
- Working in an on-campus or off-campus job
- Community service within historically underserved and unethically treated communities and identities
- Developing an understanding of historical oppression of underserved communities and varying needs through community engagement

What are you currently doing outside of class related to your professional health goals?

What would you like to get involved in?

Journaling is an effective means to reflect on and make sense of co-curricular experiences and determine what you have learned about yourself, what skills you have developed, and why you would be a good fit for a health profession.

First-Step Pre-Health Exploration and Planning Resources

The resources outlined on this page are especially useful for students in the initial planning and exploration stage of their pre-professional health career.

Earn academic credit while exploring health careers. Course examples include:

- AHS1600: The Future Physician I: Medicine in the 21st Century
- AHS1101: Orientation to Health Careers
- Phar1001: Orientation to Pharmacy
- PubH3202: What is Public Health?
- PT1002: Orientation to Physical Therapy

Explore health professional programs and learn about entrance requirements by visiting program websites or attending an in-person event.

- Planning for Medical School Online Workshop: <http://z.umn.edu/plan4med>
- Explore the Association of American Medical College (AAMC)'s website: <https://students-residents.aamc.org/>
- College of Pharmacy Preview Day: <http://z.umn.edu/pharmdpreview>
- Dental School Preparation Course: <http://z.umn.edu/ddsprep>
- Other health programs info sessions specific to the University of Minnesota: <http://z.umn.edu/infosess>

Join a student organization related to your health professions interests.

- Explore some popular student organizations for CBS students at: <http://z.umn.edu/cbssso>
 - Engage with students across the entire university in more student organizations at <http://sua.umn.edu>
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Have Questions?

We invite you schedule a Pre-Health coaching appointment to discuss your gap year planning as well as any other career related questions you may have. For additional assistance, contact CBS Student Services at 612-624-9717 to schedule an appointment with a Pre-Health Career Coach
