(1) Study! You have a full time job! Maintain excellence! Earning that A- ... don't settle for B+!

(2) Start preparation for application tests (MCAT, DAT, etc). No sample test date yet scheduled by Kaplan for MCAT, GRE (no endorsement implied) but you can access free online GRE and MCAT practice tests! Register at http://bit.ly/LafayettePracticeTest or contact Kerri Quick, Campus Manager Kaplan Test Prep 570.225.8648 or kerri.quick@kaplan.com if needed.

(3) We recommend the formal test in April, May, or June (~2 dozen test dates are available) to stay on track... but take it when you are ready to excel! Application services also have more extensive practice tests for purchase, if you wish.

(4) Get additional medical experience over winter Interim break- volunteering, externships and internships - see Career Services for extra information. These are the last ones that will count for the HPAC process and primary application (next summer experiences can be included on secondary applications).

(5) For any undergraduate or summer research experiences to have impact as part of your portfolio, they should be completed by June 1. Stay focused! Present or publish if you can.

(6) Maintain your community service / extracurricular dedication throughout.

(7) The formal Lafayette HPAC Application Process begins at our November meeting. You can review HPAC web material at http://healthprofessions.lafayette.edu/. Some key features:

(a) Recruit in December for your Letters of Recommendation. You need 3 faculty members and 2 non-faculty supervisors to have completed letters submitted by March 1st!

(b) Begin to construct your Personal Information Form/ Resume - Consider what you've done and how it was meaningful. You will need to incorporate this on your formal HP application.

(c) Compose your Personal Essay - Attack "WHY?" ... then use what you have chosen to DO as meaningful evidence that you are prepared to achieve your goal. What strengths have you honed? What weaknesses have your targeted? What makes you unique? Must be utterly perfect and error free, so use resources of the College Writing Program! Make it Concise, Direct, Focused! (For AMCAS, 5300 characters total.)

(d) Research the schools to which you will apply—get specifics!

(e) All of YOUR materials are due March 1st!

(f) When your materials are complete, HPAC will schedule an interview: March through May.

(g) 5 categories of HPAC recommendation: VHR, HR, R, RWR, NR plus UAE

(h) Primary application to HP schools begins late May early June. HPAC will release your application materials by late June.

(i) Calls for interviews will start in late July, earliest in late August, continue to April.

(8) Be strategic! Have a back-up plan. Consider the gap year—have a professional Post-Bac Plan! Develop a reapplication strategy!