### TIMELINE FOR APPLICATION/ADMISSION TO HEALTH PROFESSIONS SCHOOL

#### Health Professions Program at Lafayette College

**College Year 1**

- Talk with your academic advisor about fall semester courses and major requirements.
- Attend HP Program meetings and make sure you are on our hp distribution email list ([healthprofessions@lafayette.edu](mailto:healthprofessions@lafayette.edu)) to get relevant updates and information.
- Enroll in Gateway program run by the Office of Career Services.
- Work with your GA on volunteering and shadowing opportunities.
- Develop relationships with faculty and professional staff members.
- Begin exploring health professions school programs of interest for school-specific course requirements.
- Apply to summer enrichment programs such as SHPEP.
- Complete first year prehealth (medical, dental, optometry and veterinary) school coursework.
- Read widely on health care related topics or just READ in general; check out the list of books available at our Health Professions Program Library.

**Summer Following College Year 1**

- Work or volunteer
- Keep a journal about your experiences to use later for essays and interviews.

**College Year 2**

- Talk with your academic advisor about selecting fall semester courses.
- Attend our HP Program meetings.
- Work with your GA counselor on identifying internship & externship opportunities.
- Pursue meaningful clinical experience and research experience if possible.
- Identify and pursue leadership opportunities on campus.
- Continue to develop relationships with faculty, advisors, and professional staff members.
- Apply for summer research, internship, or enrichment programs.
- Complete second year of relevant prehealth coursework and other school-specific degree requirements.
- Continue read widely on health care related topics or just READ in general.

**Summer Following College Year 2**

- Work or volunteer in the health professions field; undertake research, internship, or volunteering opportunities.
- Participate in summer enrichment programs
- Keep a journal about your experiences to use later for essays and interviews.
- Investigate:
  * The medical/dental/veterinary/optometry school application process
  * MCAT, DAT, GRE and OAT admission tests
  * Fee Assistance Programs

*Elements of this timeline were modeled after the AAMC Official Guide to Medical School Admissions*
By this time, you should have a well-established relationship with our Health Professions advising team and should be actively participating in pre-health activities.

Continue working with your academic advisor.

Attend our HP pre-application & application meetings for the 3rd and 4th year students.

Consider which faculty, advisors and healthcare professionals you will ask for a letter of recommendation for your campus application.

Continue your participation in meaningful clinical experiences, other medically activities, volunteer work, research and/or leadership roles on campus; if possible, consider taking on a more substantial role.

Meet with our HP Faculty advisor to:

* Strategize about your application timeline, whether it be for immediately following graduation or after one or more gap years.
* Discuss your schedule for completing remaining pre-medical/pre-dental/pre-vet or pre-optometry school coursework and other school-specific degree requirements.
* Identify the best time for you to take MCAT/DAT/GRE/OAT exam.
* Discuss letters of recommendation and our Committee Letter of Evaluation.

If you’re prepared and ready, register for and take the MCAT exam (January–June).

Set up an individual conference with a Writing Associate to go over a draft or outline of your personal statement

Set up a mock interview in person with a Gateway advisor or virtual via InterviewStream.

Familiarize yourself with relevant health professional school application service.

Research health professional school curricula, including joint, dual, and combined-degree programs.

Complete third year pre-health related coursework and other school-specific degree requirements.

Continue read widely on healthcare related topics or just READ in general.

If you are considering a gap year, investigate a meaningful paid or volunteer experience to complete during that time.

Continue your involvement with clinical experiences, volunteer work, research and other medically related activities.

If applying to begin health professional school following your senior year:

* Complete official med/vet/dental/ or optometry school application.
* Work on secondary applications.

If applying for matriculation immediately following senior year:

* Meet regularly with our HP advising office to discuss the status of your applications and the admission process for schools to which you’ve applied.
* Develop alternative back-up plan
  * Review postbaccalaureate programs that are the best fit for you
* Make interim and final decisions about your health professional school choice.
* Complete degree requirements and graduate.

If applying for matriculation after one or more years after graduation:

* Seek meaningful employment, education and/or clinical experience.
* Continue working with our HP advising office to receive advice on how to:
  * Enhance your application portfolio
  * Prepare for your official application submission

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