

# 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 Gateway Career Center.
- Work with your GA on volunteering and shadowing opportunities.
- Develop relationships with faculty and professional staff members.
- Begin exploring healthprofessions 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

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## College Year 3



- 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 3<sup>rd</sup> and 4<sup>th</sup> 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 medical-ly 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 [Interview-Stream](#).
- 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.

### Summer Following College Year 3

- 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.

## College Year 4

- 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.

### Gap Year/s

- 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