

Lafayette College Health Professions Advising Sophomore Student Information Session

Professor Nancy McCreary Waters

Faculty Health Professions Advisor; Health Professions Advisory Committee (HPAC) Chair

Ms Simona Glaus, Director

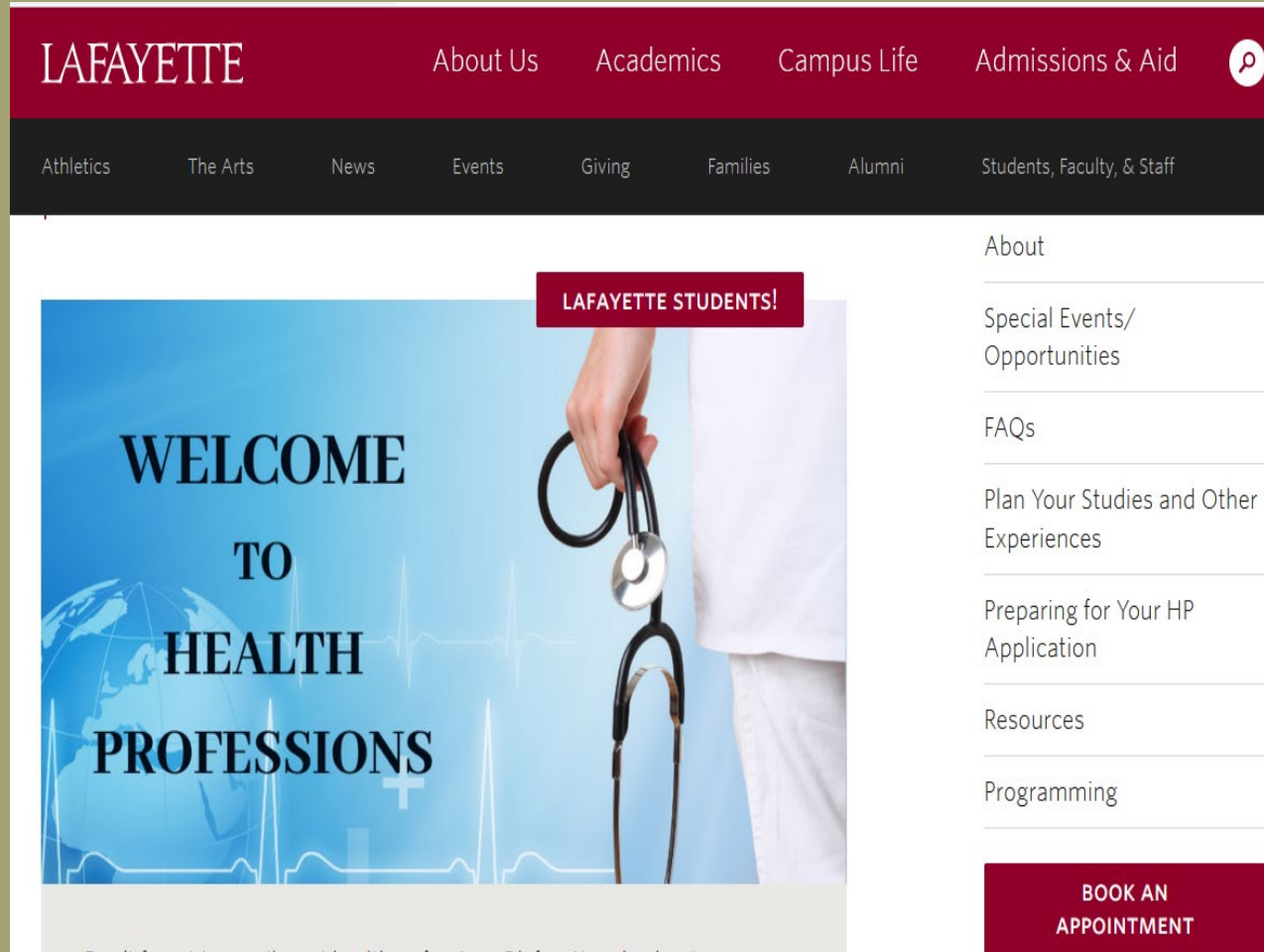
Health Professions Program

Ms Sue Herschlag, Administrative Coordinator

Health Professions Program

September 18, 2025

Bookmark our Health Professions Website...



...and remember to SIGN IN
for today's program! Thanks



**DDS or DMD? MD, DO, DPM? USMLE? MSTP? PT, OT, NP,
PA-C? MPH? PharmD?...maybe you feel a little**

**I HAVE NO IDEA WHAT'S GOING
ON**

**AND AT THIS POINT I'M AFRAID TO
ASK**



**Advice is all around, but good advice? It could be
hard to find, but not for YOU because**

YOU are HERE...

**Another Reminder...connect with
College Health Professions Clubs
see [OurCampus](#) Portal; a few to mention here?**

Lafayette Emergency Medical Services

Pre-Dental Society

Pre-Health Professions Society

> pre-PA and LMSA+ committees

Landis Center initiatives

Departmental Clubs & Societies

CoCurricular & ExtraCurricular options exist.

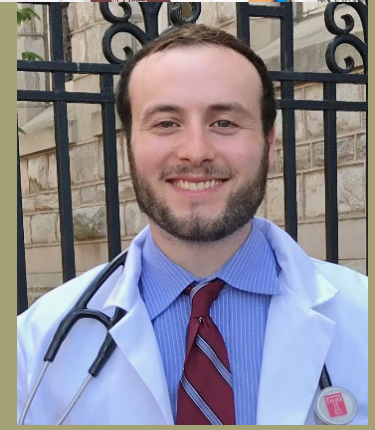
Consider connecting with peers to contribute!



See
your
future!



Know your
WHY!



KNOW YOUR WHY!

Each of your decisions can eliminate some possibilities, but each may also lead to new opportunities. Make choices that reflect and demonstrate why they are valuable to you. *The best thing to do is that for which we have the best reasons.* Be sure your reasons are authentic, rooted in knowledge, and are well-conceived!

And how can SHOW that you really *know*?

Discernment needs evidence of your exploration...

Enter....



Your HPKey!
Unlock your potential!

This booklet helps you track your progress and goals.
You can access a PDF version of this form at this [link](#).

How do you seek HPA assistance early on?

- Email your *specific* question and request; notify HPA, Ms Glaus & Prof Waters; plan ahead and provide 3-5 business days
- Avail yourself of specific HP Advising *Office Hours*.
- Ms Glaus provides appointments with a two-week interval by our [TracCloud scheduling system](#). Prof Waters likewise offers appointments with TracCloud on Monday afternoons, and then again Fridays before and after lunchtime.
- Other times may be available with sufficient notice
- Elect Small Group Advising Sessions when you can—you and your friends gain in collaborating!
- Engage with HPAdvising and Gateway CC consistently & actively

USE YOUR *HPKEY*!

Making the most of HPAdvising?

Enter our Sophomore BlueSheet Advising process!

Track your efforts & competencies; submit it with your request for an HP advising meeting.

HPA BLUESHEET 2025 ADVISING FORM

| | | | |
|----------------------------|-----------|------------------------|--|
| Name: Name | Pronouns: | Class Year: | |
| Email: email@lafayette.edu | Major(s): | | |
| Academic Advisor: | | GPA: | |
| Gateway Counselor: | | BlueSheet Submit Date: | |

What areas of health professions interest you?

Please describe the path of career exploration that landed you here?

Can you provide a brief statement that shows "why" you are considering this career? Be as specific as you can.

Please list your three BELLWETHER schools e.g., your top three schools (use medical, dental, veterinary or optometry school admission requirements to compare your vision and their mission and metrics to your bellwether schools):

1.

2.

3.

Please list the relevant academic coursework you have completed:

Please list the relevant academic preparation you think you need to complete:

Are you planning on studying abroad? (Yes/No/Not Sure)

And for a Sneak Peak...

Our GreenSheet Advising Process will aid your self- reflection!

HPAC GREENSHEET 2025 ADVISING FORM PRELIMINARY SELF-ASSESSMENT

1) Name: Click or tap here to enter text.

Pronouns: Click or tap to enter a date.

Email: Click or tap here to enter text.

Academic Advisor: Click or tap here to enter text.

Gateway Counselor: Click or tap here to enter text.

Class Year: Click or tap here to enter text.

Major(s): Click or tap here to enter text.

GPA: Click or tap here to enter text.

GreenSheet submitted Click or tap to enter a date.

2) I am interested in (choose): medical (MD, DO), podiatry, dental, veterinary, optometry, combined degree programs (MD/PhD, DO/PhD, MD/MBA, MD/MPH, etc.), allied health area (PA, NP, PT, OT, other? OR I am uncertain at this time? Explain: Click or tap here to enter text.

3) Please articulate in a few words "why" you are considering this career in the health professions.
Click or tap here to enter text.

4) Please check ONLY ONE:

- ☐ uncertain at this time even IF I will apply
- ☐ uncertain at this time to which area I will apply; explain
- ☐ uncertain at this time exactly WHEN I will apply; explain
- ☐ considering applying in this present cycle (begin November 2024, submit June 2025, attend Fall 2026)
- ☐ definitely applying in this present cycle (begin November 2024, submit June 2025, attend Fall 2026)
- ☐ definitely applying in the NEXT cycle (begin November 2025, submit June 2026, attend Fall 2027)
- ☐ planning a growth/gap year or more

It is important that you honestly and holistically assess your developing profile as a prospective applicant. Remember, consider yourself as part of the entire application cohort. As you do so, please consider these [core competencies](#) and how your [key attributes](#) support your portfolio:

Service Orientation
Social skills
Cultural Competence
Teamwork
Oral communication

Ethical responsibility to self and others
Reliability and dependability
Resilience and adaptability
Capacity for improvement

Critical thinking
Quantitative reasoning
Scientific inquiry
Written communication

Some key attributes might include: maturity, values & beliefs, curiosity, identity, distance travelled...

5) Please rate yourself and comment on the aspects of your candidacy below.

Undergraduate Preparation for Admission to Graduate and Professional Schools in the Health Professions

Each school weights these criteria, but key to ALL are:

Academic/Science grades (Critical! Cannot be compromised!)

Admissions tests (Critical! Cannot be compromised!)

Health-related experiences

Research experiences

Community service and volunteer work

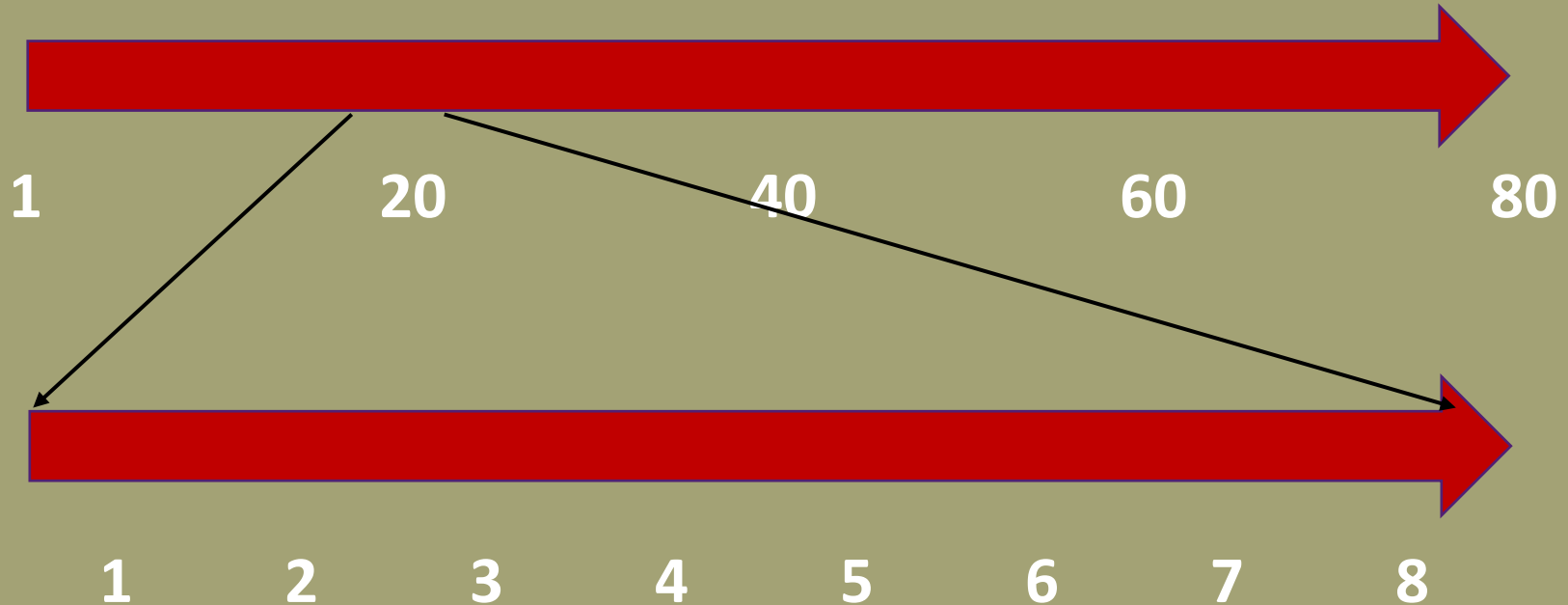
People skills & Humanist competencies

Letters of recommendation

HP school interview

While some criteria vary from others and among schools, ALL remain important to admissions decision-makers. You must SHOW your resilience/durability in facing challenges!

Consider your Timeline



4 years, 8 semesters, that shape your future!

What will yours look like??

What will YOU look like?

What do you expect from your education at Lafayette?

Factors to consider in choosing your major Spring 2026: Explore! Rule Out!

No given major is 'better' than another for HP schools. Your performance and interest matters. Some majors make scheduling core requirements easier since they are 'baked into' the major program. Consider [Academic Resource HUB](#) resources and sample course sequence plans. Think 'competencies' 'challenge' and 'rigor' as you make choices!

On the immediate horizon: Course Selection & Transcripts!

Electives are more than just courses to ‘fill in the blanks’ since they convey *your story* and reflect *your judgment*. Ask yourself:

- Does my course complement reflect my understanding of the liberal arts?
- Do my selections show intentionality?
- Do my grades demonstrate excellence, rigor, challenge and perseverance?
- What story do my transcripts communicate about me, my aspirations, my vision?

If you haven't yet done so:

- Think **BROADLY** rather than narrowly as you continue through your coursework
- Select your **bellwether** schools—three is good and do so based upon not just metrics, but
 - Consider your **vision** of yourself as a health care provider; NOT a given specialty or residency, but how you see yourself contributing to the profession
 - Consider the **mission** of the school as it relates to that vision

Undergraduate Preparation – Academic coursework

Required Undergraduate Coursework *Check your BELLWETHER school!*

HP schools expect a **STRONG NATURAL SCIENCE foundation**, but follow your intellectual and academic interests! *Required or strongly encouraged:*

1 Year EACH (in-load at home institution):

Biology with labs (e.g., 111/112)

Physics with labs (e.g., 111/112 or equivalent)

Mathematics/Calculus/Statistics; typically 1 calc + 1 stats, BUT...

English composition/Writing-Intensive coursework (often 2)

2+ Years (in-load at home institution):

Chemistry with labs (Chem (103)(107)/108 plus OCHEM 221/ 222, also Biochemistry (Chem 351), BUT...

Frequently required and/or specialty required or highly recommended courses:

Psychology, Sociology, Ethics, Microbiology, Genetics, Nutrition, Anatomy & Physiology or equivalent

Because 12-14 Core Courses are needed, 1st semester sophomores should target completing ~6-8 courses to stay on track for applying as a senior. Be aware of vertically structured curricula in most science fields.

MANY other course options in natural and social science, in the humanities and in engineering...remember, this is your chance to explore!

Undergraduate Preparation – related considerations

Advanced Placement. AP Credit may sometimes be used to satisfy the Mathematics and English/writing requirements or recommended courses. But it should not generally be used to satisfy science requirements. HP schools want you to *manage college-level science laboratory coursework in load*, and demonstrate evidence of foundational knowledge.

If you accept AP credit in one of the sciences, you should take upper-level science courses with labs in the same science to satisfy the health professions school requirements. Individual schools will differ! Scrutiny is high! Be certain you are getting rigorous academic courses and laboratory training! Reduce/remove ambiguity in interpretations of your choices!

Summer School. If you major in social sciences or humanities, you may consider physics, biology or chemistry during the summer. BUT most HP schools PREFER completing all core science courses during the academic year...so you demonstrate your ability to handle laboratory classes in a full course load. Try not to make a habit of completing core courses in summer. If you do, be sure to be excellent!

Pass/Fail; 3 course-load semesters. Particularly for a science or mathematics courses, we *discourage this*. HP schools view your success in context, carrying a full load in a variety of disciplines. As P/F policies vary, try to reduce ambiguity in your portfolio and elect full grading practice.

Study Abroad, Typically a PLUS, but plan coursework carefully before registering. Confirm exactly how courses will transfer in advance. Request transcripts for HP schools EARLY!!!

Undergraduate Preparation – related considerations

Research. More than a PLUS—Master CURE in classes, seek Independent Research, Honors Thesis EXCEL work, but also innovative research experiences (TechClinic, Dyer Center).

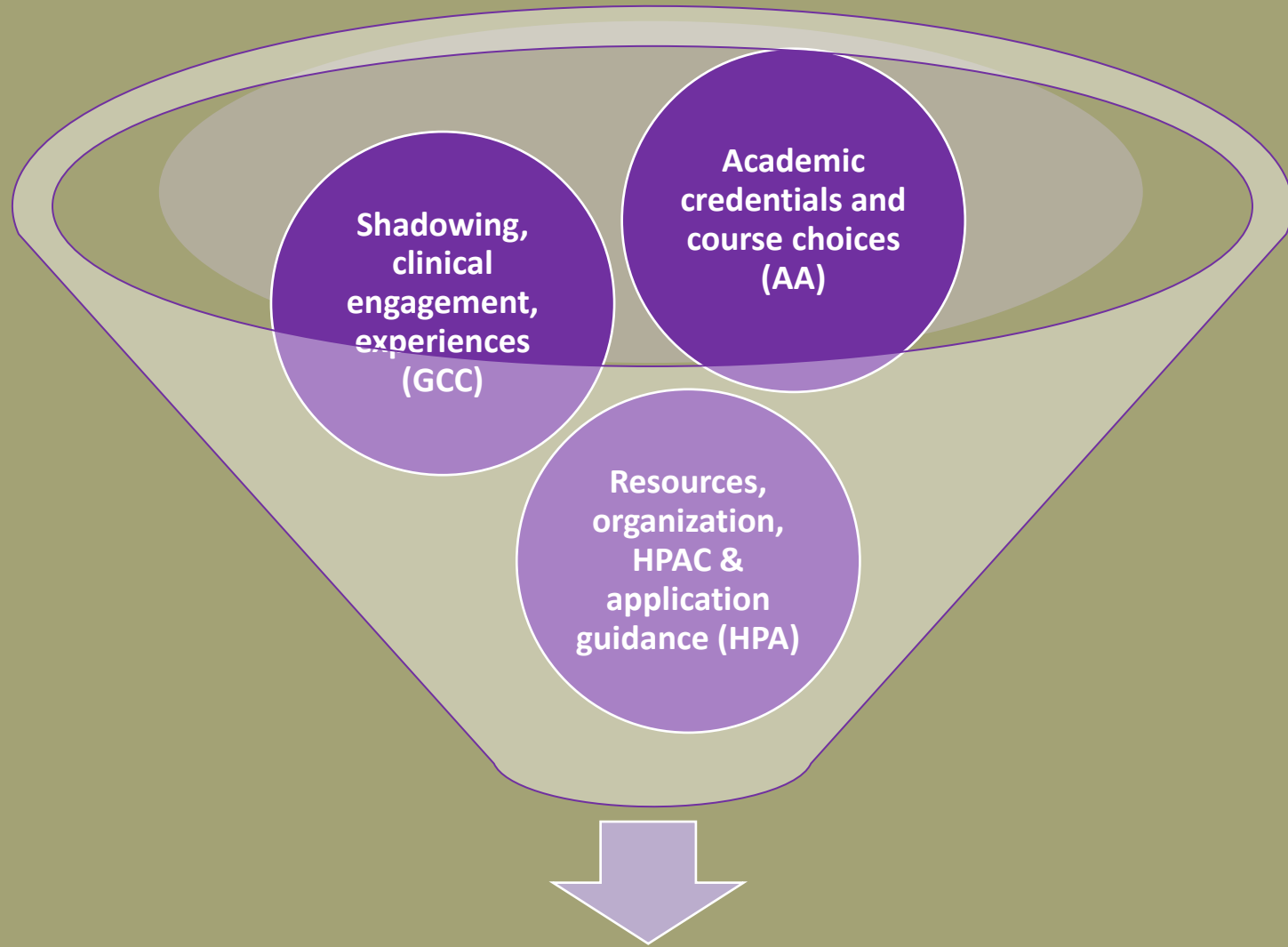
Electives. Select meaningful, interesting coursework broadly, including courses in the arts and humanities. “what looks good to health professional schools” is flawed judgment. Get the most from your undergraduate education. You chose a liberal arts school—avail yourself of the offerings! It is *who* you are, *how well-educated* you are, where you have *sought challenges*, what you have *learned from failures* that will matter more than any given course completed.

Internships/Externships. Seek opportunities for involvement and shadowing, including volunteering at a hospital, shelter, clinic, with your personal physician, or a Lafayette alumnus/alumna in the health professions. GCC is your Go-To! Make experiences active not passive observation! *Demonstrate Depth, Breadth, Passion, Dedication!*

Extracurricular Activities. Explore Landis and other opportunities. These hone people skills, demonstrate effective time management, develop leadership and collaborative skills, enhance communication demonstrate long-term commitment ...but please, **NOT** at the expense of your academic success and mental wellness! *Focus on what you control NOW!*

...and **READ!** Widely! On healthcare. On policy. On current events. On music. On theatre. On sports. On literature. On art. On business....see our HP website for suggestions.

How does this all fit together?



Your complete, competitive portfolio, ready to apply!

Lafayette College Application Timeline Considerations



Our HP Website timeline resource

>>For most applicants (and especially for medical schools) , the optimal time to apply to HP graduate school is in spring/summer of senior year, or within a year of graduating...when you have amassed a competitive portfolio! The gap or growth year is now the 'norm' and convention for MD and DO schools, most PA programs, and many others. As COVID impacts percolate, applicants need more than ever to demonstrate competencies and perform on high stakes exams. Different preparation is needed! PLUS: International student applicants need to be proactive.

>>If your portfolio is complete and competitive enough on ALL competencies, you can complete your application in spring/summer of junior year to enroll in the summer immediately following your graduation.

>>HP Advising works with you when *you* have all the components in place: completed course requirements; STRONG Admissions Test (MCAT, DAT, OAT, or VMCAT/GRE); competitive profile of academic, research, health care experiences, extra-curricular accomplishments. Your application (letters of recommendation, HPAC interview, etc.) will occur in the spring semester of your application year...December to December to August matriculation!

>>You are undertaking an 18-month process, *just to apply for admission!*

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) 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 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.

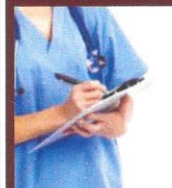
Summer Following College Year 2

- 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

Continue to Page 2

*Elements of this timeline were modeled after the AAMC Official Guide to Medical School Admissions

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 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 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

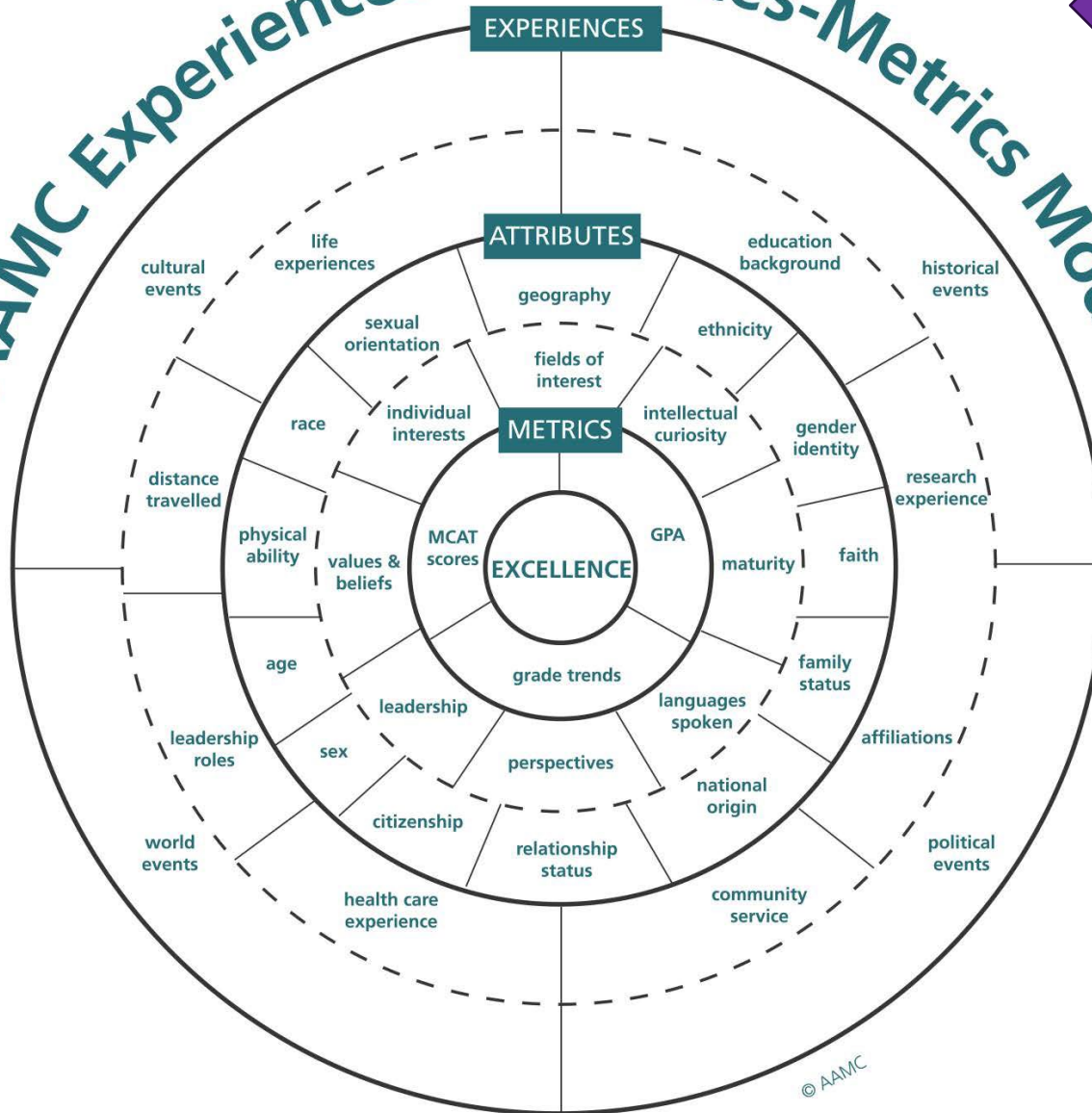
- If applying for matriculation immediately following senior year:
- Meet regularly with our HP advising office to discuss the status of your applications and the admission process for schools to which you've applied.
 - Develop alternative back-up plan
 - * Review postbaccalaureate programs that are 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

*Elements of this timeline were modeled after the AAMC Official Guide to Medical School Admissions

AAMC Experiences-Attributes-Metrics Model



Adapted from *Workforce America: Managing Employee Diversity as a Vital Resource*, McGraw Hill Publishing, 1990.

Zero in to
maximize your
EAM!

Consider Lived
Experience
Impact!

And of course...
Demonstrate
CoreCompetence
as defined by
your field...

UNIVERSAL Pre-Professional Competencies

how schools evaluate the avalanche of applicants

Commitment to learning and growth

Cultural awareness

Cultural humility

Empathy and compassion

Ethical responsibility to self and others

Interpersonal skills

Oral communication

Reliability and dependability

Resilience and adaptability

Service orientation

Teamwork and collaboration

Critical thinking

Quantitative reasoning

Scientific Inquiry

Written communication

Human behavior

Living systems...MD & DO

Knowledge of biomedical & clinical sciences practice

Interpersonal and communication skills

Critical thinking; Person-centered care

Interprofessional collaboration

Professionalism and ethics

Practice-based learning and quality improvement

Society and population health...PA

Critical thinking; Professionalism

Communication and interpersonal skills

Health promotion

Patient care:

Assessment, diagnosis, planning, treatment

establishment & maintenance of oral health

Practice management and informatics...DMD & DDS

Practice-based learning and improvement

Patient care and procedural skills

Systems-based practice

Medical knowledge

Interpersonal and communication skills

Compassion for all animals and people

Moral and ethical standards

Professionalism; Motivation to serve

Expectations on interactions with those of all ethnic,
social, cultural, and religious backgrounds...DVM

Observation abilities: tactile & audio/visual

Communication abilities

Sensory and motor coordination abilities

Intellectual, conceptual, integrative, and quantitative
abilities

Behavioral and social attributes...OD

UNIVERSAL Pre-Professional Competencies

how schools evaluate the avalanche of applicants

Commitment to learning and growth
Cultural awareness
Cultural humility
Empathy and compassion
Ethical responsibility to self and others
Interpersonal skills
Oral communication
Reliability and dependability
Resilience
Service
Teamwork
Critical thinking
Quantitative skills
Scientific literacy
Written communication
Human behavior
Living systems

Critical thinking; Professionalism
Communication and interpersonal skills
Health promotion
Dental treatment
Oral health
DMD & DDS
to serve
interactions with those of all ethnic,
cultural, and religious backgrounds...DVM

Knowledge of
Interpersonal
Critical thinking
Interprofessional
Professionalism and ethics
Practice-based learning and quality improvement
Society and population health...PA

Observation abilities: tactile & audio/visual
Communication abilities
Sensory and motor coordination abilities
Intellectual, conceptual, integrative, and quantitative abilities
Behavioral and social attributes...OD

**A GREAT AAMC resource,
Anatomy of an Applicant,
uses developmental planning
worksheets so you can gauge
your progress, no matter your
intended field!**

HOW TO ASSESS YOUR READINESS? WHO IS YOUR COMPARISON GROUP? KEEP SOME RECENT NATIONAL DATA IN VIEW!!

- Allopathic medical schools admitted 22,712 of their 55,188 applicants (41.2%); osteopathic schools admitted 5,750 out of 23,000+ applicants (25%)**
- The 68 US dental schools admitted 6,327 of the 11,180 who applied (57%)**
- The 48 US/International veterinary schools admitted 3,860 of 10,811 applicants (35.7%)**
- The 23 US optometry schools admitted 1,954 from the 2,700 who applied (72.4%)**
- The 11 colleges of podiatry admitted 531 from their 716 applicants (74.2%)**
- The 260 PA programs admitted 12,035 from the 30,137 applicants (39.9%)**

UNDERSTANDING HOLISTIC REVIEW

- **Advanced by DO Schools, HR gained traction when MD schools sought to broaden access to medical school; now widely touted.**
- **Useful in ‘first cut’ review for deciding/considering interview offers, HR places credentials of applicants contextually to life experiences; it insures applicants meet the school’s mission.**
- **HR is NOT ‘robbing Peter to pay Paul’ nor ‘using an overflowing bucket to fill an empty bucket’...strong performance in some areas will NOT mitigate weak performance elsewhere.**
- **“No one is saying that skills and inclination in science are not important,” Dr. Witzburg said. “But in this rapidly evolving and diverse society, they alone are insufficient.”**

“I have a really strong application, except for ____” Do not succumb to this! Plan NOW with attention to your choices!

Recent LC Applicants

- Top UG majors: Biology, Neuroscience, Biochemistry, but 26% of applicants were non-science majors
- Acceptance rate to medschool was 84%
- 53% of applicants had 2+ glide years
- Applicant metrics:
GPA=3.79, BCPM GPA=3.72, MCAT=508.4
- Successful Matriculant metrics:
GPA=3.81, BCPM GPA=3.77, MCAT 509.6

NATIONAL DATA: ALLOPATRIC MEDICAL (MD) SCHOOLS

Fall 2024

| Applicant Pool | Accepted Students | Acceptance Rate | Means (Matriculants) |
|----------------|-------------------|-----------------|-----------------------|
| 51,946 | 23,156 | 45% | GPA: 3.79, MCAT 511.8 |

LAFAYETTE ACCEPTANCE RATES: 2020-2024

The incoming medical school class in the **fall of 2024** saw 84% of our 19 Lafayette applicants accepted into either an allopathic or osteopathic medical school.

Medical

| GPA | Applied | Accepted | Percent |
|-----------------|---------|----------|---------|
| 3.60 and above | 63 | 48 | 76% |
| 3.20-3.59 | 20 | 12 | 60% |
| Lower than 3.20 | 3 | 1 | 33% |
| All Applicants | 86 | 61 | 71% |

Data are for all students (first-time applicants as well as re-applicants) applying for admission to medical school (MD,DO) from 2020-2024.

| | Applied | Accepted | Percent |
|-------------------|---------|----------|---------|
| Dental | 14 | 11 | 79% |
| Veterinary | 7 | 5 | 71% |
| Optometry | 3 | 3 | 100% |

Data are for all students (first-time applicants as well as re-applicants) applying for admission to dental, veterinary and optometry schools from 2020-2024.

Nationwide, and despite recent

(1) expansion of incoming class sizes, (2) opening of more accredited medical, dental, veterinary & optometry schools,

admission to health professions schools continues to be highly competitive. This is your landscape

Your New Best Friends:

***HP Advising Page & Gateway Career Center
PLUS Bookmarked 3 'Bellwether' Schools***

AAMC & AMCAS

ADEA & AADSAS

AAVMC & VMCAS

AAPA & CasPA

AACOM & AACOMAS

AACPM & AACPMAS

ASCO & OptomCAS

...and of course...

MSAR, MCAT, OAT, DAT, PreView

What does EVERY aspiring HP student need?

External feedback that is

-compassionate

-informed

-constructive

Internal Self-Assessment that is

-courageously honest

CAN I DO, CAN I BE BETTER?

Ways to stay engaged

Subscribe to news feeds

>Consider Apple News, New York Times, Scientific American, Medscape, KevinMD; they can help you to stay current and expand your worldview!

Strive for excellence in what you CAN do now!

- >Build your portfolio, UPDATE your CV, plan out cover letters for multiple opportunities.
- >Develop personal statement fodder, prompts for reflection, keep a journal, get & stay organized!
- >Consider coursework that will ALSO provide research training (CURE) to support pursuit of Summer 2026 research opportunities.

MORE Ways to stay engaged

- >Start NOW to search out Summer 2026 options. Many applications open November 1, and deadlines may be closer than you think!
- >Stay tuned for more Gateway Career Center news.
One example: NIH Summer Internship Programs,
- >Try to emphasize your experiences overall.
- >Focus on your ability
...to tolerate, manage, master, even embrace
...UNCERTAINTY

Upcoming Events – watch website and email for details

~~Sept 10: Gateway CC Career Fair, Marquis Hall 5-8pm~~

~~Sept 10: Choose DO, Virtual Fair 12-6pm~~

Sept 18: 2nd Year Student HPA Info Session, Hugel 100 12-1pm

Sept 22: Ready-ing Your Application 1: Learning and Reading for High Stakes Exams. RISC 262 4:10-5:10pm

Sept 30: GCC Grad School Open House, Marlo Rooms 4-6:30pm

Oct 3: Tea and Cookie Fall Event, Scott 101 3-4:30pm

Oct 6: Getting Started with MCAT/DAT Panel, RISC 262 6:30-7:30pm

Oct 9: Ready-ing Your Application 2: Assembling Your Materials (HP-CV, PIF and more, Simon Center 211 12:15-1:15pm

Oct 9: w/LVAIC, Drexel U Pathology Asst MSc Info, by Zoom 5-6pm

Oct 21/22: Q&A with LC HP Alumni Panel, by Zoom 6:30-7:30pm

...EVEN MORE Upcoming Events...

Oct 29: Ready-ing Your Application 3: Self-Assessment & Holistic Review: Launching GreenSheet Sessions! RISC 362 12:30-1:40pm

Oct 29-30: AAMC Medical Schools, Virtual times tba

Nov 4: w/GCC, Candid Conversations: Podiatric Medicine, tba

Nov 5: Outside the Box, Choosing Courses, Pardee 113 12:15-1:15pm

Nov 8: FirstGen Day! Find some celebrations!

Nov 18: w/GCC LVHN Summer Scholars Info, RISC 362 12:20-1pm

Dec 5: Tea and Cookie Winter Event, Scott 101 3-4:30 pm

Dec 8: Mandatory Jr & Sr Application Session, RISC 262 12-1pm

Stay tuned this semester and next spring: Student Club Events, Personal Statement Workshop, School Choice & Mission Match, PCOM info session, Army Suture Clinic, Tufts VetMed session, Study Abroad for HP, w/LVAIC Mock MCAT...

USEFUL RESOURCES?

Professional websites

CAS guides

HPA suggestions (appended and on our website)

LESS USEFUL RESOURCES?

YouTube

Reddit

StudentDoctor Network

commercial entities

well-intentioned relatives and friends 😊!

Some Useful Resources – explore our web site!

Pre-med:

- [Aspiring Docs](#) (the AAMC's Aspiring Docs website provides resources and inspiration to help pre-med students get started on their path to medicine)
- the [Premed Navigator](#) (a monthly email that includes relevant information, resources, tools, tips, and important dates for pre-med students at every stage of their journey to medical school)

Pre-dental:

- [ADEA Go Dental](#) (The ADEA GoDental website provides comprehensive resources to help prospective dental students get started on their path to dentistry)

Pre-vet:

- [The AAVMC's portal](#) (provides information, resources and tools to help pre-vet students get started on path to medicine)
- [The Pathways Newsletter](#) (the AAVMC's monthly newsletter designed specifically for pre-vet students)

Pre-optometry:

- [The ASCO website](#) (provides information and resources to help students get started on exploring a career in optometry)
- ASCO's [Eye on Optometry](#) blog (provides timely and useful information to anyone who is interested in applying to optometry school)

All of us at Lafayette College look forward to your success as you plan for a career in the health professions. Visit our web site at <http://healthprofessions.lafayette.edu/> Follow our Twitter account @HPLafCol and connect with Gateway Career Center.

Register for and attend HP Advising and related events! Come when you can, leave when you must. But make HP Programming one among your priorities!

