What to Do as a Pre-Health Professions Student Over Fall Break

To Prepare for Professional School Applications:

- Write your personal statement & check out the personal statement video [https://cns.utexas.edu/health-professions/pre-health-profession-services/application-resources#personal-statements]
- Schedule an appointment to get your Personal Statement Reviewed by a Pre-Health Professions Coach this Spring
- Begin compiling list of experiences; include details such as dates, hours, tasks and responsibilities
- Write your Optional Essays
- Research schools to determine where you want to apply
- Review our Applications services page on Letters and watch the video how to request letters [https://cns.utexas.edu/health-professions/pre-health-profession-services/application-resources#requesting-letters]
- For Pre-Med, Pre-Dent & Pre-Vet students: Get your Interfolio account set up & request your Letters of Evaluation
  - Check in with your letter writers and send a friendly reminder if needed
  - Interfolio Instructions for AMCAS
  - UT Student Guide to Interfolio
  - Interfolio's Help FAQ for Letter Writers
  - Letter guidelines by AAMC

Continue to gain Healthcare experience:

- Shadowing
- Volunteering
- Informational Interviews
- Plan on getting involved in campus organizations this Spring
- Think about applying to Summer Programs and check their application deadlines

Review the Health Professions Website for any resources you can use over the break (e.g.) [https://cns.utexas.edu/health-professions]

- Check out your Health Professions Pathway Page Application Resources section and read the DIY Student Planning guide for your profession (Please note: The DIY Pre-Vet and DIY Pre-OT Student Planning Guides will be available in the Spring).
- In Spring Schedule a Progress Check with a Pre-Health Professions Coach – Make sure you are on track
- If you are applying to Medical / Dental
  - Watch the applying to Medical School / Dental School application video
  - Open all of your applications May 1st and get your application ID numbers
  - Order your transcripts from all undergraduate institutions you have attended and order your UT one’s once your spring grades have posted
  - Take your MCAT no later than May 30th (If you are retaking this please have a discussion with a Pre-Health Professions Coach beforehand, we recommend you take it in April)
  - Gather all application materials so you are ready!
  - Read the application FAQ and Application Instructions for TMDSAS, AAMCAS or ACOMAS
- Check out any secondary applications that you are required to complete
- Join our listserv called HPO Info [click here] to receive upcoming events and important information!
- **2016 Health Professions Fair** – February 24th 10:00 am - 2:30 pm – Texas Union Ballroom
- Formulate a plan for what Spring activities you will do to build your application
  - Some examples include – selecting your volunteering site, reaching out to those you want to shadowing, apply to become a research assistant
  - Work in a health professions field in any capacity