



The Pre-Health Program at HPU

Regardless of your chosen career goal in the health professions, this checklist will help you plan your years at HPU and prepare you to be a competitive and desirable applicant. Please contact the Pre-Health Professions Specialist, Dr. Allison Bachlet (abachlet@hpu.edu) with any concerns or questions at any step of the way.

Successful health care providers require numerous skills and characteristics, which include:

Creative Problem Solving and Critical Thinking Skills
Social Skills & Cultural Competence, Teamwork & Leadership Experiences
Adaptability, Resilience & Experience in Health Care

Freshman / Sophomore Year

- Meet with pre-health professions specialist and discuss future ideas and plans
- Work with science advisors to plan out course selection
- Attend seminars on careers in the health care field to explore your options
- Join the Pre-Health Club & / Honor Societies
- Get volunteer experience in health care

Sophomore / Junior Year

- As for freshman year PLUS:
- Assess GPA and reality of attaining goals
- Assess your financial status and explore options for financing graduate school
- Start researching schools and programs, as well as any specific program requirements or pre-requisites
- Familiarize yourself with the application process
- If your chosen program requires a standardized test for admittance, take on-line practice tests
- Expand volunteer experience
- Make contacts with professors / supervisors to build relationships for future reference letters

Junior / Senior Year - Application Year

Fall

- Meet with pre-health specialist to discuss application plans and timeline
- Complete the pre-health professions readiness assessment and self-evaluation
 - Provided by Dr. Bachlet ** Due January 1st **
- Continue with clinical and volunteer experiences
- Ensure all pre-requisites for your chosen program and standardized test are met
 - Note: The Biology and Human Health Sciences pathway includes the majority of pre-requisites, but make sure to double check this with your academic counsellor

Spring

- Enroll in standardized test preparatory course and book test date
- Create on-line application account if applicable
- Collect letters of reference from professors and clinical supervisors ** Due June 1st**
- Write standardized test in April / May
- Submit application in June!