



How to become a part of the Pre-Health Professions Office at Hunter College

When the semester starts:

Step 1: Open a Pre-Health file

1. Go to: www.hunter.cuny.edu/prehealth
2. Click on **Links and Resources** on the left
3. Under **Electronic Forms** click on **Office Registration**
4. This Form is submitted and filed electronically in the Pre-Health Professions Office
5. For more information about what a Pre-Health File is please read the information located at <http://www.hunter.cuny.edu/prehealth/pre-health-file>

Step 2: Join the Pre-Health Listserv

1. Go to: www.hunter.cuny.edu/prehealth
2. Scroll down to the bottom of the page
3. Click on the link inside the **pre-med listserv** box
4. Click on: To register or change your LISTSERV password, click here.
5. Fill in your information

Step 3: Read through the *Guide to Doctoral Level Health Professions for Undergraduate Students* (PDF)

1. Go to: www.hunter.cuny.edu/prehealth
 2. Click on ***Guide to Doctoral Level Health Professions for Undergraduate Students*** (PDF) inside the **guides** box on the left
- Currently, the guides are being updated and are not available.**

Step 4: Come meet with your Pre-Health Advisors, Kelly Gentry, Taryn Weinstein or Dr. Phillips!

1. Go to: www.hunter.cuny.edu/prehealth
2. Click on **Advisement**
3. See when we are available, **make an appointment** and come for advising!

The Pre-Health Timeline

Freshman and Sophomore Year

1. Open a file with the Office of Pre Health Professions Advising (Do this by going to our website)
2. Start taking your pre-health coursework
3. Build your pre health resume
 - *The best way to be proactive about gaining research and volunteer experience is to go to Hunter College Career Development Services. Also, check the Pre-Health website for opportunities.
4. Collect recommendation letters and evaluations from faculty (specifically science and math faculty), research/volunteer supervisors, managers, etc.
 - Review for the MCAT (DAT/PCATS...)

Junior Year FALL

1. Begin research- If it is something you are interested in pursuing.
2. Continue test preparation
3. Check transcripts for mistakes
4. Start a rough draft of your personal statement
5. Keep up to date with the recommendations and evaluations in your file
 - This is crucial...so say Thank You to those who have submitted letters!

Junior Year SPRING/SUMMER

1. Take the MCAT (or other health professions exam)- *ONLY DO THIS IF YOU FEEL PREPARED AND IF IT WON'T INTERFERE SIGNIFICANTLY WITH YOUR COURSEWORK.*
2. Begin application process
3. Compile a list all of the schools (and possibly special programs) you want to apply to. Note their primary application and secondary application deadlines

Senior Year FALL

1. Complete research projects, degree requirements & secondary applications
2. Go on scheduled school interviews
3. Send updated transcripts to medical schools
4. Have parents file taxes early for financial aid

Senior Year SPRING

1. File financial aid forms for school of choice
2. Start looking at financial aid awards & loan deferments
3. Ask about pre-matriculation programs
4. Start planning your relocation