



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

When the semester starts:

**Step 1: Open a Pre-Health file**

1. Go to: [www.hunter.cuny.edu/prehealth](http://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](http://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: Review Our Website**

1. Go to: [www.hunter.cuny.edu/prehealth](http://www.hunter.cuny.edu/prehealth)
2. Review the **Pre-Health Requirements** section as well as the **Your Pre-Health File** section.  
Thoroughly review these sections before coming in for advisement.

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

1. Go to: [www.hunter.cuny.edu/prehealth](http://www.hunter.cuny.edu/prehealth)
2. Click on **Advisement**
3. See when we are available, **make an appointment** and come for advising!  
*Advisors see students by appointment only. Please review all of your advisement options on the website.*

*The Pre-Health Advising Office does not advise students interested in Nursing, Medical Lab Sciences, Community/Public Health, or Nutrition.*

## **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

*This is a tentative four year outline. Many students take an extra year (5<sup>th</sup> year) to complete their requirements and prepare for medical school; this is perfectly acceptable and does not negatively affect your medical school applications. During the 5<sup>th</sup> year, students must be productive by taking courses, volunteering or working (or a combination of those things). You cannot take an entire semester or year off just to prepare for the MCAT; medical schools do not look favorably upon those applicants who spend a significant amount of time only studying. This is because as a medical student you are expected to be able to balance studying for difficult courses and other activities.*