Pre-health Transfer Series Part II: Keeping up the Momentum
Agenda

• Introductions: major, school, health profession of interest
• Pacing yourself
• Where do you stand? (what have you done?)
• Prioritizing your extra-curriculars
• Research – yes or no
• Planning for summer opportunities/Study Abroad
Self-Evaluation

On a scale of 1-5, how would you rate your readiness/preparedness of the following:

• Metrics
• Healthcare/clinical experience
• Service
• Leadership
• Research
Pacing Yourself

• Grades matter!
• Don’t overdo it
• Get support
  • Tutoring
  • Advising
  • Office hours
• Example: Testimonial
Where do you stand?

- Accurate assessment of where you stand
- What have you already done?
- What’s missing?
  - Identify the gaps with an advisor
  - What might make you more competitive?
- Testimonial: examples
Prioritizing Your Extra-Curriculars

- Quality over quantity
- Depth vs breadth
- Consider leadership roles
- Example: testimonial
Research

- Explore opportunities
  - REAL Portal
  - Port Triton
  - Faculty
- Decide if this is for you
- Search, inquire, apply
- Maintaining contact with your PI
Plan for Summer Opportunities

• Examples of opportunities:
  • Study Abroad
  • Internships
• Begin looking in November
• Pay attention to dates and deadlines – Apply early!
• Identify key qualifications for positions
• Prepare cover letter and resume
• Meet with a Health Beat Advisor

DO SOMETHING TODAY THAT YOUR FUTURE SELF WILL THANK YOU FOR

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Key Takeaways

• Know where you stand
  • Meet with an advisor
  • What have you done?
  • What’s missing?
• Pace Yourself
• Prioritize your extra-curriculars
  • Quality vs. Quantity
Action Steps

• Based on your self-evaluation, identify 1-3 action steps you can take to strengthen your application
Discussion Questions

1. What are your goals for the quarter? (social, professional, academic, etc.)

2. What challenges or concerns do you expect to encounter this year?

3. What are some coping strategies you can use to stay ahead this year?

4. How do you plan to get involved on campus?

5. Is there anything else you want to know/talk about concerning your first year here?
Next workshop:

Pre-Health Transfer Series Part III: Putting it All Together
Horizon Room, Career Center
Monday, October 23, 2017
1-2pm
Contact

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