

Seattle University Pre-Health Advising

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Four Year Success Plan

If you are thinking about graduate school, medical school, law school or another professional program, this four year guide can help direct your progress. Keep in mind each student should create their own path and goals!

Four Years Before

Meet with your advisor and pre-professional advisor to talk about your interests, goals and academic strengths/weaknesses. Be sure to take a balanced course load.
Explore your major and minor options. Consider the self-assessment resources at Career Services.
Join a few academic and social/service organizations on campus.
Get to know your faculty and instructors.
Research professional development opportunities (shadowing, volunteering, jobs, internships) in your area of interest.
GO TO CLASS! It is very easy to get caught up in the newness of college and excitement of campus life. Doing well in your foundational coursework is essential to maintaining a strong GPA and to be successful in your upper level coursework.

Three Years Before

Declare a major and meet with your new advisor to create a graduation plan (if appropriate). Continue to take a balanced course load and work on pre-requisites.
Revisit your goals and interests with the pre-professional advisor.
Continue to be involved in student organization(s).
Continue to gain professional development experience. Network with professionals and recruiters at campus visits.
Join a professional organization. Student membership rates are generally very reasonable and you gain access to many of the same resources that are available to professionals.
Meet with faculty advisor about senior research or project topics. Participate in research if possible.
GO TO CLASS! You may double up on pre-requisites this year. Utilize the resources at the Learning Commons to help.

Two Years Before

Update advisor and pre-professional advisor on your plans and progress.
Continue to learn about your intended field through professional experience and knowledge of contemporary issues.
Consider taking a leadership role in a student organization.
Research graduate/professional programs. Meet with recruiters and attend info fairs.
Research application processes. Create a spreadsheet to monitor your applications. Apply early!
Start assembling application materials including letters of recommendation, personal statement and transcripts. Seek feedback from faculty and advisors on materials.
Prepare, register for and complete the appropriate entrance exam(s).
Participate in research and define your senior research/project topic. Consider applying to present at a conference.
Practice interviewing at Career Services. Schedule an interview with the Pre-Health Advisory Committee.
GO TO CLASS! This will be a busy year so do not forget to keep up your grades and academic focus.

One Year Before

Interview with and submit supplemental materials or transcripts to graduate/professional programs as requested.
Complete senior research or senior project.
Attend a professional conference.
Consider taking a leadership role in a student organization.
Create a Plan B, just in case. You may not be accepted to your program of choice on your first try, so think about what you might do if you don't get in.
Meet with your advisor and the pre-professional advisor to discuss your options and progress.
GO TO CLASS! Although many of your pre-requisite courses may be completed, your work is not done! Take course work that will strengthen your application and complete major requirements.