

PRE-HEALTH STUDENT PREPAREDNESS

STUDENT CHECKLIST

This comprehensive checklist addresses various aspects of a pre-health student's journey, providing guidance on academics, experiences, personal statements, interviews, and financial considerations. Students can use this checklist as a roadmap to stay organized and focused on their path to a health professional program.



- Prerequisites** - Identify and understand the prerequisites for your desired health professional program. Develop a plan to meet these prerequisites within your academic timeline.
 - **What to do if you are not meeting prerequisites?**
 - Seek guidance from academic advisors or mentors for alternative courses or pathways.
 - [CSUSB HPAC - Schedule an Appointment](#)
 - Consider post-baccalaureate programs or additional coursework to fulfill missing prerequisites.
 - [CSUSB HPAC - California Postbaccs](#)

- GPA** - Maintain a competitive GPA for your chosen health profession. Utilize study strategies and academic resources to improve grades if necessary.
 - **What to do if you are not meeting the GPA requirements**
 - Explore GPA enhancement options such as retaking courses or pursuing additional coursework.
 - Seek academic support services for assistance.

- Industry Trends** - Stay informed about current trends and developments in your chosen health profession. Actively seek opportunities to gain relevant industry experiences.
 - **What to do if you do not have enough experiences**
 - Volunteer, intern, or shadow professionals in your field to gain hands-on experience.
 - Look for research opportunities, community service, or extracurricular activities related to your health profession. ([Link to our resource](#))

- Mission Fit** - Research and assess the missions of various health professional programs. Evaluate your values, goals, and learning preferences to determine if they align with a program's mission.
 - **How do you assess a program's mission? How do you know you fit?**
 - Thoroughly review the department's website and examine its mission, vision, values, and strategic plan if available.
 - Attend program information sessions, open houses, or virtual events.
 - Connect with current students or alumni to gain insights into their experiences.

- Personal Statement for Health Professional Programs** - Begin early and outline your personal statement. Reflect on your experiences, values, and motivations for pursuing a health profession.
 - **How to start preparing for a personal statement**
 - Seek feedback from mentors, advisors, or writing centers.
 - Revise and edit your personal statement iteratively.

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- Interviews for Health Professional Programs** - Prepare for interviews by researching common questions and practicing responses. Utilize mock interviews or interview workshops offered by your HPAC, Career Center, or online resources.
 - **How to prepare for a health professional Interview**
 - Dress professionally and practice good communication skills.
 - Demonstrate your understanding of the profession and your passion for it.

- Tuition**
 - **What type of ways can you pay for tuition?**
 - Research financial aid options, scholarships, and grants available for health professional programs.
 - Explore part-time work or internships that may offer tuition reimbursement.
 - Investigate federal and private student loans.
 - Explore scholarship opportunities specific to your health profession or demographic.