

Pre-health student worksheet

This sheet should help you organize yourself as you prepare to apply to a graduate health professions program. It is *not* a substitute for attending meetings of the ACHP and meeting with members of the ACHP one-on-one. Meet with members of the committee to find out where you can find some of the information you need to fill this out.

My name is:

I would like to go to _____ school.

I would like to matriculate in the _____ semester of _____.

Prerequisites

The prerequisites I must complete are:

The admission test I must take is the _____ test. I can get information about this test in these places:

I will need to take this test on or by this date:_____. I must register by _____. I will prepare for this test by:

ACHP activity

Fall general meetings and Spring small meetings (write in dates as you attend)

Freshman	Sophomore	Junior	Senior
Fall _____	Fall _____	Fall _____	Fall _____
Spring _____	Spring _____	Spring _____	Spring _____

Other activities (these activities will keep you informed - you should assign them the same importance as attending class). Continue this list on another sheet of paper, kept in your pre-health folder.

Activity

Date

Service to community

Everyone says they are prehealth because they like to help people. In what ways have I put my actions where my mouth is? How have I helped people and how did it make me feel?

Don't try to keep track of this here - you should need lots of space. Keep a journal, and update it often.

Informed decision

What professionals have I shadowed or talked with, either through school or otherwise? For each, how did it make me feel? What were the good points and bad points? Did it make me more sure of my decision or less sure? Have I done this because I *had to* in order to get in to graduate school, or because it was important to me?

What other activities have informed my decision? Helping a choking person in a restaurant? Talking to a friend who just had a pet put to sleep? Watching a movie or talking with a terminally ill patient?

Letters of recommendation

It's important to get letters of recommendation from people while their memory is still fresh. Letters should come from professors of any subject, employers, volunteer supervisors, or anyone in a position to say something nice about me - my intelligence, work ethic, love of humanity, etc. Letters should be sent to the chair of the ACHP, not directly to schools. The ACHP will compile those letters along with their own letter to generate a composite letter of evaluation -- sometimes referred to as "the committee letter" -- which will be mailed to the schools of my choice along with copies of all the original letters.

Start asking for letters right away - they'll sit in your folder until they're needed. Don't wait until you're a junior to ask your freshman English professor to remember what a great student you were!

People writing letters for you should send them to:

Adam K. Pack, Ph.D.
Chair, Advisory Committee for the Health Professions
Utica College
1600 Burrstone Rd.
Utica, NY 13502

If they have any questions, Dr. Pack's email is apack@utica.edu and his phone number is (315) 792-3129.

Make sure you *follow up* (doing so without being a pest is an art you'll need to master) to make sure that letters you have requested have been written. A good way to do that is to ask Dr. Pack what letters he's received so far. Most successful applicants have at least five letters sent to the committee - you will probably not fill up the following table.

Person I asked for a letter	Capacity in which they know me (professor, employer, etc.)	What they know about me that will strengthen their letter	Date asked	Date confirmed

In the committee letter, you will be ranked by the committee into one of the following five categories:

- Highest
- Very highly
- Highly
- Recommended
- Recommended with reservation

Information on those categories will be handed out separately.

The ACHP reserves the right to refuse to write a committee letter if you are on academic probation, have committed acts of intellectual dishonesty, or if you have not made sufficient contact with members for the committee to write an informed letter.

Individual school information

Different schools have different prereqs - although all medical schools require a year of physics, for example, some don't require calculus while others require two semesters of calculus. Veterinary schools all have specific experience requirements in addition to their academic requirements. Identifying the schools you wish to attend early and tracking your progress towards their individual requirements will save you trouble later. Also, remember that **minimum requirements are just that - minimum requirements**. Your application won't look as good as you want it to if you've only barely met minimum requirements. Remember: TALK IS CHEAP. If you tell admissions committees that you really like to challenge yourself, but your transcript reveals a fear of chemistry, physics, and math, they will not take you seriously. Use this space (or a larger space somewhere else) to keep track of your progress towards the specific requirements of your chosen schools.

Talk is cheap!

Although the ability to articulate deep thoughts and feelings in lucid prose is important in the application process, you will need to back up your words -- no matter how riveting and professional-sounding -- with actions. When you say "I love to help people", the admissions committee will say "how do you know?". You better have an answer for them. Make a few statements below that you believe describe you in a positive way to admissions committees, and include the actions you need to take over the next several years to make people *believe* them.

