YEAR ONE
- Meet with your health professions advisor
- Begin prerequisite course work – visit the DMU website!
- Maintain a competitive GPA
- Learn more about your profession of interest – visit profession page
- Begin researching schools of interest and determine requirements
- Connect with schools of interest and sign up for mailing lists
- Look for pre-health organizations and activities on campus. Record these experiences.
- Get to know your faculty members
- Explore shadowing opportunities

YEAR TWO
- Meet with your health professions advisor to update them on your activities and track your progress
- Begin researching standardized test requirements and associated expenses
- Continue to maintain a competitive GPA
- Consider the cost of applying to your choice schools
- Attend health professions fairs and visit schools of interest
- Consider who you may ask for a letter of recommendation and begin building a relationship
- Work on communication skills
- Seek out leadership opportunities
- Continue to shadow and gain clinical experience
- Review admissions requirements at your choice schools

YEAR THREE – FALL
- Meet with your health professions advisor and discuss letters of recommendation planning
- Begin preparing for your standardized test
- Attend health professions fairs and visit schools of interest
- Continue with activities on campus and in the community
- Continue to shadow and gain clinical experience
- Pursue research opportunities
- Begin thinking about your personal statement and complete a rough draft
- Begin planning for the cost of the application process

YEAR THREE – SPRING
- Meet with your health professions advisor and run through your application
- Take the standardized test required for your program
- Continue with activities on campus and in the community
- Continue to shadow and gain clinical experience

CONTINUED
• Touch base with your letter writers and provide them with a timeline to complete their letter
• Review program pages for the schools you plan to apply to
• The application opens in April, May, July or August depending on program – plan to apply within the first three months of opening
• Review prerequisite courses to ensure you are on track

YEAR THREE — SUMMER
• Work on your application and submit
• Touch base with your letter writers
• Order transcripts from all institutions you have attended and send directly to the application service
• Send your test score directly to the application service
• Keep in contact with the admissions office to ensure all items are received
• Explore mock interview opportunities on campus

YEAR FOUR
• Interview at your schools of choice
• Finish your prerequisite courses
• Monitor your GPA and compare against the class profiles at your schools of choice
• Maintain your clinical experiences
• Stay active on campus and in the community
• Consider how you will stay active during the summer before potential matriculation
• Plan for the financial commitment of graduate school
• Complete the FAFSA
• Create a plan B if you are not accepted during the first application cycle
• Consider ways to improve and strengthen your application

POST-COLLEGE (GAP YEAR)
• Contact your schools of choice to determine a plan to prepare your application
• Meet with a health professions advisor to share your story and seek guidance
• Review prerequisite requirements and determine if your courses are viewed as current
• Shadow and gain clinical experience
• Review your test score and determine competitiveness