

# GMU Pre-Health Action Plan

The Pre-Health Action Plan is designed to emulate the application systems used to apply to health professional schools. For each Pre-Health advising appointment, it is required that you have this completed to the best of your ability and submitted by the start time of your appointment. For details, please visit the [Pre-Health Action Plan](#) page. If you have any questions, please email [prehlth@gmu.edu](mailto:prehlth@gmu.edu).

Personal Information	
Name	
G#	
Email	
Year in School	
Expected Graduation Date	
Health field(s) of Interest	
Expected Year to Apply	
Expected Year to Start Health Professional School	
Major(s)	
Minor(s)	
Previous Degrees	
State of Residence	
Do you qualify for the Fee Assistance Program? <i>(see the <a href="#">Finances</a> tab for links)</i>	Yes No
Are you an international student? <i>(International students are defined as those students who are not green card holders or permanent residents)</i>	Yes No
What is your primary concern(s) or reason for scheduling a Pre-Health advising appointment?	

# Contents

Academics.....	3
Coursework.....	4
Experiences/Activities.....	5
Professional Network.....	6
Letters of Recommendation .....	7
School Selection.....	8
Essays .....	9
Testing .....	10
Application Timeline .....	11
Are You Ready To Apply?.....	12

# Academics

When you apply to health professional school, the application system will calculate several GPAs based on every grade (including reattempts) from each college/university you have attended; therefore, your Mason GPA may not be accurate. Utilize the [Estimated GPA Calculator \(beta\)](#) to manually calculate your most up-to-date GPAs.

## Instructions

1. Download and save the [Estimated GPA Calculator \(beta\)](#).
2. Fill in **ALL GRADES (including reattempts)** from **EACH COLLEGE/UNIVERSITY** you have attended based on your transcript(s).
3. Screenshot the table on the first tab ("Estimated GPAs" in red) and upload the image below:



**Remember.** Be sure to save your Estimated GPA Calculator excel file in an accessible location, so that you can easily update grades each semester.

**Date Last Updated:**

# Coursework

Work with your Academic Advisor to create a long-term plan that incorporates prerequisite courses for your intended professional school applications and all degree requirements. You can use the first page of the Sample Prerequisite Plan (see links below) and use it as a checklist; however, keep in mind these courses are solely a guide to get students started. It is your responsibility as the applicant to ensure you are on track to meeting the prerequisites for each specific program you wish to apply to.



**Remember.** It's best to take your prerequisite courses during the fall and spring semesters (not summers) to demonstrate your readiness for a rigorous program. Do not use your summers to "lighten" your course load.

[Pre-Dentistry](#)

[Pre-Medicine](#)

[Pre-Occupational Therapy](#)

[Pre-Optometry](#)

[Pre-Pharmacy](#)

[Pre-Physical Therapy](#)

[Pre-Physician Assistant](#)

[Pre-Podiatry](#)

[Pre-Veterinary Medicine](#)

Fall Semester		Spring Semester	
Course	Credits	Course	Credits
Summer Semester*			

Fall Semester		Spring Semester	
Course	Credits	Course	Credits
Summer Semester*			

Fall Semester		Spring Semester	
Course	Credits	Course	Credits
Summer Semester*			

Fall Semester		Spring Semester	
Course	Credits	Course	Credits
Summer Semester*			

# Experiences/Activities

Utilize any tool of choice (examples could include an excel spreadsheet, word doc, [ClinLogger](#), etc) to keep track and detail your experiences/activities, similar to the application system you will use when applying. Use the checklist below to ensure your tracking system includes the correct components. You will upload this information when submitting your plan.



## Important Notes:

- You should aim to include **clinical, shadowing, and volunteer experiences** at a minimum. Research, student organization/clubs, employment experiences are optional, but valuable.
- Typically, experiences should be ones you've participated in after high school, but there may be exceptions to those you have continued throughout college.
- It is expected that you complete Items 1-7 for each completed or ongoing experience you have done so far. While optional, Items 8 & 9 may greatly benefit you later in the application process.

## Checklist For Recommended Components

Use to following checklist to ensure the tool you use contains the all the necessary information.

<input type="checkbox"/>	<b>Item #1: Activity Name</b> Includes the name of the experience that occurred.
<input type="checkbox"/>	<b>Item #2: Activity Type</b> Includes whether the experience is considered Clinical, Shadowing, Volunteer, Research, Student Orgs/Clubs, Employment, or Other. Most application systems have similar categories, but decide which option fits best for each experience.
<input type="checkbox"/>	<b>Item #3: Start and End Dates (unless still ongoing)</b>
<input type="checkbox"/>	<b>Item #4: Completed Hours</b> All application systems (except AMCAS) calculate Total Hours based on the product of "Average Weekly Hours" and "Number of Weeks" ( <i>ex. 8 hrs weekly x 52 week = 416 total hours</i> )
<input type="checkbox"/>	<b>Item #5: Organization Name</b> Includes the name of the organization where the experience occurred.
<input type="checkbox"/>	<b>Item #6: Contact Name, Title, Email Address and/or Phone Number</b> Includes the name, title, and contact information for a person whom schools may contact to verify that the experience occurred.
<input type="checkbox"/>	<b>Item #7: Description</b> Includes a description summarizing each experience using the specified character counts for your respective application system. <ul style="list-style-type: none"> <li>AMCAS (MD Schools) = 700</li> <li>TMSAS (Texas MD, DO, Vet, and Podiatry) = 500</li> <li>All others = 600</li> </ul>
<input type="checkbox"/>	<b>Item #8: <a href="#">Core Competencies for Entering Pre-Medical Students</a> (optional)</b> Identify the competencies that are demonstrated by each of your experiences.
<input type="checkbox"/>	<b>Item #9: Meaningful Patient Interactions (optional)</b> Include notes periodically about significant patient interactions (good and bad), clinical accomplishments, and challenges.

# Professional Network

Keep a list of people that you meet who can help you explore your interest in a health career. Be sure to include their contact information and stay connected with them (ex. take another class, participate in a research project, periodically meet or email them). These connections may help you with future opportunities, projects, or even advancement to becoming a letter of recommendation writer.

Name	Role	Contact information	Notes

# Letters of Recommendation

List the people you plan to ask to write you a letter. Ensure you have maintained a strong relationship with these individuals and that they can attest to your skills and abilities. Each individual health professional program sets different requirements for the letters they accept (ex. science professor, healthcare professional, etc), so ensure you check [School Selection](#) to review them.

Name	Relationship	Duration of Relationship	Competencies they could write about	Confirmed they will write a strong, positive letter?

# School Selection

Utilize the corresponding directory to identify schools of interest. Please note that some programs may not be listed due to accreditation status or use of individual application systems.

## School Directories

- [Dental](#)
  - [ADEA Dental School Explorer](#) is a more comprehensive directory with a search engine/filters, entering class data, detailed summaries, and more. The cost is \$35 per year and recommended when closer to applying.
- [Medicine – Allopathic \(MD\)](#)
  - Free version enables limited information; Paid version is \$28 (1 year) or \$36 (2 year) and recommended when closer to applying.
- [Medicine – Osteopathic \(DO\)](#)
- [Occupational Therapy](#)
- [Optometry](#)
- [Pharmacy](#)
- [Physical Therapy](#)
- [Physician Assistant](#)
- [Podiatry](#)
- [Speech-Language Pathology](#)
- [Veterinary Medicine](#)

School Name	Location	Website for Admission Requirements
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		



# Essays

Review the essay prompts you will be expected to submit in your primary application, then begin brainstorming. The essays, character counts, and/or prompts provided may differ annually. It is your responsibility as the applicant to ensure that you carefully review the specific requirements and prompts for the application cycle you are applying to.

Review the <a href="#">Personal Statements</a> page to review the most updated application prompts.	
<b>Personal Statement Prompts</b>	<b>Additional Essay Prompts</b>

Brainstorming Section	
<p>Review <a href="#">Experiences/Activities</a> and identify your most meaningful experiences, patient interactions, stories, etc.</p>	
<p>Identify the <a href="#">Core Competencies for Entering Pre-Medical Students</a> that you most identify with. Although these competencies were initially designed for medical school applicants, they are equally applicable to various other health professions. Take a moment to reflect on all of your <a href="#">Experiences/Activities</a> and identify which competencies they demonstrate. Then consider writing about the most meaningful experiences that highlight your strong competencies.</p>	



**Remember.** For the primary/initial application, your personal statement and essays will be distributed to each program you apply to, **so do not tailor them to a specific school.** Some programs require secondary applications or supplemental essays after submitting your initial/primary application, which is oftentimes an opportunity for you to express your desire for that specific program.

Resources

1. **The Writing Center:** A place you can come with your ideas, your brainstorms, your first drafts, your final drafts, and everything in between. Consultants meet with you individually to discuss your work, provide feedback, and talk about ideas or concerns. Make an appointment online at [writingcenter.gmu.edu](http://writingcenter.gmu.edu).
2. **Health Professions Advising:** A valuable resource that offers the opportunity to receive feedback on personal statements or additional essays. For more information, please visit: [prehealth.gmu.edu/personal-statements/](http://prehealth.gmu.edu/personal-statements/).
3. **Network:** Utilize your network of friends and family to gain feedback on your essays. Also, ask mentors, colleagues, and peers from your [PROFESSIONAL NETWORK](#) list.

# Testing

Review the [Testing](#) page to learn more about the tests typically required for your respective health professional school. Please note that some exams may be recommended or even substituted depending on the program, so always refer to individual program requirements.

## Entrance Exams

Study Plan	
When will you begin studying for your exam?	
Have you taken any practice exams yet? If so, what was your most recent score?	
When do you plan on taking this exam?	

OFFICIAL EXAMS		Exam 1:		Exam 2:		Exam 3:	
		Score	Percentile	Score	Percentile	Score	Percentile

## Situational Judgement Tests

Casper		
Note: You must take the Casper in the admissions cycle you apply in. Also, you cannot retake it in the same admission cycle.		
Do any of the programs you wish to apply to require/recommend the Casper? If unsure, <a href="#">CLICK HERE</a> to check.	Yes	No
Exam Date		
Casper Test Quartile		

PREview		
Note: You may take the PREview exam twice per administration year. Also, your scores <i>may</i> be valid for multiple years, but that it determined by individual medical schools.		
MD/DO ONLY: Do any of the programs you wish to apply to require/recommend the PREview? If unsure, <a href="#">CLICK HERE</a> to check.	Yes	No
Exam Date		
Total Score		
Confidence Band		
Percentile Rank		

# Application Timeline




Review the [Application Timeline Graphic](#) and identify which pathway best aligns with your timeline.



**Remember.** Prerequisites\*, letters of recommendations, standardized tests\*, essays, and experiences\* are needed to have a complete application. Embrace your own pace and take into account the things that **YOU** want to have done before entering health professional school (ex. study for MCAT, add more experiences, build your finances).

- *\*Some programs may accept these requirements after submitting your application, so review school-specific policies on their admissions website.*

My preferred plan is most aligned with...	
My alternative plan is most aligned with...	

		Legend	Task	Year	
I plan to...		The <b>GRADUATION CAP</b> indicates when you graduated or anticipate graduating.	Graduate(d) In...		
		The <b>STOP SIGN</b> indicates when you should have all tasks on the Are You Ready To Apply? checklist completed.	Submit My Application In...	Summer	
		The <b>WHITE COAT</b> indicates when you will begin your health professional program.	Start Health Professional School...	Summer / Fall	

# Are You Ready To Apply?

	Task	Why Is This Important?	More Information
<input type="checkbox"/>	1. Maintained a competitive GPA	Programs want to ensure you are capable of succeeding in a rigorous curriculum.	<ul style="list-style-type: none"> <li>• See <a href="#">ACADEMICS</a> to review your cumulative and science GPAs</li> <li>• See the <a href="#">Alumni Outcomes</a> page to compare your GPAs</li> <li>• See the <a href="#">Post-Bacc Programs</a> page if you have graduated and need improvement</li> </ul>
<input type="checkbox"/>	2. Completed all prerequisite coursework* <i>*Planned prerequisite coursework may be accepted for some programs, but not all.</i>	Prerequisites build the foundation for the advanced material you will learn in health professional school. They may also significantly enhance your preparation for standardized exams.	<ul style="list-style-type: none"> <li>• See <a href="#">COURSEWORK</a> to review your coursework</li> <li>• See <a href="#">SCHOOL SELECTION</a> to review each program's prerequisites and policies</li> </ul>
<input type="checkbox"/>	3. Completed your clinical, shadowing, and volunteer experiences	It is important to have the majority of your experiences already completed prior to submitting your application. This ensures programs will have substantial information to evaluate.	<ul style="list-style-type: none"> <li>• See <a href="#">EXPERIENCES/ACTIVITIES</a> to review your hours</li> </ul>
<input type="checkbox"/>	4. Received scores for all admission exams	Understanding your test scores is valuable for making informed decisions about school selection and ensuring your readiness to apply within this application cycle.	<ul style="list-style-type: none"> <li>• See <a href="#">TESTING</a> to review your scores</li> </ul>
<input type="checkbox"/>	5. Finalized letters of recommendation writers	These letters are not only necessary, but also valuable in providing evidence of your personal qualities and characteristics beyond the objective information on your application.	<ul style="list-style-type: none"> <li>• See <a href="#">LETTERS OF RECOMMENDATION</a> to check</li> </ul>
<input type="checkbox"/>	6. Finalized your personal statement and additional essays	Your entire application should be composed in a formal style that reflects your professionalism and meticulous attention to detail.	<ul style="list-style-type: none"> <li>• See <a href="#">ESSAYS</a> to check</li> </ul>
<input type="checkbox"/>	7. Prepared your finances to apply	Applying involves several financial considerations, so ensure you are prepared for those costs.	<ul style="list-style-type: none"> <li>• Review the <a href="#">Finances</a> page to estimate your cost to apply</li> </ul>