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](http://prehealth.gmu.edu/pre-health-action-plan/) page. If you have any questions or technical difficulties, please email [prehlth@gmu.edu](mailto:prehlth@gmu.edu).

**GMU Pre-Health Action Plan**

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| **Personal Information** | |
| **Name** |  |
| **Preferred Pronouns** |  |
| **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?** *(see the* [*Finances*](https://prehealth.gmu.edu/finances/) *tab for links)* | [Yes or No] |
| **Are you an international student?**  *(International students are defined as those students who are not green card holders or permanent residents)* | [Yes or No] |
| **What is your primary concern(s) or reason for scheduling a Pre-Health advising appointment?** |  |

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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)](https://prehealth.gmu.edu/wp-content/uploads/Estimated-GPA-Calculator.xlsx) to manually calculate your most up-to-date GPAs.

**Instructions**

1. Download and save the [**Estimated GPA Calculator (beta)**](https://prehealth.gmu.edu/wp-content/uploads/Estimated-GPA-Calculator.xlsx).
2. Fill in **ALL GRADES (including reattempts)** from **EACH COLLEGE/UNIVERSITY** you have attended based on your transcript(s).
3. A red push pin with black outline

   Description automatically generatedScreenshot the table on the first tab (“Estimated GPAs” in red) and paste 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

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Description automatically generatedWork 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. ***You may substitute this page for a comparable alternative.***

***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](https://prehealth.gmu.edu/wp-content/uploads/Pre-dental-prereqs-plans-22.pdf)

[Pre-Medicine](https://prehealth.gmu.edu/wp-content/uploads/Pre-med-prereq-plans-22.pdf)

[Pre-Occupational Therapy](https://prehealth.gmu.edu/wp-content/uploads/Pre-OT-prereqs-and-plans.pdf)

[Pre-Optometry](https://prehealth.gmu.edu/wp-content/uploads/Pre-Optometry-prereqs-and-plans.pdf)

[Pre-Pharmacy](https://prehealth.gmu.edu/wp-content/uploads/Pre-pharm-prereqs-plans22.pdf)

[Pre-Physical Therapy](https://prehealth.gmu.edu/wp-content/uploads/Pre-PT-prereqs-and-plans.pdf)

[Pre-Physician Assistant](https://prehealth.gmu.edu/wp-content/uploads/Pre-PA-prereqs-plans-22.pdf)

[Pre-Podiatry](https://prehealth.gmu.edu/wp-content/uploads/Pre-podiatry-prereqs-and-plans.pdf)

[Pre-Veterinary Medicine](https://prehealth.gmu.edu/wp-content/uploads/Pre-Vet-prereqs-and-plans.pdf)

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| **FRESHMAN** | **Fall [insert year]** | | | **Spring [insert year]** | | |
| **Course Number** | **Course Name** | **Credits** | **Course Number** | **Course Name** | **Credits** |
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| **Semester Credits** | |  | **Semester Credits** | |  |
| **Summer\* [insert year]** | | | | | |
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| **SOPHOMORE** | **Fall [insert year]** | | | **Spring [insert year]** | | |
| **Course Number** | **Course Name** | **Credits** | **Course Number** | **Course Name** | **Credits** |
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| **Semester Credits** | |  | **Semester Credits** | |  |
| **Summer\* [insert year]** | | | | | |
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| **JUNIOR** | **Fall [insert year]** | | | **Spring [insert year]** | | |
| **Course Number** | **Course Name** | **Credits** | **Course Number** | **Course Name** | **Credits** |
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| **Semester Credits** | |  | **Semester Credits** | |  |
| **Summer\* [insert year]** | | | | | |
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| **SENIOR** | **Fall [insert year]** | | | **Spring [insert year]** | | |
| **Course Number** | **Course Name** | **Credits** | **Course Number** | **Course Name** | **Credits** |
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| **Semester Credits** | |  | **Semester Credits** | |  |
| **Summer\* [insert year]** | | | | | |
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Experiences/Activities

Utilize any tool of choice (examples could include an excel spreadsheet, word doc, [ClinLogger](https://clinlogger.com/), 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 separately when submitting your plan. For resources on how to gain these hours, visit the [Pre-Health Experiences](https://prehealth.gmu.edu/prehealthexperiences/) page.

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**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.

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| **Checklist For Recommended Components** | |
| Use to following checklist to ensure the tool you use contains the all the necessary information. | |
|  | **Item #1: Activity Name**  Includes the name of the experience that occurred. |
|  | **Item #2: Activity Type**  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. |
|  | **Item #3: Start and End Dates (unless still ongoing)** |
|  | **Item #4: Completed Hours**  All application systems (except AMCAS) calculate Total Hours based on the product of “Average Weekly Hours” and “Number of Weeks” *(ex. 8 hrs weekly x 52 week = 416 total hours)* |
|  | **Item #5: Organization Name**  Includes the name of the organization where the experience occurred. |
|  | **Item #6: Contact Name, Title, Email Address and/or Phone Number**  Includes the name, title, and contact information for a person whom schools may contact to verify that the experience occurred. |
|  | **Item #7: Description**  Includes a description summarizing each experience using the specified character counts for your respective application system.   * AMCAS (MD Schools) = 700 * TMDSAS (Texas MD, DO, Vet, and Podiatry) = 500 * All others = 600 |
|  | **Item #8:** [**Core Competencies for Entering Pre-Medical Students**](https://students-residents.aamc.org/real-stories-demonstrating-premed-competencies/premed-competencies-entering-medical-students) **(optional)**  Identify the competencies that are demonstrated by each of your experiences. |
|  | **Item #9: Meaningful Patient Interactions (optional)**  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.

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| **Name** | **Role** | **Contact information** | **Notes** |
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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**](#School_Selection) to review them.

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

Utilize the corresponding directory to identify schools of interest. Please note that some programs may not be listed in these directories due to accreditation status or use of individual application systems. It would be beneficial to use a more comprehensive and detailed comparison chart as you get closer to applying. ***You may substitute this page for a comparable alternative.***

**School Directories**

* [Dental](https://www.adea.org/GoDental/Application_Prep/The_Admissions_Process/Deciding_where_to_apply.aspx)
  + [ADEA Dental School Explorer](https://access.adea.org/adeassa/ecssashop.show_product_detail?p_product_serno=382&p_category_id=&p_mode=detail&p_cust_id=&p_session_serno=65506187&p_trans_ty=&p_order_serno=&p_promo_cd=&p_price_cd=) 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)](https://mec.aamc.org/msar-ui/#/landing)
  + Free version enables limited information; Paid version is $28 (1 year) or $36 (2 year) and recommended when closer to applying.

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| **School Name** | **Location** | **Website for Admission Requirements** |
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[Medicine – Osteopathic (DO)](https://www.aacom.org/explore-med-schools/choose-do-explorer)

* [Occupational Therapy](https://acoteonline.org/schools/)
* [Optometry](https://optometriceducation.org/about-asco/asco-member-schools-and-colleges/)
* [Pharmacy](https://www.pharmcas.org/school-directory/pharmd-directory)
* [Physical Therapy](https://ptcasdirectory.apta.org/39/List-of-PTCAS-Programs)
* [Physician Assistant](https://paeaonline.org/our-programs)
* [Podiatry](https://explorepodmed.org/school-profiles/)
* [Speech-Language Pathology](https://find.asha.org/ed/#sort=relevancy)
* [Veterinary Medicine](https://applytovetschool.org/)

Essays

Review the essay prompts you will be expected to submit in your primary application, paste them below, and 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.

|  |  |
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| Review the [Personal Statements](https://prehealth.gmu.edu/personal-statements/) page to review the most recent application prompts and paste them below. | |
| **Personal Statement Prompts** | **Additional Essay Prompts** |
| [insert prompts here] | [insert prompts here] |

|  |  |
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| **Brainstorming Section** | |
| **Review** [**Experiences/Activities**](#Work_Activities) **and identify your most meaningful experiences, patient interactions, stories, etc.** |  |
| **Identify the** [**Core Competencies for Entering Pre-Medical Students**](https://students-residents.aamc.org/real-stories-demonstrating-premed-competencies/premed-competencies-entering-medical-students) **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 [**Experiences/Activities**](#Work_Activities) and identify which competencies they demonstrate. Then consider writing about the most meaningful experiences that highlight your strong competencies. |  |

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***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/](https://prehealth.gmu.edu/personal-statements/).
3. **Networ****k:** Utilize your network of friends and family to gain feedback on your essays. Also, ask mentors, colleagues, and peers from your [**PROFESSIONAL NETWORK**](#Professional_Network) list.

Testing

Review the [Testing](https://prehealth.gmu.edu/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**

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| **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? |  |

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| **OFFICIAL EXAMS** |  | **Exam 1 Date:** | | **Exam 2 Date:** | | **Exam 3 Date:** | |
|  | Score | Percentile | Score | Percentile | Score | Percentile |
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**Situational Judgement Tests**

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| **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, [**CLICK HERE**](https://my.acuityinsights.app/dates-times) to check. | [Yes or No] |
| **Exam Date** |  |
| **Casper Test Quartile** |  |

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| **PREview** | |
| Note: You may take the PREview exam twice per administration year. Also, your scores *may* 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, [**CLICK HERE**](https://students-residents.aamc.org/aamc-preview/participating-medical-schools) to check. | [Yes or No] |
| **Exam Date** |  |
| **Total Score** |  |
| **Confidence Band** |  |
| **Percentile Rank** |  |

Application Timeline

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Description automatically generatedReview the [Application Timeline Graphic](https://gmuedu-my.sharepoint.com/:x:/g/personal/mwilkin6_gmu_edu/EaW3692JNYxKrlJo-ERUxvABqNQNOkkdW0BxnOYSKQihuQ?e=hilbSx) 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.*

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| **According to the Application Timeline Graphic,…** | |
| **My preferred plan is most aligned with…** | **Pathway # [1, 2, 3, 4, 5, 6]** |
| **My alternative plan is most aligned with…** | **Pathway # [1, 2, 3, 4, 5, 6]** |

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| **I plan to…** | **Legend** | | **Task** | **Year** | |
| A black background with white spots  Description automatically generated | The **GRADUATION CAP** indicates when you graduated or anticipate graduating. | **Graduate(d) In…** | [Spring, Summer, or Fall] | [Year] |
|  | The **STOP SIGN** indicates when you should have all tasks on the Are You Ready To Apply? checklist completed. | **Submit My Application In…** | Summer | [Year] |
|  | The **WHITE COAT** indicates when you will begin your health professional program. | **Start Health Professional School…** | Summer / Fall | [Year] |

Are You Ready To Apply?

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|  | **Task** | **Why Is This Important?** | **More Information** |
|  | 1. **Maintained a competitive GPA** | Programs want to ensure you are capable of succeeding in a rigorous curriculum. | * See [**ACADEMICS**](#Academics) to review your cumulative and science GPAs * See the [Alumni Outcomes](https://prehealth.gmu.edu/resources/alumni-outcomes/) page to compare your GPAs * See the [Post-Bacc Programs](https://prehealth.gmu.edu/post-bacc/) page if you have graduated and need improvement |
|  | 1. **Completed all prerequisite coursework\***   *\*Planned prerequisite coursework may be accepted for some programs, but not all.* | 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. | * See [**COURSEWORK**](#Coursework)to review your coursework * See [**SCHOOL SELECTION**](#School_Selection) to review each program’s prerequisites and policies |
|  | 1. **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. | * See [**EXPERIENCES/ACTIVITIES**](#Work_Activities) to review your hours |
|  | 1. **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. | * See [**TESTING**](#Testing) to review your scores |
|  | 1. **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. | * See [**LETTERS OF RECOMMENDATION**](#Letters_Eval_Rec) to check |
|  | 1. **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. | * See [**ESSAYS**](#Essays) to check |
|  | 1. **Prepared your finances to apply** | Applying involves several financial considerations, so ensure you are prepared for those costs. | * Review the [Finances](https://prehealth.gmu.edu/finances/) page to estimate your cost to apply |