**Future Health Care Professionals**

 **To Do List**

Every semester, you should take active steps to pursue your pre‐health career goals. Below is a list of common considerations.

□ *See your AHEC HCP Coordinator and School Guidance Counselor at least monthly.* This will help with all the areas below.

□ *Register for the correct courses.* This includes knowing which courses you need to take and when they're offered, having the right pre-requisites for them, and selecting the correct number of credits needed to satisfy graduation requirements and preferred college requirements.

□ *Promote your academic success. Communicate with parents and teachers about your desires to be successful and academic achievement.* Budget your time wisely; form good study habits, surround yourself with successful peers. Check class grades weekly. Make use of teachers, counselors and instructors' office hours. Utilize tutors, study buddy, and study groups as needed; seek additional help as needed. The AHEC HCP coordinator also has many resources that can assist with academic achievement. Ask for extra credit opportunities. Check GPA and class rank as at least twice per year.

Also take advantage of academic workshops such as SAT/ ACT Prep.

□ *Participate in health‐related volunteering.* Getting health‐related experience should be a part of your pre‐health preparation mostly, if not all, throughout high school and college

□ *Stay active in other areas of interest.* Good health care professionals are well‐rounded people with good people skills and an interest in serving others. Pursue interests you already have or would like to develop, for example: sports, tutoring, mentoring, art, political activism, music, whatever is authentically *you*.

□ *Stay informed!* Read pre‐health web pages, join mailing list (and read it), read blogs, attend AHEC/ HCP Sessions, Bench to Bedside, use AHEC University, joinothre pre‐health club meetings and workshops. Use other resources too: keep up with current events, read health blogs, journals, books, etc. Attend local health awareness events.

□ *Be aware of SAT testing dates, college applications, financial aid and scholarships deadlines. Don’t miss deadlines! Also remember* Post - Secondary Education is expensive! Search the web for funding opportunities. Check Departments or Schools of Study within the college that may offer additional Scholarships. Most of these application deadlines start in December until February of each year if not earlier. Work on it over winter break.

□ *Take care of yourself.* Last but certainly not least, promote your own health. Get sleep, eat right, exercise, go to the doctor for vision, dental and medical checkups; and also leave time for fun and relaxation. If life seems overwhelming, seek help sooner rather than later. If you don't know where to start, talk to your AHEC HCP Coordinator.

**Summer**

□ *Stay active.* Summer is a great time to get health‐related experience through your AHEC Summer Enrichment Program, do coursework, or study/intern abroad. There's no recipe for what you should do, but you should keep active and involved in areas that will enhance your health‐related knowledge and/or life experience.