

HUNTER

The City University of New York



Name : _____
 Pre-Health ID # _____
 Major : _____
 Minor : _____
 Pre-Health Track: _____

Current CUM GPA : _____
 Science (BCPM) GPA : _____
 Expected Graduation Date: _____
 Expected Application Year: _____

Freshmen-Seniors- Use this space to prepare a tentative plan to complete your Pre-Health coursework and Hunter College degree. Note: pre-requisites vary by profession and school. It is your responsibility to ensure you meet the pre-requisites for the programs to which you plan to apply by the time you intend to apply to graduate school.
 Keep in mind:
 - Professional schools recommend 15-18 credit hours and 2+ science courses a semester on a consistent basis after your first semester. They are looking for students who challenge themselves and pursue their personal interests.

Extracurricular Activities Plans / To Do List:

Ex: Fall 2024-Start applying to Summer 2025 internships in October 2024
 Submit PPAP seminar assignments after every session
 Attend Pre-Health Freshman class meeting in January 2025

Semester	Courses	Credits (crs)	Grade	Non-science(NS) /	Comments/Notes
Fall 2024					
	MATH12550	4	A	SC	
	CHEM10200	4	A-	SC	
	ANTHC10000	3	A-	NS	
	HIST15100	3	B+	SC	
	Total Credits	17			Ex: requested course evaluation
Summer 2024					
	ENG22000	3			
	MATH15000	4			
	CHEM10400	4			
	CHEM10600	3			
	BIO10000	4.5			
	Total Credits	18.5			
Fall 2022					
	BIO10200	4.5			
	CHEM22200	4			
	CHEM22300	2.5			
	STAT213	3			
	Total Credits	14			
Spring 2024					
	CHEM22400	4			
	CHEM22500	2.5			
	PHYS11000	4.5			
	BIO 20300	4.5			
	Total Credits	15.5			
Fall 2024					
	PHYS11000	4.5			
	BIO3000	4.5			
	CHEM37600	3			
	Total Credits	12			
Spring 2025					
	CHEM377	3			
	CHEM378	3			
	Total Credits	6			
Fall 2025					
	Total Credits	0			
Spring 2026					
	Total Credits	0			
Fall 2026					
	Total Credits	0			
Spring 2027					
	Total Credits	0			
Fall 2027					
	Total Credits	0			

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Spring 2028

Total Credits

0

Fall 2028

Total Credits

0



Pre-Health Study Plan

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	4 – 5 AM	SLEEP						
	5 – 6 AM	YOGA						
	6 – 7 AM	BREAKFAST						
	7 – 8 AM	COMMUTE						
	8 – 9 AM	MATH125						
	9 – 10 AM	MATH125						
Afternoon	11 – 12 AM	CHEM 102						
	12 – 1 PM	TUTORING						
	1 – 2 PM	TUTORING						
	2 – 3 PM	LUNCH						
	3 – 4 PM	ENG 120						
	4 – 5 PM	ENG 120						
Evening	5 – 6 PM	COMMUTE						
	6 – 7PM	BREAK						
	7 – 8PM	STUDY						
	8 – 9PM	STUDY						
Night	9 – 10PM	STUDY						
	10 – 11 PM	STUDY						
	11 PM – 12 AM	STUDY						
	12 – 1 AM	SLEEP						
	1 – 2 AM	SLEEP						
	3 – 4 AM	SLEEP						

SEMESTER S.M.A.R.T GOALS

1. Get an A in all my classes
2. Attend weekly tutoring sessions
3. Find a mentor
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Year	Task	Status
Freshman - 1st YR	Attend the Pre-Health New Student Orientation	Completed
	Join the Pre-Health Listserv	Completed
	Join the Pre-Health Mentoring Initiative	Pending
	Attend PPAP 1000 and PPAP 1002 seminars	In progress
	Join a Pre-Health Club or Organization	
	Meet with a Pre-Health advisor	
	Learn about the resources at Hunter College	
	Start volunteering / shadowing	
	Apply for a Pre-Health file	
	Attend the Freshman Class Meeting	
	Explore Early Assurance programs for sophomores	
	Start requesting Course Evaluations	
Sophomore- 2nd YR	Open your Pre-Health file	
	Seek out research opportunities	
	Attend the Sophomore Class Meeting	
	Meet with a Pre-Health advisor	
	Continue getting community service and clinical experience	
	Starts hands-clinical experience	
	Seek out leadership opportunities	
	Start attending Application Planning seminars	
	Start preparation for MCAT, DAT, OAT, GRE	
	Start requesting letters of recommendation	
Junior- 3rd YR	Attend the Junior Class Meeting	
	Continue hands-clinical experience	
	Continue Research	
	Continue Community Service	
	Submit the Intent to Apply	
	Attend Committee Letter / Letter Packet Seminar	
	Meet with a Pre-Health advisor to assess your applicant profile	
	Submit to File Check	

Senior- 4th YR	Attend the Senior Class Meeting	
	Meet with a Pre-Health advisor	
	Continue hands-clinical experience	
	Continue Research	
	Continue Community Service	
	Meet with a Pre-Health advisor to discuss gap plans	
	Submit the Intent to Apply	
	Attend Committee Letter / Letter Packet Seminar	
	Begin applying to Post Bacc or Masters program	
Senior- 5th / Gap YR	Meet with a Pre-Health advisor	
	Submit the Intent to Apply	
	Attend Committee Letter / Letter Packet Seminar	

My Professional Network

Purpose

Building a network is a critical part of the journey to a health profession. Individuals in your network can introduce you to others, share advice, and connect you with opportunities.

Directions

• Keep a list of people that you meet who can help you explore your interest in a health career. Make sure to get contact information and consider how you may be able to stay in contact. You may be able to conduct an informational interview, collaborate on a project, seek a reference, or find employment. An occasional update of your plans provided to your network can maintain these important relationships.

	Name	Role	Contact Info	Notes
1		Academic Advisor		
2		Major Advisor		
3	Robert, Hieger, Kemile Jackson & Nina Ledis	Pre-Health Advsiior	premed@hunter.cuny.edu	Meet with a Pre-Health advisor to discuss my Pre-Health plan
4		PHMI Mentor		
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Assignments links: **PPAP 1000-** (<https://ww3.hunter.cuny.edu/prehealth/view.php?id=265927>) **PPAP 1002-** (<https://ww3.hunter.cuny.edu/prehealth/view.php?id=264323>)

Event Date	Event Name	Presenter / Speaker Name	Speaker Contact Info (Email)	Reflection Notes (what did I learn)
Ex. 8/30/2022	Pre-Health Planning 101	Kemile Jackson	prehealth@hunter.cuny.edu	

Date

Journal Entry

8/30/2022

Today during my time shadowing Dr. Felix I observed how treatment plans are developed.

Letters of Recommendation

Purpose

• Letters of recommendation are letters you request from professionals who know you well and who you feel can confidently recommend you for application to a particular school or program. [Click here to submit letter of recommendation requests](#)

Directions

• List the people you plan to ask to write you a letter. Describe how you know them and how long you have known them. Identify competencies they may focus on in their letter.

	Name	Relationship	Recommendation Type	Duration of Relationship	Competencies they can write about	Can they write me a strong letter?	If they cannot write a strong letter, what can I do to strengthen the relationship?
1						Yes	
2							
3							
4							
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10							