

vrs. Use this space to prepare a tentative plan to complete your Pre-ork and Hunter College degree. Note: pre-requisites vary by school, it is your responsibility to ensure you meet the pre-requisites to which you plan to apply by the time you intend to apply to

EXTRACULTICULAR ACTIVITIES Plans / To Do List:

Ex: Fall 204-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

HL	IN		囯	R
The City	Univers	sity of	New	York

Name : Pre-Health ID # Major : Minor: Pre-Health Track: Current CUM GPA:
Science (BCPM) GPA:
Expected Graduation Date:
Expected Application Year:

Pre-Health Track:					
Semester	Courses	Credits (crs)	Grade	Non-science(NS) /	Comments/Notes
Fall 2024		3	A+	NS	Ex: requested course evaluation
	MATH12550	4	A	sc	
	CHEM10200 ANTHC10000	3	A- A-	SC NS	
	HIST15100	3	B+	sc	
Total Credits		17			-
Summer 2024					
Summer 2024	ENG22000	3			
	MATH15000	4			
	CHEM10400 CHEM10600	4 3			
	BIO10000	4.5			
T-4-10		40.5			
Total Credits		18.5			
Fall 2022	T	T		T	
	BIO10200 CHEM22200	4.5			
	CHEM22300	2.5			
	STAT213	3			
Total Credits		14			
Spring 2024					
	CHEM22400	4			
	CHEM22500 PHYS11000	2.5 4.5			
	BIO 20300	4.5			
Total Credits		15.5			
Fall 2024	PHYS11000	4.5			
	BIO3000	4.5			
	CHEM37600	3			
T-1-10		40			
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			
2. 30110					

	HUI	ITE	ER	
Spring 2028				
Total Credits		0		
Fall 2028				
1 411 2020				
Total Credits		0		



## **Pre-Health Study Plan**

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4 – 5 AM	SLEEP						
	5 – 6 AM	YOGA						
Morning	6 – 7 AM	BREAKFAST						
Έ	7 – 8 AM	COMMUTE						
₽	8 – 9 AM	MATH125						
	9 – 10 AM	MATH125						***************************************
	11 – 12 AM	CHEM 102						***************************************
	12 – 1 PM	TUTORING						
E	1 – 2 PM	TUTORING						
ĕ	2 – 3 PM	LUNCH						
Afternoon	3 – 4 PM	ENG 120						
₽	4 – 5 PM	ENG 120						
	5 – 6 PM	COMMUTE						
ō	6 – 7PM	BREAK						
Ë	7 – 8PM	STUDY						
Evening	8 – 9PM	STUDY						
ш	9 – 10PM	STUDY						
	10 – 11 PM	STUDY						
Ħ	11 PM – 12 AM	STUDY						
Night	12 – 1 AM 1 – 2 AM	SLEEP						
2	1 – 2 AM	SLEEP						
	3 – 4 AM	SLEEP						
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	SEMES	TER S.M.A	.R.T GOAL	.5				
1. Get an A in all r								
	tutoring sessions							
3. Find a mentor	-							
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Science (	GPA C	alculator			
Purpose					
	s intended	to help you est	imate vour s	cience GPA	
irections	o interiaca	to neip you cot	iniate your c	Joierroe Gr71	
	nostor Voo	r Course Crade	and Cradit	Hours for a	ach prerequisite course.
If you repeate	d a course	, course, Grade , enter all of you	r, and Gredit	and correct	non prerequisite course.
Do not ontor	u a course	"W" or "INC" cou	ur attempts	and corresp	onung grades.
Do not enter d	creaits for	W OF INC COL	irses.		
\-! ODA	2 226				
Science GPA	3.326				
Credit Hours	15.5				
			L		GPA Table
emester '	Year	Course	Grade	Credits	Points Grade Points
		CHEM102	Α	4	16 A+ 4
		CHEM104	B+	4	13.2 A 4
		CHEM 106	Α	3	12 <b>A-</b> 3.7
		BIO1000	C+	4.5	10.35 B+ 3.3
		BIO102	Α		0 B 3
		CHEM222	A-		0 <b>B-</b> 2.7
		CHEM223	A-		0 <b>C+</b> 2.3
		CHEM224	A-		0 <b>C</b> 2
		CHEM225	Α		0 D 1
		CHEM376	Α		0 <b>F</b> 0
		CHEM377	Α		0 W Withdraw
		CHEM378	Α		0 Incomplete
		MATH125	A-		0 NC No Credit
		MATH150	B+		0 P Credit
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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 resoures 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	
1		
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

Activities	Name of activity	Organization name	Starting Date	End Date	Average hrs/wk	Total hra	Description of the activity	Reflection (what you have learned)	Supervisor's name	Supervisor's E-mail Address										
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Volunteer														-					-	$\neg$
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Clinical Experience														-					-	
																			$\equiv$	
	Dr.						Specialty ( )													
Shadowing	Dr.						Specialty ( )													
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	Dr.						Specialty ( )							-	_	_	$\overline{}$	$\overline{}$	$\rightarrow$	
Research (if any)																				
Leadership	Ex:Basketball team coach		12/1/2008	uniti present															$\overline{}$	$\overline{}$
Leadership														-					$\neg$	-
Hobbies																			-	
Work Experience																			$\equiv$	
HOX Expension																				
Patrolombia																				
Scholarship (if any)																				
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Publication /													$\Box$	-	-	$\overline{}$	-	$\overline{}$	$\overline{}$	$\overline{}$
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(if any)																				

Pre-Health Co-Courticular Activities To add additional lines or rows highlight a row, right click, select "insent," and make the appropriate choice.  NOTE: Each description should include what you gained from the experience as a future Health Care Professional.							
Heath Care Experiences (May be volunteer and service related as a	nell.)						
Date(s)	Axp. Hrs. per Wk / Total Hrs. to Date	Location	Location		<u>Description.</u> [One Paragraph describing the experience and what you gained from this experience.]		
Volunteer and Service Experiences							
Date(s)	Ave. Hirs per Wir / Total Hirs to Date	Location		Contact Person (Name, Title, eMail Address or Phone Number)	Description (One Paramonh describing the experience and what you pained from this experience.)		
Research Experiences	•				•		
Date(s)	duz. His per Wir / Total His to Date	<u>Location</u>	Contact Person (Name, Title, eMail Address or Phone Number)		Description (One Parsenach describing the experience and what you gained from this experience.)		
Work Experiences							
Date(s)	dust. His per Wit / Sotal His to Date	<u>Location</u>		Contest Person (Name, Title, obtail Address or Phone Number)	Description. (One Paragraph describing the experience and what you gained from this experience.)		
l							
Honors and Awards							
Date(s)	Type of Recognite	on and Contact Information		Description.  One Paramenth describing the Award and shot was united from this Award on a below Tenth Core Transmissorial L			
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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 Advsior	premed@hunter.cuny.edu	Meet with a Pre-Health advisor to discuss my Pre-Health plan
4		PHMI Mentor		
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Assignments links: PPAP	1000- (https://ww3.hunter.cuny.edu/prehealth/view.php?id=265927) PF	PAP 1002- (https://ww3.hunter.cuny.edu/preh	ealth/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		
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	3							
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9						-		
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