



PRE-HEALTH PROFESSION CHECKLIST

For Students Interested in Health Profession Careers

<https://www.utsa.edu/healthprofessions/>

HEALTH CAREER ESSENTIALS

- ☐ Begin planning 1-2 years in advance (see [special programs](#) for early acceptance or joint admission into desired program)
- ☐ Learn about different health professions and take a career assessment to find the best fit:
 - <https://www.careerexplorer.com/orgs/utsa/>
 - <https://explorehealthcareers.org/> & <https://www.aamc.org/> (pre-med only)
- ☐ Note important dates like application cycles and test registration deadlines

UNDERSTAND THE PREREQUISITES (*EVEN BEFORE YOU MEET AN ADVISOR*)

- ☐ See the UTSA [Health Profession Guides](#) for degrees, application timelines, & pre-requisite coursework
- ☐ List prerequisites required for your health profession program(s) of interest (e.g., med school or PA school admissions sites)
- ☐ Review major requirements (use [DegreeWorks](#)) and align with health profession prerequisites
- ☐ Schedule an appointment with your assigned [Academic Advisor](#) to plan your UTSA classes

CONNECT WITH THE HEALTH PROFESSIONS OFFICE

- ☐ Check out the [Health Professions Office](#) & [Handshake Events](#) to attend drop-ins, info sessions, & workshops

GET EXPOSURE TO THE HEALTH FIELD

- ☐ Acquire shadowing opportunities, hospital volunteering, or other clinical experiences (see [UTSA Health Professions Shadowing List Spreadsheet.xlsx](#))
- ☐ Record experiences & hours using this [HPO Shadowing Activity-Log-Template.xlsx](#)

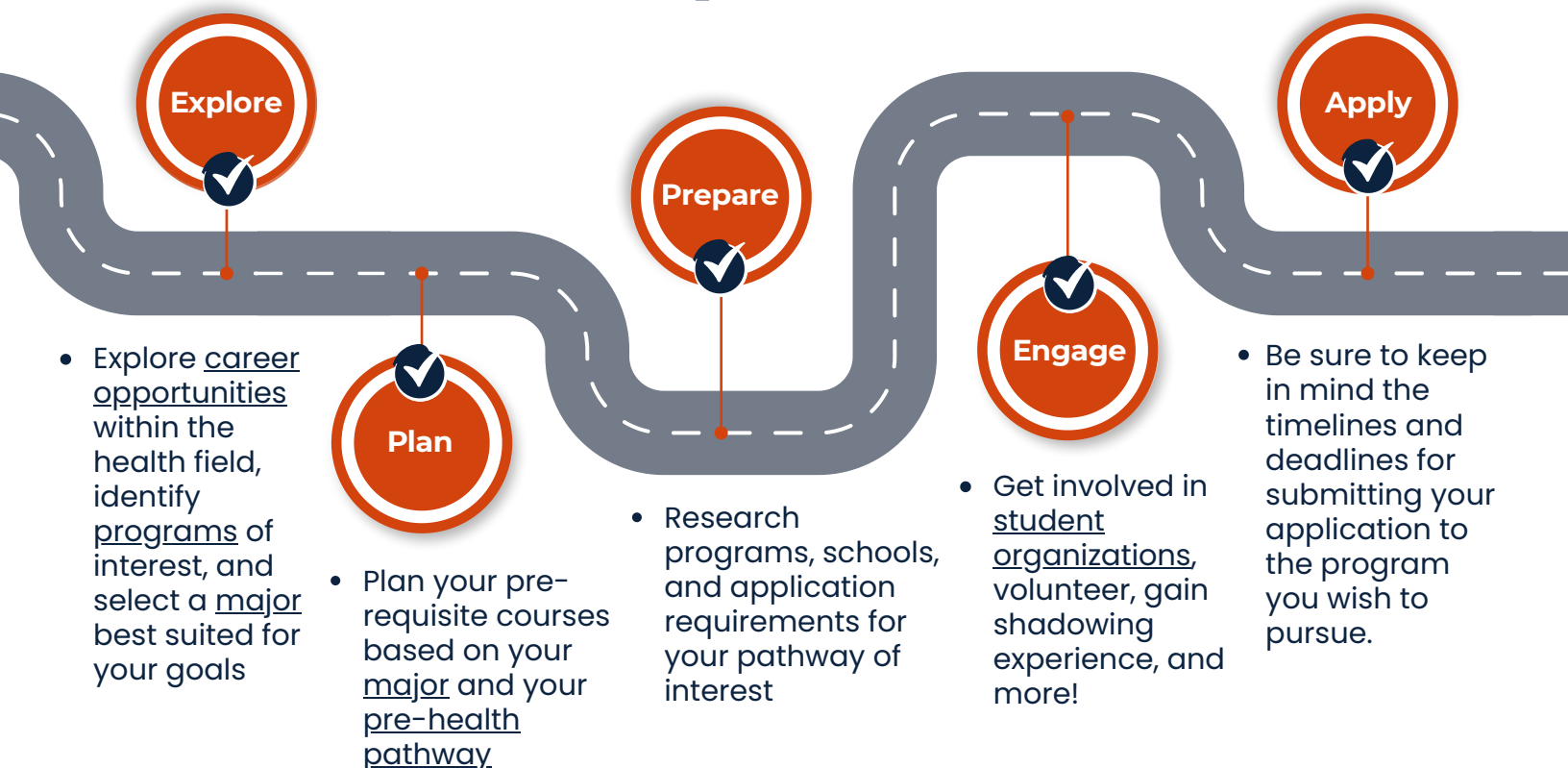
DEVELOP YOUR INVOLVEMENT & RESUME

- ☐ Join UTSA [health profession student organizations](#)
- ☐ Engage in leadership, teamwork, or [community service opportunities](#)
- ☐ Build your resume/CV and [core competencies](#) ([Preparing your CV for Health Profession Schools](#))

PLAN FOR APPLICATIONS

- ☐ See program of interest websites for application deadlines
- ☐ Learn which test you'll need (e.g., [MCAT](#) , [DAT](#) , [GRE](#)) and when to take it
- ☐ Tips on [Crafting Your Personal Statement](#)
- ☐ Check out [Interview Resources for Medical School Applicants](#)
- ☐ Additional interviewing resources: [Interview Checklist](#) & [STAR Method Interview Technique](#)
- ☐ [Schedule](#) an Interview Tips & Practice appointment with a Career Consultant

Your roadmap to *thrive* in health professions



Undergraduate Pathways

Registered Nurse
Respiratory Care*
Medical Lab Sciences*
Dental Hygiene

Graduate Pathways

Dental
Medical
Veterinary Medicine
Physician Assistant

Pharmacy
Physical Therapy
Occupational Therapy
Optometry

*offers undergraduate
and graduate pathways

UTSA Health Professions Office

For information on the UTSA and UT Health San Antonio integration visit
utsanantonio.together.org