

## 1. EXPLORE HEALTH CAREERS

What health profession(s) are you currently interested in? List 2–3 potential options after exploring:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Date you completed a career assessment/plan on completing a career assessment:

\_\_\_\_\_

Which tool did you use?   ☐ Career Explorer   ☐ ExploreHealthCareers.org   ☐ AAMC   ☐ Other:

## 2. UNDERSTAND PREREQUISITES EARLY

My desired health profession schools/intended health profession(s):

\_\_\_\_\_

\_\_\_\_\_

Current degree plan alignment with prerequisites for your intended health profession program(s):

Current Degree Course Name	Prerequisite for Intended Program	Required By Which Program(s)?
Chemistry I	Chemistry I (no lab required)	UT Health Nursing Program

Have you checked DegreeWorks for your current major requirements?   ☐ Yes   ☐ Not yet

Date of next Academic Advisor meeting: \_\_\_\_\_

## 3. GET INVOLVED & GAIN EXPOSURE

Shadowing/Volunteering/Clinical Experience Plans:

Experience Type	Organization or Facility	Contact or Status	Hours Logged

Use the HPO Shadowing Log Template or create your own experience log to track hours.

#### 4. BUILD RESUME & CORE COMPETENCIES

Are you a member of any health-related student orgs? ☐ Yes ☐ No

If yes, which one(s)?

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If no, which ones(s) would you like to be a member of?

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List a recent leadership, teamwork, or service experience:

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What did you learn from it?

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Have you started your resume/CV? ☐ Yes ☐ No

#### 5. PREPARE FOR APPLICATION

Application Target Program(s):

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Intended start date: \_\_\_\_\_ Application open date: \_\_\_\_\_ Application deadline: \_\_\_\_\_

Entrance exam required: ☐ MCAT ☐ DAT ☐ TEAS/HESI ☐ GRE ☐ Other: \_\_\_\_\_

Anticipated test date: \_\_\_\_\_

Personal Statement: Have you researched the personal statement of desired program(s) or started drafting one? ☐ Yes ☐ No

Have you practiced interviewing? ☐ Yes ☐ Not yet

### **FINAL NOTES & TO-DOS**

Use this space to write your next 3 action steps:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **ADDITIONAL NOTES**