



The University of Texas at San Antonio

# UTSA Health Professions Office

## PRE-HEALTH PROFESSION WORKSHEET

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

### 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:

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

### 2. UNDERSTAND PREREQUISITES EARLY

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

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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**