New South Dakota Mines Pre-Health Student Checklist

- Meet with your academic advisor and set up your course schedule
- Meet with your Pre-Health advisor to discuss career goals & plan your path
  - Decide on a pre-health pathway you’d like to pursue
  - Personalize your 4-year timeline
  - Get resources to help you along the way
- Join the Pre-Health e-mail list
  - Sign up here: [http://gold.sdsmt.edu/mailman/listinfo/prehealth](http://gold.sdsmt.edu/mailman/listinfo/prehealth)
- Subscribe to our pre-health blog, *The Atrium*
  - [https://sdsmtatrium.blogspot.com/](https://sdsmtatrium.blogspot.com/)
- Join the Future Health Science Professionals student club
  - [https://sdsmt.campuslabs.com/engage/organization/fhsp](https://sdsmt.campuslabs.com/engage/organization/fhsp)
- Start an experiences journal
  - Keep records of dates, activities, & contact information
    - Volunteer activities
    - Research experiences
    - Shadowing experiences
    - Internships
    - Study away/abroad
  - Write a paragraph or so for each experience you log
    - Great for recalling events later
    - Helpful for writing personal essays for applications
- Familiarize yourself with your resources (and use them!)
  - Mentors & Advisors
  - Tutors/SI Instructors
  - Study Tools
  - Discussion Panels/Lectures/Workshops