

New SDSM&T Pre-Health Student Checklist

- Meet with your academic advisor and set up your course schedule
- Meet with Dr. J 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>
- Subscribe to our pre-health blog, *The Atrium*
 - <https://sdsmtatrium.blogspot.com/>
- Join the Future Health Science Professionals student club
 - <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