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