

What Do I Need to be Working On?

Instructions: This is a good outline when creating a list of activities. Starting your list early will save you time later. Anything after HS is fair game. ***Creating your outline from this list doesn't replace speaking with a professional school advisor in the Career Center. Call 979.847.8938 to schedule an appointment with your pre-professional advisor.***

Medical, Dental, Nursing, PA, and Pharmacy: Complete A-G

Vet: Complete B-G, your experience will be animal care hours and veterinary experience. All HS experiences count for Vet applicants only.

OT and PT: Complete A-G, your healthcare experience requires additional info (speak with your pre-professional advisor)

Law: Complete B-G

A. **HEALTHCARE EXPERIENCE:** Shadowing, paid, volunteer, etc. specific to the health profession you are applying for.

B. **NON-HEALTHCARE RELATED COMMUNITY SERVICE:** Individual or student org service

C. **EXTRACURRICULAR ACTIVITIES:** Student orgs, outside activities, personal activities, etc.

D. **LEADERSHIP:** Officer position(s) (elected or volunteer), supervisor roles, leadership conference, committee chair, etc.

E. **HONORS/AWARDS:** Dean's Honor Roll and/or Distinguished Student, scholarships, honor societies, student awards, etc.

F. **WORK:** (*pre-health note: for most applications this section does not include paid healthcare experience.*)

G. **RESEARCH:** For credit, zero hour, UG/Grad, certificate, non-certificate, research assistant, etc.

Important OPSA links/resources	
Career Center-Professional School Advising (OPSA)	tx.ag/opsa
Listservs	tx.ag/opsalistservs
Calendar	tx.ag/opsacalendar
OPSA Handouts (Dental, Law, Med, Nursing, Occupational Therapy (OT), Pharmacy, Physician Assistant (PA), Physical Therapy (PT), Vet)	tx.ag/opsahandouts
OPSA Videos-Intro to advising, informationals, workshops & more	tx.ag/opsavideos
OPSA Volunteer Handout and TAMU service-learning and volunteer opportunity directory	tx.ag/opsavolunteer aggieserve.tamu.edu
Joint Admission Medical Program (JAMP)	tx.ag/JAMP
OPSA Student Organizations	tx.ag/opsastudentorgs
Workshops	tx.ag/opsaworkshops
Admissions Stats for Dent, Law, Med, Pharmacy, PA, PT & Vet	tx.ag/opsastats tx.ag/AggieAdvantage

Important Dates:

- MSC Open House-Fall & Spring Semesters mscopenhouse.tamu.edu
- Law School Fair-Fall Semester tx.ag/lawcaravan
- Second Year Informational-Fall Semester tx.ag/opsaworkshops
- Health Professions Symposium-Spring Semester tx.ag/healthsymposium
- First Year Informational-Spring Semester tx.ag/opsaworkshops

Pre-Health Reminders	Pre-Law Reminders
<ul style="list-style-type: none"> • Grades come first. • Major in what you like & demonstrate academic excellence. • Gap years are common. OPSA is here to help current and Former Students. • Take Chemistry your first semester, and continue taking chemistry each fall/spring semester (do not break the sequence). <i>N/A for pre-nursing & pre-OT</i> • Take two semester courses at same college/university. • Taking two science courses per semester should be your goal. • Don't accept AP credit without speaking with both your Academic & PSA advisors. • Build relationships with professors, healthcare professionals, mentors, supervisors, etc. throughout college because you will need letters of recommendations. • Network with healthcare providers: <ul style="list-style-type: none"> ◦ tx.ag/FindanAggie • NAAHP free resources (ex: financing, health professions OPSA does & doesn't advise for, etc.) <ul style="list-style-type: none"> ◦ tx.ag/NAAHP 	<ul style="list-style-type: none"> • Grades come first. • Major in what you like & demonstrate academic excellence. • Gap years are common. PSA is here to help current and Former Students. • Build relationships with professors, lawyers, mentors, supervisors, etc. throughout college because you will need letters of recommendations. • Network with lawyers: <ul style="list-style-type: none"> ◦ www.aggielaw.org ◦ tx.ag/FindanAggie • Create Your Free JD Account <ul style="list-style-type: none"> ◦ www.lsac.org • Financing Your Legal Education & Additional Resources <ul style="list-style-type: none"> ◦ askedna.accesslex.org

Professional School Advising
 209 John J. Koldus Building
 1233 TAMU
 College Station, TX 77843-1233
 Tel. 979.847.8938
opsa@tamu.edu
opsa.tamu.edu