Follow the Path to Professional Programs

First year (Freshman)

- It is important that you maintain a consistently high grade point average. Do not underestimate the amount of time required to perform well in university-level courses. Study, study, study!

- Everything that you did in high school is now ancient history. Get involved in your University and community. Join a club on campus and regularly participate in club activities. You can continue to do the service work you did in high school or find new ways to develop your humanism. It would be a benefit to shadow your family physician and/or volunteer in a medical setting (hospital, hospice, clinic, etc.).

- Meet with the Pre-medical Professions Advisor to map out your path to professional school.

Second year (Sophomore)

- Sophomore-level courses can be a challenge. Definitely work hard to maintain a consistently high grade point average. Visit your professors during office hours to ensure that you understand the concepts presented in class.

- Continue to maintain your involvement in campus clubs and community service. Continue to shadow physicians and/or volunteer your time in a medical setting.

- Meet with the Pre-medical Professions Advisor to ensure you are on track for success.

Third year (Junior)

- Continue to maintain a consistently high grade point average. Begin to review and prepare for the admission exam for the professional school to which you plan to apply. If you intend to apply for matriculation in professional school for the fall semester after graduation, you will need to apply during the summer between your junior and senior years. That will require that you have taken the admission exam in late spring or early summer (April – June).

- Continue to maintain your involvement in campus clubs and community service and find leadership opportunities in those same places. Continue to shadow physicians and volunteer your time in a medical setting. Inquire about research opportunities at UNF, the Mayo Clinic Jacksonville, and through Research Experience for Undergraduate (REU) programs nationwide.
▪ Meet with the Pre-medical Professions Advisor as you prepare your primary professional school application. Discuss the appropriateness of the letter writers you have chosen to recommend you as well as the composite letter packet service offered by the Advisor.

Fourth year (Senior)

▪ Continue to maintain a consistently high grade point average. Work on the secondary applications you have received and practice your interviewing skills with the help of the opportunities afforded by the Biomedical Pre-professional Advising Office.

▪ Continue to be a leader, a humanitarian, and a compassionate individual. Continue to participate in a research experience.

▪ If you applied already, try to stay calm, as the application process involves a lot of waiting. Hopefully your path will lead you to success!

▪ If you have not yet applied, now you should begin to review and prepare for the admission exam for the professional school to which you plan to apply. You will apply during the summer after graduation, which will require you to take the admission exam in late spring or early summer (April – June). Meet with the Pre-medical Professions Advisor as you prepare your primary professional school application. Discuss the appropriateness of the letter writers you have chosen to recommend you as well as the composite letter packet service offered by the Advisor. Also, discuss how to best use your “gap year.”

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