Freshman Year Pre-Health Advising Check-up Sheet

What do you need to accomplish by the end of your freshman year (end of the summer after your freshman year)?

https://premed.umbc.edu

Excellent grades:

Science GPA of 3.3 or above
Overall cumulative GPA of 3.5 or above

· The science and overall GPA include ALL coursework from ALL colleges attended.
· Most professional schools include both grades (1st course attempt and repeated course attempt) of repeated courses in the GPA. This means the schools average the grades from repeated courses! This is different from how UMBC calculates your GPA, so if you repeated courses at UMBC, your UMBC GPA is falsely high.

GPA Calculator Tools, including Science GPA, predictor and forecasting tools are found at: https://premed.umbc.edu/gpa-calculators/

· Science GPA for pre-meds = all Biology, Chemistry, Physics, Math, and Statistics prefix courses from all colleges attended. (for example: BIOL is the prefix at UMBC for all Biology courses)
· Science GPA for pre-dents = all Biology, Chemistry, Physics, Math and Other Sciences courses from all colleges attended. A separate BCP-only GPA is calculated, too.
· Science & Overall GPA for pre-optometry = see the FAQ section of OptomCAS, http://www.optomcas.org/ Click on Overview, FAQ’s.
· Science & Overall GPA for pre-vet = see the FAQ section of VMCAS, https://portal.vmcas.org/

Research:  https://premed.umbc.edu/home/holistic-preparation/research/

It’s difficult for most freshmen to obtain research because you haven’t taken enough of the introductory science classes yet. Be patient. On-campus and off-campus laboratories might be more open to hiring you during your sophomore year or the summer after your sophomore year.

A high priority for freshmen is attending a “How to Get Started in Research” workshop offered by the Office of Undergraduate Education (see the Research link above for a link to the OUE along with other links for potential research opportunities).

Clinical Exposure:  
https://premed.umbc.edu/home/holistic-preparation/clinical-related-exposure/  
(Volunteering in a clinic/hospital and/or shadowing professionals one-on-one)

· By the end of this coming summer, you should have...
· Pre-meds: At least 40 hours
· Pre-dents & pre-optometry: At least 75 hours
· Pre-vets: At least 50 hours
Community Service:
https://premed.umbc.edu/home/holistic-preparation/community-service-philanthropy/
(helping others in a meaningful way and for the greater good; philanthropic work; this does not have to be healthcare related)
At least 35 hours dedicated to one organization to demonstrate loyalty. Your goal is to obtain a meaningful experience for a sustained period of time and continuous service over multiple years.

Leadership Position(s):
https://premed.umbc.edu/home/holistic-preparation/leadership-extracurricular-involvement/
If you are not yet in a leadership position, start planning how you are going to obtain a leadership position for the upcoming academic year. Leadership positions can be on-campus (part of a student organization) or off-campus (through a community/hometown based organization).

Extracurricular Involvement:
https://premed.umbc.edu/home/holistic-preparation/leadership-extracurricular-involvement/ (outside of Pre-Medical Society, Pre-Dental Society, Pre-Vet Society or UMBC for Sight)
Demonstrate active and consistent involvement with 1-2 UMBC or hometown-based organizations.

Important Issues for Freshmen:
➤ Repeat any admissions pre-requisite science courses in which you earned a C or below.

➤ Avoid an excessive amount of summer science courses. Repeating a science course during the summer is ok, but professional schools do not like to see a reliance on summer science classes. In other words, avoid a repeated pattern of taking courses during the summer.

➤ Get started on clinical exposure early and before you’re burdened by other responsibilities like Research.

Only Freshmen and Sophomores attend Mandatory Pre-Health Advising meetings. Juniors and Seniors do not attend Mandatory Pre-Health Advising meetings. As you progress through your remaining years at UMBC, you should continue to fortify your resumé in all of the aforementioned areas of Academics, Research, Clinical, Community Service, Leadership, and Extracurricular Involvement.

Holistic Preparation:
As you progress through your remaining years at UMBC, you should continue to fortify your resumé in all of the aforementioned areas of Academics, Research, Clinical, Community Service, Leadership, and Extracurricular Involvement. Be sure to spend time reading about Holistically Preparation and the important dimensions of a balanced application. The Holistic Preparation section of the website is found at https://premed.umbc.edu/home/holistic-preparation/.