

Dillard University Pre-Health Career Program

Junior Year

The mission of the Dillard University Pre-Health Program is to provide a supportive and empowering environment for students to prepare for and pursue post-baccalaureate academic opportunities leading to placement in careers as health care professionals. This will be accomplished through the intentional provision of services such as individualized coaching for course selection and support, access to test preparation, interpersonal skill development, guidance on application process, exposure to healthcare careers, and opportunities to engage and network with professionals in the industry.

The Pre-Health Program will facilitate the knowledge and resources to support students in the pre-health career decision-making process. Services are provided to students across academic disciplines with an expressed interest in the healthcare profession. The goal is to prepare well-rounded students to pursue academic and career opportunities upon graduation. Our approach requires individualized, timely assessments of students' undergraduate academic progress toward their academic and professional goals. Once students discover their passion for the health profession, we provide academic and professional guidance throughout each stage of the preparation and application processes to ensure students pursue the best pathway for their career goals.

Services Include:

- One-on-one and group academic advising on course selection for pre-health programs
 - Exposure to careers in the healthcare profession
 - Guidance on the application process for graduate/professional school programs
 - Opportunities to network with healthcare professionals
 - Interpersonal skill development focusing on soft skills necessary for successful healthcare professionals
 - Group Information seminars to facilitate post-baccalaureate readiness
 - Individual consultations for career exploration and preparation in the health professions
 - Assessment and review of application materials for health professional/graduate school
- *Passion * Preparation * Pathways***
- Travel funding for campus visits and professional conferences (limited availability)

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Student Expectations

Pre-Health students are expected to do the following:

- Meet regularly with the pre-health advisor and commit to the Pre-Health Program
- Attend Minority Health and Health Equity lectures
- Engage in health related community service activities
- Actively engage in the career exploration process and preparation process.
- Plan ahead. Learn timelines and deadlines for the programs and resources you want to take advantage of. Be proactive and intentional in planning academic and professional activities
- Take full advantage of all resources provided realizing that placement in health professions graduate-professional school program is not an automatic service. It's the overarching goal.
- Conduct frequent self-assessments of interest and preparation for the next endeavor.
- Do your research! Don't be passive consumers of knowledge and information.
- Discuss your interests with family members. The journey to the health career is a collaborative effort with faculty, students, advisors and family.
- Network! Network! Network! Your net worth is a reflection of your network!
- Build your brand! Who are you beyond your test scores and GPA?
- Use your time wisely! Don't procrastinate! Pursuing a health career is time-consuming and requires self-discipline above all else.

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Pre-Health Student Activity Log

Junior Year

- Maintain a competitive academic record. Build your brand!**
- Meet monthly with the pre-health advisor
- Take courses that align with graduate/professional school program interests.
- Update your Linked in profile - connect with or follow 15 professionals in your field of interest
- Provide feedback on any summer work/learning experiences
- Participate in co-curricular activities that can build leadership and interpersonal skills.
- Attend graduate/professional school recruitment events to learn more about prospective program eligibility requirements.
- Complete 15 hours of health-related community service (as part of Dillard University community service requirement)
- Attend at least 1 Minority Health & Health Equity Research Center sponsored lectures
- Research and apply for post-baccalaureate funding opportunities.
- Take standardized entrance exam no later than May 31st - MCAT; DAT; GRE (take a full-length practice test in the first half of your junior year)
- Visit prospective campuses & attend pre-professional conferences for networking purposes.
- Secure summer internship, research program and/or test prep summer course; academic enrichment
- Work with the Writing Center to finalize your personal statement

Minority Health & Health Equity Training Electives

- CPR
- [Seizure Recognition & First Aid Certification](#)
- [Safe Sleep Ambassador Certification](#)
- Open House

Seminar Electives

- Racial Justice Seminar
- Office of the Chaplain Program
- Ray Charles Program activity

Attendance should be documented with a photo demonstrating attendance sent via dm to the

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du_prehealth Instagram page or emailed to prehealth@dillard.edu

Looking forward...

Senior Year

- Maintain and improve your academic and professional brand!**
- Meet monthly with the pre-health advisor
- Provide feedback on any summer work/learning experiences
- Update personal statement/CV to include all applicable experiential learning
- Update your Linked in profile – continue to build your network
- Attend at least 1 Minority Health & Health Equity Research Center sponsored lectures
- Mentor a Freshman Pre-Health Career Student
- Reassess application submission timeline based on self-assessment of preparation.
- Participate in mock-interview sessions (interview skills, attire, travel funds, etc.).
- Prepare & submit graduate/professional school applications
- Consider pros and cons of each admission offer to insure an informed decision-making process
- Reassess post-baccalaureate career, service and educational options (if necessary).
- Prepare for transition to next life phase (housing, work/life balance, self-care, financial literacy, transportation, moving costs, etc.).
- Send final transcript to graduate/professional school, if needed
- Celebrate your college graduation milestone! Take time to enjoy your accomplishment.**

Dillard University Pre-Health Program Contact Information:

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