

Dillard University Pre-Health Career Program

Sophomore 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

Sophomore Year

- Maintain good grades.**
- Meet monthly with the pre-health advisor
- Enroll in classes strategically aligned with your academic/career interests.
- Update your Linked in profile - connect with or follow 10 professionals in your field of interest
- Begin standardized test prep for health graduate/professional school admissions (MCAT, DAT, OAT, PCAT, GRE, etc.)
- Pursue experiential learning opportunities (internship, mentorships, job shadowing opportunities, informational interviews, summer enrichment program, etc.)
- Complete 30 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 lecture, 1 virtual program, 1 seminar elective, and 1 MHHERC training elective
- Secure summer internship, research program or test prep summer course; academic enrichment
- Find the Writing Center and introduce yourself to the Writing Center Coordinator - develop your resume and draft your personal statement
- Apply for at least 1 undergraduate scholarship

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 du_prehealth Instagram page or emailed to prehealth@dillard.edu

Dillard University Pre-Health Career Program Sophomore Year

Looking forward...

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

Dillard University Pre-Health Program Contact Information:

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