

# SONOMA STATE UNIVERSITY

## SUGGESTED ACADEMIC TIMELINE

So, you want to be a Health Professional: Physician (MD or DO), Dentist, Physician Assistant, Optometrist, Pharmacist, Veterinarian, Chiropractor, or Podiatrist.

**How do you become one?** The following timeline may help you achieve your goal. There are many resources- the key is to use them. The best strategy is to make use of a variety of resources, don't base your decisions on one person's opinion or one article you have read.

### FRESHMAN YEAR:

- Enroll in Science 150 (Introduction to Careers in the Health Professions), a one-credit course that focuses on various options in the health professions. This course is offered Cr/NC in the fall semester only.
- Talk with parents, relatives, friends, employers and other contacts about your career goals.
- Meet with the health profession advisor (Dr. Joseph Lin, Darwin Hall Room 211) to discuss various options and to explore more health profession related resources and plan your academic program.
- Begin your biology, chemistry, physics and math course work needed for the health professional program.
- Investigate and apply for volunteer opportunities in the health care field.
- Keep your grades up! Grades are extremely important to being competitive for health profession programs.

### SOPHOMORE YEAR:

- If you have not already done so, choose a major based on your personal interests.
- Join a professional student organization such as Pre-Health Professions Club at SSU.
- Continue meeting with your major and health professions advisors
- Research health professions schools you want to apply to and learn about their specific requirements.
- Continue to work/volunteer in medical/health related settings.
- Expand your involvement in student clubs/organizations and community activities/volunteer programs. Look for opportunities to demonstrate leadership skills.
- Continue taking your health professions prerequisite course requirements
- Keep your grades up!

## **JUNIOR YEAR:**

- In the fall semester of your junior year, work with the Health Professions Advisory Program Office (Darwin Hall Room 200) and have a Health Professions Advisory Committee (HPAC) Credential File [HPAC file] set up under your name. Various Forms [HPAC Forms] you need to use for this purpose can be found on the HPAC website: <https://stb.sonoma.edu/hpap>
- Take additional suggested/recommended courses.
- Prepare and take the relevant Health Profession School Admissions Test (MCAT, DAT, OAT, or GRE) if required.
- At the beginning of the spring semester sign up for and attend a MOCK INTERVIEW with members on the Health Professions Advisory Committee.
- Complete your HPAC credential file with individual letters of evaluation.
- Review health professional school catalogs or websites.
- In January, begin to make a rough draft of your personal statement/essay, which is a critical component of your health professions school application.
- In May, begin preparing your application. Obtain a student copy of your transcript to assist with the application.
- Keep your grades up!
- Summer before your senior year: SUBMIT HEALTH PROFESSIONS SCHOOL APPLICATIONS. Take (if not already completed) or retake, if necessary, standardized admissions test.

## **SENIOR YEAR:**

- Meet with your major and health professions advisor to make sure you are on track for graduation and fulfilling professional school requirements.
- Continue working and/or volunteering in health care related settings.
- Work on secondary or supplemental application materials you may receive from schools you have already applied.
- Expect an invitation for interviews from health profession schools (generally, September-April).
- Refine your interview skills.
- Discuss “back up plans” with your health profession advisor if you do not get into a health profession program the first time you apply.

### **Contacts:**

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