

Prepare for Health Professions

Creating a Strategic Plan

Develop an individualized 4 year plan with your Career Adviser as your guide to reaching your career goals.

- **Talk to professionals** who work in healthcare fields of interest for key insights to help in your career journey.
- **Explore and learn about campus resources** and staff members that can support you throughout your four years academically, physically and emotionally.
 - Career Development, Professors, Academic Advising, Tutoring and Testing, Student Success, Campus Recreation, Student Activities, Student Counseling
- **Approach faculty members or doctors** you know for guidance and mentorship as you strive to grow as an aspiring doctor or health professional.
- **Develop effective study habits.** Learn to create an agenda or calendar which allows for a balance of personal, academic and professional life.
- **Be Active.** Find involvement opportunities on or off campus to develop skills and gain experience.

Skill Development

Develop skills that clarify your passion and strengthen your candidacy for professional school admission.

- **NSU Clinical Exploration Program** offers students the opportunity to shadow medical professionals on the job in many of NSU's medical and health clinics. Program participants gain a broad perspective that shows how various medical fields work together and a practical, up-close review of several medical career options.
 - www.fcas.nova.edu/student/clinical_exploration_program/index.cfm

Gain Relevant Experience

Rise above the competition by engaging in meaningful healthcare related experiences.

- **Shadowing Opportunities:** Shadowing professionals will provide you with greater insights into your interests in the field and what skills you need to be successful.
**Conducting Informational Interviews is a great way to introduce yourself to professionals you want shadow.*
- **Leadership and Campus Involvement:** A doctor is often the leader of the office, the healthcare team, or the direction of the conversation with the patient. Showcase your leadership skills by getting involved in pre-health clubs on campus.
- **Community Involvement and Volunteering:** Outreach or mission trips are great ways to get involved in the local or global community while developing your interpersonal skills and demonstrating to the admissions committee that you are passionate about helping others.
- **Customer Service and Part-Time Jobs:** Learn to communicate effectively with others, adapt to unpredictable situations and customers, balance your time by setting priorities, and solve problems while remaining positive. Why not seek a part time position in the healthcare field?
- **Career Shark:** The Career Development office has its own database with a variety of part-time, full time and internship opportunities for students. These employers are actively seeking to hire NSU students.
 - www.nova.edu/careershark

Personal Statement and Application Process

Create an application game plan early in your Junior year by gathering necessary information such as deadlines and application requirements.

- **Apply to medical schools** (through a centralized application service) and take the required examination a year prior to graduation. Don't wait for test scores to apply.
- **Personal Statements:** Set yourself apart from other similar candidates through story telling. This is the best moment—outside of the personal interview—to convey a sense of who you are, what is important to you, and why you will be successful.
- **Letters of Recommendation:** Identify professors or professionals who would write you a letter of recommendation and approach them early on in the process.
 - This is why stopping by your faculty member's office hours is important as they will remember you down the road when you need a recommendation and have seen firsthand your dedication.
- **Resume/CV:** Meet with a Career Adviser to compile your academic and professional experiences into a resume or CV in a manner that markets you effectively and targets your particular healthcare field.
- **Mock Interviews:** Practice interview skills at the career development office to approach each question strategically.

How to Prepare for Pre-Heath Tests

Guess what? Testing Services, the other half of the Tutoring and Testing Center, has a Lending Library available to all students who are preparing for their graduate school examinations....and it's all FREE.

- **Visit the Lending Library** for a variety of test preparation study guides, prep tests, and flash cards for most of the graduate level tests offered.
- **Check out test-prep material** for up to two weeks at a time. All NSU students have access to these resources to prepare for their exam(s). Students can also stop in to see what's available for in-house use.
- **Resources** that are available are based on the following exams:

o LSAT	o DAT
o MCAT	o GRE
o PCAT	o OAT

Key Tips for Success

It is critical that you meet regularly with your Academic Advisor and Career Adviser.

- **Work with your Academic Advisor** to plan your course selection carefully to ensure you are taking all the steps necessary to apply to your professional program.
- **Work with your Career Adviser** to develop a plan of action, help you find and obtain relevant experiences, and create all the professional documents and materials needed in the application process.
- **Take Biology and Chemistry** courses in your first year and seek out the FREE math, science, and writing tutoring services available at the Tutoring and Testing Center.
- **Be careful** about repeating courses and multiple course withdrawals.
- **Revise your action plan** when needed to ensure you are ready for any obstacles that may present themselves.
- **Take a variety of courses** and use this opportunity to obtain a broad education while you are an undergraduate student.
- **Explore the AAMC's** Considering a Career in Medicine Web site.
- **Reduce stress** and maintain balance in your life specifically when things seem overwhelming.