Health Career Preparation
Pre-Health Careers Checklist

The College of Continuing Education and the Health Careers Center have created a helpful checklist on how to explore and get started completing prerequisites for a health-related degree program (i.e. medical school, nursing, etc.). We recommend that you complete the checklist items in order to gain the greatest benefit for preparing to apply to a health-related degree program.

☐ Attend an Information Session about your program (highly recommended)
  • Dates and times are listed on the Health Careers Center Web site: www.healthcareers.umn.edu

☐ Visit the school Web sites
  • Visit the Web sites for each of the schools to which you plan to apply and make a list of the prerequisites required by each. Also, note other expectations they have for their application (i.e. work experience, volunteer work, interview, personal statement, etc.).
    www.healthcareers.umn.edu/hccfields/home.html

☐ Make a plan for completing application requirements
  Think about the following questions when making your plan, or if you are planning to complete prerequisites for medical school it is recommended you complete the “Planning for Medical School” noncredit short course offered by the Health Careers Center.
    www.healthcareers.umn.edu/shortcourses/planningformedicalschool/home.html

☐ Create a Timeline
  • When are you planning on applying to schools?
    • What schools are you considering?
    • Will you need to have completed all of the course work by that date?
    • What is the application timeline for the school(s) you are targeting?
  • When are you planning to take the GRE, MCAT, PCAT, DAT, or other admissions tests?
    • Are there courses you would like to have completed before taking this exam?
    • Do you have a plan to study for this exam (i.e. on your own, with friends, in a class, etc.)?
    • If you are planning to take a review class for the exam, have you set some money aside for it or have a plan to save for it?
  • Do you have volunteer or work experience related to the program?
    • Are you planning to volunteer or gain work experience before you apply?
    • Many schools require health-related experience. The University of Minnesota offers two Web sites for ideas and opportunities to volunteer.
      www.healthcareers.umn.edu/volunteer/home.html
      www.engage.umn.edu
Prerequisites

- Will you have to take courses that are prerequisites to your required prerequisite courses for your application? (i.e. Biol 1009 is the prerequisite for BioC 3021)
- Which courses need to be done first or before another class?

It is helpful to map out the sequence of courses and assign semesters to them (i.e. semester 1: Chem 1021; semester 2: Chem 1022; semester 3: Chem 2301, etc). Information about courses and their prerequisites can be found on the course search tool on the One Stop homepage www.onestop.umn.edu

Payment

- Will you work full- or part-time while you complete your prerequisites?
  - Are your work hours flexible?
  - Some prerequisite classes may not be offered in the evening or online, especially if they are high demand courses and fill up quickly.
- How are you planning to pay for the prerequisite courses?
  - Will your current employer cover some or all of the costs?
  - Have you looked for scholarships and/or student loans?
  - Are you planning to apply for a federal student loan using the prerequisite course work certification form?
  - Do you know the limitations of this loan? (See section below on prerequisite course work certification form).
  - Have you considered the risks involved in borrowing money to prepare for a program that you may or may not be admitted into?

Complete a short course(s) or attend a program information session offered by the Health Careers Center

www.healthcareers.umn.edu

Review Taking Credit Courses on the CCE Web site.

- Review Taking Credit Courses on the CCE Web site if you have questions about how to register for classes at the University of Minnesota. Remember, you do not need to be admitted to a degree program to take courses at the University.
  www.cce.umn.edu/Information-Center/Get-Started/How-To-Take-Credit-Courses/index.html

Prerequisite Course Work Certification Form Overview

Students who wish to complete prerequisites for a degree program are eligible for a federal loan to pay for tuition.

- Students are eligible only once in a lifetime to receive a federal student loan based on prerequisite eligibility status. Eligibility occurs during a consecutive 12-month period.
- You must file an official, current, Free Application for Federal Student Aid (FAFSA) with the Office of Student Finance (OSF). You must be enrolled at least half time (6 credits) in required prerequisite undergraduate courses at the University of Minnesota, Twin Cities, each term.
- The complete Prerequisite Course Work Certification form should be submitted to the One Stop Student Services office. The College of Continuing Education will sign off on this form for health degree programs, if you are a CCE non-degree student. Before you make an appointment to have it signed, the form must be complete. If you have prerequisites listed for programs other than the University of Minnesota, please bring a copy of the list of prerequisites from the other institution (i.e. institution/program Web site print out, handout from the other program, etc.)

The form can be found at the following Web site: www.onestop.umn.edu/forms/index.html