

HPAC Student Checklist and Timeline:

Required and Priority Activities in Red

First Year Fall

- Attend the HPAC orientation meeting (or meet with Maureen Tobin if you miss it)
- Get to know at least one faculty member well (start a list of potential letter writers in your pre-health portfolio)
- Develop your co-curricular interests by joining a student organization (begin an activity report and save it in your pre-health portfolio)
- Attend pre-health student meetings (KCMeds, etc) and HPAC programs/events (keep an updated record in your portfolio with a brief description of each event and any 'take away' ideas)
- Strive to do well in your courses
- Expand your knowledge of the medical world and its diversity
 - Read the health section of the New York Times
 - Use the internet resources on the HPAC webpage
 - Consult the [pre-health reading list](#)
- Meet with a HPAC member prior to registering for spring classes (at the HPAC advising lunch or individually) to review your progress and plans
- Think carefully about whether this demanding career path is indeed right for you and write a brief reflection on your thoughts and progress at the end of the semester. Save what you write in your pre-health portfolio

First Year Spring

- Plan summer activities that support your goals: volunteering, shadowing, research, internships, etc. Apply for programs early in the spring semester!
- Get to know at least one faculty member well (update your list)
- Attend pre-health student meetings (KCMeds, etc) and HPAC programs/events
- Strive to do well in your courses
- Expand your knowledge of the medical world and its diversity
 - Read the health section of the New York Times
 - Use the internet resources on the HPAC webpage
 - Consult the [pre-health reading list](#)
- Meet with a HPAC member prior to registering for fall classes (at the HPAC advising lunch or individually) to review your progress and plans
- Write a brief reflection on your thoughts and progress toward your pre-health goals after the semester has ended. Save what you write in your pre-health portfolio

First Year Summer

- Gain clinical experiences through volunteering, shadowing, summer job, or internship opportunities
- Engage in research with a Kenyon faculty member or other summer research program
- Enroll in a health-related training course (EMT, Phlebotomy, etc.)
- Write or update your CV and keep your pre-health portfolio current with activity reports

Sophomore Fall

- Get involved in research with a faculty member
- Continue to be engaged with co-curricular activities
- Seek out volunteer opportunities or medically-related experiences to explore your interests
- Strive to do well in your courses**
- Expand your knowledge of the medical world and its diversity
 - Read the health section of the New York Times
 - Use the internet resources on the HPAC webpage
 - Consult the [pre-health reading list](#)
- Attend pre-health activities arranged by student groups and HPAC
- Meet with a HPAC member prior to registering for fall classes (at the HPAC advising lunch or individually) to review your progress and plans**
- Write a brief reflection on your thoughts and progress toward your pre-health goals after the semester has ended. Save what you write in your pre-health portfolio

Sophomore Spring

- Plan summer activities that support your goals: research, volunteering, shadowing, internships, etc. Apply for programs early in the spring semester!
- Get to know at least one faculty member well (update your list)
- Attend pre-health student meetings (KCMeds, etc) and HPAC programs/events
- Strive to do well in your courses**
- Expand your knowledge of the medical world and its diversity
 - Read the health section of the New York Times
 - Use the internet resources on the HPAC webpage
 - Consult the [pre-health reading list](#)
- Begin a list of medical or health professional schools to which you would like to apply and determine the specific requirements of each (bring this information to the HPAC advising lunch)
- Declare you major
- Meet with a HPAC member prior to registering for fall classes (at the HPAC advising lunch or individually) to review your progress and plans. Be sure that your academic plan accommodates the specific requirements of your intended major and the schools to which you plan to apply**

Sophomore Summer

- Engage in research with a Kenyon faculty member or other summer research program.
- Gain clinical experiences through volunteering, shadowing, summer job, or internship opportunities
- Enroll in a health-related training course (EMT, Phlebotomy, etc.)
- Write or update your CV and keep your pre-health portfolio current with activity reports

Junior Year Fall (or two years prior to professional school matriculation)

- Attend REQUIRED Jr/Sr Pre-med meeting
- Ask primary and composite letter writers for their support
- Complete Candidate Information Form (you will receive this at Jr/Sr meeting)
- Continue research involvement with a faculty member
- Continue to be engaged with co-curricular activities
- Continue to volunteer and take on medically-related experiences
- Strive to do well in your courses
- Expand your knowledge of the medical world and its diversity
 - Read the health section of the New York Times
 - Use the internet resources on the HPAC webpage
 - Consult the [pre-health reading list](#)
- Attend pre-health activities arranged by student groups and HPAC
- Meet with a HPAC member prior to registering for fall classes (at the HPAC advising lunch or individually) to review your progress and plans. Make sure that you will meet the requirements of the schools to which you plan to apply
- Write a brief reflection on your thoughts and progress toward your pre-health goals after the semester has ended. Save what you write in your pre-health portfolio
- Over Thanksgiving break, take a practice MCAT
- Determine your MCAT study schedule for semester break and for spring semester

Junior Year Spring

- Register for admissions test that will occur in the late spring or early summer
- Continue preparing for admissions test (prep. course) Write, edit and revise your personal statements and seek feedback
- Confirm registration to admissions test
- Continue research involvement with a faculty member
- Continue to be engaged with co-curricular activities
- Continue to volunteer and take on medically-related experiences
- Strive to do well in your courses
- Expand your knowledge of the medical world and its diversity
 - Read the health section of the New York Times
 - Use the internet resources on the HPAC webpage

- Consult the [pre-health reading list](#)
- Attend pre-health activities arranged by student groups and HPAC
- Meet with a HPAC member prior to registering for fall classes (at the HPAC advising lunch or individually) to review your progress and plans. Make sure that you will meet the requirements of the schools to which you plan to apply
- Write a brief reflection on your thoughts and progress toward your pre-health goals after the semester has ended. Save what you write in your pre-health portfolio.
- Confirm that your primary letters have been submitted and meet with your composite writer before leaving campus for the summer
- Take admissions test by the end of **April** (do well!!)
- Arrange for a mock interview with the Preprofessional Advisor
- Turn in complete application materials to the Preprofessional Advisor

Junior Summer

- Submit application as early in June as possible.
- Complete secondary applications within 2 weeks of receiving them.
- Engage in research with a Kenyon faculty member or other summer research program
- Gain clinical experiences through volunteering, shadowing, summer job, or internship opportunities.
- Enroll in a health-related training course (EMT, Phlebotomy, etc.)
- Write or update your CV and keep your pre-health portfolio current with activity reports

Senior Year Fall (or one year prior to professional school matriculation)

- Continue to complete secondary applications
- Check in regularly with the Preprofessional Advisor
- Interview at institutions
- Continue research involvement with a faculty member
- Continue to be engaged with co-curricular activities
- Continue to volunteer and take on medically-related experiences
- Strive to do well in your courses
- Expand your knowledge of the medical world and its diversity
 - Read the health section of the New York Times
 - Use the internet resources on the HPAC webpage
 - Consult the [pre-health reading list](#)
- Attend pre-health activities arranged by student groups and HPAC
- Meet with a HPAC member prior to registering for spring classes (at the HPAC advising lunch or individually) to review your progress and plans. Make sure that you will meet the requirements of the schools to which you plan to apply

Senior Year Spring

- Submit most recent transcripts to schools
- Interviews continue.
- Check in regularly with the Preprofessional advisor
- Continue research involvement with a faculty member
- Continue to be engaged with co-curricular activities
- Continue to volunteer and take on medically-related experiences
- Strive to do well in your courses**
- Expand your knowledge of the medical world and its diversity
 - Read the health section of the New York Times
 - Use the internet resources on the HPAC webpage
 - Consult the [pre-health reading list](#)

- Attend pre-health activities arranged by student groups and HPAC
- Accept an offer!
- Graduate!