

PRE-HEALTH PROFESSION WORKSHEET

<https://www.utsa.edu/healthprofessions/>

1. EXPLORE HEALTH CAREERS

What health profession(s) are you currently interested in? List 2–3 potential options after exploring:

1. _____
2. _____
3. _____

Date you completed a career assessment/plan on completing a career assessment:

Which tool did you use? Career Explorer ExploreHealthCareers.org AAMC Other:

2. UNDERSTAND PREREQUISITES EARLY

My desired health profession schools/intended health profession(s):

Current degree plan alignment with prerequisites for your intended health profession program(s):

Current Degree Course Name	Prerequisite for Intended Program	Required By Which Program(s)?
Chemistry I	Chemistry I (no lab required)	UT Health Nursing Program

Have you checked DegreeWorks for your current major requirements? Yes Not yet

Date of next Academic Advisor meeting: _____

3. GET INVOLVED & GAIN EXPOSURE

Shadowing/Volunteering/Clinical Experience Plans:

Experience Type	Organization or Facility	Contact or Status	Hours Logged

Use the HPO Shadowing Log Template or create your own experience log to track hours.

4. BUILD RESUME & CORE COMPETENCIES

Are you a member of any health-related student orgs? Yes No

If yes, which one(s)?

If no, which ones(s) would you like to be a member of?

List a recent leadership, teamwork, or service experience:

What did you learn from it?

Have you started your resume/CV? Yes No

5. PREPARE FOR APPLICATION

Application Target Program(s):

Intended start date: _____ Application open date: _____ Application deadline: _____

Entrance exam required: MCAT DAT TEAS/HESI GRE Other: _____

Anticipated test date: _____

Personal Statement: Have you researched the personal statement of desired program(s) or started drafting one? Yes No

Have you practiced interviewing? Yes Not yet

FINAL NOTES & TO-DOS

Use this space to write your next 3 action steps:

1. _____
2. _____
3. _____

ADDITIONAL NOTES