

FIRST YEAR

Settle into Bowdoin, academically and socially

Explore extracurricular opportunities and take a science class or two

Reach out to your advisor or the health professions advisor with any questions

Attend relevant informational programs on campus, and don't panic!

SOPHO MORE YEAR

Review academic requirements for different health professions

Meet with Dr. Ramus about your interests

Attend the All-Sophomore meeting, select your major, decide whether or not to study abroad, & map out courses accordingly

Engage in community service & extracurricular activities

Hold a pertinent internship during the summer or lay the groundwork for an internship next summer

JUNIOR YEAR

Consider a leadership role in extracurricular activities or a senior honors project

Speak with health care professionals in your field(s) of interest

Meet with Dr. Ramus to discuss your plan of action and evaluate your prospective candidacy

Complete necessary academic requirements, tests, & applications during the spring or summer if you hope to matriculate in a health professions program the fall after graduation

Hold a relevant internship & consider working on applications during the summer

SENIOR YEAR

Maintain a high level of academic performance, especially in honors projects or independent studies

Continue to put energy into your extracurriculars & community involvement

Complete your applications & prepare for/attend interviews if you are applying to enter in the fall

Complete necessary requirements, tests, & applications if you hope to matriculate in a health professions program after 1+ years out of college

“FOUR YEAR PLAN”

FOR FUTURE HEALTH PROFESSIONALS

OFFICE OF HEALTH PROFESSIONS ADVISING