### 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 professionals advisor with any questions
- Attend relevant informational programs on campus, and don’t panic!

### SOPHOMORE 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

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**“FOUR YEAR PLAN” FOR FUTURE HEALTH PROFESSIONALS**

OFFICE OF HEALTH PROFESSIONS ADVISING