

Seattle Pacific University

Pre-Professional Health Sciences Program

Roadmap

Refer to [the PPHS website](#) for additional information about preparing for careers in the health sciences.

Year One Checklist

- Design a two-year academic plan in consultation with your faculty advisor.
- Attend Involve-o-Rama at the start of fall quarter and join at least one student club.
- Visit the John Perkins Center.
- Begin volunteering off campus.
- Enroll in PPHS 1200 during winter quarter.
- Explore a variety of health care professions.
- Investigate job-shadowing possibilities.
- Apply for a summer job, internship, or volunteer experience.
- Read at least one book with a health care theme.
- Update your journal or portfolio.

Year Two Checklist

- Design a four-year academic plan in consultation with your faculty advisor.
- Enroll in PPHS 1800 during spring quarter.
- Narrow down possible health care professions.
- Explore the admissions requirements of professional schools.
- Continue volunteering off campus (at least 20 hours per year).
- Continue job shadowing (at least 20 hours per year).
- Apply for a summer job, internship, or volunteer experience.
- Begin building relationships with professors and other mentors.
- Apply for a PPHS scholarship.
- Read at least one book with a health care theme.
- Update your journal or portfolio.

Years Three and Four Checklist

- Meet regularly with your faculty advisor.
- Decide which type of profession to pursue.
- Explore the admissions requirements of individual schools.
- Check that your GPA is in line with the entrance requirements.
- Make a plan to complete the coursework for your type of graduate program.
- Investigate the testing process for your program, including when to take the test and how to prepare for it.
- Enroll in PPHS 3400 during fall quarter of your final year.
- Devise a timeline for applying to professional school.
- Continue volunteering off campus (at least 20 hours per year).
- Continue job shadowing (at least 20 hours per year).
- Reflect on experiences that boost leadership skills, cross-cultural competencies, self-sufficiency, reliability, and teamwork.
- Draft a personal statement.
- Build relationships with professors and other mentors.
- Work on a resume or CV.
- Sign up to receive news and commentary about your intended field.
- Apply for a summer job, internship, or volunteer experience.
- Apply for a PPHS scholarship.
- Make plans for a bridge career.
- Read at least one book with a health care theme.
- Update your journal or portfolio with detailed reflections.