

## **SPU PPHS Program Gap Year Roadmap**

### **Summer**

- Consider a post-baccalaureate program if you need to raise your GPA.
- Consider other healthcare-related activities: clinical experience, biomedical research, shadowing, standardized test prep, volunteering.\*
- Focus on active preparation rather than recreation.
- Update your portfolio.

### **Fall & Winter**

- Correspond with advisors and mentors (including PPHS advisor) about your plans. Gather advice and feedback; form a strategy.
- Contact writers of evaluation letters to inform them about your application timeline.
- If you haven't taken the appropriate standardized exam, consider enrolling in a test prep course.\*
- Check in with PPHS administrator.
- Fill out the application for a committee interview (See [Application Year](#) information).
- Update your portfolio.

### **Spring**

- Research alternative graduate programs, post-baccalaureate programs, and employment related to career interests.
- Continue shadowing, volunteering, and journaling.
- Update your portfolio.