GET INVOLVED!

- Pre-Nursing Club
- Aspiring Scientists, Engineers, and Physicians Partnership
- Pre-Vet Club
- Health Leads (HL)
- Hopkins Organization for Pre-Health Education
- Pre-dental society

POSSIBLE FOUR-YEAR TIMELINE

FIRST YEAR SUGGESTIONS

**Fall**
- Attend first-year Launch sessions and office hours with Life Design Lab staff
- Register and attend Freshman Seminar: Pre-Health
- Attend Pre-Professional Freshman Group Meeting
- Visit Pre-Professional Advising’s Website
- First Year Interession: shadow in a hospital
- Attend Health Sciences career events to learn about multiple post-grad options

**Spring**
- Join student groups like Pre-Nursing and Health Leads
- Create a LinkedIn and GoHopOnline profile (go to Life Design Office Hours for help!)
- Consider applying for a clinical, research, or hospital shadow experience through Pre-Professional Advising
- Join a professional association like APHA or ADA
- Attend resume workshops or office hours to have your resume reviewed
SECOND YEAR

Fall
- Use GoHopOnline to find five alumni for informational interviews and job shadowing
- Attend a networking workshop and consider finding a faculty or alumni mentor you admire
- Talk to Pre-Professional Advising about medical school timeline
- Attend several health-focused employer information sessions
- Consider registering for classes like Professional Communications in Science, Business and Industry or Scientific Writing

Spring
- Participate in or attend the public health alumni panel
- Find local volunteering opportunities through Source or CSC to stay involved
- Shadow doctors/researchers on JHMI campus
- Research and secure a summer internship (CIIP, InBaltimore, etc.)
- Explore career paths other than medical school at Health Sciences Academy programs

JUNIOR YEAR

Fall
- Fine-tune your interview skills and practice with InterviewStream
- Meet with a Life Design Educator to create an updated, tailored resume
- Craft your pitch for medical/professional school (mock interview coaching sessions help)
- Apply for the Health Sciences intersession to explore, network and learn
- Conduct informational interviews or job shadows with local alumni and faculty

Spring
- Use Handshake to apply to summer internships
- Attend bridge year panel from Pre-Professional Advising
- Identify and apply to bridge year experiences as needed
- Research and prepare graduate school applications if needed
- Seek out leadership development skills via your student groups or clubs

SENIOR YEAR

Fall
- Use Handshake and Book of Lists to find 10-20 job opportunities and tailor your resume to reflect them
- Refine elevator pitch and practice phone and Skype interviewing skills
- Attend Junior and Senior Class Meeting: Neuro & BB

Spring
- Connect with companies and alumni that are hiring
- Apply for bridge year experiences or full-time positions
- Mentor younger Health Sciences students

PROFESSIONAL ASSOCIATIONS
- American Public Health Association
- Maryland Public Health Association
- Society for Neuroscience
- Biomedical Engineering Society
- American College of Physicians
- American Dental Association
- National Student Nurses’ Association
- American Pre-Veterinary Medical Association

studentaffairs.jhu.edu/life-design
handshake.jhu.edu