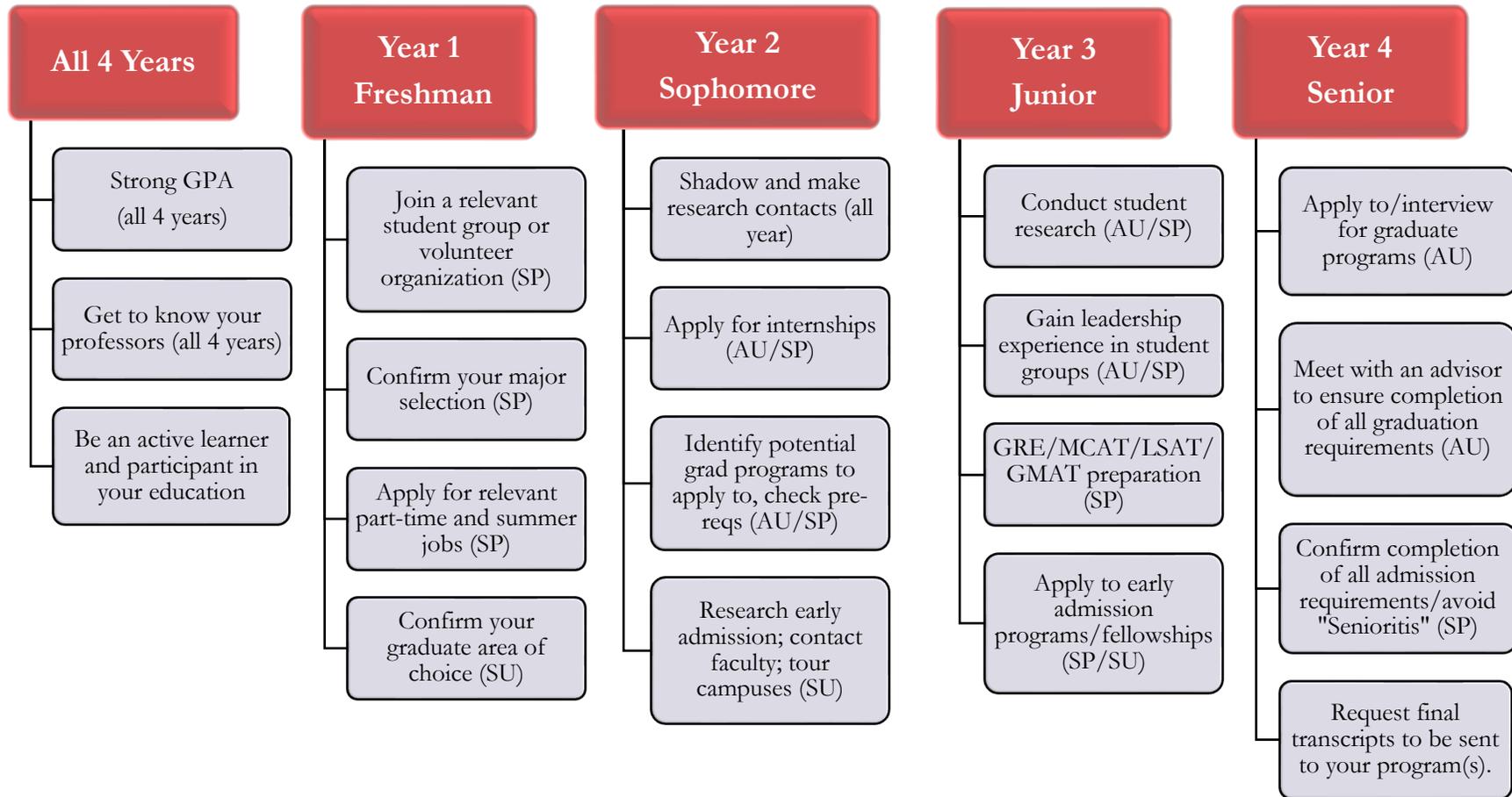


GENERAL PLANNING TIMELINE

Any students applying to a graduate/professional program after their bachelor's degree should be considering each of the following things. Below is a suggested timeline, but components may be completed in a variety of ways for students to still be successful, although it may impact their application process. This timeline is working under the assumption the student will not be taking any "gap years".



PRE-DENTISTRY

ALL FOUR YEARS

Follow the OSU College of Dentistry on social media

(and any other institutions you're considering!)

Begin building relationships with your professors. Go to their office hours, speak with them after class, and ask them about their experiences. Your application will require recommendation letters, so building these relationships now will help in the long term.

- 2 letters are required at OSU - 1 of those letters needs to be a Science Professor.
- Some schools may have different requirements –research your schools of interest early.
- Put together your resume as you gain experiences (you'll be giving this to anyone writing a letter for you).

YEAR 1—FRESHMAN

Join Pre-Dental Club. You'll get to meet potential future classmates, meet dentists you can shadow later, and answer any questions you might have about the dental school application process or the profession in general.

Confirm your major selection. For most programs, you can major in anything if you're meeting the prerequisites for admission. Ensure that your major is interesting to you, is something you can be academically successful in, and could serve as a "Plan B" in case your plans change for various reasons.

YEAR 2—SOPHOMORE

Go visit a dental Admissions Counselor. They will discuss the prerequisite classes, extracurricular involvement, research, DAT scores (if taken) and talk to you about how you can improve and how competitive you are. They will also help you search for Dental schools in the country so you can check where you stand with those pre-requisite courses. Office of Dental Admissions at OSU: 614-292-3361 dentistryadmissions@osu.edu

Start shadowing hours early. 40 hours of shadowing required, although 100 hours of shadowing is recommended to be competitive. It is recommended to shadow at least 1 General Dentist and then to get exposure to different specialties. Consider shadowing in Pediatrics, Orthodontics, Endodontics, and Periodontology.

Identify potential graduate programs to apply to. Different programs have different prerequisite requirements. By identifying your top choices early, you can ensure you are scheduling all the courses you need moving forward.

Begin building your resume.

Community/Volunteer Service: The health profession is strongly oriented to serving the community. You should demonstrate a commitment to the community by involving yourself in service and volunteer activities.

Leadership: Dedication, determination, decision-making, communication skills, teamwork, and a willingness to contribute to the welfare of others are characteristics of effective leaders. Leadership experience can be gained in a variety of ways, including participation in work, church, community, or school organizations.

Extracurricular activities: We want to know how applicants deal with the demands of their lives outside the classroom. Your ability to juggle these challenges is a strong indicator of how well you will handle responsibilities, stress, and the demands of dental school. Students should select activities that they are passionate about. There is no right or wrong type of involvement, if you're involved! If you are interested in research, this can be an option for extracurricular engagement. For help with getting involved in research, contact [OSU's Undergraduate Research & Creative Inquiry Office](#). You can also check out the [OSU Dentistry Research Page](#). OSU does not require research experience.

YEAR 3—JUNIOR

Prepare for the Dental Admission Test (DAT). To be considered for admission to OSU's Dentistry program, students must have a 17 or higher on the DAT. Sign up for Kaplan Test Prep, DAT Boot Camp, explore CHAD Videos (Select Pre-Health Videos, then DAT Videos), and "Crack the DAT". The DAT includes the Perceptual Ability Test. Check out "Crack the DAT PAT" or consider taking the OSU course: **ENGR 2193** that is catered to pre-dental students.

Start on your application before it opens and apply early (OSU has rolling admissions). You should start your personal statement at least a month before the application opens. If you get stuck or need an extra pair of eyes to look over your statement, go to the OSU Writing Center (4132 Smith Lab).

Prepare for the interview process. Consider contacting Career Counseling & Support Services - they have workshops on "Applying to Graduate School" & "Effective Interviewing skills" or you can always schedule an appointment or attend walk-ins to speak one-on-one with a counselor.

YEAR 4—SENIOR

Begin interviewing for programs.

Meet with your undergraduate major advisor to ensure graduation requirements are met.

PRE-DIETETICS AND NUTRITION

ALL FOUR YEARS

Follow the OSU School of Health and Rehabilitation Sciences on social media

(and any other institutions you're considering!)

Begin building relationships with your professors. Go to their office hours, speak with them after class, and ask them about their experiences. Your application will require recommendation letters, so building these relationships now will help in the long term.

YEAR 1—FRESHMAN

Confirm your major selection. For most programs, you can major in anything if you're meeting the prerequisites for admission. Ensure that your major is interesting to you, is something you can be academically successful in, and could serve as a "Plan B" in case your plans change for various reasons.

YEAR 2—SOPHOMORE

Identify potential graduate programs to apply to. Different programs have different prerequisite requirements. By identifying your top choices early, you can ensure you are scheduling all the courses you need moving forward.

Get involved in Research. Research can be in any discipline and performed at any site. You should be able to describe your projects, the questions being asked in the research and your role in the conduct of the research. For help with getting involved in research, contact [OSU's Undergraduate Research & Creative Inquiry Office](#).

Contact the Admissions Department of all prospective programs. They can answer any specific questions about the program, walk you through the application, and provide tips on what to expect throughout the admissions process. At The Ohio State University, you can contact HRSGraduateStudentServices@osumc.edu to discuss the program.

Begin building your resume.

Community/Volunteer Service: The medical profession is strongly oriented to serving the community. You should demonstrate a commitment to the community by involving yourself in service and volunteer activities.

Leadership: Dedication, determination, decision-making, communication skills, teamwork, and a willingness to contribute to the welfare of others are characteristics of effective leaders. Leadership experience can be gained in a variety of ways, including participation in work, church, community, or school organizations.

Extracurricular activities: We want to know how applicants deal with the demands of their lives outside the classroom. Your ability to juggle these challenges is a strong indicator of how well you will handle responsibilities, stress, and the demands of the program.

YEAR 3—JUNIOR

Prepare for the Graduate Record Examination (GRE). Sign up for [Kaplan Test Prep](#). Use free and low-cost GRE tests rather than paying for a "trial" test. The program at OSU does not require the GRE, but others might. Make sure you check their websites for this requirement.

Start on your application before it opens and apply early. You should start your personal statement at least a month before the application opens. If you get stuck or need an extra pair of eyes to look over your statement, go to the OSU Writing Center (4132 Smith Lab).

Prepare for the interview process. Consider contacting Career Counseling & Support Services - they have workshops on "Applying to Graduate School" & "Effective Interviewing skills" or you can always schedule an appointment or attend walk-ins to speak one-on-one with a counselor.

YEAR 4—SENIOR

Begin interviewing for programs.

Meet with your undergraduate major advisor to ensure graduation requirements are met.

PRE-GRADUATE ENTRY NURSING PROGRAMS

ALL FOUR YEARS

Follow the OSU College of Nursing on social media

(and any other institutions you're considering!)

Begin building relationships with your professors. Go to their office hours, speak with them after class, and ask them about their experiences. Your application will require recommendation letters, so building these relationships now will help in the long term.

- OSU requires a minimum of 3 letters of recommendation. 2 should come from faculty (more detailed and thorough). It is recommended to have them submitted by late September since the deadline is October 31st.
- The recommender should be able to discuss your critical & analytical thinking skills, academic ability, contributions to nursing and your ability to succeed in a rigorous graduate program.
- Put together your resume as you gain experiences (you'll be giving this to anyone writing a letter for you).

YEAR 1—FRESHMAN

Confirm your major selection. For most programs, you can major in anything if you're meeting the prerequisites for admission. Ensure that your major is interesting to you, is something you can be academically successful in, and could serve as a "Plan B" in case your plans change for various reasons.

YEAR 2—SOPHOMORE

Explore specialty areas. Applicants need to select their specialty at time of application. It's recommended to conduct informational interviews with professionals in the field to make sure the specialty area is the right fit for you. [Try taking the Specialty Quiz online for help in finding what nursing specialization is the right fit for you.](#)

Attend an admissions informational session for prospective students. These sessions offer a summary of the program and application process. If you still have questions after attending an informational session, contact the Graduate Outreach Staff for a one-on-one appointment. 614-292-4041 nursing@osu.edu.

Identify potential graduate programs to apply to. Different programs have different prerequisite requirements. By identifying your top choices early, you can ensure you are scheduling all the courses you need moving forward.

Get involved in Research. Research can be in any discipline and performed at any site. You should be able to describe your projects, the questions being asked in the research and your role in the conduct of the research. For help with getting involved in research, contact [OSU's Undergraduate Research & Creative Inquiry Office](#).

Begin building your resume.

Community/Volunteer Service: The nursing profession is strongly oriented to serving the community. You should demonstrate a commitment to the community by involving yourself in service and volunteer activities.

Leadership: Dedication, determination, decision-making, communication skills, teamwork, and a willingness to contribute to the welfare of others are characteristics of effective leaders. Leadership experience can be gained in a variety of ways, including participation in work, church, community, or school organizations.

Extracurricular activities: We want to know how applicants deal with the demands of their lives outside the classroom. Your ability to juggle these challenges is a strong indicator of how well you will handle responsibilities, stress, and the demands of this program.

YEAR 3—JUNIOR

Start on your application before it opens and apply early. You should start your personal statement at least a month before the application opens. If you get stuck or need an extra pair of eyes to look over your statement, go to the OSU Writing Center (4132 Smith Lab).

- Opportunity for you to describe "who you are" and "what you plan to do with your education".
- Motivation for pursuing your specialty area and how you decided upon your specialty area.
- Check out the Personal Statement prompt on the [OSU Nursing website](#).

Prepare for your online interview process. You are required to complete an interview through an online portal called HireVue. You will answer four brief questions and your responses will be recorded. Consider contacting Career Counseling & Support Services - they have workshops on "Applying to Graduate School" & "Effective Interviewing skills" or you can always schedule an appointment or attend walk-ins to speak one-on-one with a counselor.

YEAR 4—SENIOR

Begin interviewing for programs. Programs that do not have the online interview process like OSU does will typically interview candidates during the Autumn term.

Meet with your undergraduate major advisor to ensure graduation requirements are met.

PRE-MEDICINE

ALL FOUR YEARS

Follow the OSU College of Medicine on social media

(and any other institutions you're considering!)

Begin building relationships with your professors. Go to their office hours, speak with them after class, and ask them about their experiences. Your application will require recommendation letters, so building these relationships now will help in the long term.

- OSU requires 3 letters – be sure to ask individuals if they can write you a “strong” letter.
- Submit 2 letters from professors in any courses who have taught you and assigned a grade for credit in the course; at least 1 should be a science course.
- Personal /Professional Experience Letters are strongly recommended. This can be completed by individuals who know you outside of the classroom, such as: supervisors, managers, someone you have worked with in a community/volunteer setting etc.
- Put together your resume as you gain experiences (you'll be giving this to anyone writing a letter for you).

YEAR 1—FRESHMAN

Join a relevant student club/organization: Pre-Medicine Club or First-Generation Pre-Medical Student Association. You'll get to meet potential future classmates, hear guest speakers who provide information about the application process and the many aspects of the medical field, interact with outstanding OSU faculty, and have any questions answered about the profession and application process.

Confirm your major selection. For most programs, you can major in anything if you're meeting the prerequisites for admission. Ensure that your major is interesting to you, is something you can be academically successful in, and could serve as a “Plan B” in case your plans change for various reasons.

YEAR 2—SOPHOMORE

Review your academic plan and consider taking the following courses:

- MedColl 2000.21 Introduction to Medicine (2 credit hours) Designed for students interested in a career in medicine, this course will provide an overview of the field (knowledge and skill requirements), information about prerequisites and applying to medical school.
- MedColl 2022 A Day in the Life: Undergraduate Physician Shadowing (1 unit) Deciding on whether medicine is the right career choice for someone interested in the health professions is challenging. This course is designed to provide a meaningful preceptorship experience with physicians in various disciplines to provide the student with a better understanding of the field. Pre-req: Soph, Jr, or Sr standing. Preference given to those who completed MedColl 2000.21.

Attend a College of Medicine Admissions Q&A Session. These sessions will give answers to your questions about the application process, the AACM's holistic review of applicants, the MCAT, the personal statement, and much more.

Office of Admissions for the College of Medicine: 614-292-7137 medicine@osu.edu.

Start getting clinical experience early. As a medical school candidate, you are expected to spend enough time in a clinical setting to understand the challenges and demands of the lifestyle you will encounter as a physician. Experience with patient exposure may be gained through volunteerism or work at hospitals, emergency rooms, homeless clinics, and extended-care facilities.

Begin building your resume.

Community/Volunteer Service: The medical profession is strongly oriented to serving the community. You should demonstrate a commitment to the community by involving yourself in service and volunteer activities.

Leadership: Dedication, determination, decision-making, communication skills, teamwork, and a willingness to contribute to the welfare of others are characteristics of effective leaders. Leadership experience can be gained in a variety of ways, including participation in work, church, community, or school organizations.

Extracurricular activities: We want to know how applicants deal with the demands of their lives outside the classroom. Your ability to juggle these challenges is a strong indicator of how well you will handle responsibilities, stress, and the demands of medical school.

Identify potential programs to apply to. Different programs have different prerequisite requirements. By identifying your top choices early, you can ensure you are scheduling all the courses you need moving forward.

Get involved in Research. Research can be in any discipline and performed at any site. You should be able to describe your projects, the questions being asked in the research and your role in the conduct of the research. For help with getting involved in research, contact [OSU's Undergraduate Research & Creative Inquiry Office](#).

PRE-MEDICINE cont...

YEAR 3—JUNIOR

Prepare for the Medical College Admissions Test (MCAT). Sign up for Kaplan MCAT Test Prep and/or Princeton Review MCAT Prep Course

Start on your application before it opens and apply early. It takes a while to process the application, and then they send the secondary application.

Write a strong personal statement.

- What to include: Is there something unique about you? Why do you want to be a physician? Explain your journey – the process from being a ___ major to wanting to be a physician. How did you develop as a person, what experiences shaped you the most? Why medicine compared to any other helping profession? What will you contribute to class? How will you relate to a diverse population, etc.?
- Highlight your characteristics: compassion, empathy, motivation etc. Discuss the obstacles that you had to overcome – being raised by a single parent, first generation student etc.
- Do not include controversial topics, don't try to become too creative, don't use extended apologies, and don't relist everything from the CV/AMCAS application – they will read it!
- Be sure to proofread. If you get stuck or need an extra pair of eyes to look over your statement, go to the OSU Writing Center (4132 Smith Lab).

Prepare for the interview process. Consider contacting [Buckeye Careers](#) - they have weekly workshops on interview skills or you can always schedule an appointment to speak one-on-one with a counselor.

YEAR 4—SENIOR

Begin interviewing for programs.

Meet with your undergraduate major advisor to ensure graduation requirements are met.

PRE-OCCUPATIONAL THERAPY

ALL FOUR YEARS

Follow the OSU School of Health and Rehabilitation Sciences on social media

(and any other institutions you're considering!)

Begin building relationships with your professors. Go to their office hours, speak with them after class, and ask them about their experiences. Your application will require recommendation letters, so building these relationships now will help in the long term.

- A letter from an OT will usually be required. Having done a lot of hours with a single therapist will yield better letters of recommendation because s/he will know you well.
- Put together your resume as you gain experiences (you'll be giving this to anyone writing a letter for you).

YEAR 1—FRESHMAN

Join the Pre-Occupational Therapy Club. You'll get to meet potential future classmates, hear guest speakers who provide information about the application process and the many aspects of the occupational therapy field, interact with outstanding OSU faculty, and have any questions answered about the profession and application process. This will also help with finding OTs to shadow.

Confirm your major selection. For most programs, you can major in anything if you're meeting the prerequisites for admission. Ensure that your major is interesting to you, is something you can be academically successful in, and could serve as a "Plan B" in case your plans change for various reasons.

YEAR 2—SOPHOMORE

Start shadowing hours early. Multiple hours of shadowing are required to be competitive. OSU requires 40 hours of observation/shadowing experience to apply. It is recommended to shadow in at least two sub-specialties. Once you find a therapist you enjoy working with, shadowing consistently for several years helps you develop a good relationship with them and a deeper understanding of the field. Try journaling about your shadowing experiences. Record your thoughts and reactions, what you learned and what surprised you, what you liked and disliked. Reviewing this journal prior to writing your personal statement or having an interview will make those experiences fresh in your mind again.

Identify potential graduate programs to apply to. Different programs have different prerequisite requirements. By identifying your top choices early, you can ensure you are scheduling all the courses you need moving forward.

Get involved in Research. Research can be in any discipline and performed at any site. You should be able to describe your projects, the questions being asked in the research and your role in the conduct of the research. For help with getting involved in research, contact [OSU's Undergraduate Research & Creative Inquiry Office](#).

Contact the Admissions Department of all prospective programs. They can answer any specific questions about the program, walk you through the application, and provide tips on what to expect throughout the admissions process. At The Ohio State University, you can contact HRSGraduateStudentServices@osumc.edu to discuss the program.

Begin building your resume.

Community/Volunteer Service: The medical profession is strongly oriented to serving the community. You should demonstrate a commitment to the community by involving yourself in service and volunteer activities.

Leadership: Dedication, determination, decision-making, communication skills, teamwork, and a willingness to contribute to the welfare of others are characteristics of effective leaders. Leadership experience can be gained in a variety of ways, including participation in work, church, community, or school organizations.

Extracurricular activities: We want to know how applicants deal with the demands of their lives outside the classroom. Your ability to juggle these challenges is a strong indicator of how well you will handle responsibilities, stress, and the demands of the program.

YEAR 3—JUNIOR

Prepare for the Graduate Record Examination (GRE). Sign up for [Kaplan Test Prep](#). Use free and low-cost GRE tests rather than paying for a "trial" test. The program at OSU does not require the GRE, but others might. Make sure you check their websites for this requirement.

Start on your application before it opens and apply early. You should start your personal statement at least a month before the application opens. If you get stuck or need an extra pair of eyes to look over your statement, go to the OSU Writing Center (4132 Smith Lab).

Prepare for the interview process. Consider contacting Career Counseling & Support Services - they have workshops on "Applying to Graduate School" & "Effective Interviewing skills" or you can always schedule an appointment or attend walk-ins to speak one-on-one with a counselor.

YEAR 4—SENIOR

Begin interviewing for programs.

Meet with your undergraduate major advisor to ensure graduation requirements are met.

PRE-OPTOMETRY

ALL FOUR YEARS

Follow the OSU College of Optometry on social media

(and any other institutions you're considering!)

Begin building relationships with your professors. Go to their office hours, speak with them after class, and ask them about their experiences. Your application will require recommendation letters, so building these relationships now will help in the long term.

- 3 letters are required at OSU - 1 from an Optometrist, 1 from a professor, and 1 from anyone (Coach, Employer, Professor, etc.). Some schools may have different requirements –research your schools of interest early.
- Put together your resume as you gain experiences (you'll be giving this to anyone writing a letter for you).

YEAR 1—FRESHMAN

Join the Pre-Optometry Club. You'll get to meet potential future classmates, hear guest speakers who provide information about the application process and the many aspects of the optometric field, interact with outstanding OSU faculty, and have any questions answered about the profession and application process.

Confirm your major selection. For most programs, you can major in anything if you're meeting the prerequisites for admission. Ensure that your major is interesting to you, is something you can be academically successful in, and could serve as a "Plan B" in case your plans change for various reasons.

YEAR 2—SOPHOMORE

Contact the Optometry Office of Student Affairs. They will discuss your classes, extracurricular involvement, research, OAT scores (if taken) and talk to you about how you can improve and how competitive you are. They will also help find contacts in your local area to complete the observation hours needed. Office of Optometry Admissions at OSU: 614-292-2647 admissions@optometry.osu.edu.

Start shadowing hours early. OSU requires 10 hours of observation with a minimum of 2 different optometric practice settings. Examples include Private Practice, Commercial, or Hospital Based. The College of Optometry at OSU, due to COVID-19 restrictions, will be accepting an informational interview in place of one required shadowing experience. Shadowing experiences and interviews are reported on an honor-system basis and should be used to enhance your knowledge and understanding of the profession. Make sure to confirm with each school that you are considering whether they have adjusted due to COVID-19.

Identify potential graduate programs to apply to. Different programs have different prerequisite requirements. By identifying your top choices early, you can ensure you are scheduling all the courses you need moving forward.

Begin building your resume.

Community/Volunteer Service: The medical profession is strongly oriented to serving the community. You should demonstrate a commitment to the community by involving yourself in service and volunteer activities.

Leadership: Dedication, determination, decision-making, communication skills, teamwork, and a willingness to contribute to the welfare of others are characteristics of effective leaders. Leadership experience can be gained in a variety of ways, including participation in work, church, community, or school organizations.

Extracurricular activities: We want to know how applicants deal with the demands of their lives outside the classroom. Your ability to juggle these challenges is a strong indicator of how well you will handle responsibilities, stress, and the demands of optometry school. Students should select activities that they are passionate about. There is no right or wrong type of involvement if you're involved! If you are interested in research, this can be an option for extracurricular engagement. For help with getting involved in research, contact [OSU's Undergraduate Research & Creative Inquiry Office](#). The College of Optometry does not require research experience.

YEAR 3—JUNIOR

Prepare for the Optometry Admission Test (OAT). Sign up for Kaplan Test Prep, explore "Crack the OAT". The College of Optometry at OSU will also consider accepting other graduate/professional school tests such as the GRE, MCAT, PCAT, and DAT. Please consult with the College of Optometry if you have questions about these options.

Start on your application before it opens and apply early (OSU has a rolling admission). You should start your personal statement at least a month before the application opens. If you get stuck or need an extra pair of eyes to look over your statement, go to the OSU Writing Center (4132 Smith Lab).

Prepare for the interview process. Consider contacting Career Counseling & Support Services - they have workshops on "Applying to Graduate School" & "Effective Interviewing skills" or you can always schedule an appointment or attend walk-ins to speak one-on-one with a counselor.

YEAR 4—SENIOR

Begin interviewing for programs. Different programs interview on different timelines. The College of Optometry at OSU will begin interviewing as early as the summer before your senior year.

Meet with your undergraduate major advisor to ensure graduation requirements are met.

PRE-PHARMACY

ALL FOUR YEARS

Follow the OSU College of Pharmacy on social media

(and any other institutions you're considering!)

Begin building relationships with your professors. Go to their office hours, speak with them after class, and ask them about their experiences. Your application will require recommendation letters, so building these relationships now will help in the long term.

- Put together your resume as you gain experiences (you'll be giving this to anyone writing a letter for you)

YEAR 1—FRESHMAN

Confirm your major selection. For most programs, you can major in anything if you're meeting the prerequisites for admission. Ensure that your major is interesting to you, is something you can be academically successful in, and could serve as a "Plan B" in case your plans change for various reasons.

YEAR 2—SOPHOMORE

Register for an online overview session. This session will review the application, prerequisites, and questions about the program itself. If you have additional questions, reach out to the PharmD Admissions Office: 614-292-2266 cop-admissions@osu.edu

Identify potential graduate programs to apply to. Different programs have different prerequisite requirements. By identifying your top choices early, you can ensure you are scheduling all the courses you need moving forward.

Get involved in Research. Research can be in any discipline and performed at any site. You should be able to describe your projects, the questions being asked in the research and your role in the conduct of the research. For help with getting involved in research, contact [OSU's Undergraduate Research & Creative Inquiry Office](#).

Begin building your resume.

Community/Volunteer Service: The medical profession is strongly oriented to serving the community. You should demonstrate a commitment to the community by involving yourself in service and volunteer activities.

Leadership: Dedication, determination, decision-making, communication skills, teamwork, and a willingness to contribute to the welfare of others are characteristics of effective leaders. Leadership experience can be gained in a variety of ways, including participation in work, church, community, or school organizations.

Extracurricular activities: We want to know how applicants deal with the demands of their lives outside the classroom. Your ability to juggle these challenges is a strong indicator of how well you will handle responsibilities, stress, and the demands of the program.

YEAR 3—JUNIOR

Prepare for the Pharmacy College Admissions Test (PCAT).

Sign up for Kaplan Test Prep or other preparatory programs as desired.

Start on your application before it opens and apply early (OSU has a rolling admission). You should start your personal statement at least a month before the application opens. If you get stuck or need an extra pair of eyes to look over your statement, go to the OSU Writing Center (4132 Smith Lab).

Prepare for the interview process. Consider contacting Career Counseling & Support Services - they have workshops on "Applying to Graduate School" & "Effective Interviewing skills" or you can always schedule an appointment or attend walk-ins to speak one-on-one with a counselor.

YEAR 4—SENIOR

Begin interviewing for programs.

Meet with your undergraduate major advisor to ensure graduation requirements are met.

PRE-PHYSICAL THERAPY

ALL FOUR YEARS

Follow the OSU School of Health and Rehabilitation Sciences on social media

(and any other institutions you're considering!)

Begin building relationships with your professors. Go to their office hours, speak with them after class, and ask them about their experiences. Your application will require recommendation letters, so building these relationships now will help in the long term.

YEAR 1—FRESHMAN

Join the Pre-Physical Therapy Club. You'll get to meet potential future classmates, hear guest speakers who provide information about the application process and the many aspects of the physical therapy field, interact with outstanding OSU faculty, and have any questions answered about the profession and application process. This will also help with finding PTs to shadow.

Confirm your major selection. For most programs, you can major in anything if you're meeting the prerequisites for admission. Ensure that your major is interesting to you, is something you can be academically successful in, and could serve as a "Plan B" in case your plans change for various reasons.

YEAR 2—SOPHOMORE

Start shadowing hours early. Multiple hours of shadowing are required to be competitive. It is recommended to shadow in at least two specialties. Once you find a therapist you enjoy working with, shadowing consistently for several years helps you develop a good relationship with them and a deeper understanding of the field. Try journaling about your shadowing experiences. Record your thoughts and reactions, what you learned and what surprised you, what you liked and disliked. Reviewing this journal prior to writing your personal statement or having an interview will make those experiences fresh in your mind again.

Identify potential graduate programs to apply to. Different programs have different prerequisite requirements. By identifying your top choices early, you can ensure you are scheduling all the courses you need moving forward.

Get involved in Research. Research can be in any discipline and performed at any site. You should be able to describe your projects, the questions being asked in the research and your role in the conduct of the research. For help with getting involved in research, contact [OSU's Undergraduate Research & Creative Inquiry Office](#).

Contact the Admissions Department of all prospective programs. They can answer any specific questions about the program, walk you through the application, and provide tips on what to expect throughout the admissions process. At The Ohio State University, you can contact HRSGraduateStudentServices@osumc.edu to discuss the program.

Begin building your resume.

Community/Volunteer Service: The medical profession is strongly oriented to serving the community. You should demonstrate a commitment to the community by involving yourself in service and volunteer activities.

Leadership: Dedication, determination, decision-making, communication skills, teamwork, and a willingness to contribute to the welfare of others are characteristics of effective leaders. Leadership experience can be gained in a variety of ways, including participation in work, church, community, or school organizations.

Extracurricular activities: We want to know how applicants deal with the demands of their lives outside the classroom. Your ability to juggle these challenges is a strong indicator of how well you will handle responsibilities, stress, and the demands of the program.

YEAR 3—JUNIOR

Prepare for the Graduate Record Examination (GRE). Sign up for [Kaplan Test Prep](#). Use free and low-cost GRE tests rather than paying for a "trial" test. The program at OSU does not require the GRE, but others might. Make sure you check their websites for this requirement.

Start on your application before it opens and apply early. You should start your personal statement at least a month before the application opens. If you get stuck or need an extra pair of eyes to look over your statement, go to the OSU Writing Center (4132 Smith Lab).

Prepare for the interview process. Consider contacting Career Counseling & Support Services - they have workshops on "Applying to Graduate School" & "Effective Interviewing skills" or you can always schedule an appointment or attend walk-ins to speak one-on-one with a counselor.

YEAR 4—SENIOR

Begin interviewing for programs.

Meet with your undergraduate major advisor to ensure graduation requirements are met.

PRE-PHYSICIANS ASSOCIATE

ALL FOUR YEARS

Follow any programs you are considering on social media.

Begin building relationships with your professors. Go to their office hours, speak with them after class, and ask them about their experiences. Your application will require recommendation letters, so building these relationships now will help in the long term.

YEAR 1—FRESHMAN

Join Future Buckeye Physician Associates Club. This is an opportunity to meet other students and form a network of support while educating one another about the preparation and requirements necessary for a PA program.

Confirm your major selection. For most programs, you can major in anything if you're meeting the prerequisites for admission. Ensure that your major is interesting to you, is something you can be academically successful in, and could serve as a "Plan B" in case your plans change for various reasons.

YEAR 2—SOPHOMORE

Begin earning direct patient healthcare experience. Each school will have a different requirement for hours – start earning these hours early because they do take quite a while to build up. Some examples as a way to get those hours include: State-Tested Nursing Assistant (STNA), Emergency Medical Technician (EMT), Phlebotomy, or Home Health Aide. Some schools may accept being a scribe or volunteering as direct patient experience – it depends on the school, be sure to ask for clarification.

Identify potential graduate programs to apply to. Different programs have different prerequisite requirements. By identifying your top choices early, you can ensure you are scheduling all the courses you need moving forward.

Contact the Admissions Department of the prospective programs. They can answer your specific questions about the program, walk you through the application process and provide you with tips on what to expect throughout the admissions process.

Get involved in Research. Research can be in any discipline and performed at any site. You should be able to describe your projects, the questions being asked in the research and your role in the conduct of the research. For help with getting involved in research, contact [OSU's Undergraduate Research & Creative Inquiry Office](#).

Begin building your resume.

Community/Volunteer Service: The medical profession is strongly oriented to serving the community. You should demonstrate a commitment to the community by involving yourself in service and volunteer activities.

Leadership: Dedication, determination, decision-making, communication skills, teamwork, and a willingness to contribute to the welfare of others are characteristics of effective leaders. Leadership experience can be gained in a variety of ways, including participation in work, church, community, or school organizations.

Extracurricular activities: We want to know how applicants deal with the demands of their lives outside the classroom. Your ability to juggle these challenges is a strong indicator of how well you will handle responsibilities, stress, and the demands of PA school.

YEAR 3—JUNIOR

Prepare for the Graduate Record Examination (GRE) or the Physician Assistant College Admissions Test (PA-CAT). Currently, most institutions require the GRE. The PA-CAT is a relatively new admissions test that will continue to gain popularity with PA programs in years to come. Make sure to verify which test your institutions require. For GRE prep, sign up for [Kaplan Test Prep](#). Use free and low-cost GRE tests rather than paying for a "trial" test. Princeton Review offers free practice tests, events & seminars.

Start on your application before it opens and apply early (some schools have rolling admission). You should start your personal statement at least a month before the application opens. If you get stuck or need an extra pair of eyes to look over your statement, go to the OSU Writing Center (4132 Smith Lab).

Prepare for the interview process. Consider contacting Career Counseling & Support Services - they have workshops on "Applying to Graduate School" & "Effective Interviewing skills" or you can always schedule an appointment or attend walk-ins to speak one-on-one with a counselor.

YEAR 4—SENIOR

Begin interviewing for programs.

Meet with your undergraduate major advisor to ensure graduation requirements are met.

PRE-VETERINARY MEDICINE

ALL FOUR YEARS

Follow OSU Veterinary Medicine on social media

(and any other institutions you're considering!)

Begin building relationships with your professors. Go to their office hours, speak with them after class, and ask them about their experiences. Your application will require recommendation letters, so building these relationships now will help in the long term. Put together your resume as you gain experiences (you'll be giving this to anyone writing a letter for you)

YEAR 1—FRESHMAN

Join the Pre-Veterinary Medical Association. The Pre-Vet Club holds semi-weekly general meetings. These meetings include a brief period of club business and announcements, followed by a program relating to the practice of veterinary medicine, or admission to the College of Veterinary Medicine. In addition, there are organized social events and community service projects for members to participate in each semester.

Confirm your major selection. For most programs, you can major in anything as long as you're meeting the prerequisites for admission. Ensure that your major is interesting to you, is something you can be academically successful in, and could serve as a "Plan B" in case your plans change for various reasons.

YEAR 2—SOPHOMORE

Contact the DVM admissions office. If you have specific questions, please feel free to contact them at dvmprospective@osu.edu or call 614-292-1171.

Identify potential graduate programs to apply to. Different programs have different prerequisite requirements. By identifying your top choices early, you can ensure you are scheduling all the courses you need moving forward.

Get involved in Research. Research can be in any discipline and performed at any site. You should be able to describe your projects, the questions being asked in the research and your role in the conduct of the research. For help with getting involved in research, contact [OSU's Undergraduate Research & Creative Inquiry Office](#).

Begin building your resume.

Community/Volunteer Service: The medical profession is strongly oriented to serving the community. You should demonstrate a commitment to the community by involving yourself in service and volunteer activities.

Leadership: Dedication, determination, decision-making, communication skills, teamwork, and a willingness to contribute to the welfare of others are characteristics of effective leaders. Leadership experience can be gained in a variety of ways, including participation in work, church, community, or school organizations.

Extracurricular activities: We want to know how applicants deal with the demands of their lives outside the classroom. Your ability to juggle these challenges is a strong indicator of how well you will handle responsibilities, stress, and the demands of the program.

YEAR 3—JUNIOR

Prepare for the Graduate Records Examination (GRE) if needed. The Ohio State University DVM Program does not require a standardized test for admission, although some programs do require the GRE. Sign up for [Kaplan Test Prep](#). Use free and low-cost GRE tests rather than paying for a "trial" test.

Start on your application before it opens and apply early. You should start your personal statement at least a month before the application opens. If you get stuck or need an extra pair of eyes to look over your statement, go to the OSU Writing Center (4132 Smith Lab).

Prepare for the interview process. Consider contacting Career Counseling & Support Services - they have workshops on "Applying to Graduate School" & "Effective Interviewing skills" or you can always schedule an appointment or attend walk-ins to speak one-on-one with a counselor.

YEAR 4—SENIOR

Begin interviewing for programs.

Meet with your undergraduate major advisor to ensure graduation requirements are met.