

# PRE-HEALTH & PRE-MED CONSIDERATIONS FOR STUDENTS WITH ACCELERATED CREDIT



Did you earn substantial accelerated credit during high school?  
Curious about how this credit may influence your time at FSU?  
**This guide is for you.**

## **Q. What can high school students do to prepare for med/health careers?**

A. High school students are encouraged to enroll in rigorous courses, pursue internships/shadowing experiences, and research careers in health and medicine

## **Q. What should I major in?**

A. Select a major that you are truly interested in; something which would be a parallel plan. If you don't have an interest outside of the health field, choose a major which includes the prerequisites required by your career field. For guidance on which major to choose, meet with your pre-med/pre-health advisor and review the Academic Program Guide

## **Q. How do I connect with a pre-med or pre-health advisor at FSU?**

A. You can schedule an appointment by clicking [here!](#)

## **Q. When should I graduate from FSU?**

- A. Each major requires a different number of credits
- Talk with your academic advisor and your pre-med or pre-health advisor about when you can realistically expect to graduate
  - To be a competitive applicant for med school, not all students can or should graduate before four years

## **Q. What are med schools looking for?**

A. Med school admissions are holistic, competitive, and differ per school.

Med schools often consider a combination of:

- Academic ability
- Experiences
- Personal attributes/attitudes
- Likelihood to fulfill mission of college

# DID YOUR ACADEMIC & PRE-MED/PRE-HEALTH ADVISOR AFFIRM THAT YOU ARE ON TRACK TO GRADUATE PRIOR TO FOUR YEARS?



The below steps are a suggested guide for students who are preparing to apply to medical school after completing fewer than four years at FSU. This is not possible for all students and depends both on students' majors and earned credits.

**ASK YOUR ADVISOR WHAT IS REALISTIC AND ADVISABLE FOR YOU.**

## YEAR 1:

- Review Health Professions Manuals by clicking [here](#)
- Email [IMS.advising@med.fsu.edu](mailto:IMS.advising@med.fsu.edu) to request access to the pre-health Canvas page
- Attend a pre-health 101 workshop
- Meet with a pre-health advisor to discuss application timeline
- Identify campus resources for academic, professional, and personal assistance
- Attend office hours and build relationships with instructors
- Join a pre-health student organization
- Pursue healthcare related activities (clinical, service, research, leadership, etc.)
- Plan for a productive summer full of meaningful experiences

## YEAR 2:

- Attend a pre-health 202 workshop
- Meet with major advisor and follow up with pre-health advisor
- Continue utilizing campus resources for another successful year
- Explore possible leadership positions in your pre-health organization
- Commit to experiences that will enhance your future application or enhance the development of your core competencies
- Keep up with hours of involvement and journal meaningful experiences
- If applying in the upcoming cycle (no gap year), begin strategizing for your application
- Research different medical schools to see what you'll need to be competitive for their program

## YEAR 3:

- Attend pre-health application workshops
- Meet with advisors for academic and pre-health planning
- Continue to stay involved and motivated in your activities
- Make a timeline and plan to prepare for standardized tests
- Begin asking for letters of recommendation (academic & professional sources)
- Review centralized application service to familiarize yourself with the process
- Apply!
- Prepare for secondary applications and interviews

