GETTING STARTED
Think about the things you are most interested in and passionate about. Do you like working with children or the elderly? Are you passionate about a social cause or other cultures? Find organizations and activities that will fit with these interests.

FOCUS ON KEY EXPERIENCES
Professional health schools recommend or require involvement in the following areas:
- Clinical experience (i.e. CNA, EMT, phlebotomy, PT/Pharmacy tech)
- Shadowing healthcare professionals
- Volunteering in the community

EXPAND YOUR HORIZONS
Consider pursuing other valuable experiences, such as:
- Employment
- Education abroad
- Greek Life
- Research
- Student clubs
- Summer programs
- Teaching assistant
- Tutoring/mentoring

QUALITY VS. QUANTITY
Devote your time to a few key organizations you are passionate about, rather than numerous activities you are minimally involved in. This will give you more meaningful experiences to talk about in admission interviews.

KEEP TRACK OF YOUR EXPERIENCES
Keep an organized system of tracking your involvement and include highlights from each experience. This will be helpful as you apply to professional schools, write your personal statements, and prepare for interviews.

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