

# PRE-HEALTH QUICK TIPS

## EXTRACURRICULAR INVOLVEMENT

1

### 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.

2

### 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

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### EXPAND YOUR HORIZONS

Consider pursuing other valuable experiences, such as:

- Employment
- Student clubs
- Education abroad
- Summer programs
- Greek Life
- Teaching assistant
- Research
- Tutoring/mentoring

4

### 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.

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### 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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