Pre-Health Path

There are many paths toward a health professions degree, and you can use this as general guideline of things to keep in mind as you progress in your time at UVA. Make sure you meet with a Pre-Health Advisor consistently to create and stay on the path that is right for you!

First Year
- Attend orientation and begin your journey at UVA!
- Create a Multi-Year Plan with a Pre-Health Advisor
- Explore careers in health professions and get involved with CIOs
- Consider your "why" for your future career

Second Year
- Gain clinical, shadowing, and/or research experience
- Continue taking pre-requisites and utilize academic resources

Third Year
- Reflect on candidacy and make a decision about a bridge year by meeting with a Pre-Health Advisor.
- Consider timing of your entrance exam (MCAT, DAT, GRE, etc)
- Continue gaining experience and explore resources for your profession
- Think about who to ask for Letters of Recommendation
- Begin assessing candidacy and timeline for health professions school and consider a bridge year
- Continue gaining clinical, shadowing, and/or research experience

Fourth Year
- Stay involved with CIOs, volunteering, clinical experience, research, etc.
- Apply to health professions schools (if not taking a bridge year)
- Complete interviews with health professions schools
- Graduate!

No Bridge Year Path
- Continue to gain experience in your final year at UVA
- Finish any pre-reqs and take entrance exams if needed

Bridge Year Path
- No Bridge Year Path

Did You Know?
Most students don't go directly to health professions school after undergrad. 81% of accepted UVA applicants in 2019-2021 M.D. admissions cycles took 1 or more bridge years.

Pro Tip
Make sure you sign up for the Pre-Health Pulse for the latest information and updates!