

Worksheet 1.1

Important Resources and Ideas for Getting Medically Related Experiences

Advising Office

Your prehealth advisor*: _____

Advising office phone number: _____

Advisor's email address: _____

Office location: _____

*If your school does not have prehealth advising or you don't have access to an advisor, refer to the National Association of Advisors for the Health Professions' (NAAHP's) [Find an Advisor](#) service.

Clubs and Volunteer Opportunities

Premed club or society on campus: _____

Premed honor society: _____

Service organization club or fraternity: _____

Other Ideas to Make Contacts and Get Experience:

Contact science department about lab and/or research opportunities.

Notes: _____

Contact local clinic or health service provider for volunteer, paid, part-time, or internship opportunities.

Notes: _____

Contact health care providers you know about shadowing opportunities.

Notes: _____

