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: 

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