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 (naahp.org/student-resources/find-an-advisor).

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: ______________________________________________________

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

Notes: ______________________________________________________

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☐ Contact health care providers you know about shadowing opportunities.

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