



# Your Guide to a Prehealth Advisor

*Everything students and alumni need to know about navigating their path to a healthcare career with expert guidance.*

**What is a prehealth advisor?** A prehealth advisor is a professional, often based at a university or college, who guides students and alumni to prepare for a career in a healthcare field. They are experts on the admissions processes and requirements for various professional health schools, such as medical, dental, veterinary, pharmacy, and physical therapy programs.



## Where to Find Them

Locations vary by campus, but you can typically find them in:

- ▶ Academic Departments
- ▶ Career Centers
- ▶ Dedicated Advising Centers

No advisor on campus? Use the [NAAHP "Find an Advisor" tool](#).



## What a Prehealth Advisor Does

**Provides holistic guidance** on your entire profile.

**Navigates the application process** and key timelines.

**Assists with application materials** like essays & interviews.

**Explores career paths** to find your best fit.

**Helps with academic planning** and course prerequisites.

**Identifies credible resources** and debunks myths.

**Facilitates networking** for opportunities.

## How to Best Utilize Your Prehealth Advisor



### Start Early

Begin the relationship in your freshman year for personalized, long-term guidance.



### Come Prepared

Bring your questions, goals, and academic progress to every meeting.



### Engage Regularly

Attend workshops and info sessions, not just one-on-one meetings.



### Take Initiative

Your advisor guides you, but it's your responsibility to follow through and do the work.

<https://www.naahp.org/public-resources/student-resources/find-an-advisor>