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

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