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: ______________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

☐ 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: ______________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________