WORKSHOPS

**Intro to Pre-Health**

**Who:** Freshmen & students new to HPAO who are interested in Med, Dent, Opt, or Pod school.

**What:** Introduction to the health professions including medicine, dentistry, optometry, and podiatry. Learn how to gain experience and develop a competitive applicant profile.

*Required* before scheduling an appointment with HPAO Advisors.

**Are You Ready?**

**Who:** Juniors, Seniors, Alumni, & SIE intending to apply to Med, Dent, Opt or Pod school in the Spring.

**What:** help students assess their readiness to apply to professional school through discussing deadlines, best practices, letters of recommendation, the committee process, & resources to research schools.

*Required* to use the committee process.

**Navigating the Application Process**

**Who:** Juniors, Seniors, Alumni, & SIE students intending to apply to Med, Dent, Opt or Pod school.

**What:** Help students understand the application timeline, their pre-health packet, how to use Interfolio, timing for secondaries and SJTs, as well as how to avoid common application pitfalls.

*Required* to use the committee process.
Fall/Spring

**Who:** Juniors, Seniors, Alumni, & SIE looking to apply to professional school.

**What:** This is a collaborative session with the Writing Center. We will help you get organized, discover your voice, avoid common mistakes, and talk about a timeline for developing a well-crafted personal statement.

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Fall/Spring

**Who:** All students. Attend this early in your undergrad experience and before you apply.

**What:** This workshop will help you identify why your "why" matters. We'll help identify values, discuss your values and self-assessment, and create an action plan.

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Spring

**Who:** Juniors, Seniors, Alumni, & SIE students intending to apply to Med, Dent, Opt or Pod school.

**What:** This workshop will help you develop a competitive school list; understand mission and fit; decide how many schools to apply to, and find resources to research schools.
**Intro to PA**

**Who:** Freshmen, Sophomores, & all students new to Pre-PA.

**What:** Introduction to PA. We will discuss requirements, building a school list, developing your experiences, community service, leadership, the CASPA, and the application timeline.

**Required** before scheduling an appointment with HPAO Advisors.

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**Guaranteed Pathway Change of Major**

**Who:** Anyone interested in Nursing.

**What:** help students assess their readiness to apply to professional school through discussing deadlines, best practices, letters of recommendation, the committee process, & resources to research schools.

**Required** before scheduling an appointment with HPAO Advisors.

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**Questions? Email** preprof@umd.edu

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Note: Seats are limited for workshops, please cancel if you cannot attend via OnceHub.