

# PRE-HEALTH STUDENTS & THE GAP YEAR

Did you know? The average age of medical school applicants is rising.

## WHEN TO TAKE A GAP YEAR:

- If your GPA or MCAT scores need improvement
- If you want to include recommendation letters from future (senior year) professors
- If you need to take more time to gain experiences and maturity
- If you need to get your finances in order
- If you feel burnt out

## WHAT IS AN APPROPRIATE GAP YEAR ACTIVITY?

- Research/labs
- Hospitals
- Teaching
- Service
- Travel (health related)
- Post-bac or Masters programs
- Scribe opportunities

## BE SURE TO UTILIZE ON CAMPUS RESOURCES TO ASSIST YOU:

### ACADEMIC ADVISING

- Check out the gap year resources section of their website
- Meet with a Pre-health Advisor

### CELT

- Talk to a staff member for help with finding internship or research opportunities and how to connect with professors

### CAREER CENTER

- Meet with a Career Advisor to review your resume, discuss your job or internship search, practice interviewing, and discover networking opportunities