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

REMEMBER! This year is about filling a gap, so where is this gap and how can it be filled?

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