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, an discover networking opportunities