

# GETTING CONNECTED: NEXT STEPS FOR FIRST YEAR STUDENTS INTERESTED IN ATTENDING MEDICAL SCHOOL

Undergraduate Advising and Research

Sweet Hall 1<sup>st</sup> Floor \* For appointments: (650) 723-2426 and online: [premed.stanford.edu](http://premed.stanford.edu)

## 1. Join UAR's Pre-med Listserv and Pre-Med Canvas Site.

All of UAR's pre-med programs and workshops are announced via email:

[2022-pre-med@lists.stanford.edu](mailto:2022-pre-med@lists.stanford.edu). To sign up for this listserv, please visit:

<https://mailman.stanford.edu/mailman/listinfo/2022-pre-med>.

To sign up for the Pre-med Canvas site, please fill out this [webform](#), which can also be found at:

[premed.stanford.edu](http://premed.stanford.edu)

## 2. Planning how to meet your pre-med requirements.

There are many ways to fulfill the pre-med curriculum. Your first year is a time to explore while at the same time developing a plan to meet your pre-med and other academic goals. It is important to discuss your academic options for your first year with your Academic Advising Director, AARC Athletic Advisor, or your Stanford Newcomer Guide (SNG) early in your first quarter at Stanford. We encourage you to contact these advisors about academic planning and any other academic concerns or questions.

## 3. Make an appointment with a UAR pre-med advisor after your first or second quarter at Stanford.

Pre-med advisors specialize in working with students planning careers in the health professions and are eager to support you in your academic and pre-professional endeavors. Students who experience academic difficulty should meet with pre-med advisors sooner.

## 4. Join SPA and/or other campus pre-medical organizations.

The following campus organizations can provide you an opportunity to learn from the experiences of your peers. We send out information about quarterly panels and programs that can help you make informed decisions about your future.

- Stanford Pre-Medical Association (SPA): <http://stanfordpremed.com>
- Asian Pacific American Medical Student Association (APAMSA): <http://apamsa.stanford.edu/>
- Stanford Black Pre-Medical Society (SBPO): <http://www.stanford.edu/dept/BCSC/cgi-bin/bcsc/organizations.html>
- Chicanos / Latinos in Health Education (CHE): <http://www.stanford.edu/group/che/>
- Natives in Medicine (NIM): *email* – [natives\\_in\\_medicine@lists.stanford.edu](mailto:natives_in_medicine@lists.stanford.edu)

## 5. Set goals to make the most of your Stanford experience as a pre-med student: make faculty connections, begin taking courses to satisfy pre-med requirements, explore majors, learn about getting started in research and volunteer experience, and more.

*UAR's Office of Pre-Professional Programs supports Stanford students, alumni, faculty, and staff on issues pertaining to careers in the health professions, law, business, and education. Through individual advising, group workshops, proactive and collaborative programming, and community-wide education, the Pre-Professional Team brings awareness to current processes and new developments within these pre-professional fields.*