



Making the Most of Pre-Med Advising

Stanford Premedical Association



You may find yourself or a friend wondering how to best utilize pre-med advising at Stanford. Here are a few tips that we have put together to help you get started:

- Your pre-med advisors are here for you, from the time you step onto campus until you embark on your career in the health professions. We enjoy working with frosh, alumni, and students at all points of their undergraduate, postbacc (if relevant), and application process. Even after you leave campus, we are happy to meet on the phone or over Skype.
- We offer one-on-one appointments, weekly open office hours, and frequent group programs. Please sign up for our mailing list to learn of upcoming programs, events and opportunities.
- Feel free to bring specific questions to your appointment or to come for a general check-in or to introduce yourself. We recommend that you meet with the same advisor if possible and that you visit us at least twice a year.
- We strive to be as efficient as possible so that we are able to provide as many resources as possible to you and your peers. But we need your help!!!
 - Please review this site to see whether or not it may answer some or all of your questions so that we can use our one-on-one time together to address your unique needs.
 - Please make an appointment online. It is easy, fast, and allows for you to view appointment availability to find a time that fits best for your schedule. It also automatically reserves time for you on an advisor's schedule.
 - We understand that conflicts arise (it happens to us sometimes too!). If this happens for you, please let us know as soon as you can and cancel the online appointment if you are unable to keep it so that the appointment time may be used for another student.
 - We ask for RSVPs to allow for us to gauge how much space we need, how much food to buy, and to learn which programs are of interest to students. We ask that you RSVP so that we can have accurate numbers for planning purposes. If you RSVP to indicate that you will attend and a conflict arises, please reach out and let us know. In the long run, the more accurate numbers that we can plan for means that we can continue to offer the best programs and resources for you and your peers.
 - You are welcome to send us an email and we will reply as time allows. Depending on the complexity of the question, we may ask that you come see us in person or schedule a phone call. Please send email to only one advisor.
- Not sure what to ask about during your appointment? Some common appointment topics include: course planning, exploring extracurricular activities, gap year and summer opportunities, course challenges, and application-specific questions; however, we are happy to talk with you about anything that is on your mind related to pursuing a career in the health professions.

Best wishes to you on your pre-med journey!