

NEXT STEPS FOR SOPHOMORES INTERESTED IN ATTENDING MEDICAL SCHOOL

Undergraduate Advising and Research

Sweet Hall 1st Floor * For appointments: (650) 723-2426 and online: premed.stanford.edu

GOALS FOR EVERY SOPHOMORE:

- Begin or build upon faculty relationships. Visit office hours; follow up on class discussions with individual meetings.
- Declare your major and choose a major advisor.
- Consider undertaking a research project, or joining a research lab.
- Apply for SIMS.
- Volunteer to work with patients.
- Assess your performance in premed required courses, especially science courses. If you are concerned about your grades in science, please make an appointment with a UAR pre-med advisor.
- Make time to relax and enjoy your Stanford experience!

GETTING CONNECTED:

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 at our 2021-pre-med@lists.stanford.edu listserv.

To sign up go to: <https://mailman.stanford.edu/mailman/listinfo/2021-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

2. Determine your unique academic plan.

There are many ways to fulfill the pre-med curriculum. Discuss your academic options for sophomore year with your pre-major advisor, Academic Advising Director in your residence, faculty advisor, or a UAR pre-med advisor. You are encouraged to contact these advisors about academic planning, and any academic concern or question.

3. Meet the Pre-Med Advisors.

Make an appointment to see a UAR pre-med advisor or come to Friday Drop-In hours (Sweet Hall, Fridays 1-3pm) in Autumn, Winter, and/or Spring Quarters.

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: <http://stanfordpremed.com/>

Asian Pacific American Medical Student Association: <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

5. Set goals to accomplish the requirements for med school: faculty connections, pre-med requirements, major, research, volunteer experience, leadership. For more info, go to: premed.stanford.edu

UAR's 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, Pre-Professional Programs brings awareness to current processes and new developments within these pre-professional fields.