



New Student Roadmap



CONNECT

- ☐ Create your Medical Applicant Portal (MAP).
- ☐ Engage with PMPH Communications: Newsletter, Blog, and/or Social Media: Instagram & Facebook (@NUPreHealth)
- ☐ Explore the PMPH Expedition Courses, such as the "Navigating Wellness and Building Community" Canvas Course for tips for success including tools for overcoming imposter syndrome, and "Discovering My PreHealth Pathway" for values exploration!



SEEK ADVISING

- ☐ Watch the "Introduction to PreMed and PreHealth Workshop"
- ☐ After you've watched the workshop, schedule a 10-minute PreHealth advising meeting if you have follow-up questions
- ☐ Learn more about the Student Ambassador Program!



PREPARE ACADEMICALLY

- ☐ Review the Prerequisite Courses for your chosen health profession
- ☐ Attend at least one Faculty Office Hour to build your network, learn about research opportunities, seek assistance, etc.



PREPARE EXPERIENTIALLY

- ☐ Attend at least one student organization meeting
- ☐ Attend a Northeastern University event related to your personal and/or professional interests
- ☐ Volunteer with a local organization
- ☐ Begin learning about clinical and research roles you might be interested in



STAY ON COURSE

- ☐ Keep a journal and update your Medical Applicant Portal and Anatomy of an Applicant guide throughout your journey
- ☐ Maintain professionalism, always! (in person, online, etc.)
- ☐ Continue to explore opportunities



Once you've completed the roadmap, fill out the form on the New Students Webpage for the chance to win a prize!

(Winners will be selected at the end of each fall & spring semester and notified via email)