



College of Allied Health and Nursing

Allied Health Pre-Professional Checklist

For students at MSU, Mankato pursuing:
Pre-Athletic Training, Pre-Occupational Therapy, or Pre-Physical Therapy

Gain an Understanding of the Field and note how it aligns with your interests, values, and skills

- Job shadow
- Complete HP 265
- Meet with faculty and/or academic advisors
- Conduct Informational Interviews
- Research basic information (tasks, typical day, education needed, scope of practice, salary, etc.)

Physical Therapy

- <http://www.ptcas.org/CareersEducation/>
- <https://www.bls.gov/ooh/healthcare/physical-therapists.htm>

Athletic Training

- <https://www.bls.gov/ooh/healthcare/athletic-trainers.htm>
- <https://www.nata.org/about/athletic-training>

Occupational Therapy

- <https://www.bls.gov/ooh/healthcare/occupational-therapists.htm>
- <https://www.aota.org/Conference-Events/OTMonth/what-is-OT.aspx>

Learn the requirements necessary to get accepted into programs and how that fits with majors at MSU, Mankato

- Start with an academic advising meeting with the Allied Health Advising Office (507-389-6315 or book using MavConnect)
- Once deciding on a Pre-AT, OT, or PT track, request to be officially added to the cohort to ensure you are assigned an appropriate advisor and given important information
- Follow the advising hand out sheets provided by our academic advisors
- Join the Pre-PT and Pre-OT club or if Pre-AT connect with faculty of our graduate programs
- **Do your own research and research graduate programs of interest! YOU are responsible for your own planning.**
 - Check pre-requisites for EVERY school you plan to apply to; it may vary from school to school.
 - Some schools do not accept AP scores or may limit the amount of AP scores accepted as pre-requisites
 - Minimum GPA; it may vary from school to school
 - Aim for 3.7 or higher GPA
 - NOTE: Many schools will factor in each attempt at a course. This means when a course is repeated, both grades will be factored into GPA
 - Many schools will also look at your science GPA separately

Complete Pre-Requisites for Graduate Programs one year before you plan to graduate

- Use MavPlans, the Academic Catalog, advising meetings and your own research to plan when you will finish each pre-requisite



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- Based on where you plan to attend, note when you want to be applying---deadlines are different at every school
- Balance and prioritize—don't leave all your difficult classes to the end or in one semester
- The best students utilize tutoring, study groups and adjust study strategies as needed to be successful
- Pre-requisites often includes taking the GRE, which is typically taken prior to application: www.ets.org/gre
- Tutoring and assistance for GRE preparation is available upon request at the Center for Academic Success: <https://www.mnsu.edu/success/contact/contactform/>

□ Strengthen Your Application

RELATED Work and/or Volunteer Experience

- Quality over quantity
- More is not always better
- Professional schools want to see committed experiences (6 months or longer)
- What are you passionate about?
- Find experience that support your passion

Shadowing Experience = Observation Hours

- Shadowing experiences reinforce your decision to pursue your future career path!
- Shadowing can be part of completed observation hours---keep track of these in an organized manner so it is easier when submitting applications later on in the future
- Shadowing gives you an in-depth experience in the field
- If you have a specific area of interest or specialty, shadow someone in that area but also get exposure to other areas as well
- Typically, one-day experiences
- Aim to get multiple shadowing experiences
Summer and winter breaks are a great time to shadow
- **Community Service**
- Provides an opportunity to showcase a desire to help others
- Helps develop compassion and humanity
- What are you passionate about?

Leadership Experience

- Professional schools are seeking future leaders! It's important to show your leadership skills through experience. These skills can be gained through campus involvement in student organizations, volunteer work, community involvement or work experience
Joining Honors at MSU

Diversity Experience

- Put yourself out there and experience something outside of your comfort zone.
There are many, many opportunities on campus!
Can also be gained through work and volunteer experiences.



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Research Experience

- Highly valued by professional schools even if not required.
Build relationships with your faculty and ask to get involved in their research!
Consider working with the Undergraduate Research Center: <https://www.mnsu.edu/urc/>

Build Relationships, strengthen interpersonal skills

- Keep in mind many schools will want a letter of recommendation from faculty advisors, supervisors, co-workers, or professionals in your field of interest. Build strong relationships to have them help mentor your but also potentially be a support system. Give them a resume and highlights of your academic career to help them write a strong letter
- Practice interviewing! Use the Career Development Center to practice the interview process for graduate school
- Enhance your personal statement, if needed, by working with the Writing Center and/or Career Development on campus

Food for thought....

- What is going to set you apart from other applicants?
- What do your experiences say about who you are as a person?
- Why should a professional school choose you to enter their program?
- What do you want the school to know about you aside from your application?
- What do you bring to that program?
- Why should they admit you over another applicant?
- Why are you pursuing this journey?

If you do not currently have the experiences you want an admission's committee to see on your application, start building those experiences. Helpful Tip: Start keeping track of all your experiences in a notebook, binder, digitally (whatever works for you!) so that when you apply you have all the information you may need.

There is no magic combination of scores or personal qualities that will get you accepted into a professional program. You must sell yourself!



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Timeline to Professional School

(Based on a 4-year plan of study, add these milestones into your MavPlan)

Freshman Year

- Succeed in your classes (A's and B's)
- Get involved on campus!
- Get involved with community service
- Build relationships with faculty
 - Spring semester: Ask a faculty to get involved with his/her research
- Shadow a professional(s) in your potential field—recording observation hours
- Begin researching professional school programs

Sophomore Year

- Continued academic success
- Continue campus/community involvement
 - Consider taking on a leadership role
 - Consider opportunities to gain diversity experience
- Work/volunteer in a related area
- Involvement in research
- Shadow a professional(s) in your potential field—recording observation hours
- Research admission requirements and pre-requisites at the schools you plan to attend

Junior Year

- Continued academic success
- Continued campus/community involvement
- Continue working/volunteering in a related area
- Do Research!
- Shadow a professional(s) in your potential field
- Take your Entrance Exam/GRE (spring or summer)
- Submit Graduation Application at MSU, Mankato

Senior Year

- Apply to professional school
- Interview
- Gain acceptance! (Be sure to share this news with your advisor and professors!) 😊
- Finish coursework (non pre-requisites)