The Pre-Health Advising Center serves students at the University of Houston interested in healthcare careers—including those in medicine, dentistry, optometry, allied-health (PA, AA, PT, OT, etc.), nursing, and pharmacy.

Pre-Med, pre-Dent, pre-PA, pre-Nursing, etc. are not majors at UH. You are encouraged to select the major in which you are genuinely interested, as there is no “best” major for any of the healthcare professions nor are there any majors that will make a student stand out when applying to health professional schools. The pre-requisites for the various health professions can be taken alongside any major coursework, and your major advisor can help create semester plans which include all of the required pre-requisite courses. Our Pre-Health advisors are also available to provide information about the requirements necessary for admission into health professional school, but will not replace your major advisor.

Incoming freshman should plan to attend an Introductory Pre-Health Orientation during their first semester at UH and use that time to get acclimated to the university. The initial focus should be on strong performance in classes since admission into health professional schools is very competitive. Second semester freshman and upper-classmen are encouraged to schedule an appointment with a Pre-Health advisor using Navigate.

- Pre-Nursing students are strongly encouraged to schedule an appointment with our office during their first semester to discuss the various nursing pathways (e.g., traditional vs. accelerated route).
- Transfer students are encouraged to schedule an appointment once classes start during their first semester.

MEETING WITH A PRE-HEALTH ADVISOR

PRE-HEALTH RESOURCES

The Pre-Health Advising Center at the University of Houston offers guidance with the process of preparing for and applying to health profession programs. Our health professions advisors are available to meet with students, provide information regarding the various career pathways in healthcare, and assist students become the most competitive applicants that they can be.
CHECKLIST FOR INCOMING STUDENTS

New to UH and interested in healthcare? You should first:

☐ REVIEW A PRE-HEALTH QUICK FACTS SHEET
  - Our office has created these resources to provide an overview of being “pre-Med,” “pre-Dent,” etc. at UH and are helpful for getting you started.
  - Quick Facts sheets can be obtained from your major advisor or at our website: uh.edu/pre-health

☐ JOIN THE UH PRE-HEALTH LISTSERV
  - This mailing list allows you to stay connected to our office and informed of upcoming Pre-Health events and updates.
  - You may join the listserv by visiting our website: uh.edu/pre-health

☐ ATTEND AN INTRODUCTORY PRE-HEALTH ORIENTATION
  - These sessions are meant for freshmen and sophomores and are offered each semester. We will cover everything you need to know to start building your professional school resume.
  - Orientation dates are listed on the Pre-Health Events Calendar and are also announced via the UH Pre-Health listserv.

☐ REVIEW THE PRE-HEALTH EVENTS CALENDAR
  - The Pre-Health Events Calendar on our website lists upcoming pre-health organization meetings, workshops, orientations, and more.

☐ EXPLORE THE PRE-HEALTH ORGANIZATIONS AT UH
  - UH offers a myriad of different student organizations focused on healthcare and medicine, including the American Medical Student Association, Alpha Epsilon Delta Pre-Health Honor Society, American Student Dental Association, Allied-Health Professions Society, Pre-Physician Assistant Student Association, MEDLIFE, and many others!
  - You can view a list of student organizations and contact information at: uh.campuslabs.com/engage/organizations.

☐ START BUILDING RELATIONSHIPS WITH FACULTY
  - Most health professional schools require letters of recommendation from science faculty members. As classes are large at UH, it is critical that you are proactive and begin building relationships with faculty early on in your career. Faculty can also serve as excellent mentors, so don’t be shy!

PRE-HEALTH ADVISING AREAS
- Medicine
- Dentistry
- Optometry
- Pharmacy
- Physician Assistant
- Nursing
- Physical Therapy
- Occupational Therapy
- Speech Language
- Pathology
- Veterinary Medicine
- Public Health

CONTACT THE PRE-HEALTH ADVISING CENTER!
- Email: prehealth@uh.edu
- Phone: (713) 743-2681
- Location: 215 CBB