

PRE-HEALTH ADVISING CENTER

ABOUT THE PRE-HEALTH ADVISING CENTER

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.

PREPARATION AND APPLICATION 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.

MAJORS FOR PRE-HEALTH STUDENTS

Pre-Med, pre-Dent, pre-PA, etc. are not majors or formal programs at the University of Houston. Incoming students are encouraged to select a major in which they 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.

MEETING WITH A PRE-HEALTH ADVISOR

Incoming freshman are asked to wait until their second semester before scheduling an individual appointment with our office. In the interim, we encourage new students to utilize the resources available on our website for initial guidance: www.uh.edu/pre-health. Our office has created a variety of informative handouts and a virtual Introductory Pre-Health Orientation. It is our belief that Freshman should use their first semester at UH to acclimate 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 may schedule an appointment with our office using Navigate. Our advisors are available to provide information about the requirements necessary for admission into health professional school, but will not replace discussions with your major advisor regarding graduation requirements and degree progress.

Pre-Nursing majors and students interested in the Bachelor of Science in Nursing (BSN) are strongly encouraged to schedule an appointment with the University of Houston College of Nursing advisors in Navigate. Questions can also be directed to nursing@uh.edu.

CHECKLIST FOR INCOMING STUDENTS

New to UH and interested in the health professions? 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 introducing required courses and other components of a competitive application.
- Quick Facts sheets can be obtained from your major advisor or at our website: www.uh.edu/pre-health

JOIN THE UH PRE-HEALTH LISTSERV

- Our email list allows you to stay connected with our office and informed of upcoming Pre-Health events and updates.
- You may join the listserv by visiting our website: www.uh.edu/pre-health

INTRODUCTORY PRE-HEALTH ORIENTATION

- Pre-Health orientation sessions are designed for incoming students interested in healthcare careers and cover everything you need to know to get started on your chosen health professions pathway.
- Orientations are offered in-person every semester and recorded versions are also available on-line at: www.uh.edu/pre-health/about/phac-orientations/

REVIEW THE PRE-HEALTH EVENT CALENDAR

- The Pre-Health Event Calendar on our website lists upcoming Pre-Health student organization meetings, workshops, orientations, and more.

EXPLORE PRE-HEALTH STUDENT ORGANIZATIONS

- UH offers a variety of different student organizations focused on healthcare.
- View a list of student organizations at: www.uh.edu/pre-health/pre-health-resources/

FOCUS ON BUILDING STRONG STUDY HABITS

- Admission into health professional programs is becoming increasingly competitive and strong academic performance remains paramount.
- In your first year at UH, make establishing strong study habits and acclimating to life as a college student your first priority. Worrying about other aspects of your application or planning too far ahead will only lead to being overwhelmed and losing focus on your classwork.

PRE-HEALTH ADVISING AREAS

- Dentistry
- Medicine
- Nursing
- Occupational Therapy
- Optometry
- Pharmacy
- Physician Assistant
- Physical Therapy
- Veterinary Medicine

CONTACT THE PRE-HEALTH ADVISING CENTER!

✉ prehealth@uh.edu

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