

## Before Submission of HPAC Materials (January - March)

- □ Join <u>UH Pre-Health Advising Center email listserv</u> to ensure receipt of updates.
- Meet with Health Professions Advisor or attend Group HPAC Overview Session to learn more about the HPAC evaluation and application process—required to receive Open File Request form.
- □ Review HPAC eligibility requirements, review process, and instructions online.
- Download <u>HPAC materials and instructions</u>.
- Download <u>Adobe Acrobat Reader</u> to complete HPAC forms.
- □ Complete Open File Request Form to initiate your HPAC file. Submit to prehealth@uh.edu.
- □ Request letters of recommendation. Provide each evaluator with <u>Letter Writer Guidelines form</u>.
- □ Complete HPAC Application Form
  - Use provided <u>GPA calculator</u> to tabulate overall and science GPA values
- □ Complete Personal Statement draft.
  - It is recommended that you participate in <u>UH Writing Center workshops</u>.
- Complete Activities & Experiences worksheet
- □ Submit all three required HPAC materials to prehealth@uh.edu on or before: March 21, 2022
  - Materials submitted after the deadline will not be accepted.

## After Submission of HPAC Materials (March – May)

- □ Be patient—confirmation of receipt of your materials will be emailed within 2-3 business days.
- □ Remind your letter-writers to submit their letters as soon as possible.
  - There is no formal deadline for letters, but earlier is better (mid-March to early-April).
- Contact Pre-Health Advising Center (prehealth@uh.edu) to check which letters have been received.
  - Our office will not contact *nor* remind letter-writers on your behalf.
- Continue to revise Personal Statement and Activities & Experiences worksheet
- □ Check email regularly for updates regarding HPAC application materials and evaluation date.
- □ Once your HPAC file is complete (all materials/letters received), you will be assigned an evaluation date.
  - Evaluations dates are assigned on a rolling basis from late March early June.

## After HPAC Evaluation (May – September)

- □ After your evaluation, you will be contacted with feedback and results from the committee.
- □ Beginning in May, complete primary applications (TMDSAS, AMCAS, AACOMAS, AADSAS)
  - Select "Yes" to release application information to UH Pre-Health Advising Center
- □ Submit primary applications by mid-to-late June.
- □ Submit HPAC Letter Submission form to <u>prehealth@uh.edu</u> for your letters to be uploaded.